

The Lenten Discipline of Gratitude

How have you been doing with fasting from criticism and practicing the spiritual discipline of gratitude?

I share with you below, a reading from the late Henri Nouwen for your reflection.



To be grateful for the good things that happen in our lives is easy, but to be grateful for all of our lives—the good as well as the bad, the moments of joy as well as the moments of sorrow, the successes as well as the failures, the rewards as well as the rejections—that requires hard spiritual work. Still, we are only truly grateful people when we can say thank you to all that has brought us to the present moment. As long as we keep dividing our lives between events and people we would like to remember and those we would rather forget, we cannot claim the fullness of our beings as a gift of God to be grateful for.

Let's not be afraid to look at everything that has brought us to where we are now and trust that we will soon see in it the guiding hand of a loving God.

~ Pastor Cheryl Ann

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.

*The flowers on the altar are given by Anne Guba
in memory of her husband, George.*

Leadership Team Installation

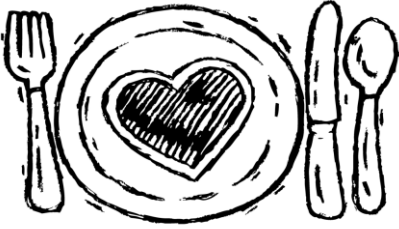
On March 15th, the Leadership Team (council) of Christ the King will be formally installed during the service of worship.

Soup Kitchen Donations

On Saturday, March 21, we will be serving our neighbors at the Soup Kitchen in Endicott. Would you like to contribute to the meal? The main dish will be casseroles so if you have a favorite to prepare and donate, please sign up on the Events board. Questions? Contact Todd Eames (hteames@gmail.com or text at 761-3744).

International Women's Day

Did you even know there was one? It's been March 8th ever since 1913. And here's how the ELCA is involved: Sarah Abendanon is from Suriname. The ELCA International Women Leaders initiative gave her and five other women scholarships to Augsburg College in Minneapolis, Minnesota. Minnesota, from Suriname, a tropical country on the north shore of South America! One of the first things she did was buy a winter coat! This initiative seeks to open doors for women, who are often not afforded the same access to education by the social and political structures in their home churches and countries. Since 1988 more than 900 potential leaders have completed academic degrees and have returned to serve their churches and communities as bishops, teachers, pastors, doctors, and more. Sarah, who was active in her congregation in the Evangelical Lutheran Church in Suriname, is working on a business degree and is looking forward to being hired by her denomination "to manage and organize things for them." And as for winter in Minneapolis, she says, "Bring it on!" The ELCA has pledged to raise \$4 million to help equip more than 200 women. You help this initiative with your mission support. Thank you! We are church together for the sake of the world. God's Work. Our Hands.



God's Work Our Hands Dinner

March's "God's Work Our Hands" Sunday will be a dinner on March 22 to raise funds for our youth and The Floating Hospital's winter coat drive. The dinner will be from 11:30 AM to 1:30 PM and will feature savory turnovers including

beef, chicken, vegetarian and vegan options, lemon herb rice, glazed carrots, salad, cornbread, and a choice of desserts. We are planning to serve 75 people, so this is a good opportunity to invite others to this annual dinner. If you would like to help prepare or serve on Sunday the 22nd, please let Linda Truman know at boblintruman@gmail.com.



Rita Kress	3/8
Karen Erdman	3/14

Readers: 3/8 – Rich Lindstrom 3/15 – Rachael Leonard

Christ the King Weekly Calendar

- Sunday, 3/8 - Worship at 10:00 AM
- Faith Formation at 11:15 AM
- Monday, 3/9 - CMY Isaiah Study at 6:00 PM
- Vinsaya Yoga at 6:15 PM
- Tuesday, 3/10 - CMY Bible Study at 6:00 PM
- Thursday, 3/12 - Prayer Shawl Ministry at 9:30 AM
- Leadership Team at 6:00 PM
- Friday, 3/14 - Friday AM Group at 10:00 AM
- Congregation Mashiach Yisrael at 6:00 PM
- Saturday, 3/7 - Men's Group at 8:00 AM
- Organic Worship Team at 10:00 AM
at Pastor's House
- Sunday, 3/15 - Worship at 10:00 AM
- Brunch Buffet at 11:15 AM
- Town Hall at 11:15 AM

Christ the King Lutheran Church Staff

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