

March 3 , 2024 3rd Sunday of Lent



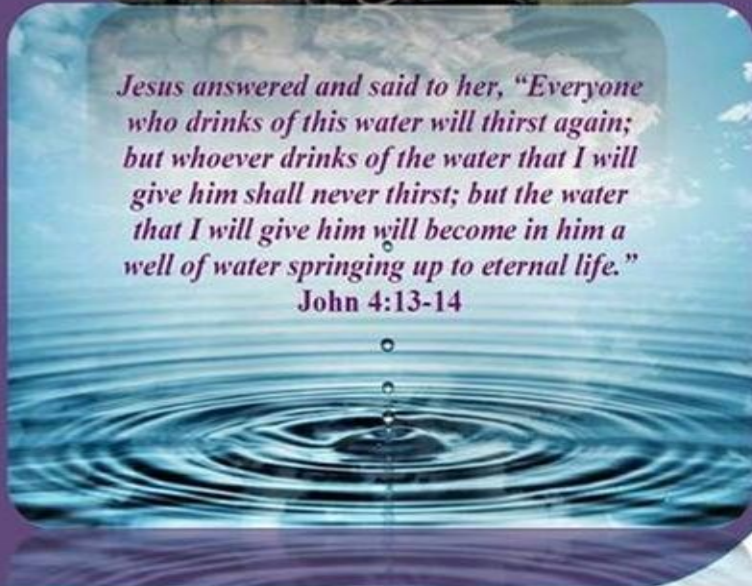
Today
if you hear his voice,
do not harden your hearts.

Hebrews 4:7



Jesus answered and said to her, "Everyone who drinks of this water will thirst again; but whoever drinks of the water that I will give him shall never thirst; but the water that I will give him will become in him a well of water springing up to eternal life."

John 4:13-14



Lent is Here!

The **Wednesdays of Lent** will be marked by two services with **Biblical Portrayals at 5:00 and 6:30 p.m.**

Noisy offerings will be taken up throughout Lent to support the ministry of ELCA World Hunger. A light dinner

will be served in the Fellowship Hall from 5:30-6:30 p.m. Donations are accepted.

Devotionals based on the weekly Scriptures and written by ELCA World Hunger are available in the entrance of the church for you to take and use in faith sharing with your domestic church (i.e. at home), study group or in personal time.

Our Community Prayer for Lent will be borrowed from St. Therese Lisieux,

"Christ has no body but yours, No hands, no feet on earth but yours, Yours are the eyes with which he looks Compassion on this world, Yours are the feet with which he walks to do good, Yours are the hands, with which he blesses all the world. Yours are the hands, yours are the feet, Yours are the eyes, you are his body. Amen"



Easter Lily Orders

If you would like to order a lily to help beautify the sanctuary for Easter:

- Sign the paper that is on the table in the back of the church,
- Indicate who the lily is in honor of or in memory of,
- Put cash or a check payable to **Anamosa Floral** in the envelope that is attached to the paper. Lilies are \$13.



Deadline for ordering is Sunday, March 17th.

Kathy's Office Hours

Monday	8:30—3:30
Tuesday	8:30—3:30
Wednesday	8:30—2:30



If you need something on a particular day, please call or email ahead to let Kathy know so she can be sure to be there for you. Things do come up and she might have to be out of the office, so please plan ahead.

Please Pray for the Following

(Why people want prayers isn't important, *the prayers are!*)

We pray for all who need healing, strength or comfort . For peace in our nation & world, for safety in our schools and communities and for those seeking a safe home. To add a name call or email Kathy at 319-462-4841/ stpaulanamosa@gmail.com. Names will be listed for 4 weeks and may be renewed.

GriefShare is available upon request. Please contact Nancy Douglas if interested 319-551-3358.

AA meets in the lower level of the CE building on Tuesday evenings at 7:00 pm.

Jones County Food Bank: Help is always needed at the Jones County Community Food Bank - food and funds have fallen critically low. For the last few months, the number of families and individuals requesting foods has been increasing and the shelves are almost bare. Funds are also being diminished by the demands of purchasing food at higher prices.

To donate money, checks may be written to Jones County Community Food Bank and mailed to 105 Broadway Place, Anamosa IA 52205. Items needed this week: Peas, pancake mix and syrup, canned tuna, Mac & Cheese and personal care items. **Please place items in the back of the church for collection by St. Paul volunteers OR call the Food Bank to make delivery arrangements (462-4343)**

Recorded services are found on St. Paul website, YouTube page or Facebook page.

National Suicide Prevention Lifeline
Available 24 Hours
Languages: English, Spanish
800-273-8255

Bread Bakers:

March: Staci Sullivan
April: Kaileen Weaver
May: Pat Merritt

Deliver Food to Food Bank:

March: Myra Powell
April: Barb Kleis
May: Ralph & Sandy Andresen

Wednesday, February 28

* 8:00 am Men's Worship Group—CE Building

* 5:00pm Evening Service

Comm Prep: Darla Algoe
Greeters: Darla Algoe
Prayers: Darla Algoe
Comm Servers: Darla Algoe/Cathy Crowe
PowerPoint: Darcie Tenley

* 6:30pm Evening Service

Comm Prep: Darla Algoe
Greeters: Jason Geltz
Prayers: Beth Hora
Comm Servers: Beth Hora/S or V Lambertsen
PowerPoint: Eli Lambertsen
Streaming: Dean Lambertsen

Sunday, March 3

* 8:00 am Service

Comm Prep: Ed Gerst/Susan Koppenhaver
Greeters: Ed Gerst/Susan Koppenhaver
Readings/Prayers: Nancy Lyon Douglas
Comm Servers: Ed Gerst/Susan Koppenhaver
PowerPoint: Macen Garrett

* 10:30 p.m. Service

Comm Prep: Jeff/Barb Switzer
Greeters: Shaun Lambertsen family
Readings/Prayers: Shaun/Valerie Lambertsen
Comm Servers: Shaun/Valerie Lambertsen
PowerPoint: E. Lambertsen
Livestream: Dean L.

Wednesday, March 6

* 8:00 am Men's Worship Group—CE Building

* 5:00pm Evening Service

Greeters: Summer Parks
Prayers: Virginia Danielson
PowerPoint: Darcie Tenley

* 6:30pm Evening Service

Greeters: Scott Wheeler Family
Prayers: Wes Wheeler
PowerPoint: Miken Wheeler
Streaming: Easton Wheeler

Sunday, March 10

* 8:00 am Service

Comm Prep: Jeff/Kristi Fortune
Greeters: Mark/Rhonda Bickford
Readings/Prayers: Macen Garrett
Comm Servers: Jeff/Kristi Fortune
PowerPoint: Deb Hardersen

* 10:30am Service

Comm Prep: Cathy Crowe
Greeters: CJ/Stacie Sullivan
Readings: Cathy Crowe
Prayers: Jerry Crowe
Comm Servers: Sally Clapp/Cathy Crowe
PowerPoint: G/L Chrisman
Livestream: Sebastian G.

Mailing Address:
St. Paul Evangelical Lutheran Church
103 East Cedar Street
Anamosa, IA 52205



CALENDAR OF EVENTS FOR ST. PAUL LUTHERAN CHURCH

Mar 4-9	Pastor Rodney gone on Retreat
Mar 6	Wednesday Lent with Biblical Portrayals at 5:00 pm & 6:30 pm
Mar 10	Daylight Savings Time Begins—spring forward!!
Mar 11-13	Kaileen on vacation
Mar 13	No WD4
Mar 13	Wednesday Lent with Biblical Portrayals at 5:00 pm & 6:30 pm
Mar 18	Drumming Prayer 5:30-6:30 pm Church Chapel
Mar 18	Council Mtg 6:30 pm
Mar 20	Wednesday Lent with Biblical Portrayals at 5:00 pm & 6:30 pm
Mar 21	First Communion retreat 6 pm—8 pm
Mar 24	Palm Sunday
Mar 25	Drumming Prayer 5:30-6:30 pm Church Chapel
Mar 28	Maundy Thursday
Mar 29	Good Friday
Mar 31	Easter




A March birthday was accidentally left out of our March birthday listing last week. We'd like to say Happy Birthday to Thea Marie Hardersen who has a birthday on March 15th!!

Dinner With Friends

Snow postponed our last outing but our hearts are warm and hopeful that you will consider having *Dinner with Friends* on Thursday, February 22nd at 5 p.m. at McOtto's in Anamosa. All are welcome, come hungry!

Questions....Sherri Evans 319-981-0283



Clothes Closet Needs Help

Due to unforeseen circumstances, the church that was to supply volunteers for the Clothes Closet in March cannot do so. If there are any members of St Paul who would want to help on the Thursdays in March, please text or call Jeannette Clayton at 319-560-1364. Thank you!

Supporting Mental Health in Anamosa....

The Anamosa Ministerial Association has developed a short-term mental health reimbursement program in conjunction with RISE Counseling & Consulting, PLLC to assist people requiring therapy services but may be unable to meet annual deductibles and copays, or are under-insured. We are making available \$250 per client per year. Melissa Paulson and her staff will assist you in applying for these funds when you arrange your appointments. We encourage everyone to ask for what you need to support your mental health.

Prayer opportunities at St Paul led by Pastor Rodney!

Drumming Circle: Join others in the church chapel from 5:30-6:30 pm the **third and fourth Mondays** of the month for drum prayer (see dates below). 11 hand drums are available, first come, first to choose. We will begin with sharing gratitudes and intentions, then drum, ending with a drum wash to those who wish it.

Drumming is a form of contemplative prayer that invites us to be present to the Heartbeat of God. As we listen to and feel the drums, we experience the One pulse that gives rise to all the rhythms and energies of life. It is actually from the feminine energy of the divine that drumming emerges, and men drum to draw themselves from the head into the heart, seeking harmony.

Upcoming dates for 2024 will be: Mondays, March 18, 25, April 15, 22, May 20, 27, June 17, 24

Being the hands of Christ...ALY (Anamosa Lunch for Youth) packing in March

St. Paul folks are responsible for ALY during March. Volunteers will pack and deliver on Thursday March 7, meeting in the lower level of the Ed building at 10:00 AM.

If you are interested in volunteering, but not able to work during the day, please note that ALY bags can be packed at any time because all food items are shelf-stable. If you could come on an evening or weekend, invite 3 or 4 friends or family members and give me a call to set up a time.



**PACKING
SACK LUNCHES
FOR THOSE
IN NEED**

And finally, a large food order will arrive soon. A few volunteers are needed to unload and move the order into the ALY storeroom located in the lower level of the Ed building. If you volunteer, you will know what day the order will arrive, but not the time, so you will be asked to be ready to come at short notice.

Thanks to all our volunteers.
Virginia Danielson 319-481-0466

Calling all Poets and Pray-ers!

With the spring season quickly approaching, I want to invite any of you who are inspired to do so to submit haiku poems to me for sharing in the Pulse's HAIKU CORNER. This form of poetry originating in Japan is a short, unrhymed poem that adheres to a specific three-line, seventeen-syllable format: the first line is five syllables, the second is seven syllables, and the third is five syllables. Traditionally, haiku are about nature and frequently reflect the changing seasons. Often, a haiku focuses on a single moment in time and, in many cases, juxtaposes two images. I use it as a spiritual practice, and I encourage you to try it as well. {if you share yours with me, I presume you give permission to print. blumlwa@gmail.com}. Don't be shy. Let's raise our poetic voices collectively to God! Here are a few samples:

Frosty grassed prickles
the sunlight unsuspecting
dances into day

Contoured corn field
a blanketed sleeper dreams
waft of sweaty silks

Full moon beams her smile
blankets of whit light unfolds
dreams of being held