

Pastor's Page

Ash Wednesday, Lent, Holy Week and Easter... We are headed into a busy time of year for the church. This week, specifically Ash Wednesday, we think of our limits and mortality. As we journey through this life, our mortality adds the potential gift of greater appreciation for each day. Not one of us is promised tomorrow, so today presents opportunities that may never come again.

I think as we grow in maturity, we gain a greater appreciation for life; babies cooing, toddlers exploring newness, young people coming of age exploring and developing talents, and eventually repeating the cycle of new life. As we get older the days, seasons, and time in general seem to come and go more quickly. During the turning of seasons, I like to take time (or a time out) to listen to nature; the sounds of the wind's rustling, birds singing, seeing trees blooming and all the smells associated with the season.

Remembering to take time to listen is often my challenge, I enjoy the time listening, but my opportunities are sometimes missed by the distractions and business of the journey. I find, it is my "time-out" that makes a great difference in my spiritual health. A prayerful time-out helps me to see God in the world and be more attentive to God's guidance and leadings. My prayer includes silence and listening.

The "time out" of just a few minutes each day re-energizes me. It helps me to recognize God's work in my daily interactions, and I am a part of God's master plan of revealing Godself.

Lent is a time often associated with giving up something(s) (chocolate, beer, sweets, caffeine, etc.). I want to challenge you to a different giving up, a giving up of "time" to listen to God. If you already have a daily prayer regimen, perhaps you could spend an additional time listening to God. If you don't have a daily prayer routine, then consider spending 15 minutes of your day praying to include a time of listening.

When you pray, listen to God. One suggestion is to start with the "Lord's Prayer" and expound on each line. After your spoken prayers, then invite God's Spirit to come and be present with you. Sit in silence (still your mind) and listen for the Spirit's guidance... The whole process could take about 15 minutes. Philippians 2:5, "Let the same mind be in you that is in Christ Jesus." May this giving up of time, conform our minds to that of Christ's, may you be filled with all the fullness of God... a full measure packed down, shaken and overflowing... may the Gifts of God overflow from you into the lives of others, and may you see each day as a gift, as your actions are revealed as part of the mosaic God designs for the world.

God bless you! Pastor Norm

Parish Nurse

Coronavirus, Flu and Common Cold

What do these have in common? They are all viruses! Most viruses, including coronavirus, pass through infected people by coughing and sneezing, touching an infected persons hand, or face, or touching things such as doorknobs that the infected people touched.

To prevent a coronavirus infection we must do the same things you do to avoid the common cold or the flu:

- Wash your hands with soap and water or with alcohol based sanitizer.
- Keep your hands and fingers away from your eyes, nose and mouth.
- Avoid close contact with people who are infected.

Remember, if ever in doubt, **wash your hands!**

To your health, K.C. Babcock, R.N.

Imagine Team Update

Our Imagine Team, Glen Agren, Neal Johnson, Diana Rahn, Katrina Hinesley, Jacki Whittaker, Janet Eiden, Elena Ross, and Pastor Norm, met with Imagine coach, Char Leone, in January. Ongoing discussion regarding the church logo, and renewed discussion of St. Paul's Mission Statement are the current priority. Their 5th retreat will be held March 13 and 14 in Winlock.

Monthly Financial Report

January: \$18,419.00

February: \$14,385.00

Approximately \$14,000 is needed each month to cover expenses.

Thank You To:

- Everyone who volunteers their time to help with funerals/memorials: ushers and sound people; and those who assist with the luncheon with set-up, clean-up, and providing food. Specifically to Jon Davidson for setting up tables, Erika Agren for decorating with centerpieces, and Tiffany Seidl who coordinates the luncheon.
- The faithful few who have given their time to teach Sunday school throughout the year.

- Paul Schwinn, David Whittaker, and Earl Small, for their work in fixing the leak underneath the church building.
- Jim Johnston, for his countless hours given toward computer support.

Remember to Pray

Members & Friends




Please remember these people with your prayers, phone calls, visits or cards:

All God's people including:

Beth Coleman, David Browning, Laurie Ross-Aristide, Vineta Thomsen, Mary Brown, Yvonne Knuth, Jess Johnston, Pr. Linda Smith, Michael Berndt, Bruce Schumacher, Kelsey Buchanan, Jessica Learned, Stephanie Petkovich, Gayle Agren, Mary Mage, Don Miller, Darlene Jackson, Eric Smith, Lisa Hill, Carolyn Kennington, Jean Jones, Angie Manfreddi, Angie Boudier, Crystal Hummel, Beth Hinesley, Bob Bruner, Al Black

All Caregivers and Care receivers: Joyce LeMonds, Vi Benham, Granville Oswalt; **Those serving in the Armed Forces:** Sam Gallow, Matthew Cogburn, Eddie Oswalt

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>March 2020</h1> 						
1 9:15 am Adult Book Study 10:30 am Worship 6 p.m Contemporary Service	2 OFFICE CLOSED	3	4 5-5:45 p.m Yoga 5:15-6:15 p.m Youth 6 p.m Soup & Bread 6:45 p.m Hlden Evering Prayer Service	5 8 am TPCS	6 9:30 am Text Study	7 
8 9:15 am Adult Book Study & S.S. 10:30 am Worship DST Begins	9 OFFICE CLOSED 6 p.m Scout Flanning Meeting	10	11 5-5:45 p.m Yoga 5:15-6:15 p.m Youth 6 p.m Soup & Bread 6:45 p.m Hlden Evering Prayer Service	12 8 am TPCS 4 p.m Worship Comm 5:30 p.m Council 'Retreat'/Meeting	13 9:30 am Text Study	14
15 9:15 am Adult Book Study & S.S. 10:30 am Worship Noon - Christian Ed Mtg 6 p.m Scouts	16 OFFICE CLOSED	17	18 5-5:45 p.m Yoga 5:15-6:15 p.m Youth 6 p.m Soup & Bread 6:45 p.m Hlden Evering Prayer Service	19 8 am TPCS 5:30 pm God Uncoaked at the Oasis/CR	20 9:30 am Text Study	21
22 9:15 am Adult Book Study & S.S. 10:30 am Worship "Youth Sunday"	23 OFFICE CLOSED	24	25 5-5:45 p.m Yoga 5:15-6:15 p.m Youth 6 p.m Soup & Bread 6:45 p.m Hlden Evering Prayer Service	26 8 am TPCS	27 9:30 am Text Study	28
29 9:15 am Adult Book Study & S.S. 10:30 am Worship 6 p.m Scouts	30 OFFICE CLOSED	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>April 2020</h1>						
			1 5-5:45 p.m Yoga 5:15-6:15 p.m Youth 6 p.m.Soup & Bread 6:45 p.m Hlden Evening Prayer Service	2 8 am TCPS	3 9:30 am Text Study	4
5 9:15 am Adult Book Study./10:30 Worship/. 6 p.m Contemporary Service PALM SUNDAY	6 OFFICE CLOSED	7	8	9 7 p.m Maundy Thursday Service with communion 	10 7 p.m Good Friday Worship  GOOD FRIDAY	11
12 7 am Sunrise Service @ CRHS/9 am Breakfast / 10:30 am Worship 	13 OFFICE CLOSED	14	15 5:30 am Yoga 6:30 p.m Youth G. 6:30 p.m Adult Bible Study/Women's Bible Study	16 8 am TCPS 5:30 p.m Worship Committee Mtg. 7 p.m Council Meeting	17 9:30 am Text Study	18
19 9:15 am Adult Book Study & Sun. School 10:30 am Worship 6 p.m Scouts	20 OFFICE CLOSED	21	22 5:30 am Yoga 6:30 p.m Youth G. 6:30 p.m Adult Bible Study/Women's Bible Study	23 8 am TCPS 5:30 pm God Uncoaked (place TBD)	24 9:30 am Text Study	25
26 9:15 am Adult Book Study & Sun. School 10:30 am Worship 6 p.m Scouts	27 OFFICE CLOSED	28	29 5:30 am Yoga 6:30 p.m Youth G. 6:30 p.m Adult Bible Study/Women's Bible Study	30 8 am TCPS		

March Birthdays

- 1 Jack Janisch
- 2 Rachel Olsen
- 3 Lloyd Snow
Isabella Janisch
- 14 Larry Ogden
- 15 Jim McDaniel
Donna Rodgers
Kalen Remmers
- 16 Sandy Catt
- 17 Elena Ross
- 21 Deborah Oswalt
- 23 Jim Johnston
Ashlee Eatherton
Vineta Thomsen
- 24 Natasha Jacques
- 25 Greg Ogden
Ryker Heller
Troy Franklin
- 26 Dan Frantsvog
Richard Skreen
- 27 Susan Denison
- 28 Brian Pederson
- 29 David Oswalt

April Birthdays

- 1 Carol Foster
- 3 Irina Anderson
- 4 Pr. Robert Ross
Debbie Krumpols
- 6 Monte Hartshorn
Benjamin Ross
- 8 Jackie Schwinn
- 10 Deb Sinclair
- 11 Dianna Watenpaugh

- 13 Heather Wilbur
- 14 Pat Dick
 Bill White
- 16 Dan Crisman
- 17 Ariel Bryan
 Easton Ross
- 18 Sam Cooley
- 20 Heather Whittaker
- 21 Cassie Hensley
 Aubrey Schaak
- 23 Heather Snow
- 24 Brad Knutson
 Lukas Houser
- 25 Dave Whittaker
 Lane Traver
- 26 Sherri Knutson
 Dillion Ray
- 27 Joyce LeMonds
 Karen Ashby
- 29 Jeff Frohner

Anniversaries

March

- 1 Brad & Kathy Cooper - 40 years
- 4 Mick & Tiffany Seidl
- 15 Dan & Valerie Crisman
- 21 Mike & Dani Foster - 51 years
- 25 Jerry & Cheryll Borgaard
- 27 Alan & Dianna Watenpaugh

April

- 1 Seth & Jill Heistand-Foster
- 12 Garrett & Addie Ashby
- 24 Emma & Sam Cooley - 72 years
- 29 Dale & GleeAnn Erdelbrock - 59 years

Thank You

Thank you for coming together as a church family to celebrate mom's (Palma's) life with us. We appreciate all your kind words and prayers.

Leah Jensen Norris and Family

Memorial Service

A Memorial Service was held on Saturday, February 8, here at St. Paul for Richard Day. Richard was the father of former member Leah Pederson. His son-in-law, (Leah's husband), Rev. Brian Pederson, officiated the service.

Thanks to Great Volunteers

A big thank you to everyone that helped set up, clean up, and/or brought food for the past two funeral luncheons.

- Tiffany Seidl, Funeral Committee Chair

Season of Lent

- Ash Wednesday Worship at 6:30 p.m.** with Holy Communion and the Imposition of Ashes, as we prepare our hearts for the 40 day journey before Easter Sunday.
- Soup and Bread Meals** served every Wednesday (March 4 - April 1) at 6 p.m. followed by the Holden Evening Prayer service at 6:45 p.m.
Soup makers and set-up/clean-up crews needed.

Holy Week Schedule (April 5 - 12)

- April 5 - **Palm Sunday:** 10:30 a.m. Worship
- April 9 - **Maundy Thursday:** 7 p.m. Worship with Holy Communion
- April 10 - **Good Friday:** 7 p.m. Worship (Taize Service)
- April 12 - **Easter Sunday:** 7 a.m. Community Sunrise Service at CRHS outdoor stadium
9 a.m. Easter Breakfast
10:30 a.m. Worship (No Adult E40! or S.S.)

EVERYONE IS WELCOME!