

A Word from the Pastor for Lent...

St. Benedict, whose *The Rule of St. Benedict* has been the primary guidebook for Western monastic living for centuries, wrote, "The life of a monk ought to be a continuous Lent." But being realistic, Benedict recognized that not many have the strength to live Lent all year long so he suggested using Lent to "wash away the negligence of other times."

Debra Farrington has authored the book, *Living Faith Day by Day: How the Sacred Rules of Monastic Traditions Can Help You Live Spiritually in the Modern World* (Perigee, 2000). She writes, "What most of us neglect — with more regularity than we might care to admit — is God," So Farrington suggests, "Don't give up chocolate for Lent this year. Or rather, give up chocolate — or whatever else you give up — if it helps you think about God more often. But if all it does is make you think about chocolate, then let me suggest some other Lenten practices to you."

Citing several ancient and modern monastic guides, she suggests the following:

"Have a heart-to-heart with God." She suggests taking time for a long walk or going to a secluded place to simply converse with God, as you would with an old friend that you have neglected to share from the heart. "Don't forget to do some listening as well," she adds. "Sleep enough."

Continued on page 2

A Word from the Pastor for Lent, cont.

John Cassian, one of the desert fathers of the fourth and fifth centuries, recognized that having a good relationship with God takes energy and attentiveness. He recommended to his disciples that they get enough sleep so they could vigorously pursue their spiritual lives. Farrington writes, "Make Lent a time for getting rested so you, too, can attend to God without the heaviness of spirit that lack of sleep induces."

"Seek a spirit of detachment." Most Americans own more things than we need. Often our sense of self-worth and confidence is centered on our possessions rather than on our relationship with God as beloved children. Farrington suggests taking a break from buying unnecessary things and give the money you save to an organization that serves the impoverished and marginalized.

"Take care of yourself," As the apostle Paul writes (1 Corinthians 3:16), our bodies are temples. So take steps to care for God's dwelling place during Lent. Exercise, eat better, take time for leisure and play, being aware than in doing so you are caring for one of God's great gifts.

Pastor V.

Pastor Valerie's Bible Study

Pastor Valerie's Bible Study will meet on March 1, 8 and 15; we will look at the following:

March 1: Exodus 20:1-17, John 2: 13-22

March 8: Numbers 21:4-9, John 3:14-21

March 15: Jeremiah 31:31-34, John 12:20-23

St. John's Evangelical Lutheran Church

(3512 Clinton Street @ Union Rd, West Seneca)

Presents: **Our Monthly Community Dinner**

**Time:4pm – 6:30pm or until we
run out- Whichever comes
first**

Date:3/30/18

Cheese Ravioli Bake

We will also have Desserts & Drinks

***** Menu subject to change *****

The meal is provided for ANYONE in need of food,
fellowship or fun... As always, the food, the seat and
the smiles are FREE but good will offerings are always
accepted.

WANTED: coupons from The Buffalo News Sunday paper. These coupons are mailed to Fort Bragg where our military personnel and their families can use them at their PX up to six months after the expiration date. Just drop them in the box on the counter in the Narthex and Sandy Stango will take it from there. Another way to support our troops and their families. Thanks, Sandy Stango

Crossbeam Deadline

Articles for the **April** issue of the Crossbeam are due by **March 11th**. Please e-mail your articles to Sue Koepfel (sekoepfel@gmail.com) or leave them in the Crossbeam mailbox outside of the church office. Electronic articles are preferred, if at all possible.

Food Barrel for WS Food Pantry



Pantry Needs

Needed for March are condiments, cake mixes, baking supplies, pancake syrup, noodles, pasta, box dinners and instant potatoes.

Lenten Journey 2018

Date	Church	Speaker
3-7-18	St. John's Lutheran	Rev. Claudia Schedn
3-14-18	Ebenezer UCC	Rev. Dave Vasquez
3-21-18	Trinity Lutheran	Rev. Dennis Kruezer

Offerings will go to Kids Escaping Drugs and Heifer International

St. John's Hosting the Lenten Journey

We need your assistance as we host the Lenten Journey on Wednesday, March 7th. We'll need snacks, finger food type of things, as well as help setting up, staffing and then tearing down the event. You can leave goodies in the Parish Hall kitchen after March 4th, please label "Lenten Journey". Have a question? Please contact Bethann Hintzman.

New and renewal subscriptions to LIVING LUTHERAN magazine are due for the May issue. At least twenty subscriptions are needed to qualify for a reduced rate. Copies are available in the library and several other sites so you can see what a fine publication it is. Details on exact cost will be available soon.

Submitted by Janet Hender

Assisting Minister Schedule

	9 am	10:45 am
March 4	Pat Lipka	Evelyn Hicks
March 11	Sandy Gordon	Nancy Kessler
March 18	Jim Steiner	Karen Rothenberger
March 25 Palm Sunday	Sue Springer	Adam Wolff
March 29 Maundy Thursday	11 am: Jim Steiner	7 pm: Caroline Rackl
March 30 Good Friday	7 pm: Evelyn Hicks	

Power Point Schedule

	Preparer	9 am Presenter	10:45 am Presenter
March 4	Nick Barnhard	Lee Delaney	Matthew & Autumn Brown
March 11	Nancy Kessler	Lee Delaney	Trevor Godus
March 18	Nick Barnhard	Lee Delaney	Linda Altman
March 25	Nancy Kessler	Lee Delaney	Jean Stankowski

Altar Guild

At the present, there is nothing new to report. Due to this Crossbeam deadline for the March articles we have not had our February meeting. So, at this time we have not received prices from area greenhouses for our Easter plants. We will definitely be selling them. Please watch the church bulletins for further information and forms starting in March. The guild will also be sponsoring the Easter Breakfast. Please come and join us for some good food, fellowship and conversation. There will be a sign up sheet in the church foyer for anyone wishing to donate food items for the breakfast. If you have any questions or would like to place a plant order and can't get to church to get a form, please call Connie Arnold at 674-2409 or Nancy Weber at 668-1695. Checks can be mailed to the church office and made payable to St. John's Altar Guild.

Submitted by Nancy Weber

Remember! God has a favorite place to be. While His presence fills heaven, earth and everywhere in the universe—beyond, there is one place that's His ABSOLUTE FAVORITE! Where? Where else but at the center of your heart. Invite Him in. Let Him fill you with His light, His life and His love!

News From the Pews

In The Hospital

Alice Cooley

Walter Stankowski

Funeral

Gail Pahl - January 24, 2018

Marilyn Monin - February 10, 2018

St. John's Community Preschool 4th Annual Toy Sale will take place May 4-5, 2018

Please consider donating to our biggest Preschool fundraiser of the year!

We are looking for

- * Gently used or antique Toys
- * Gently used or antique Books (kids books only please)
- * Baby items
- * Outdoor play items
- * Homemade items for children

All money raised to be used for new toys/equipment for St. John's Community Preschool & the classroom used by our littlest Sunday School Students (3 & 4 year olds). Donations may be dropped off upstairs in the educational building-room 203a.

Also, won't you please consider volunteering to help. I am looking for help with publicity and to set up and price during days on May 2 or 3 as well as on the sales days from 9-1 to cashier or assist. Please call or text me with any questions or to offer assistance. 901-6570 or tracylml@aol.com

Tracy Lumb



This is the QR code for the St John's website. If you're not familiar, a QR code will take a mobile device directly to our web site, just by taking a picture of it.

Women of the ELCA

Special thanks to Kathy Moody for highlighting "Bold Women's Day" at St. John's. This is the day that celebrates all Lutheran women who have acted or are acting boldly on their faith in Jesus Christ. We can be bold in many different ways such as unceasing prayers, service to those in need, in advocacy or through hospitality to name a few. We can live out our bold story of faith in the workplace, home or community. No matter where, our faith compels us to make a difference in the lives of others. It is about reflecting and living out our baptismal call, about being a disciple of Christ. Be Bold every day!

Sandy Marzahn will lead our Caring and Sharing night project on Tuesday, March 13 at 7 PM in the fellowship room. Sylvia will lead us with devotions and Leah will supply the refreshments. Please feel free to join us for this fun, relaxing evening of fellowship and faith. When it comes to projects, we can use all the help we can get! Hope to see you there. Please see me or any member if you ever have a question about the meetings.

Thought for the Month:

The sadness of Lent is almost finished and the Joy of Easter will soon be here. Spread that joy and those alleluias as you help a neighbor, a shut in, a stranger, a family member, a co-worker or yourself. Kindness is always welcome.

Submitted by Connie Arnold

HAPPY MARCH BIRTHDAY TO:

- 3/1 Marilyn Mohr
- 3/3 Judy McGill
- 3/3 Evie Voit
- 3 /4 Sandy Perillo
- 3/4 Dakota Ward
- 3/8 Angel Moody
- 3/9 Nicholas Woodard
- 3/10 Lori Miller
- 3/12 Daniella Dunphy
- 3/12 Nancy Kessler
- 3/13 Ryan Woodard
- 3/14 Autumn Brown
- 3/16 Alan Lumb
- 3/18 Beth Vosseler
- 3/19 Joe Brady
- 3/21 Pastor Jack Printzenhoff
- 3/21 Jordan Storch
- 3/22 Travis Hintzman
- 3/27 Rob Coder
- 3/27 Pam Gorman
- 3/27 Alexis Lang
- 3/27 Addison Grace Poole
- 3/29 Albert Gulas
- 3/29 Alysia Gordon



HAPPY MARCH ANNIVERSARY TO:

- 3/15/1970 Joe and Diane Molnar

DINING OUT CLUB

We invite all who are interested to join us:

WHEN: THURSDAY, MARCH 22 AT 6:00 P.M.

WHERE: EAGLE HOUSE RESTAURANT

MENU: \$14.00 & up entrees + appetizers, soups, seafood, pasta chicken, beef

DIRECTIONS: 5575 Main St. north side just east of S. Cayuga Rd. between Rock & Spring Sts. Park on Main St. or in lot off Spring St. From lot, stairs to restaurant or walk up hill between buildings.

PLEASE CAR POOL AND MEET AT THE RESTAURANT.

RESERVATIONS MUST BE MADE DUE TO THE SIZE OF OUR GROUP. PLEASE SIGN UP ON THE SHEET ON THE COUNTER IN THE FOYER, INDICATE IF YOU ARE WILLING TO DRIVE, RIDING WITH SOMEONE OR MEETING US AT THE RESTAURANT.

RESTAURANT REVIEW:

Polish Villa II: 17 of us dined in this small restaurant close to home. Being the 4th Thurs. of the month, a Jazz group began playing at 6:00 p.m. so it was hard to converse...disappointing. Some were happy, others were not but the battered, deep-fried chicken fingers are delicious!

How do we choose our restaurants? A list of prospective restaurants is passed around and each diner places an "X" underneath their choice. The restaurant with the most Xs is the one we dine at next. During the nice weather, we try those restaurants farther away and during the winter months, we stay closer to home. Here is your chance to try new restaurants, visit your old favorites, meet new people and enjoy good company. All members of St. John's, your family and friends are always welcome.

Submitted by Carolly Huth

Sunday Church School

Thank you to our church family for supporting our children through the Valentine Hearts! Several of the children were surprised that 'strangers' would pray for them! We had wonderful conversations about our church family vs. strangers. Please pray for our kids through the end of the school year.

Notable dates:

- March 4th: Brief teachers/aides meeting @ 10:15
 - March 18th: First Communion
 - March 25th: Palm Sunday aka Lord's Prayer Sunday as we celebrate with our Kindergarten, 1st and 2nd grade classes, the achievement of memorizing the prayer that unites all Christians.
 - April 1st: Easter Sunday, no classes, see you in church
- May 20th: Confirmation and the last day of Sunday School classes

See you in Sunday School!

Submitted by Kathy Moody

St. John's Bereavement Group

This past year has been a particularly hard year for our community and many of us are still finding our way after the loss of a parent or child or spouse. We know that the grieving process is long, winding, and filled with unexpected turns. Pastor Roger, alongside grief specialist counselor Mrs. Carol Griesmann, LCSW are going to be hosting a four week bereavement course for the St. John's family. Grief also keeps its own time and sadness or other emotions can surprise us for years, all are welcome regardless of how long ago your experience of loss was. For each Monday in March from 7:15—8:30 pm, we will gather to celebrate the lives of the saints who we miss, to remember them to learn more about ourselves and to help each other in the grieving process. Please contact the church office or Pastor Roger to register for this course or with any questions you may have.

LOST & FOUND

If you find items around our complex, please place them in the lower cabinet in the Foyer, next to the Guest Book stand. Please do not leave them lying where you found them.

If you lose something please look in that cabinet first.

Items of value are kept in the church office.

If you bring in goodies for our many receptions during the year, please take your dishes home. Those left in the kitchen will be placed on the pew next to the Classified Ads bulletin board in the Parish Hall.

We do thank everyone who brings in goodies but we just don't have room to store the dishes left behind.

Please call Carolly Huth if you can't find what you are looking for at 826-0506.

Spring Fling

Clean out your closet and bag up the items you no longer want in a 13gal.bag; We can turn them into cash!

Bring clothing, bed/bath/shoes and household items into church or call for your items to be picked up.

Call Bethann 668-0833

Please support our building and community dinner funds.




Collecting starts March 1st -April 30th

Spring Fling

HELP US RAISE \$\$ WITH OUR FUNDRIVE FUNDRAISER

ITEMS WE ACCEPT AND THE PRICE WE ARE PAID FOR THEM



SOFT GOODS
20¢ PER POUND

-  CLOTHING
-  SHOES
-  BEDDING / TOWELS

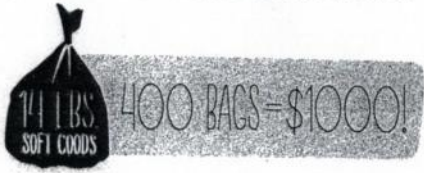
-  ACCESSORIES - HATS, MITTENS, SCARVES, TIES, SOCKS, PURSES, WALLETS, BACKPACKS, BAGS, BELTS, JEWELRY

HARD GOODS
10¢ PER POUND

-  ELECTRICAL ITEMS
-  TOYS & GAMES
-  KITCHEN ITEMS

-  KNICK-KNACKS
-  SPORTING GOODS - BALLS, BATS, FRISBEES, TENNIS RACKETS, BASEBALL GLOVES

BOOKS/CDS/DVDS
2¢ PER POUND



CIINDrive

 savers

Worship and Music

Our Lenten liturgy will replace the hymn of praise with a chanted Kyrie.

Saint John's will host the Lenten Journey at 7 pm on March 7, with a reception to follow.

As usual, Palm Sunday on March 25 will include a full reading of the Passion with congregation participation.

The 7 pm Maundy Thursday worship on March 29 will be a table service. We're looking forward to a rich, new worship experience.

The following evening at 7 pm, we will have a traditional tenebre for Good Friday.

Easter Sunday services on April 1 will include a sunrise service at 6:30 am in addition to 9 am with the Band and 10:45 am with the Senior Choir.

We welcome new folks interested in the work of making the worship experience a vital and vibrant part of discipleship at St. John's. Watch the calendar for meeting dates.

Submitted by Adam Wolff

**4th-8th Grade Winter Retreat
March 2-4, 2018**

Come enjoy a weekend of faith, friends, and fun while we explore what it means to be a person of faith.

The Winter Retreat will also include:

- *Powerful worships and devotions
- *Reconnecting with old camp friends and making new ones
 - *Campfires
 - *Camp Games and activities
 - *Sledding and fun in the snow

WHEN: 7:00 PM Friday through 11:00 AM Sunday

WHERE: The Retreat Center at LCLC

COST: \$100 (Includes meals, lodging, and program)
\$25 of which is a non-refundable deposit
The registration deadline is 2/26/18.

Call 716-386-4125 for more information.

**Youth Leader's Training Event
March 23-24, 2018**

This event is sponsored by Organic Youth and LCLC, designed for adult volunteers and paid youth leaders with any level of youth ministry experience. The keynote presentation will be by Abigail Sandonato, an Addictions Consultant and Young Adult Specialist. She will guide us through three of the "Whys" of working with youth.

- Why do teenagers think and behave the way they do?
- Why do youth have a tendency to engage in risky behavior?
- Why do we have to understand the developmental stages of our youth?

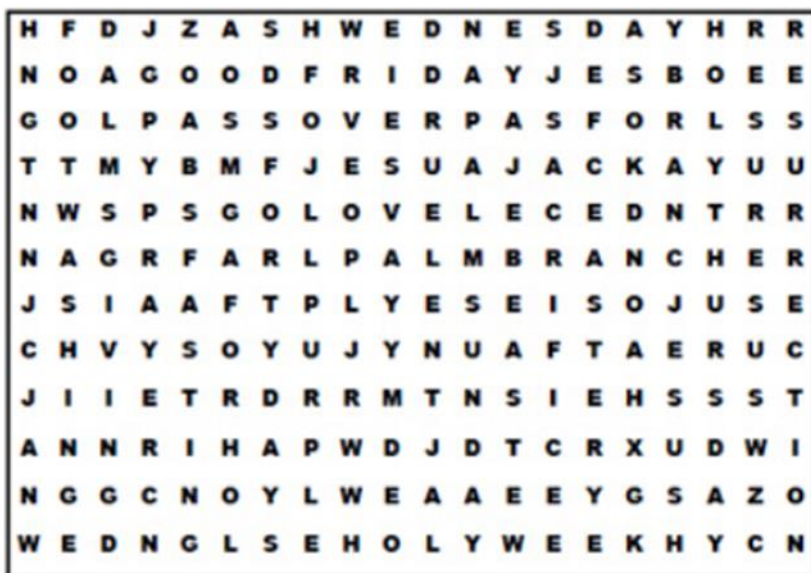
, Call 716-386-4125 for more information about the program, and for a registration form.

WHEN: 7:00 PM Friday through 3:00 PM Saturday

WHERE: The Retreat Center at LCLC

COST: \$60 (Includes meals, lodging, and program)
The \$60 registration fee is non-refundable deposit
The registration deadline is 3/19/18.

ON THE ROAD TO EASTER WORD SEARCH



- | | | |
|------------|---------------|--------------|
| Ash | Holy Week | Palm Branch |
| Wednesday | Holy Thursday | Forty Days |
| Sacrifice | Good Friday | Jesus |
| Almsgiving | Holy Saturday | Passover |
| Prayer | Easter | Foot Washing |
| Fasting | Palm Sunday | Resurrection |
| Lent | Purple | Love |



CROSSES & CANDY



Friday, March 16, 2018

WHAT: *Have you ever wondered how to make the crosses that are blessed, distributed and worn on Palm Sunday? This year you have an opportunity to learn how to weave these crosses and help assemble the number needed for our worship on Palm Sunday.*

WHEN: **Friday, March 16, 2018**
Fellowship & Fun with Palms
7:00 – 8:30 p.m.

WHERE: **Parish Hall**

WHO: **All congregational members, interested friends and relatives.**
If possible, please bring a pair of scissors labeled with your name.
No experience needed, just a willingness to learn and help make Palm Crosses.

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