CENTRAL LUTHERAN MESSENGER

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March 2024 Messenger Deadline is
February 23, 2024

Please e-mail your articles to Central Lutheran Church
Lea.Ramirez@clcyakima.org

Lent is Coming!

The Season of Lent comes early this year. Ash Wednesday is February 14th with Easter service on Sunday, March 31st.

The 40 days of Lent begin on Ash Wednesday with the imposition of ashes on our foreheads in the sign of the cross, while we hear the solemn reminder, "we are but dust, and to dust we shall return." Yet the sign of the ash-shaped cross on our foreheads also reminds us of our hope in the cross of Christ. Lent, then, begins as a call both to repentance and as an invitation to renewal – a time of preparation and prayer for Easter which awaits us on the glorious horizon. Lent is the Church's "springtime." Out of the darkness of sin's winter emerges a people – the Church – reborn in their Lord's resurrection.

This year Ash Wednesday falls on Valentine's Day which may seem culturally disjointed and a bit awkward to explain. Yet, what more of an appropriate day to begin the season than with Valentine's Day, as we contemplate the mystery of the cross and what Christ went through out of love for us.



There has never been, nor will there ever be, a greater love in all the world.

†Pastor Ann

Easter



Easter Sunday Service | 9:00am Celebrate the Resurrection of our Lord. He is risen, indeed! Alleluia! Alleluia!

Easter Egg Hunt following service from 10:30 -11:00am

Season of Lent at Central



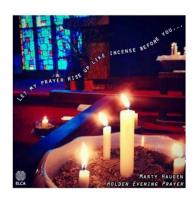
Shrove Tuesday Feb. 13th 5-7pm

Enjoy a delicious pancake supper before Lent begins. Fun and games include: Youth Pancake Decorating Contest. All ages Pancake Flipping Contest. For the courageous – beat Zach in the Pancake Eating Championship.



Ash Wednesday Services Feb. 14th 12:00 Noon | Service in Chapel 7:00pm | Service in Sanctuary

Our Lenten journey begins on Ash Wednesday as our foreheads are marked with ashes in the shape of a cross. In this way we remember though we are but dust, we have the promise of new life through Christ's sacrifice for us.



Wednesday Midweek Services Feb. 21, 28; March 6, 13, 20 Fellowship Hall

12:15-12:45pm | Holden Evening Prayer

12:45-1:00pm | Soup & Bread

1:00-2:00pm | Lenten Devotional *

-- Come to part or all--

*Devotional: The Poetry of Lent: A Lenten Companion to Mary Oliver's "Devotions."

Facilitated by Jim Bodeen. Includes a bilingual Spanish component.

Season of Lent at Central



Sundays in Lent 9am

Feb. 18th Lent 1 Jesus in the wilderness. Feb. 25th Lent 2 Abraham and Sarah. Mar. 3rd Lent 3 The new Temple. Mar. 10th Lent 4 God so loved the world. Mar. 17th Lent 5 Christ, the seed fallen.



Palm | Passion Sunday Mar. 24th 9am

We enter Holy Week waving our palm branches as Jesus rides into Jerusalem, then continue our journey with Jesus through the passion story in the Gospel of Mark.



Maundy Thursday Mar. 28th 7pm

Ponder Christ's Great Commandment as you experience a hand washing ritual using the Liturgy of the Basins.



Good Friday Mar. 29th 7pm

An adaptation of the ancient Tenebrae Service of Darkness. Candles are progressively extinguished as Christ's passion is read from the Gospel of John. We conclude this evening's service by nailing our prayers to the cross.

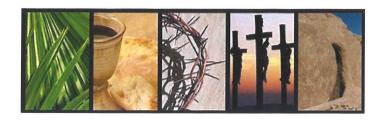


"in the beginning was the Word, and the Word was with God and the Word was God...". We pray that God is with us for the beginning of a new year here at Central Lutheran. But let me tell

you, from a council perspective we are moving forward! Almost a year with Pastor Ann, children in Sunday School, kids in Confirmation, a youth program, a visitation pastor, a new custodian, a new council president, already so many positive things happening that we are excited to go to meetings! Well, maybe not excited, but it is no longer a worry.

A couple of things for you, the congregation: hold Central Lutheran and its leadership, both staff and volunteers, in your prayers. God continues to remind me that I don't have to do everything, He is in charge, I just have to remember that, and remember that my time isn't God's time. But prayer is so important. Next: talk to your council members and staff! It isn't helpful to play "telephone", where you tell your friends and concerns grow in the telling. Ask staff what concerns you, ask a council member why something was approved (or vetoed), talk to us! A list of council members is the back page of every Messenger. Speaking of that, welcome to the new president, Tim Gatton and new council members Jeff Chapman, Holly Gonseth and Lela Hansen. You have elected a great council, we're eager to do God's work at Central Lutheran, and YOU are important to that work.

God bless, Karen



The Symbols of Lent

Colors: The usual color for Lent is violet, signaling repentance. Black may be seen on Ash Wednesday and Good Friday, red on Palm or Passion Sunday. Easter's color is white for purity and holiness.

Ashes: Lent begins with a cross-shaped smudge received on our foreheads in the Ash Wednesday service, a solemn, public reminder of our morality and repentance.

Palms were an ancient Jewish and Roman symbol of victory, used in triumphal processions and for decoration. We wave our palms on Palm | Passion Sunday as we recount Jesus' triumphal entry into Jerusalem.

Crown of thorns: Like the cross itself, Jesus' painful crown is a sign both of his humiliation on our behalf as well as his kingship.

Darkness; uncovered altar: The church interior is usually left dark and the chancel furniture bare between Good Friday and Easter to symbolize the death of our Lord.

Easter or Paschal Candle: This symbol of our risen Savior, the Light of the world, may be lit for the first time at the Easter Vigil and at regular services throughout the Easter season.

The 40 days of Lent are a time for self-reflection and preparation, patterned after Jesus' retreat into the wilderness before his 3-year ministry.

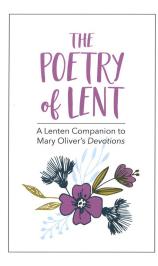
During Lent we often think about *giving something up* (think chocolate). This year think instead about *taking something on*. For example, joining a Bible study or service project, or a commitment to daily contemplation, like the one below:

Daily Examen for Lent

Below is an adaptation of The Daily Examen practiced by St. Ignatius. The Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and to discern God's direction for us. Consider adopting this spiritual practice morning or evening during the 40 days of Lent.

- **1. Become aware of God's presence.** Prepare by shutting out distractions as much as possible. Pray, "God, I want to see my life through your eyes, not my own." Rest in God's presence.
- **2**. **Review the day with gratitude.** Thank God for everything in your life. All is a gift from God. Picture these blessings cascading down upon you.
- **3. Pay attention to your emotions.** Look back on the events of the prior day. Where did you sense God most present? When were your feelings especially intense? Recall what was happening. Ask the Holy Spirit what this means. Pause for a moment to listen to what the Spirit is telling you.
- **4.** Choose one feature of the day and pray from it. What was one way you fell short? Focus just on one thing. If you were at fault, ask for forgiveness and for ways to improve.
- **5. Look toward tomorrow.** Look toward the day ahead. What will you be doing? What will challenge you tomorrow. Pause and reflect. How will you love people tomorrow? Ask God what else God might want to say to you. Pause and listen.

End your Examen by saying the Lord's Prayer.



DEEPEN THE CONVERSATION: A 5-Week Discussion Class During Lent Using Salt

Over 40 years ago Mary Oliver published a poem in her book, American Primitive, with the title, *In Blackwater Woods*, that became immediately famous, probably because it filled an immediate cultural need. It might be more famous today than Robert Frost's *Stopping By Wood on a Snowy Evening*, which many of you have memorized. Oliver's poem ends with these lines:

To live in this world

You must be able to do three things:
To love what is mortal; to hold it

against your bones knowing your own life depends on it; and, when the time comes to let it go, to let it go.



I loved teaching this poem. In class we used to read it a couple of times, taking it in, getting a feel for it, looking around its edges, and then, in our own small ways begin at the top and work our way closer to the bone. What things were like that for us?

Kirsten Monick asked me if I knew about Salt, the non-profit that has produced the Lenten Booklet based on the poems of Mary Oliver, that we'll be using for six weeks.

The Salt pamphlet opens with Oliver's poem, Wild Geese, which opens with these lines:

You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert repenting.
You only have to let the soft animal of your body
love what it loves.

Tell me about despair, yours, and I will tell you mine.

So there it is, my invitation. We don't have to start with despair. We don't have to be Mary Oliver. Five weeks of discussion to accompany the abundance and richness of this wilderness time offered by Central Lutheran, an offering that begins with Shrove Tuesday and Ash Wednesday services to compliment other devotional opportunities including soup lunches.

I'll leave this invitation by returning to the poem *In Blackwater Woods*. When we began as a class to get the feel of the poem, and before we started writing in our notebooks, we'd get those last lines in front of us, the ones, beginning, *And when it's time to let it go*—we would do that reading aloud together, clearing our desks, dumping it all, purses, baseball gloves, books, on to the floor. We were ready.

In our Lenten Devotional we will also use poems from Oliver's books, *Thirst* and *Devotional*. Please join us. You don't have to be good.

Jim Bodeen





Art Ries (Terraces at Summiview)
Toni Perschke (Brookdale)
Betty Douglas (Moxee)
Wilma Aspevig (Lives with daughter)
Doris Benish (Avista Senior Living)
JoAnn Schliemann (Rexford Manor)
Donald and Barbara Breshears (Anne Chapman's Parents)
Eunice Koeppe (Mable Swan Manor)
Terri Storlie (Margaret Turner's Sister In Law)
Dave Desmarais (Ria's husband, Cresent)
Lisa Rogers (Yakima)
Jordan Kohn (Gary & Dee Lund's Son in Law)
Dotty Swank (Yakima)



February 13th Ron and Jennifer Loyd



2nd Mike Richardson
3rd Kathy Gillespie
5th Tim Franks
10th Val Perry
11th Marion Jones
15th Chris Svendsen
16th Tim Johnson
18th Helen Riehl
19th Greg Bainter
20th Brynn Valicoff
24th Melanie Sanderson
27th Tim Gatton
28th Ava Christianson



Greetings, Central Lutheran Church!

For the past couple of months, I have been able to get to know a few of you more, especially folks

who are homebound and those who care for them. As 2024 unfolds, I am looking forward to connecting with more of you. Starting Feb. 9, I plan on being in the office on Fridays from 10:00 a.m. to 12:00 noon.

I encourage you to consider navigating both grief and gratitude as spiritual practices. There are various tools and ways to guide you. Several ancient practices include the Examen (sometimes called the Daily Examen, or even the Awareness Examen) and Lectio Divina, which I can touch on in future newsletters. These practices are helpful for consistent, daily framing of our days and evenings for assessing our lives and relationships with God and others. They also help us connect to God's Word and God and each other. This month, another suggestion is to dive into an "Iceberg" exercise for reflection.

For starters, we are invited to look at some of the basic human emotions: anger, sadness, joy, and fear. When we look at an emotion wheel, many of our other emotions branch from these four emotions, which can be reframed in an approximate rhyme: mad, sad, glad, scared. When we recognize how we are created and how we live into our human condition, we can bring these emotions and experiences to God. Here are some questions for reflection for each.

What are you angry about? (from past to present)

What are you sad about? (a big or small loss/change, disappointment, or choice)

What are you anxious about? (your family, future, finances, health)
What are you glad about? (a relationship, an opportunity, an accomplishment)

Sometimes it's difficult to go in this direction, but remember that God is with you and you can bring all of these things to God. Sometimes we might find it helpful to have a trusted person or two – or even a small group – to carefully and compassionately share these emotions and experiences with each other for processing and discovering God at work together. I encourage you to try out these questions and take time with this process. Then, consider these questions:

What was this activity like for you? What did you learn? (About yourself, God, others?)

Could this be a helpful practice for you weekly?

How did your family of origin express anger, sadness, joy, or fear? How do you deal with anger, sadness, or fear now?

Do you think God can come to you/communicate with you through your feelings? How does this happen in your life and experience?

Pray! (To God, for each other, with each other)

There are many spiritual practices available, and some of them will be more fruitful for your continued discipleship. Try them out, try again, and learn about others on your journey. This iceberg exercise might help you navigate both grief and gratitude. We hold both emotions and experiences – and more – all at once. We're in this together. And, of course, God is with us.

Take care, and God bless,

Pastor Scott

February

Sunday	Monday	Tuesday
4 5th Epiphany 9:00 am WORSHIP Boy Scouit Sunday and Breakfast	8:00 a Bible Study 9:30 a Preschool 10:00 a TOPS 1:00 p CLC Cornhole & Hoop Group 6:30 p Boy Scouts	8:00 a Foot Care 9:30 a Preschool 10:00 a Bible Study 6:00 p YV Boat Club
11 Transfiguration of Our Lord 9:00 am WORSHIP	8:00 a Bible Study 9:30 a Preschool 10:00 a TOPS 1:00 p CLC Cornhole & Hoop Group 6:30 p Boy Scouts 6:00 p Property Committee	8:00 a Foot Care 9:30 a Preschool 10:00 a Bible Study 5:00 p Shrove Tuesday Pancakes and Fun
18 1st Lent 9:00 am WORSHIP Jesus in the Wilderness 10:20 a Opening for Sunday School & Confirmation	8:00 a Bible Study 9:30 a Preschool 10:00 a TOPS 1:00 p CLC Cornhole & Hoop Group 6:30 p Boy Scouts	8:00 a Foot Care 9:30 a Preschool 10:00 a Bible Study
25 2nd Lent 9:00 am WORSHIP Abraham and Sarah 10:20 a Opening for Sunday School & Confimation 6:00 pm UpBeat Concert	8:00 a Bible Study 9:30 a Preschool 10:00 a TOPS 1:00 p CLC Cornhole & Hoop Group 6:30 p Boy Scouts	27 8:00 a Foot Care 9:30 a Preschool 10:00 a Bible Study

Wednesday	Thursday	Friday/Saturday	
7	9:00 a Piecemakers 9:30 a Prescchool 1:00 p Hospitality Committee 2:00 p Worship Committee	2 8:00 a Foot Care 3	
9:30 a Preschool 4:00 p Youth Group 6:00 p Boy Scout Leaderrs 6:30 p Handbells 7:00 p Confirmation Class 7:30 p Choir Rehearsal	9:00 a Piecemakers 9:30 a Preschool	10 9:00 a Pedals, Pipes, & Pizza	
14 Ash Wednesday	15	16	
9:30 a Preschool 4:00 p Youth Group 6:30 p Handbells 7:00 p Confirmation Class 7:30 p Choir Rehearsal	9:00 a Piecemakers 9:30 a Preschool	8:00 a Foot Care 6:00 p Rock & Mineral Club	
Noon Service in the Chapel 7:00 p Service Sanctuary		17	
9:30 a Preschool 4:00 p Youth Group 6:30 p Handbells 7:30 p Choir Rehearsal 12:15 p Holden Prayer 12:45 p Soup & Bread 1:00 p Lenton Devotional	9:00 a Piecemakers 9:30 a Preschool	23 8:00 a Foot Care	
9:30 a Preschool 4:00 p Youth Group 6:30 p Handbells 7:00 p Confirmation Class 7:30 p Choir Rehearsal 12:15 p Holden Prayer 12:45 p Soup & Bread 1:00 p Lenton Devotional	9:00 a Piecemakers 9:30 a Preschool		



CLC Cornhole & Hoop Group meet on Mondays in the gym I - 2:30 pm. All men are welcome to come. For more information contact Zach.

Join us Tuesday at
10:00 am for Bible
Study. Ken Toop
leads the group for
interesting discussion.



Men and women are WELCOME!



The Festival Choir and Handbells are always looking for new members. Contact Bart if you are interested.





Captain Shawn Boyle receives 22 quilts from the Piecemakers to distribute to women and children in need. They were very thankful to receive them a the need is great!

Piecemakers are donating throws to our shut-ins. Here is Toni Perseke as she received hers.





Youth Sundays at Central

Sunday School - PreK - 5th Grade

10:20am: Opening in chapel **10:30-11:15:** Sunday School Class

Confirmation 6th Grade through High School

10:20: Opening in Chapel

10:30-11:30pm: Confirmation Class

Wednesdays at Central

Youth Group

6th Grade through High School 4:00 – 6:00pm

Confirmation Class

6th Grade through High School 7:00-8:00pm

For more info Zach.yelenick@clcyakima.org

2024-Bunday School Calendar			
Date		Activity	
Sun	2/4	No Class Break	
Sun	2/11	No Class Break	
Sun	2/18	Sunday School	
Sun	2/25	Sunday School	
Sun	3/3	Sunday School	
Sun	3/10	Sunday School	
Sun	3/17	Sunday School	
Sun	3/24	Sunday School - Palm Sunday	
Sun	3/31	Easter Sunday (No Class)(Egg Hunt!)	
Weds	4/3	No Class Break	
Sun	4/7	No Class Break	
Sun	4/14	Sunday School	
Sun	4/21	Sunday School	
Sun	4/28	Sunday School	
Sun	5/5	Sunday School	
Sun	5/12	No Class – Mother's Day	
Sun	5/19	Sunday School	
Sun	5/26	Sunday School	
Sun	6/2	Year End Celebration	

CONFIRMATION STUDENTS: See Pastor Ann for scheduling updates.

Welcome! New Member Class

A Place for You! Considering membership at Central?

We would love for you to consider making Central Lutheran your church home! Our upcoming 2-session New Member Class is Sunday 3/3/24 & 3/10/24 from 10:30-noon. There is no requirement to join after taking this class but we hope you do! For more information contact Pastor Ann at: pastorannmurphy@clcyakima.org.



In the workroom located at the end of the hall from the office is the "Coffee Cart". Any group of committee is welcome to use it. More supplies are located in the corner cabinet behind the cart.

Sunday February 4th is Scout Sunday!

Troops 251 and 215 will be greeting and reading at service. They are also preparing breakfast for us after service.

These are the two scout Troops we charter. Be sure to come and show your support for sponsored troops.



Valentine Boxes:

<u>a program of Catholic</u> Charities

Each year with your help, Volunteer Services delivers a

"Valentine Box" of food to help 70 of our low-income elders and low-income adults with disabilities deal with winter budgets. There is a Valentine decorated box in entry way by the office to collect your donations of non -perishable food items (sorry, we can't use products past their expiration date). Your generosity brings so much hope and joy to our clients. Thank you!

Last day to bring items is Sunday, February 11th.

20



Je won't to Thanks
everyone for prayers
while I was in the
Hospital for my heart.
I'm feeling better now,
but still have to rest
alat.
Love in Christ,
Potty





Thank you to the volunteers: Laura And Wayne Hahn, Bonnie and Chris Link that painted Scott and Zach's offices. Stop by and see how clean and fresh they look!

Church in Society:



Caring for Creation: High Heating Bill?

After the frigid temperatures we have endured this past month, the next heating bills we get may be shockers. What to do to better the situation is a win-win, as in many cases. Helping our environment, and using less energy of any source is also source of personal savings to us.

- *We use 3-5% more energy for every degree we raise our thermostat above 68°. Putting on a sweater or sweatshirt can make that easier.
- * Only heat rooms, you are using, otherwise close the doors, and close the heating vents.
- * Where we want our rooms heated, make sure heating vents are not covered.
- * Use (and use very carefully!) space heaters in areas you want to be cozy, but turn thermostat down for the entire house.
- * Set ceiling fans to make sure warm air (which rises) is being directed down. Change that direction in the summer.
- * Cover infrequently used stairways going up (with the precious warm air) with a curtain, or blanket suspended from a tension rod across the opening.
- * Get a Smart Thermostat, or become your own thermostat minder by setting temperatures down when you are not at home, or while sleeping.

You can save 10% on your heating bill by setting your thermostat down by 7-10° for 8 hours of the day. If you are gone anyway, it is worth it!

Camp Hope

A big thanks so the many volunteers that worked in many ways to help us serve record numbers in the record cold. Thanks to Holly Gonseth, Wayne and Laura Hahn, Marian Jones, Jim Bodeen, Xander Rose, Helen Riehl, Kirsten Monick, Caroline Sundquist, Val Perry, Sonja Merz, Jeanne Dillahunt, Bruce and Ann Willis, and Devi and Karen Baken. We served hot apple cider, Sloppy Joes, with coleslaw, and brownies to a very appreciative group.

Schedule for meals Central will serving for 2024

March 11th
April 8th
June 10th
July 8th
September 9th
October 14th



Rod's House

Hello Faith Communities,

Rod's House is currently in need of meal partners for our Extreme Winter Weather Shelter. We are currently searching for individuals who can donate and drop off precooked meals to our shelter location (Days Inn- 1504 N 1st St) for approximately 20 young adults. We run this shelter nightly, and ask for donated meals to be dropped off between 3:30pm-5pm. We have set up a "Meal Train" account where community members can sign up to make meal donations for any days that work for them during the shelter season. If you or anyone you know would like to contribute please pass along our meal train link- https://www.mealtrain.com/trains/dyd73l

Thank you so much for your time and support, it is greatly appreciated!

Best regards,

Sylvia Muñoz Director of Shelters





February 25th: Joseph Brooks, clarinet

Joseph Brooks & Kraig Scott in concert.

Joseph Brooks - clarinetist, recently retired from the music program at Central Washington University where he taught clarinet and saxophone for 29 years.

Dr. Kraig Scott is the organ professor at Walla Walla University where he also conductor of choirs. Kraig is a graduate of the Eastman School of Music and has garnered the reputation as a world class organist and harpsichordist.

The program will include the music of Brahms, Schumann, Rabaud, Debussy, Verdi, and Kovacs.

All start at 6:00 pm



Yakima CAMERATA CLUB

Central Lutheran Church Sunday Night January 28th 6 pm



With CANTICUS March 3rd Englewood Christian Church

Annual Spring Concert
April 28th
Englewood Christian Church

NORTHWEST INTERMOUNTAIN SYNOD REGIONAL GATHERINGS 2024

FUNDING FORWARD: STEWARDSHIP FOR TODAY AND TOMORROW

Ezra 3:10-13

In this passage, we meet the Israelites as they are trying to find their 'new normal' after the destruction of the first temple and the rebuilding of the second. There is a mix of both grief and hope in the air as the foundation is being laid. This passage reminds us to tend to the variety of emotions present as we tend to the work of innovation in the church today.

We are excited to invite you to one of Regional Gatherings this coming spring. This will be an opportunity to learn together, to reconnect with friends and build relationships with people from neighboring congregations.

April 27, 2024 - Advent Lutheran Church - Spokane Valley, WA May 4 - Our Savior Lutheran Church - Twin Falls, ID May 18 - First Lutheran Church - Ellensburg, WA 9:30 am Registration 10:00 am Gathering

Congregation Registration will be sent out to congregations in February. Each congregation is asked to register for the day-long event closest to you. The registration fee is \$300 per congregation. Bring as many people as you would like. In March, information will be sent to register participants. There will be \$15 fee per person to cover lunch expenses. The Gathering will conclude at 4:00 pm.

Our presenter is **Grace Pomroy** who is the Director of the Stewardship Leaders Program at Luther Seminary in St. Paul, MN. She's a lay, millennial stewardship leader, speaker, and financial educator based in Allyn, WA. She is the co-author of the stewardship book, Embracing Stewardship: How to Put Stewardship at the Heart of Your Congregation's Life, as well as author of the 2013 ELCA stewardship resource, "Stewards of God's Love." She is currently working on a book about alternative financial models for ministry with Fortress Press, an imprint of 1517 Media.

2024 Church Council

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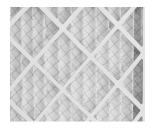
ToniLynnAdams@gmail.com

Valerie Ineichen

VMIquilter@hotmail.com

Jeff Chapman

jeffchapman I 962@me.com



Property Committee went through the furnace filters the church owns. We no longer use some of the sizes. If anyone is interested in purchasing some at a discounted cost please

contact Wayne Hahn or Chris Link.

We have: 46 of the 20X24X2

12 of the 20X20X2

10 of the 20X24X1

14 of the 20X20X1

12 of the 20X25X2

