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[Bethlehem Lutheran Church - Davey](#)

***March Helpers***

Lector—Charlie Brown

Communion Assistant—Arline Hornung

Ushers—Clint/Janna Harsch

Cleaners—Wk 1/2—Jeff and Tonya Brown

Wk 3/4—Jon and Sharon Mumgaard

Altar—Janna Harsch

Bethlehem Lutheran Church

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**Encounter Christ    Grow in faith    Love as Christ loved    Tell the Story**

***Do something or don't do something but do something!***

Inspired title, huh? Lent starts on the 6th of this month. “What are you giving for Lent?” is a question that has long been asked in the Roman Catholic church. Of course that would be in addition to giving up eating meat on Ash Wednesday and Fridays in Lent.

Giving up something for Lent has also become much more common in non-Roman Catholic traditions. In addition, there have been many suggestions for things to add to your routine during Lent...spiritual practices...serving...giving and so on. Several options are listed elsewhere in this newsletter.

In the early church, Lent was a 40 day period of penitence and very strict fasting in preparation for baptism on Easter. Meat, fish, butter and eggs were forbidden. This by the way is one theory why pan-cakes are so popular on Shrove Tuesday, aka Mardi Gras...they're a good way to get rid of butter and eggs, which wouldn't keep for 40 days.

The idea is that the 40 days of Lent correspond to the 40 days Jesus spent fasting in the wilderness before his temptation by Satan.

So do we have to give up something? Should we? Or should we add something? And why would we anyway?

Don't do something? Or do something?

First, let's say this. Lent disciplines or practices aren't something we do to earn God's favor. We already have that. The incarnation, death and resurrection of Jesus are our assurance of God's love, forgiveness and salvation.

But we also know that our lives can often go by in a blur of daily demands...demands of school, work, family, kids' activities, and other obligations. We can miss so much of the holy in the world by buzzing past it.

Changing things up a little during times like Advent and Lent can help us carve out a space where things are different and we are forced to pay a little more attention.

So maybe there is something you do which numbs you or helps you escape...shopping, alcohol, food, social media, general busyness, television...things that you know keep you from being connected to God or that keep you from meaningful real connection to others, or even connection to who you really are. Those are the things to consider giving up during Lent.

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Or maybe you are someone who can better connect by doing something you don't usually do... committing to daily meditation or spiritual practices...volunteering at an organization that contributes to the well-being of creation...human and non-human. Or try some of the things in the various opportunities listed below this article.

Maybe learning new things is important for your spiritual and emotional health, but you haven't taken the time. That might be your thing to add. Maybe you are out of shape and struggle to find energy to be more active. Maybe exercise is what you need to add.

And maybe you just need more rest and quiet.

So, maybe your call will be to not do something...to give something up. Maybe it will be to do something. But whichever it is, do something that will set this time of Lent apart....something that will help you focus on God's amazing grace and love, something that will help you connect to the Spirit in and around us, something that will help you connect you to others...and connect you to you.

In Christ's peace,

*Pastor Kris*

### ***Lent Resources/Ideas for you***

- Nebraska Synod ["We Are Church Together"](#) devotional. Scroll down and click devotional to download. I can also print copies
- Luther Seminary Lenten devotional based on ["I heard the voice of Jesus say"](#) I can also print copies
- Check out Pastor Nadia Bolz-Weber's [40 Ways to Keep Lent Holy](#). There are lots of other online lists if you don't find this one helpful. I can print copies if you want one
- Contemplative Monk is a Facebook page that will have a closed group called A Lenten Journey
- Check out some of the contemplative activities at [Contemplate Lincoln](#). I go to some of them so if you want someone to go with let me know
- Or dig out your Advent newsletter or find it on our website and explore the contemplative practices there
- Volunteer at Matt Talbot, City Mission, Center for People in Need, Humane Society or other animal shelter, or whatever seems to draw you
- Get outside—take a walk and name things you see to yourself as a way to stay in the moment

### **February Calendar**

March 3	9:15 am—All-Congregation Sunday school 10:30 am—Worship with Holy Communion
March 5	9:00 am quilting
March 6	10:00 am—quilting at Saunders Care Center 8:00 pm—Ash Wednesday worship with Holy Communion and the Imposition of Ashes
March 10	10:30 am—guitar worship
March 13	6:00 pm—Lent midweek at Bethlehem
March 17	9:15 am—All-Congregation Sunday school 10:30—Worship with Holy Communion
March 19	9:00 am—quilting
March 20	6:00 pm Lent midweek at Zion
March 24	10:30 am—Worship 12:00 noon—Council retreat at Brewsky's in Haymarket
March 27	6:00 pm Lent midweek at Bethlehem
March 30	2:00 pm—Mary Grendahl memorial service
March 31	10:30 am—Worship

### ***Lent and Holy Week Schedule***

**March 6 Ash Wednesday—worship at 8:00 pm**

**Lent Midweek services begin Wednesday March 13 at Bethlehem.**

**Supper at 6 followed by discussion/reflection**

**After the discussion we'll move to the sanctuary for a time of worship and prayer**

**Palm Sunday—April 14**

**Maundy Thursday—April 18—worship at 6:30 pm**

**Good Friday—April 19—worship at 6:30 pm**

**Easter—April 21—Worship at 8:00 am, Easter Breakfast at 9:00 am**

#### **Lent project**

Sometimes Lent is a good time to do some purging. At Bethlehem, we have a lot of stuff and we need more than one spring cleaning day. Stay tuned for more info, but I'm hoping we can combine some purging with some generosity and making some community connections.

If you have ideas or items for the newsletter, please let me know. I'd be glad to put in things of importance to you and your family, to our congregation and in the community around us. I'm also happy to put in soup recipes!