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Newsletter of Cameron Emmanuel Lutheran Church

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### “FASTING”

*Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? – Isaiah 58:6*

“What are you giving up for Lent?” That is a question that one often hears as the season of Lent approaches. Perhaps you have chosen to deny yourself something over the course of the next few weeks. The practice of fasting has been associated with the Lenten season for centuries. Fasting is most often associated with giving up certain foods or food altogether.

Fasting is an ancient ritual. It was quite common during biblical times as a sign of mourning and was often accompanied by other physical acts such as weeping, lament, putting on sackcloth, etc. But God was not always impressed with the Israelites and their fasts. Prophets like Isaiah often challenged the people about the sincerity of their “sacrifices.”

Jesus fasted for 40 days and nights in the wilderness prior to his encounter with the devil and the devil’s temptations. Jesus also gave instruction on proper fasting as part of the Sermon on the Mount: *“When you fast, do not look sullen like the hypocrites, for they make their faces unattractive so that people will see them fasting. I tell you the truth, they have their reward. When you fast, put oil on your head and wash your face, so that it will not be obvious to others when you are fasting, but only to your Father who is in secret. And your Father, who sees in secret, will reward you.”* – Matthew 6:16-18

So, if you want to give fasting a try this Lenten season, might I suggest the following. This was posted on Facebook and shared with me. It is from Pope Francis and I think it is well worth passing on.

#### DO YOU WANT TO FAST THIS LENT?

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

May God blessings accompany you throughout your Lenten journey!

Peace,  
+ *Pastor Craig*

As is usual in February, I am enjoying sunshine and warm temperatures (at least warm relative to Kendrick!) on the central California coast. Also as usual, I attend church in the nearest town, and last Sunday a woman named Nita Hansen spoke on her work in Ukraine. In the mid 1990's she felt called to go there without the slightest idea of what she was being called to do. What she did was to start an aid organization called God's Hidden Treasurers, depending totally on the leadership and provision of God to help her meet the challenges presented to her.

These challenges were mammoth. The first thing she did was to finally wheedle her way into one of many orphanages, which did not allow visitors, and found that they contained many children damaged by Chernobyl, plus other children who did not meet the standards of their parents and were just dumped into orphanages. Parents would simply try again for a better child. These children were stashed according to age in dark, cheerless rooms with wall-to-wall beds or cribs. Nita said the orphanage director told her she was the first person who had ever come in the name of Jesus to help. Nita also went into the "homes" of many disabled and elderly people who were basically being ignored and starved out. One woman she told of had lived in the burned-out remains of a house where she had been confined for years. Nita was appalled at the conditions she saw, and over the last 25 years she has worked to bring relief and the love of God to some of the terrible ways people were having to live. Through God's Hidden Treasure she has obtained all kinds of aid, including many wheel chairs to give mobility to some of the handicapped adults and children. She didn't set out to consciously DO anything —she let Christ lead her and provide what she needed, and He did so—richly! Over the years her purpose grew: go—stay—love, and SHOW the love of Jesus. She never poked anyone in the chest and ask if they were saved, but she made it clear **Who** was helping them because **He** loved them, and that what she did was because of that same love.

As Nita was giving her presentation, she was NOT fundraising or asking for anything. She simply talked about the miracles she'd seen, with complete faith that those who know of and support her work will respond when God places needs in front of her.

We at Cameron can show the same kind of response to people we don't know, even without knowing their stories. Again, members are being asked to bring donated items for Lutheran World Relief personal care kits during Lent. These items: towels, nail clippers, soap, combs, and toothbrushes, are so ordinary to us. All we have to do to get them is go to Phil's or Costco or to the hall closet to get more. But to people like those in Nita's Ukraine, they are close to unattainable. These simple items may not even be in stores, and if they are, few can afford them.

We have been sending these kits for several years, and I can imagine a faint groan: "Again?!?!? Yes, again, because need never stops. Nita's descriptions of some of the conditions she found really brought home how incredibly fortunate we are. In our collections of kit "ingredients" - even from this distance—we can show the love of Christ to those who have between very little and nothing. These kits often go where there have been disasters where whole areas have been destroyed, and maybe even combing the tangles out of their hair raises people's spirits know someone cared enough to give them that little bit of hope.

Lutheran World Relief so beautifully illustrates Nita's go—stay—love faith. Please bring items knowing that you are responding to and spreading the love of Jesus!

....Ann Taylor



Items for each kit:

- ◆ 1 light-weight bath-size towel (between 20"x40" and 52" x 27") dark color recommended
- ◆ 8 to 9 oz. bars of soap in original wrapping
- ◆ 1 adult-size toothbrush in original packaging
- ◆ 1 sturdy comb
- ◆ 1 metal nail clippers, attached file optional





Thank you to the 27 who attended Emmanuel's **Annual Meeting** January 26. Annual reports are available upon request, if you did not receive one. In financial matters, the current account ended with a \$142 deficit, however special funds, memorials, and estate gifts made an overall balance of \$28,753.

It was approved to continue giving 12% of un-designated offerings to the Synod; Interest from the Mission Endowment Fund (\$2360) would go to 40% Young Adults in Global Mission, 30% VBS, 20% Choir, 10% Food Bank; Thrivent Choice income of \$2589 would be used for The Lutheran subscriptions and church insurance. The **2020 budget** of \$89,075 was presented and approved.

**Church council officers**, after election, are Chairman Russell Brammer, Treasurer Amy Perry, Elder Ann Taylor, Trustees Earl Lawrence & Mary Abitz, and Secretary Ann Parks. Joanne Gertje is Financial Secretary, Mildred Brammer Memorial Secretary, and Maintenance Committee members are Gary Brammer, Brian Silflow and Horst Reil..

**Communion schedule** will normally be the 1st & 3rd Sundays but offered every week in Lent and on Festival Sundays.

In an attempt to pull us into the 21st Century, Ryan Lawrence & Lorelee Ohrtman will set up a **webpage** for our church information and events in addition to our Facebook account. Janet Boyer, Don & Ann Parks and Russell Brammer volunteered to work on revision of our **constitution**.

It was agreed to continue with the Guardian Heating's maintenance agreement for the **oil furnaces** in the parsonage and church. There are very few who still service these and at some point we may need to upgrade. The **photocopier** may need to be replaced sooner than later.

The pump for the well is at 6.25 gallons per minute and currently producing enough for the parsonage & church. Discussion brought forward options of leaving the well & pump as is, installing a higher gallon per minute pump, or installing a reservoir system. More bids will be pursued if changes are to be made.

Other maintenance needs include painting the exterior of the addition, removing overgrown shrubs and one of the older out buildings behind the fireplace.



## MONEY MATTERS

### MARCH 8 EVENT

Beth Adams, Regional Gift Planner for the ELCA Foundation will be with us on Sunday, March 8 to share information with the congregation about establishing a second endowment (a Legacy **Stewardship endowment**). A light lunch will be served in conjunction with the March birthday celebration and Beth will present a program about estate planning, bequests, and legacy giving. She will then outline what would be required to establish an endowment and answer all questions we may have about the process.

At the annual meeting, the **Mission Investment Fund** was suggested as an alternative to use to help us to be better stewards of the gifts our congregation receives. The MIF is a separate ministry of the ELCA from the Foundation, but Beth may be able to answer basic questions about the MIF.

Beth will be in the area on March 7 and 8 and is available for private, no obligation consultation for individual gift and estate planning. If interested, her contact information is e-mail : [beth.adams@elca.org](mailto:beth.adams@elca.org) and her cell phone number: 360-953-4401.

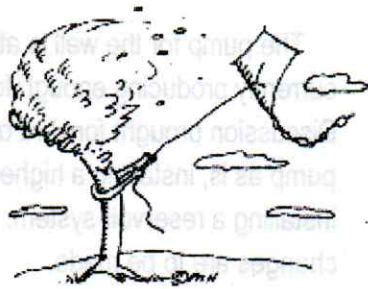
Everyone is welcome and encouraged to attend lunch and the program about endowments on March 8. The more informed we are as a congregation, the better the decisions we can make about the future of Cameron Emmanuel Lutheran Church.

## March Birthdays

- 1 Ben Schaefer
- 2 Eiven Showalter
- 7 Janel Shaw
- 8 Brian Bracke  
Jennifer Dennler
- 9 Gabbriella Bracke
- 10 Kayla (Pea) Heen
- 14 Connie Nelson
- 15 'John Liedkie
- 16 Owen Stanek
- 17 Ralli Roetcisoender
- 21 Russ Brammer
- 22 Doug Lohman
- 23 Mailey Child
- 24 Seth Parks
- 25 Lydia Shaw
- 26 Kambria Blood  
Amy Perry  
Donna Lohman
- 28 Brooklyn Blood
- 31 Julia Proctor

## March Baptismal Dates

- 2 Ryan Lawrence
- 3 Rebekah Feldmann  
Ray Lohman
- 4 Janet Dudunake
- 5 Brooke Chase
- 10 Sara Parks Trutter
- 16 Beth Bogar  
Chris Heier  
Kristi Parks  
Kyle Pea  
Dorothy Brown
- 21 Brian Lawrence
- 23 Paul Dagefoerde  
Lillian Feldmann
- 26 David Clayton
- 27 Karen Parks  
Jessica Clemenhagen
- 28 Eldon Glenn  
Carol Trout
- 29 Margie Sifflow



## WHAT'S BLOWING OUR WAY .....???

- Happy March anniversaries to Justin & Jessica Clemenhagen (Mar 4-14 yrs); Doug & Christine Lohman (Mar 11-20 yrs); Quince and Karen Child (Mar 31—13 yrs)

- Making plans for summer already? Be sure to keep June 15-19 available for VBS which will be led by Lutherhaven staff. Council is gathering further information regarding the background checks they require for adult volunteers.
- Thanks to Gary Brammer for installing the new projection screen in the overflow room
- A celebration is being planned for the completion of the Prayer Partner program. The education committee is looking for other ideas that would foster mutual support among all ages of the congregation. Any and all input is welcome.
- Ryan Lawrence, from a great distance in the UK, and Loreale Ohrtman are working on a website for our church. They intend to have the first draft up and running in March! Feel free to send your praise and suggestions their way. Welcome to the 21st Century.
- Council is reviewing options for a new copier. The current one requires cannibalism to find parts from other old machines, so the writing is on the wall we will need a replacement.
- A light lunch will be provided after church March 8 prior to the presentation regarding endowment planning. If Jaden is available, he may be asked to make his famous soup.
- There was an inquiry whether it might be fun and beneficial to have cooking lessons for our youth....dishes they could make that are easy, delicious and nutritious for their families or perhaps a potluck .... Green Bean Casserole 101 ?? Also noted there are a lot of men in the congregation that are good cooks that could head it up.
- As Wells Fargo Bank is closing in Kendrick, for the ease of making deposits locally, we will probably open an account at the credit union.
- Are you aware Kendrick's Methodist Church is having a problem with their building and unable to hold worship and community events there?
- What version of the Bible do you prefer? Pastor may try a version other than the NRSV currently used in our service, per a comment that it is sometimes difficult to understand. The Confirmation class uses the NIRV version.

## GROUND RULES FOR COMMUNITY

We are good at looking after our tangible property. And we're getting better at maintaining our physical bodies. But we don't always do a good job of maintaining the wellbeing of the relationships in our communities.

We don't seem to have a manual or schedule for those things we cannot see or touch: our spiritual and emotional selves. When you feel led to respond or comment on social media or blogs, wait 60 seconds, and ask yourself these questions....

Does my response bring insight or comfort to the community of people created in the image of God? Would I respond this way if I was sitting in a circle, face-to-face, with the writer, whose reading and others responding?

When we have ground rules for our community, we can talk about anything.

This message is an excerpt from a [\*Women of the ELCA blog\*](#)

Matthew 5:1-12 (NIV) Intro to the Sermon on the Mount—The Beatitudes

**5** Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, <sup>2</sup> and he began to teach them. He said:

<sup>3</sup> "Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.

<sup>4</sup> Blessed are those who mourn,  
for they will be comforted.

<sup>5</sup> Blessed are the meek,  
for they will inherit the earth.

<sup>6</sup> Blessed are those who hunger and thirst for righteousness,  
for they will be filled.

<sup>7</sup> Blessed are the merciful,  
for they will be shown mercy.

<sup>8</sup> Blessed are the pure in heart,  
for they will see God.

<sup>9</sup> Blessed are the peacemakers,  
for they will be called children of God.

<sup>10</sup> Blessed are those who are persecuted because of righteousness,  
for theirs is the kingdom of heaven.

<sup>11</sup> "Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. <sup>12</sup> Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

LENTEN  
REFLECTIONS



Lent is a solemn time of directed spiritual focus. Beginning with Ash Wednesday, it is a time to remember that from dust we came and to dust we shall return. Do we meditate or contemplate this somber attitude enough. During Lent we often engage in a practice of fasting from something in order to remember the suffering of Christ. In our small sacrifice, we remember Christ's ultimate sacrifice for us.

How does this connect to the beatitudes? The passage begins with the people sitting down and learning from Jesus. We too, during this set apart time, are meant to sit at the feet of Christ and remember his suffering and how he taught us to live.

Reading the beatitudes reminds us what Jesus considered blessed. When we are poor in spirit, when we mourn, when we are meek, when we are hungry and thirsty for righteousness, when we are merciful, when we are pure in heart, when we make peace, when we are persecuted—this is when we are blessed. As we remember the death of Christ, may we also remember that we need to die to our own presuppositions of what it means to be blessed. These simple phrases may be common ideals for those of us who have been in the Christian faith, but they are no less revolutionary.

In the same way, it may be common to pause for 40 days in remembrance of Christ's death, but it is no less revolutionary. May we gather at Jesus's feet and be taught. May we sit in our poor spirits, our mourning, our meekness, our hunger and thirst, in a merciless world, a chaotic world, and seek the kind of blessedness that can only come from a resurrected savior who needed to suffer and be crucified in order to bring this revolutionary kingdom.

Practice: Pray through each beatitude, asking the Holy Spirit to make you more and more kingdom-minded. Which beatitude is most revolutionary to you? How can you practically engage in sitting in Jesus's teaching this Lenten season?



## Worship Assistants

### EVERY Sunday Schedule

9-10:00 am Youth & Adult Sunday School  
 10:00-11:00 am Worship with Communion  
 am

### EVERY Wednesday

7:00-7:45 p.m. Midweek Lenten Service  
 7:45 p.m. Choir rehearsal

### Sunday , March 1, 2020

9:00-10:00 am WELCA Business Mtg

### Monday, March 2

7:-8:30 p.m. WELCA Bible Study

### Tuesday, March 3

10-10:30 am Food Pantry Truck

### Wednesday, March 4

9:30 am WELCA workday  
 Hostess: Hermey Meyer

### Sunday, March 8 (March Birthdays)

11:00 Beth Adams presentation  
 11:00 Education Committee

### Tuesday, March 10

1:30-3:00 pm WELCA Bible Study  
 7:30 p.m. Church Council meeting

### Wednesday, March 11

10:30-12:30 Tscemicum Pastors

### Thursday, March 12

10:00-12:00 CEMA @ Juliaetta

### Wednesday, March 18

9:30 am WELCA Workday  
 Hostess: Jean Clemenhagen

### Monday, March 23

4:30-6:00 p.m. Worship Committee Mtg

March 1— Flowers: Heidi Schaefer  
 Greeters: Anna & Gunner Bruce  
 Reader: Sandy Lawrence  
 Ushers: Max & Ben Schaefer  
 Communion Asst: Earl Lawrence

March 8 — Flowers: Jean Clemenhagen  
 Greeter: Hermey Meyer  
 Reader: Janet Boyer  
 Ushers: Dale & Patti Silflow  
 Communion Asst: Janet Boyer

March 15 — Flowers: Ann Taylor  
 Greeters: Schaefer Family  
 Reader: Mary Abitz  
 Ushers: \_\_\_\_\_  
 Communion Asst: Bud Holt

March 22 — Flowers: Donna Lohman  
 Greeters Ginny & Ralli R.  
 Reader: Russ Brammer  
 Ushers: Don & Ann Parks  
 Communion Asst: Joanne Gertje

March 29 — Flowers: Vickie Witt  
 Greeter: Bud Holt  
 Reader: Ann Parks  
 Ushers: Richard & Vickie Witt  
 Communion Asst: Vickie Witt

**Carson Edward Stanek** will be baptized March 1st, 2020. Carson was born June 17, 2019 in Missoula, MT, son of Brian & Mary (Gertje) Stanek.

