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# Good News of St. Paul

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*Spread the Love and Message of Christ*



## **“As We Enter Lent”**

The season of Lent is a time often thought of as one of the darker times of the year. In Western Washington it's rainy and dreary. Yet the season and weather changes from winter to spring, from dreary to the sun breaking forth with blue skies and white fluffy clouds. As we begin we are reminded of our own mortality.

Ash Wednesday we are marked with the sign of the cross and the words “it is from dust you came and to dust you shall return.” We receive the mark recognizing our own mortality. Knowing our time is limited on this side of eternity.

The gift of the dark and dreary, the gift of mortality is that it calls us to a deeper understanding of our need of God. We are moved to a deeper relationship with the One who was and is and is to come. We are called to understand more profoundly that each day is gift. We are moved to celebrate this day, today.

We are called to know that we live this and every day “Beneath the Cross of Jesus” (ELW 338). The words illustrate our journey. “Beginning with verse one; Beneath the cross of Jesus I long to take my stand; the shadow of a mighty rock within a weary land, a home within a wilderness a rest upon the way, from the burning of the noontide heat and burdens of the day.”

v2) “Upon the cross of Jesus, my eye at times can see the very dying form of one who suffered there for me. And from my contrite heart, with tears, the wonders I confess: the wonders of his glorious love and my own unworthiness.”

v3) “I take, O cross, your shadow for my abiding place; I ask no other sunshine than the sunshine of his face; content to let the world go by, to know no gain nor loss, my sinful self my only shame, my glory all, the cross.”

The Lenten season asks us to reflect on our lives, and turn to God in a renewed way. It asks us to repent and reorient our lives towards the One who was and is and ever will be. We are moved to know, in a new way, we are loved and cared for by God. And God holds us firmly and will never let us go (Isaiah 41:10, John 6:37). The One who gave his all for us, the One who came between you and righteous judgement. Jesus took it all, in love, on the cross.

In our failures and flaws, in our missing the mark, God holds you (firmly) and loves you unconditionally. God loves! We are justified as we live at the foot of the cross. We live under the One, who is love. We live under grace because we live at the foot of the cross. - PN

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Dear St. Paul Family,  
*You really know how to make a person feel the love! Your cards, calls, and most of all prayers, have been a huge gift as I move through my breast cancer treatment. In March, I'll be done with the chemo portion of treatment and moving on to the radiation phase. By Easter, I should be done with radiation, have my immunity built back up, and be able to be out around more people. I hope to greet you in person then!* - Sandy Catt



### March

- |                   |                    |
|-------------------|--------------------|
| 2 Rachel Olsen    | 23 Jim Johnston    |
| 3 Lloyd Snow      | Ashlee Eatherton   |
| Isabella Janisch  | Vineta Thomsen     |
| 14 Larry Ogden    | 24 Natasha Jacques |
| 15 Jim McDaniel   | 25 Greg Ogden      |
| Donna Rodgers     | Ryker Heller       |
| Kalen Remmers     | 26 Dan Frantsvog   |
| 16 Sandy Catt     | Richard Skreen     |
| 17 Elena Ross     | 27 Susan Denison   |
| 21 Deborah Oswalt | 29 David Oswalt    |
|                   | 30 Brontë Martin   |



### Anniversary Wishes



### March

- 1 Brad & Kathy Cooper
- 4 Mick & Tiffany Seidl
- 15 Dan & Valerie Crisman - 25 years
- 21 Mike & Dani Foster - 53 years
- 25 Jerry & Cheryl Borgaard - 50 years
- 27 Alan & Dianna Watenpaugh



**Daylight Saving Time** begins March 13. Set your clocks ahead one hour before retiring Saturday evening.

### Face Masks

With the governor dropping the recommendation to wear masks, as of Sunday, March 13, they will not be required here at St. Paul.



### Remembering Members & Friends

Please remember these people with your prayers, phone calls, or cards:

### All God's people including:

Dianne Whitten, Annette Hammond, Tom Boren, Kevin Strang, Martha Olson, Sandy Catt, Bob Nolden, Jess Johnston, Emma Cooley, Donna Rodgers, Emma Agren, Amy Agren, Tom Stanley, Nathan Victor, Brad Foster, Michelle Oswalt, Vineta Thomsen, Mary Brown, Bruce Schumacher, Kelsey Buchanan, Stephanie Petkovich, Don Miller, Darlene Jackson, Eric Smith, Jean Jones, Angie Manfredi, Angie Boudier, Crystal Hummel, Beth Hinesley, Al Black; **+All who mourn:** **+All Care givers and Care receivers:** Joyce LeMonds, Vi Benham, Granville Oswalt, Donna Rodgers; **+The hungry, homeless, and needy, and those who travel; +Those serving in the Armed Forces:** Lukas Houser, Makayla Wilbur, Sam Gallow, Eddie Oswalt, Matthew Cogburn

### Thank You To:



- Those who cook and serve meals for God's Abundant Plate once a month: Katrina and Ryan Hinesley, Nick and Elena Boleyn-Clark, Amy and Neil Agren, Mary Rosen, Dan & Monica Davis.
- The Altar Guild, namely Katrina Hinesley and Sharon Blankenship. who has kept communion running smooth through our pandemic protocol,
- Tim and Katie Ogden who have gifted the church with a chest freezer which gives more storage when extra is needed (Kids Meals, God's Abundant Plate,...)



## Spring Brings Sneeze's!

Welcome spring with green grass, flowers, pollens and allergies!

Allergies are very common, effecting at least 1 in 5 Americans. They can start with contact that you swallow, inhale or get on your skin.

Usually symptoms of nasal allergies from inhaling include itchy, watery eyes, sneezing, itchy, runny nose and fatigue.

Skin allergies symptoms include rashes and hives. Food allergies can cause stomach cramps, vomiting and diarrhea.

The most severe allergy reaction is anaphylaxis. This affects your entire body. Symptoms may include hives/itching all over, wheezing or shortness of breath, hoarseness or tightening in the throat, swelling of face, lips, tongue, or throat, and tingling of hands, feet, lips, or scalp. Anaphylaxis is life threatening and you need to call 911 immediately. Nasal allergies can improve with over the counter medication such as antihistamines or decongestant when you nose is stuffed up. Anyone with hypertension should avoid decongestants and take Coricidin HBP.

People with anaphylaxis should always carry a epinephrine auto injector. Many of these people have this severe reaction to peanuts, shellfish, and bee stings.

Treat all allergies and concerns with your medical provider. I had allergy shots and this relieved my allergies and asthma immensely!

To your health,  
K.C. Babcock, R.N.



March 2<sup>nd</sup> is Ash Wednesday. A worship service will be held at 7 p.m. with the imposition of ashes and communion. If you prefer, Pastor Norm will be available between 11 a.m. - Noon to offer the imposition of ashes as well.

### Soup and Bread Meal

For each of the five Lenten Wednesday's, beginning March 9, we are planning to begin the evening at 6 p.m. with a soup and bread meal and a small craft, then worship using Marty Haugen's familiar *Holden Evening Prayer* at 7 p.m. You can sign up here at the church or call in if you are able to provide soup for one of the evening's, or can clean-up afterward.



### Men's Breakfast is Coming!

This Sat., March 5 at 8 a.m. a Men's Breakfast will be served. All men are invited to gather for good food and fellowship - and encouraged to bring a friend! The breakfast will be an ongoing first Sat. of the month happening.

### Coffee Hour Returning

We plan to begin coffee hour after worship on Sunday, March 13. After two years, we look forward to gathering once again in the fellowship hall.

### Royal Family Kids

Jess McCloud will be here Sunday, March 13, to give a short presentation/update on the organization. We have supported this program financially in the past.

### Seder Meal

If you have an interest in helping plan/prepare a Seder meal for Maundy Thursday (April 14) please contact Pastor Norm.