



Gloria Dei Lutheran Church

the little church with a big heart!

Lent. A time to fast. A time to pray. A time to contemplate. A time to reflect. It all sounds kind of somber. But it doesn't have to be.

Lent is a good time to take inventory, to notice things overlooked, to reawaken to what it means to be alive in your own particular life. As we consider what it meant for God to become incarnate, to live a fully human life in Jesus Christ and then to willingly lay down that life for our sake, it's a good exercise to remind ourselves of what, exactly, he was giving up. Not all his pain was in the wounds they inflicted on him. Surely he must have felt at least some small grief in saying goodbye to all the small human joys that come to us through our senses, things we take so much for granted until we realize we won't have them anymore.

What tastes did he most enjoy? What were his favorite scents? Did he have a favorite song? Was there a particular stretch of road with a view that moved him? Did he ever stroke a smooth stone or pet a kitten or a dog just to delight in the texture and warmth? Did he gaze deeply into the sky on moonless nights and let his thoughts wander among the stars?

What about you? When is the last time you noticed the marvel that is your own life? When is the last time you paid real attention to all the small gifts that come to you in your own body?

Did you know that when you flex your hand you're using 70 different muscles? Did you know that your hair grows about 6 inches a year but your bone marrow grows even faster? Did you know that if all the blood vessels in your body were laid end to end they would encircle the earth four times? Did you know that in every cell of your body with a nucleus there is mitochondrial DNA that you inherited only from your mother, and she inherited only from her mother, and so on all the way back to mitochondrial Eve? Did you know that your tongue is made up of eight interwoven muscles, similar in structure to an elephant's tongue or an octopus's tentacle? Did you know that on a genetic level all human beings are more than 99% identical?

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Handling the Truth

~ 2017 Augsburg Fortress

We still struggle with the call to pick up our own crosses and name the hard truths about our own lives and failings. We enter Christian community by first having the truth of a promise made over us. In baptism, God declares faithfulness, grace and mercy over our lives and deaths. It is with confidence in this truth that we gather together to name hard truths in our lives and our world, knowing that in love God can receive and heal it all. Led by faith in Christ and following in his footsteps, we can handle the truth.

Did you know that your thumb has its own pulse? Did you know that, if you live an average human lifespan, your heart will beat more than 3 billion times? Did you know that your nose can detect more than a trillion smells, but that's nothing compared to a dog or a bear? Did you know that when you breathe most of the air only goes in and out of one nostril but every few hours the workload switches to the other one?

In his book, *This Sunrise of Wonder*, Michael Mayne writes to his grandchildren: "If I could have waved a fairy grandfather's wand at your birth and wished upon you just one gift it would not have been beauty or riches or a long life: It would have been the gift of wonder."

The gift of wonder.
The Psalmist captures it beautifully in Psalm 8:

"When I look at your heavens, the work of your fingers,
the moon and the stars that you have established;
what are human beings that you are mindful of them,
mortals that you care for them?
Yet you have made them a little lower than gods,
and crowned them with glory and honor."

So this Lent, if you fast, take time to appreciate and wonder at the gift of taste. And when you break your fast, to quote Psalm 34, "taste and see the goodness of the Lord."

But more than anything else, take inventory. Take time to be impressed. Take time to not just look at the sunset or sunrise, but to contemplate how it happens and what it means. Go farther up and farther in. Go deeper. Stop from time to time to just smell the aromas of the air around you—we become nose blind to familiar smells so easily and yet aromas can be powerful triggers for our memories. Take time to listen to the world around you. Listen to your own life.

Lent is a good time to take inventory. And to wonder. And to be grateful.

Pro Gloria Dei,

Pastor Steve



CONGREGATION COUNCIL UPDATE

Gloria Dei council continues to work on your behalf. In February, Galen Anderson, Bob Siemer and Pastor Steve worked to update the church website. Visit: <https://www.gdlclb.org/> Be sure to check it out. Sandi Galen has been named as the editor of the Facebook

The Council reviewed the request for a mediation time during which the church would be open for visitors who need some quiet time. This was discussed thoroughly. A letter has been drafted asking the groups that use our fellowship hall if they have a preference for days/times of availability. This "Open Door" will need two church members to be present for safety and security. Look for another sign up sheet in the fellowship hall.

Ash Wednesday supper and services will be done by now. Thank you to those who provided food for attendees. Some of us dined at Domenico's with part of the dinner costs going to Habitat for Humanity. Thank you. Future plan include SCIC meeting, Southern California synod assembly.

page.



— Psalm 51 —

**'Create in me a clean heart, O God,
and put a right spirit within me.'**

The ash on our forehead brands us "marked with the cross of Christ forever."
God leaves not a moment between our certain death and the equally sure embrace of life everlasting.

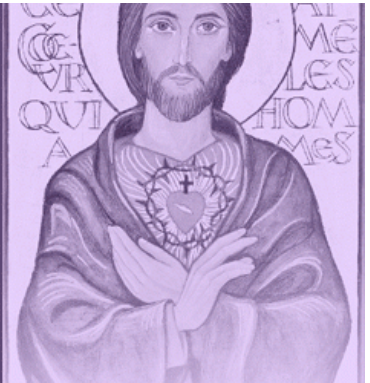


**LENT IS A GOOD TIME TO TAKE INVENTORY. AND TO WONDER.
AND TO BE GRATEFUL.**

40 days set aside in the Church calendar specifically for turning our attention to how we are loving God, our neighbors, and our selves, a season for getting our house in order.

“During this Lent,
let us all ask the Lord:
Make our hearts like yours.”

-Pope Francis



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Thinking about giving up something for Lent? That's one traditional way of observing this season of reflection. There are, however, some other ways to observe Lent. Jesus said that the greatest commandment is to love God with all our heart, mind, soul and strength, and to love our neighbor as our self. Lent is a good time—40 days—to focus on how we are loving God, neighbor, and self, and to develop new habits that enrich our lives and relationships. So...some suggestions.

Love God—

- **Try** to find 5 ways every day that you see God at work in the world around you
 - o Note—the Spirit moves in mysterious and often subtle ways.
 - o See how often you can see God's fingerprints on “secular” or everyday things
 - o Can you hear a phrase of music or a song lyric that speaks the Word of God to you and carry it with you through the day?
- **Practice** the *Lectio Divina*
 - o Read a brief section of Scripture
 - o Read it again and this time see if a particular word or phrase grabs your attention
 - o Meditate on that word or phrase for a few minutes
 - o Read the entire section again and see if you understand it differently
- **Make** your first prayer of the morning, “God, what do you want today? What can I do for you?”
- **Spend** 40 days reading one of the Gospels. Think carefully about each episode and encounter in the life of Jesus. Think about what that episode tells you about what it means to follow Jesus.

Love your neighbor—

- **Practice** blessing those around you. This doesn't just mean saying, “God bless you.” Frederick Buechner wrote: “In the biblical sense, if you give me your blessing, you irreversibly convey into my life not just something of the beneficent power and vitality of who you are, but something also of the life-giving power of God, in whose name the blessing is given.” That may mean saying something like, “May God give you strength today,” or “Let your day be filled with laughter.” Be creative with it.
- **Pray** positively for someone you don't particularly like.
- **Commit** random acts of kindness. When possible do so anonymously.
- **Smile** at a stranger

Love yourself—

- **Body**—40 days is a good amount of time to make healthy changes and develop new habits.
 - o How's your diet?
 - o Exercise. Are you getting enough exercise? Do you have a plan/program?
 - o Sleep. Most of us don't get enough.
 - o Stress. How are you dealing with stress? What can you do to lessen it? (hint: exercise helps)
 - o The Annual Physical. Some of us already see more doctors than we'd like, but some avoid that annual checkup. Better to go and know. That goes for the dentist and the optometrist or ophthalmologist, too.
- **Mind**—
 - o Read or listen to audio books
 - A biography to connect you to humanity
 - A history to see the links between then and now
 - Something in theology or Biblical studies to encourage growth in your faith
 - Fiction to stretch your imagination
 - o Converse – talk to people about interesting things.
 - o Declutter—this is a physical thing that pays off with peace of mind. One way to do it is called 40 bags in 40 days. You simply remove one bag of excess stuff from your home during each day of Lent.
- **Spirit**—the traditional disciplines of Lent are prayer, fasting, repentance, and giving
 - o Try praying out loud. You may be surprised at what you hear when your own words of prayer come back to you.
 - o Try praying at a set time every day—or maybe three times a day.
 - o Keep a prayer journal
 - o Walk the labyrinth. There is one at Christ Lutheran Church. This is a simple meditative practice that can take you on a marvelous introspective journey.
 - o Take time to meditate daily. First focus on your breathing. Pay attention to the rhythm and pattern of your breathing. Then simply focus on one thing. Be mindful of that thing. Your mind will wander. Let it, but bring it back to that one thing. You can focus on a phrase. Since ancient times, many Christians have used the Kyrie for meditation: "Lord, have mercy. Christ, have mercy, Lord, have mercy." Another time-honored mantra comes from Psalm 53: "Create in me a clean heart, O God, and renew a right spirit within me." The one I personally use most often is based on the 4 candles of Advent: Hope, Peace, Joy, Love. Breathe in Hope. Breathe out Peace. Breathe in Joy. Breathe out Love.
 - o Fasting, or abstaining—this is the classic "giving up something" for Lent. Choose that thing carefully. Think about why you're giving it up. When you want it or crave it, think about why you hunger for it. Think about the role it plays in your life. Think about what it means to go without it. Think about those who have no choice but to go without it.
 - o Repentance—this literally means "a change of mind/heart" or "a change of direction." Is there some aspect of your life in which you need to go a new direction, re-think things, find a new way? Now is good.
 - o Giving—this used to be called alms or alms-giving. Make small little gifts here and there or make a bigger gift that you hadn't planned on. Can you do it anonymously? What do you learn from that?

LSS — Offers Community Resources



LSS has a legacy of meeting needs . . . of the poor, underserved and powerless regardless of race, creed or orientation. Today we serve more than 30,000 individuals and families providing tangible goods and services such as food pantries & hot meals, clothing, emergency vouchers for hotel, bus, gas and utilities, housing and rental referrals, eviction prevention and prescription assistance, holiday, school or hygiene packs, humanitarian response during times of natural or man-made disasters and other short-term assistance programs.



When possible we engage people with a case-worker who can access longer term resources to address the more systemic and prevailing needs of the individual. Our intent is to embrace people at times of crisis and acute need, extending the compassion of Christ.



Within the context of more intentional case management, LSS operates over 50 specialized programs, offering resources to people in need. These programs range from aging and disabled supportive services, resources for veterans, transitional and permanent affordable housing, job training and financial literacy, behavioral health services, youth mentoring and academic success, refugee and immigrant services, family services of all types, disaster preparedness and response, and many others.

Each individual experiences their own unique combination of challenges. We attempt to equip them with tools and access to networks of resources to provide help for their family at different points along the continuum of care, enabling them to move toward independence and find encouragement.

Source: LSS website

Embrace — Empower — Equip

- Food Pantry
- Hygiene Kits
- Clothing Closet
- Referrals & Linkages to Other Community Agencies & Organizations
- Transportation Assistance

- Intensive Case Management
- Educational Classes & Workshops
- Advocacy
- Payee Representative Services
- Outreach Community Events (Annual Christmas Celebration, Thanksgiving Celebration, Easter Celebration, Back to School Giveaway & Health and Resources Fair)

- Preparations for Employment
- County-Wide Benefits Entitlements Services (CBEST)
- Housing Counseling
- Permanent Supportive/Rapid Re-Housing

Emergency Services — Transitional Services — Social Services

CALENDAR OF EVENTS — MARCH 2020

1 — SUNDAY

ADULT EDUCATION @ 9 AM
WORSHIP @ 10:30 AM
HOLY COMMUNION
PRAYERS OF HEALING

- AL-ANON 6-7:30 PM

2 — Monday

- MEN'S A.A. @ 7-8:00 AM

CHURCH COUNCIL MTG @ 7 PM



3 — Tuesday

- MEN'S A.A. @ 7-8:00 AM

ADULT EDUCATION @ 10AM

- WOMEN'S RECOVERY @ 6-7:00 PM

4 — Wednesday

- MEN'S A.A. @ 7-8:00 AM

JOIN THE CHOIR... @ 7:15 PM

5 — Thursday

- MEN'S A.A. @ 7-8:00 AM

6 — Friday

- MEN'S A.A. @ 7-8:00 AM
- AL-ANON 9-10:00 AM
- A.A. MTG. @ 1:00 PM
- D.A. MTG @ 6:00 PM

7 — Saturday

- MEN'S A.A. @ 7-8:00 AM

Happy Birthday Frank Boychuck

**Set your
clocks!
Day light
savings
begins**



8 — SUNDAY

ADULT EDUCATION @ 9 AM
WORSHIP @ 10:30 AM
HOLY COMMUNION

- AL-ANON 6-7:30 PM

9 — Monday

MEN'S A.A. @ 7-8:00 AM

Happy Birthday Paul Andre White

10 — Tuesday

- MEN'S A.A. @ 7-8:00 AM

ADULT EDUCATION @ 10AM

- WOMEN'S RECOVERY @ 6-7:00 PM

11 — Wednesday

- MEN'S A.A. @ 7-8:00 AM

JOIN THE CHOIR... @ 7:15 PM

Happy Birthday Victoria Gammer

12 — Thursday

- MEN'S A.A. @ 7-8:00 AM

13 — Friday

- MEN'S A.A. @ 7-8:00 AM
- AL-ANON 9-10:00 AM
- A.A. MTG. @ 1:00 PM
- D.A. MTG @ 6:00 PM

14 — Saturday

- MEN'S A.A. @ 7-8:00 AM

15 — SUNDAY

ADULT EDUCATION @ 9 AM
WORSHIP @ 10:30 AM
HOLY COMMUNION

- AL-ANON 6-7:30 PM

16 — Monday

- MEN'S A.A. @ 7-8:00 AM

17 — Tuesday

- MEN'S A.A. @ 7-8:00 AM

ADULT EDUCATION @ 10AM

- WOMEN'S RECOVERY @ 6-7:00 PM

Happy Birthday Galen Anderson



18 — Wednesday

- MEN'S A.A. @ 7-8:00 AM

19 — Thursday

- MEN'S A.A. @ 7-8:00 AM

Happy Birthday Chris Wacker

20 — Friday

- MEN'S A.A. @ 7-8:00 AM
- AL-ANON 9-10:00 AM
- A.A. MTG. @ 1:00 PM
- D.A. MTG @ 6:00 PM

Happy Birthday Mark Engle

21 — Saturday

- MEN'S A.A. @ 7-8:00 AM

22 — SUNDAY

ADULT Ed & HOLY COMMUNION

AL-ANON 6-7:30 PM

23 — Monday

- MEN'S A.A. @ 7-8:00 AM

24 — Tuesday

- MEN'S A.A. @ 7-8:00 AM

ADULT EDUCATION @ 10AM

- WOMEN'S RECOVERY @ 6-7:00 PM

25 — Wednesday

MEN'S A.A. @ 7-8:00 AM

Happy Birthday Beth Rotsel

JOIN THE CHOIR... @ 7:15 PM

26 — Thursday

- MEN'S A.A. @ 7-8:00 AM

27 — Friday

- MEN'S A.A. @ 7-8:00 AM
- AL-ANON 9-10:00 AM
- A.A. MTG. @ 1:00 PM
- D.A. MTG @ 6:00 PM

Happy Birthday Bret Engle

28 — Saturday

- MEN'S A.A. @ 7-8:00 AM

29 — SUNDAY

ADULT EDUCATION @ 9 AM

WORSHIP @ 10:30 AM

HOLY COMMUNION

- AL-ANON 6-7:30 PM

30 — Monday

- MEN'S A.A. @ 7-8:00 AM

31 — Tuesday

- MEN'S A.A. @ 7-8:00 AM

ADULT EDUCATION @ 10AM

- WOMEN'S RECOVERY @ 6-7:00 PM

GLORIA DEI EVANGELICAL LUTHERAN CHURCH

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Gloria Dei Lutheran Church is a Reconciling in Christ Congregation. At Gloria Dei Lutheran Church we welcome all who are seeking God's love and grace. We welcome all because God welcomes all, regardless of race or culture, sexual orientation, gender identity, or relationship status. We welcome all without regard to the social, cultural or economic circumstances that too often divide us. Our unity is in Christ in whom we are all made new.

(2 Cor. 5:17-19)

