

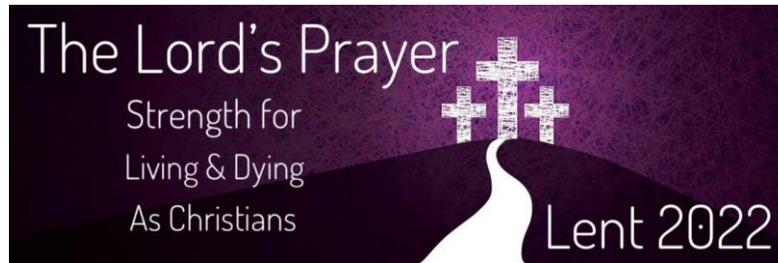


7060 Ponderosa Drive
Parker, CO 80138

Mission News From SPIRIT OF HOPE LUTHERAN CHURCH Wednesday, March 9, 2022

Questions, comments, or to unsubscribe, please
contact Pastor Wendy Poch at **303-841-3553** or
office@spiritofhopelcmc.org.

Visit us on the web at
www.spiritofhopelcmc.org.



SOUP SUPPER, WEDNESDAY @ 6:00 PM
LENTEN WORSHIP, WEDNESDAY @ 7:00 PM
EASTER CHOIR REHEARSAL, WEDNESDAY @ 8:00 PM

Soup's on! Come and join us for a refreshing time of fellowship as we enjoy a simple meal of soup and bread before worship. If possible, please bring a soup or a dessert to share. If that's not possible, please come anyway!
We always have plenty for everyone!

Our series on the Lord's Prayer: Strength for Living and Dying as Christians continues at our Wednesday worship service. Our text will be John 12:1-11 in which Mary anoints Jesus' feet with expensive perfume. We will be focused on the first petition of the Lord's Prayer, "Hallowed Be Thy Name".

After worship, you're invited to stay and enjoy a time of fellowship and singing as we form an Easter choir that will sing on Easter Sunday. You do not have to be able to read music nor do you have to be an excellent singer. If you have a heart for proclaiming the good news of the resurrection at Easter, please come and join us!
We hope to finish rehearsal between 8:30 – 8:45 pm.

THIS SUNDAY AT SPIRIT OF HOPE

This Sunday we will move forward in our series on the Lord's Prayer while moving a bit backwards in John's Gospel. We will be focused on the

second petition of the Lord's Prayer, "Thy Kingdom Come". Our text will be John 11:1-44, "The Raising of Lazarus". Worship begins at 9:30 am. Sunday School begins at 11:00 am. Our children will be learning more about the Lord's Prayer and the raising of Lazarus with Pat Schmidt and Pastor Wendy. Our adults will begin their study on the Lord's Prayer as a source of strength in times of suffering (see the article further below for more details) which will be led by Ken Carpenter.



TIME TO "SPRING FORWARD"! DAYLIGHT SAVINGS TIME BEGINS THIS WEEKEND

Be sure to set your clocks forward before heading to bed on Saturday night so that you can make it to church on time! We'll make sure the coffee pot is on and ready BEFORE service in case you need a little boost from missing an hour of sleep. Come and be blessed by our Father as we worship together as brothers and sisters in the Lord!

OFFICE HELP

Pastor Wendy is looking for some additional office help for a few hours each week. The scheduling can be flexible, but later in the week would work well. If you have your own laptop, and are comfortable bringing it with you, help is needed with printing/collating bulletins, helping to create future bulletins (our slide production crew works from the weekly bulletin), logging weekly hymns, Psalms, worship assistants/readers, and weekly attendance, and helping with other office projects and/or light duties around the church as needed. Pastor Wendy will train you and work with you. But a basic knowledge of Word and Excel (we don't use complicated formulas!) is helpful. If you are interested in learning more about this volunteer opportunity, please contact Pastor Wendy.



ZUMBA GOLD IS MOVING TO MORNINGS!

Beginning March 17th, Zumba Gold will begin meeting Thursday mornings at 9:00 am in the fellowship hall. The class is no longer meeting in the evenings. Come and join us for a fun and upbeat time that will help us both

in body and spirit! The entire class is adaptable which means you can make any modifications necessary...including doing it sitting down! We don't do any jumping – everything is low-impact. Classes are \$3 a session. Each participant will sign a release waiver prior to participating. Thank you to Tanya Diederich, Certified Zumba Gold Instructor, for leading this class.

A HEART-FELT THANK YOU FROM PAM MALONE & FAMILY

Thank you to Pastor Wendy and the Spirit of Hope family for all of your support in John Malone's passing as well as the subsequent passing of his father. You have all showed up for our family in so many ways, from dropping off much needed meals, providing food for the memorial potluck, sending cards, and most importantly keeping us in your prayers. Your kindness is appreciated more than you know and we are so grateful to be part of such a caring and supportive fellowship. Thank you for providing moments of light and peace during a very dark and difficult time.

Sincerely,

The Malone Family

CHRISTIAN SEDER, MAUNDY THURSDAY, APRIL 14th EVENT ASSISTANTS NEEDED

Pastor Wendy is looking for some help in planning our upcoming Christian Seder, which will take place on Thursday, April 14th in the evening. Ideally, one volunteer could help set-up and manage RSVP's for both the names of those attending and the types of food each will bring (the food list is very specific for a Seder). We will also need additional volunteers to help with set-up and clean-up for this very special event. If you're available to help, please contact Pastor Wendy.



MARTIN LUTHER'S "A SIMPLE WAY TO PRAY"

A great resource to assist you in your prayers throughout Lent is Martin Luther's "A Simple Way to Pray". Luther wrote this small booklet in response to a question from his barber, who was struggling with knowing how to pray. In this booklet, Luther uses the Lord's Prayer as a foundation for developing our own prayers. He uses a technique called "braided prayers" or "prayer weaving". Luther then shows us how to do the same thing with the Ten Commandments and the Apostles' Creed. A copy of the

booklet was attached to the email that accompanied this newsletter. You can also copy and paste this link into your browser:

<https://wmpl.org/filed/resources/public/Literature/ASimpleWaytoPray.pdf>



COMING UP THIS WEEK AT SPIRIT OF HOPE

Wednesday, March 9th

6:00 pm Soup Supper

7:00 pm Worship

8:00 pm Easter Choir

Thursday, March 10th

6:45 pm Church Board Meeting

Friday, March 11th

9:00 – 11:00 am Coffee with the Pastor at Fika on Mainstreet

Sunday, March 13th

9:30 am - Worship; 11:00 am Sunday School

Tuesday, March 15th

12:00 – 1:00 pm Digging Deeper Bible Study

1:30 – 3:30 pm Hopeful Spirits

3:30 – 6:00 pm Stephen Minister Training

Wednesday, March 16th

7:00 am Men's Prayer Breakfast

6:00 pm Soup Supper

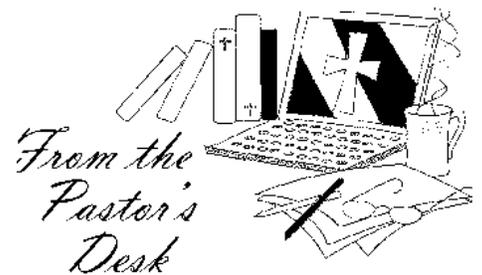
7:00 pm Worship

8:00 pm Easter Choir



LENT: TO FAST OR NOT TO FAST

People often wonder if they have to give up something for Lent. The short answer is "No". That said, many people **choose** to give up something for Lent. The goal in doing this is not to make Lent a "New Year's Resolution 2.0". While giving up chocolate may help your waistline, it may not be all that helpful in your walk with the Lord. The purpose of giving something up for Lent is to ask God to draw you closer to him as we, the body of Christ, draw closer to the foot of the cross.



Should you decide to give something up for Lent, know that **we do this because we can, not because we must**. When we do, it is called a Lenten fast. And there are wonderful blessings that occur when we choose to fast during Lent. The idea is to give up something meaningful and, in its place, spend extra time with the Lord. For example, you could choose to skip a meal (only if it is healthy for you to do so...and if you are unsure, it is

always best to check with your doctor) and spend an additional hour in prayer instead. You could skip dessert (we don't need permission for that!) and spend half an hour more than usual reading God's Word. You can fast from a meal, from social media, from your favorite streaming service, or any number of other things and dedicate that time to the Lord instead.

Lenten fasts can take place once a week, perhaps on Wednesdays during Lent, several days a week, or even daily. Our Catholic brothers and sisters don't eat meat on Fridays. They will often substitute fish or eat vegetarian options every Friday during Lent. Our Orthodox brothers and sisters hold an extremely strict Lenten fast in which they do not eat any form of meat, (including fish), eggs, or dairy throughout all of Lent. However you choose to fast during Lent (if you choose to fast), the idea is that you are humbling yourself before God, focusing on His sacrifice on your behalf, and asking him to draw you closer to Him.

Another idea, possibly in conjunction with fasting, is to actually add something into your life during Lent. Lent can be a very special time to develop deeper prayer and Bible reading habits, some of which you may be blessed to continue throughout the year! You might consider learning new matins or vespers, or praying with Lutheran prayer beads (yes, this is a thing!). You might create time to read through a special devotional, theology book or a book that will help with biblical understanding. If you like this idea but are not sure where to start, I would be happy to give you some recommendations.

Lent can also be a time to focus on a deeper level of service to your neighbors. Perhaps you can bless one neighbor, co-worker, or stranger each day, and do so *anonymously*, for the very act of both fasting and serving during Lent includes the fact that we don't tell others that we are doing it (Matthew 6). If you have young children, you could work together to create Easter meal boxes by placing one piece of canned or boxed food from your pantry into a box each day and pray together, giving thanks to God for the ability to share blessings and praying for those who will receive these gifts. You can also shop for items ahead of time and then let the children pick what to place in the box each day.

The possibilities are endless. And, none of them are required because Lent is not a law, but an opportunity. It's an opportunity to return to our Father. "Even now,' declares the LORD, 'return to me with all your heart, with fasting and weeping and mourning.' Rend your *heart* and not your garments. Return to the LORD your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity" (Joel 2:12-13).

The goal of Lent, including worship, fasting, prayer, and alms-giving (serving others/financial support) is to focus on the Father's love for us and for others, a love He made known by sending His Son, Jesus, to the cross to die for us. The goal is to know God's love more deeply, to share that love, and to be drawn closer God as we take our own journey to the foot of the cross, to the tomb, and ultimately to our Resurrection Day celebration!

Your Sister in Christ, *Pastor Wendy*

LENT 2022 at SPIRIT OF HOPE
(This week's events in red)

- Wednesday, March 2nd:** **Ash Wednesday Worship @ 7:00 pm**
Jesus is the Good Shepherd (John 10:1-18)
- Sunday, March 6th:** **Worship @ 9:30 am**
"Our Father" (John 14:1-14; 5:16-30)
- Wednesday, March 9th:** **Soup Supper @ 6:00 pm, Worship @ 7:00**
"Hallowed Be Thy Name" (John 12:1-11)
- Sunday, March 13th:** **Worship @ 9:30 am**
"Thy Kingdom Come" (John 11:1-44)
- Wednesday, March 16th:** **Soup Supper @ 6:00 pm, Worship @ 7:00**
"Thy Will Be Done" (John 13:1-17)
- Sunday, March 20th:** **Worship @ 9:30 am**
"Give Us This Day Our Daily..." (John 11:1-44)
- Wednesday, March 23rd:** **Soup Supper @ 6:00 pm, Worship @ 7:00**
"Forgive Us..." (John 13:31-38)
- Sunday, March 27th:** **Worship @ 9:30 am**
"Lead Us Not into Temptation" (Jn 14:15-31)
- Wednesday, March 30th:** **Soup Supper @ 6:00 pm, Worship @ 7:00**
"Deliver Us from Evil" (John 15:1-25)
- Sunday, April 3rd:** **Worship @ 9:30 am**
"Thine is the Kingdom..." (John 15:26-16:15)
- Wednesday, April 6th:** **Soup Supper @ 6:00 pm, Worship @ 7:00**
"Amen" (John 16:16-33)
- Sunday, April 10th:** **PALM SUNDAY WORSHIP @ 9:30 am**
- Thursday, April 14th:** **MAUNDY THURSDAY**
CHRISTIAN SEDER SUPPER 5:30 pm
- Friday, April 15th:** **GOOD FRIDAY**
Traditional Tenebrae Service 7:00 pm
- Easter Sunday, April 17th:** **RESURRECTION CELEBRATION 9:30 am**



BIBLE STUDY OPPORTUNITIES

SUNDAYS @ 11:00 AM

REFLECTIONS ON THE LORD'S PRAYER

FOR PEOPLE WITH CANCER (AND EVERYONE ELSE!)

"You have cancer," can be the most devastating words one can ever hear. Tragically, cancer continues to assault and afflict vast numbers of families. But for many the experience of cancer becomes a time of finding God's presence in a deeper and more beautiful way.

This video series of meditations on The Lord's Prayer was created by Ken Curtis when Ken was diagnosed with advanced cancer with little prospect for survival. He pursued a combination of traditional and alternative medicine, undergirded by a strong spiritual dimension and prayer support team. While made particularly for people facing the crisis of cancer, the reflections are relevant for any health crisis (and also for grief and other spiritual crisis) as well as for those who may find themselves loving and/or caring for someone who is suffering.

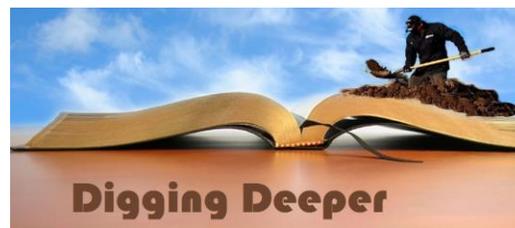
This study is also appropriate for anyone who simply wants to spend time going deeper into this special prayer that was given to us by our Lord Jesus himself. Join Ken on this journey into the world of The Lord's Prayer *from original locations in Israel* that were important in the life of Jesus. ***The Lord's Prayer is not just a way of praying. It's a way of "seeing."*** When the prayer is grasped and uttered from the heart, it can -- and will -- change us. We realize how we are not alone, no matter how difficult or seemingly hopeless our situation. Even in our pain, there can come a joy and a feeling of rightness about our world.

This video series comes to us from our RightNow Media digital library (which means you can also access the videos at home). Our own Ken Carpenter will lead this study and will include notes of his own and writings from Martin Luther at various points throughout the course.

**DIGGING DEEPER WITH PASTOR WENDY
THE GOSPEL OF JOHN**

TUESDAYS 12:00 – 1:00 pm

Join Pastor Wendy as we dig deeper into the Gospel of John. You are welcome to bring a lunch! No homework and no prep.



MARCH BIRTHDAYS AND ANNIVERSARIES



3/2 Cindy Garrett
3/3 Karen Jordahl
3/8 Margie Flora
3/9 Susan Spancers
3/17 Ramie Larson
3/17 Ben Reinicke
3/18 Sherry Helmeke Clark
3/20 Lavonne Zwegardt
3/24 DeDe Elliott
3/25 James West
3/25 Rachel West
3/30 Cathy Morano



3/6 David & Sheri Giles
3/7 Douglas & Carolyn Kleven
3/31 John & Kandy Parsons



Prayer Requests - If you have a prayer request for the prayer team, please contact Pastor Wendy @ 303-841-3553 or wendy.poch@spiritofhopelcmmc.org
Jesus said; "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."



A PRAYER FOR THE WEEK

By Pastor Wendy

(This prayer has been intentionally carried over from last week).

Lord God, we pray for the people in Ukraine as they suffer the brutal attack waged by the Russian government.

We pray for all people, Lord, including those who live under Russia's regime of tyranny and all who are suffering or will suffer due to the current war that is being waged. We pray for all the nations of the world, Lord, that you would open their eyes to the light of your Son, so that they would lead with your wisdom and so that your peace would reign. Lord, in your mercy, hear our prayer. Amen.

Please include the following people and situations in your prayers:

For Patricia who is preparing for cervical fusion surgery.

For Tracey who had a full knee replacement on Monday.

For Tiffany H. who has had a melanoma removed on Monday. Prayers that all the cancer has been caught and will not return.

For the situation in Ukraine.

For a loved one who is dealing with severe anxiety and depression.

For Brad, who is recovering from a car accident that caused numerous and significant injuries.

For Stephanie who is recovering from radiation treatments.

For Rebecca who is undergoing radiation.

For Sara as she goes through intensive chemotherapy.

For Janie as she recovers from radiation and prepares for surgery.

For those who are first responders to all emergencies: fire fighters, EMTs and law enforcement.

For all of our local, state, and federal leaders that they would hear God's voice and lead with His wisdom.

For our Christian brothers and sisters all over the world who suffer persecution to be comforted and strengthened and for the Lord God to defeat the evil of terrorism done to them. We also pray for missionaries around the world.

For Spirit of Hope mission partners: Lutheran Congregations in Mission for Christ, SECORCares, Mean Street Ministry, Alternatives Pregnancy Center, Apache Youth Ministries, LCMC Disaster Relief, Lutheran Military Veterans and Families Ministries, Tartu Academy of Theology, Marion Medical Mission.

For Spirit of Hope mission allies: Compassion International, SONetwork, Operation Christmas Child/Samaritan's Purse, the Institute of Lutheran Theology, Stephen Ministry.

All of our military fighting for our freedoms.

QUICK SPIRIT OF HOPE FINANCIAL UPDATE

March Income (to date) = \$7,648

General Fund Offerings = \$5,765

Debt Reduction Offerings = \$520

Dedicated Offerings = \$1,363*

Other Income = \$26

March Expenses = \$2,938

Checking Accounts Balance = \$27,773

Debt Reduction Account Balance = \$16,634

Money Market Account Balance = \$119,854

*Includes Wednesday evening offerings during Lent

2022 LENTEN OFFERINGS

This year Spirit of Hope will be giving away 100% of our Wednesday evening Lenten offerings to help victims of the Marshall Fire in Boulder County. We are thankful for this opportunity to help locally now as this news story has begun to fade from national headlines. Thank you for supporting those in need as many will be struggling for years to come.