



# The In Touch

Volume 58, Issue 3

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*Our Mission: To Seek, Know, Love and Serve Christ in all Persons and in all Creation*

## Ramblings From the Rev.....

**Submitted by: Rev. Dr. Samantha Crossley**

Do you ever have so much to say that when the time comes to actually put words to voice or pen to paper nothing happens? That was me with this edition of "Rambling".

When I realized that my turn to contribute to the newsletter would come just at the beginning of Lent, a flood of thoughts and ideas came rushing through my brain like the icy fresh torrent from a newly opened sluice at the spring thaw. Because I love Lent. I so oddly and unexpectedly love the Lenten season. Anybody who listens to me on a regular basis may have reason to distrust the distinction of that statement, because I always say I love the seasons. I say I love Advent. I love Christmas, Epiphany and Easter. I love Pentecost. I say it and it is all true. I hold a deep regard for our liturgical seasons, even ordinary time, each with their own spirit and gift and perspective to offer, and I delight in each in turn.

Advent brings angels; Christmas, a stable, a mother, a swaddled bundle of new life. Epiphany boasts its star, Easter the empty tomb and all manner of glory and light. God willing, the fire and wind of Pentecost blow into our hearts and lives. Lent has dust. And ashes. And to me is the most deeply hopeful of all the seasons.

Lent's hope is the hope of greening bulbs buried in cold, wet, snow-covered soil beneath cloudy skies. Lent is praying and giving, seeing and serving, changing and growing in the "assurance of things hoped for, the conviction of things not [yet] seen." (Hebrews 11:1). It is looking to Christ in hope and gathering His courage in the face of a cross which stands waiting - before we ever see the tomb that will stand empty. It is asking the questions of life and rebirth. It is reaching regardless of risk for the living water that quenches all thirst. Lent is not as Sr. Joan Chittister writes, "an exercise in spiritual athleticism designed to show that my fasting is better than your fasting" (Chittister, Joan. *The Monastery of the Heart: An Invitation to a Meaningful Life*), but rather an escape from the bonds of our funeral shrouds of competitive me-firstism as we stumble clumsily from a stench filled tomb of our own making into the bright freshness of day. It is standing before God honestly owning and rejecting for the sake of relationship with God what Rev. Cynthia Bourgeault calls "the core traits of the false self in action: fear, pretension, projection, self-importance, cowardice"; shining a light on "our own unacknowledged shadows, our own particular pattern of inner doubt and darkness." (Bourgeault, Cynthia. *The Wisdom Jesus*. Shambhala.) It is kneeling with water and basin ready to serve.

Lent is the one season that requires our participation to exist. Joseph and Mary arrived in Bethlehem. That babe lay in the manger, regardless of our thoughts on the matter. The wisemen followed the star now long gone - they did not ask our vote on their path. The Resurrection of Jesus did not defer to Death's opinion - it has no need of ours. And the Spirit blows where she will.

We can believe these things or not, participate in them or not, open our hearts to their truth, or not. But Lent remains inescapably, beautifully relational - It is between us and our Triune God - meaningless if we do not willingly partake in some form.

I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word.

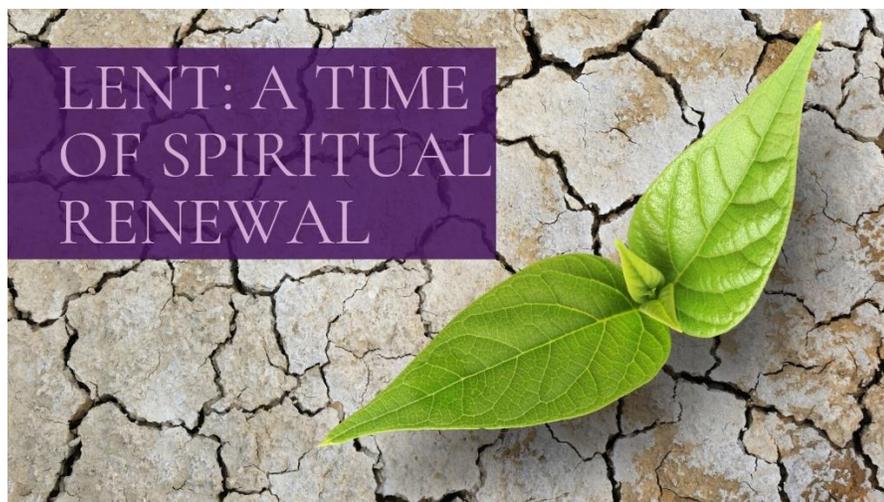
And, to make a right beginning of repentance may we...

Fast from judging others; feast on the goodness in them.  
Fast from emphasis on difference; feast on unity of all life.  
Fast from apparent darkness; feast on the reality of light.  
Fast from thoughts of illness; feast on the healing power of God.  
Fast from words that pollute; feast on phrases that purify.  
Fast from discontent; feast on gratitude.

Fast from anger; feast on patience.  
Fast from pessimism; feast on optimism.  
Fast from worry; feast on divine order.  
Fast from complaining; feast on appreciation.  
Fast from negatives; feast on affirmatives.  
Fast from unrelenting pressures; feast on unceasing prayer.

Fast from hostility; feast on non-resistance.  
Fast from bitterness; feast on forgiveness.  
Fast from self-concern; feast on compassion for others.  
Fast from personal anxiety; feast on eternal truth.  
Fast from discouragement; feast on hope.

Fast from facts that depress; feast on truths that uplift.  
Fast from lethargy; feast on enthusiasm.  
Fast from suspicion; feast on truth.  
Fast from thoughts that weaken; feast on promises that inspire.  
Fast from idle gossip; feast on purposeful silence.  
Fast from problems that overwhelm; feast on prayer that supports.  
Amen. (William Arthur Wald)





3/1 - 3/31 ~ Jay Noland  
~ Mike Brennard  
~ Carolyn Mount  
~ Laura Smith  
~ Sharon Wood Leali  
~ Matthew Jenkinson  
~ Linda Krieger  
~ Mandy Windschitl  
~ Diana Russiff



3/26 ~ Robin Monahan &  
Becky Lucas



Faith United Church of Christ, Holy Trinity Episcopal Church, and Zion Lutheran Church cordially invite you to join us for our midweek Lenten series – *Sing with All the Saints in Glory*.

**Dates**

Wednesdays, March 1, 8, 15, 22, 29

**Time**

6:00 pm soup supper

7:00 pm worship

**Location**

All dinners and services will be held at Zion Lutheran Church, 530 6<sup>th</sup> Street, International Falls.

# March '23 Sunday Service Lay Responsibilities

Dates	Celebrants	Acolytes	Lectors & Lessons	Greeters
<b>5</b> <b>Holy Eucharist</b> <b>10:00 am</b> <b>2<sup>nd</sup> Sunday in Lent</b>	Rev. Dr. Samantha Crossley Deacons: Lee Grim or Melanie Mattsen	Lee Grim Or Melanie Mattsen	Carole Johnson	
<b>12</b> <b>Holy Eucharist</b> <b>10:00 am</b> <b>3<sup>rd</sup> Sunday in Lent</b>	Rev. Dr. Samantha Crossley Deacons: Lee Grim or Melanie Mattsen	Lee Grim Or Melanie Mattsen	Georgeann & Andy	
<b>19</b> <b>Holy Eucharist</b> <b>10:00 am</b> <b>4<sup>th</sup> Sunday in Lent</b>	Rev. Dr. Samantha Crossley Deacons: Lee Grim or Melanie Mattsen	Lee Grim Or Melanie Mattsen	Jeanne Corrin	
<b>26</b> <b>Holy Eucharist</b> <b>10:00 am</b> <b>5<sup>th</sup> Sunday in Lent</b>	Rev. Dr. Samantha Crossley Deacons: Lee Grim or Melanie Mattsen	Lee Grim Or Melanie Mattsen	Molly Pavleck	



# March 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b>	<b>2</b>	<b>3</b>	<b>4 Altar Guild</b>
			Lenten Service @ Zion Lutheran 6:00 soup 7:00			<b>Georgeann</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11 Altar Guild</b>
<b>Holy Eucharist 10:00 a.m.</b>			<b>Holy Trinity</b> Lenten Service @ Zion Lutheran 6:00 soup 7:00 service			<b>Georgeann</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18 Altar Guild</b>
 <b>Holy Eucharist 10:00 a.m.</b>	<b>Ruby's Pantry 5:00 - 6:30</b>		Lenten Service @ Zion Lutheran 6:00 soup 7:00 service			<b>Carolyn &amp; Molly</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25 Altar Guild</b>
<b>Holy Eucharist 10:00 a.m.</b>	Newsletter Deadline <b>(Georgeann)</b>	<b>Vestry 5:00 pm</b>	<b>Holy Trinity</b> Lenten Service @ Zion Lutheran 6:00 soup 7:00 service			<b>Carolyn &amp; Molly</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<b>Holy Eucharist 10:00 a.m.</b>			Lenten Service @ Zion Lutheran 6:00 soup 7:00 Service			
