

Spiritual Practices for Lent

I was challenged this week when I read a post about fasting for Lent. I thought giving things up could tend to be self-serving. For example, one friend once gave up chocolate (I will not do that!) and thought the bonus to her would be to lose weight. That didn't seem like a spiritual discipline to me.



This is a quote from part of the post I read this week from Megan Westra: "This week, I am inviting you to join me in fasting from criticism and intentionally practicing gratitude. Start small. Instead of starting and ending your day on your phone, take a few minutes on either end of the day to call to mind three people, occurrences, relationships or things you are grateful for. Hold them in your mind. Notice how calling these things and people to mind impacts your body. Sit with the gratitude for a moment before launching into your day or drifting off to sleep. See if you can return to those moments when criticism creeps into the corners of your day. Together we can choose a way other than our own. A way centered on gratitude instead of criticism."

Now that is something I can try! How about you?

~ Pastor Cheryl Ann



Daylight Savings Time begins next Sunday, March 8. Don't forget to set your clocks ahead!

The flowers on the altar are given by Mike and Rachael Leonard with gratitude to God for their family.

Music for Lent and Easter

As you know, Christ the King is blessed to have Kevin Murphy as its interim Music Director. Before agreeing to help us out, he told us he was not available every Sunday and in fact, there were many Sundays that he was already committed and not available. The leadership is pleased to have him play for our worship services and direct our choir when he is available. He is not available on the following dates: February 26 (Ash Wednesday - Carol Strano led music), March 8 and 15 (Sundays in Lent - Dennis Chapman will lead music), April 5 (Palm Sunday), April 10 (Good Friday), and April 12 (Easter). We have a few people who have come forward to offer their musical gifts and are working on April's music. If you have a musical gift, please consider being part of the team (during these times especially but also any time). Please also pray for those who have come forward and offer your words of appreciation for their sharing of their gifts. We invite the congregation to join us in practicing gratitude for the gifts God has given rather than complaining that we don't have an organist for these particular dates. Much time and effort has gone into seeking out organists and none are available.

Expanded Leadership Team Retreat Update

The Leadership Team met in retreat at Our Savior Lutheran Church on February 22 and was joined by 5 others in the congregation who agreed to be part of the retreat to expand the breadth of leadership conversation. It was a fruitful time of learning and building common understanding. We began with worship focused on Psalm 23 gaining new insights into the Psalm and how it applies to us now as God's people. We looked at the Mission Statement of the church and considered scriptures that undergird it. We learned about and discussed the four characteristics of vital and future focused congregations. We pondered the life cycle of Christ the King. We discussed the leaders' role in supporting a vital congregation based in healthy relationships and communication patterns. We concluded the retreat time with an inspiring video on "Focus Your Vision." It was a full and engaging day. We will be sharing our learning with the congregation over time.

During our time of worship at the retreat, we made a covenant with one another regarding how we will communicate, relate, and work together. Using principles from the book called The Five Dysfunctions of a Team, each person present promised to relate in ways that honor this covenant. Again, we will share these with you as well. Stay tuned.

Leadership Team Update

The Leadership Team met on February 22, 2020. This meeting followed a retreat that included additional leaders of the Church. That expanded meeting discussed the Church's mission and vision for the coming years. That meeting attempted to focus on the biggest issues facing Christ the King and the larger church, rather than deciding on individual programs and strategies. The meeting was the beginning of a process that the leaders hope will extend over the next months and years. A brief business meeting followed the larger discussion. At that meeting, the Leadership Team discussed ongoing and planned programs. Plans continue to have regular "God's Work Our Hands" Sundays. Contact Jody Fiorentino if you have a project you would like help leading. The youth are putting together fundraisers for their work camp in July. Faith formation is still working on the "Faith Out Loud" video series. A series of discussions on how we deal with political disagreement will follow the end of that video series. Planning for music for Holy Week is proceeding. Many people have stepped forward to help with the music during periods where Kevin Murphy is not available. The next brunch/town hall meeting will be March 15 after the service.

Brunch Buffet

An Irish wish from the heart of a friend:

"May good fortune be yours; may your joys never end!"

With St. Patrick's Day just around the corner (whether you are Irish or not), the Holy Smokers are preparing a delicious Brunch Buffet on Sunday, March 15. Please stay after the worship service for Corned Beef and Cabbage, Vegan Enchilada Casserole with homemade sauce (oil & gluten free), Fresh Fruit Salad, Irish Stout Cake and Lime Sherbet Punch. ALL are welcome – don't forget to wear green!

Blessings, O'Kelli & O'Megan

Town Hall Meeting

A Town Hall meeting will be held in conjunction with the Brunch Buffet on Sunday, March 15 following the 10:00 AM worship service.

Office Note

The Office will be closed on Wednesday, March 4. Regular hours of 9-1 will resume on Thursday, 3/5.



Irene Demetros – 3/5

Readers: 3/1 – Mary Lynne Flowers 3/8 – Curtis Hartwig

Christ the King Weekly Calendar

- Sunday, 3/1 - Worship at 10:00 AM
- Faith Formation at 11:15 AM
- Monday, 3/2 - CMY Isaiah Study at 6:00 PM
- Vinsaya Yoga at 6:15 PM
- Tuesday, 3/3 - CMY Bible Study at 6:00 PM
- Property Team at 6:30 PM
- Wednesday, 3/4 *Office Closed*
- Thursday, 3/5 - Prayer Shawl Ministry at 9:30 AM
- Friday, 3/6 - Friday AM Group at 10:00 AM
- Congregation Mashiach Yisrael at 6:00 PM
- Saturday, 3/7 - Men's Group at 8:00 AM
- Sunday, 3/8 - Worship at 10:00 AM
- Faith Formation at 11:15 AM

Christ the King Lutheran Church Staff

Church Office Number: 729-2688

www.ckvestal.org

Pastor: The Rev. Dr. Cheryl Ann Elfond caelfond@umich.edu

Church Administrator: Marsha Pulz marsha@ckvestal.org

Interim Music Director: Kevin Murphy
kevinmurphy182187@gmail.com

Sexton: Gary Robertson

YouTube channel: Search “Christ the King Vestal, NY”