

April 2017

TIPS

A Newsletter From
Saint Timothy Evangelical Lutheran Church

Come and Worship!



Sunday Worship 9:00 & 10:30 am

Saturday Worship 6pm

395 Valley Road, Wayne, New Jersey 07470

sttimothyjnj.org

The Rev. Robert M. Mountenay, Pastor

395 Valley Road, Wayne, NJ 07470

Parsonage

Director of Music

Church Secretary

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Rich Wantula	(973) 616-8330



April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <i>6pm</i> Worship with Holy Communion
2 <u>9 & 10:30am</u> Worship with Holy Communion 	3 <u>9 am</u> Mon Morn Crew <u>10am</u> HHM Sorting <u>7pm</u> WELCA Board Mary's Stations	4 <u>11:30 am</u> Chair Yoga <u>7 pm</u> Adult Evening	5 <u>11am</u> PrimeTimers <u>6 pm</u> Soup & Study  <u>7:30pm</u> Jubilate Handbells	6 <u>7:30pm</u> Alleluia Choir	7 AAFH (AA in Fellowship Hall)	8 <u>9:30am</u> Bookworms  <u>6pm</u> Worship with Holy Communion
9 <u>9am</u> SS Breakfast & <u>10:30am</u> Worship with Holy Communion 	10 <u>9 am</u> Mon Morn Crew <u>10am</u> HHM Sorting <u>7:30 pm</u> Stations of the Cross 	11 <u>11:30 am</u> Chair Yoga <u>7:30pm</u> Spoken Service of Holy Communion 	12 <u>10 am</u> Angel Circle <u>12 Noon</u> Miriam Circle <u>7:30pm</u> Evening Prayer  <u>8:30pm</u> Jubilate Handbells	13 <u>7:30pm</u> Maundy Thursday Service  <u>8:30pm</u> Alleluia Choir	14 AAFH <u>7:30pm</u> Service of Tenebrae  Good Friday	15 <i>No Service</i> 
16 <u>8:30 & 11 am</u> Easter Worship Holy Communion 	17 <u>9 am</u> Mon Morn Crew <u>10am</u> HHM Sorting  TIPS Deadline!	18 <u>1pm</u> Knitting <u>7 pm</u> CEC Meeting <u>11:30 am</u> Chair Yoga	19 <u>7:30pm</u> Jubilate Handbells	20 <u>7:30pm</u> Alleluia Choir	21 AAFH	22 <u>6pm</u> Worship with Holy Communion
23 <u>9 & 10:30am</u> Worship with Holy Communion ----- 30 <u>9 & 10:30am</u> Worship with Holy Communion	24 <u>9 am</u> Mon Morn Crew <u>10am</u> HHM Sorting	25 <u>10:15am</u> Atrium Hymn Sing <u>11:30 am</u> Chair Yoga <i>St. Mark, Evangelist</i>	26 <u>10 am</u> Angel Circle <u>7:30pm</u> Jubilate Handbells	27 <u>7:30pm</u> Alleluia Choir	28 AAFH	29 <u>6pm</u> Worship with Holy Communion



Worship Participants

April 2017

Date	Altar Guild	Ushers	Acolytes	Reader	Communion Assistants	Coffee Hosts
April 2 1 st Communion	Terri Loftus Ilona Oosterwyk	Tom Sajban Thom Winters Bob Bartelt Chris Taranto	Gabi Dittmer Nathaniel Corbett Erik Lawson Colin Bedi	Danielle Dittmer	Alisa Corbett Serventi Presenters: Mike & Janet Lawson	WELCA World <u>Hunger Appeal</u> Carolyn Russo Mary Laverack
April 9 Palm Sunday	Le Eckert Valerie McGrath	Thom Winters Bob Bartelt Christian Wantula GK Kellstrom Alex Banu	Hailey Oosterwyk Henry McGrath Gabi Dittmer Tiffany Kellstrom	Danielle Dittmer	Jeff Riotto Sarah Riotto Eileen Smith Charlie Purcel Tanner Purcel	Laura Dec
April 16  Easter 8:30am	All	Thom Winters Dave Taranto Chris Taranto	Henry McGrath Colin Bedi Hailey Oosterwyk <i>Need 1 More</i>	Ilona Oosterwyk	Eileen Smith Melissa Pardalis Danielle Andersen Debbie Andersen Jennifer Andersen	No Coffee
April 16  Easter 11am	All	Tom Sajban Pat Kaplan Craig Beyer Rick Beyer	Tiffany Kellstrom Tricia Kellstrom Adam O'Mealy <i>Need 1 More</i>	Bob Davidson	GK Kellstrom Tanya Kellstrom Lori VanDerStad Pam O'Mealy Ryan O'Mealy	No Coffee
April 23 2 nd Easter	Debbie Andersen Karen Sajban	Tom Sajban Thom Winters Bob Bartelt Rich Wantula	Patrick Loftus Colin Loftus	Marie Beyer	GK Kellstrom Lori VanDerStad	The Kaplans
April 30 3 rd Easter	Nancy Farina Debbie Tanis	Tom Sajban Thom Winters Bob Bartelt Bill Monsees	Andrew Gaffney Olivia Gaffney	Robin Koegel	Cindy Gaffney Christian Wantula	Barbara Westerberg Stephanie Westerberg

From the Pastor

Darkness and Light

During the Sundays in Lent, the Gospel readings have shifted from Matthew to John. Each of the Johannine reading is long – most of them nearly a full chapter. Each is a well-developed story in its own right, a sign in the book of signs, each revealing something more about Jesus' true identity. A recurring theme in John's gospel is the contrast between darkness and light. We find it first in the gospel's prologue. There we learn that, what has come into being through the preexistent Word of God "was life, and the life was the light of the world." John the Baptist bore witness to the light, but he himself was not the light. "The true light, which enlightens everyone, was coming into the world." The theme emerges again in chapter 3, where Nicodemus, a Pharisee, comes to Jesus by night (in the dark). Jesus reveals that the light has come into the world, but the world prefers darkness to light.

In chapter 8 Jesus clearly states, "I am the light of the world." This identity is affirmed when in chapter 9 Jesus heals a man born blind, thereby leading him from darkness into light. The penultimate sign in John's book of signs is the raising of Lazarus from the dead. Death is the ultimate darkness, and Jesus even exercises power over it. Despite this triumph, the darkness returns in chapter 13 when Judas leaves the company of disciples to betray Jesus. John sets the stage for Judas's treason by saying, "And it was night."

Darkness casts its shroud over Jesus' trial, crucifixion, and burial. Even on Easter morning, Mary Magdalene approaches the tomb very early, "while it was still dark." Although she sees that the stone has been rolled away and the tomb is empty, darkness continues to obscure this surprising development. When Mary tells the disciples of her discovery, Peter and the beloved disciple run to the tomb. Though the unnamed disciple "saw and believed," John tells us that, "as yet

they did not understand the scripture, that he must rise from the dead.” The darkness remains.

It’s only in the light of day that the risen Jesus appears. Though he engages Mary in conversation, she initially mistakes him for the gardener. When Jesus calls her by name, however, the light overcomes the darkness, and she recognizes that he has risen and stands before her.

The conflict of darkness and light play out in Holy Week and Easter, and, of course, the light emerges victorious. We follow Jesus from his triumphal entry into Jerusalem, through the last supper with his disciple, his betrayal, and trial, his death and burial, to his glorious resurrection. Let God overcome the darkness in your lives this Holy Week and Easter: join us for worship!

In Jesus’ name,



Pastor Robin Mountenay





4/4 John Liljegren
4/5 Cathe Davidson
4/9 Donna Purcel
4/10 Mary Ann Levine
4/14 Eric Knittel
4/15 Hulda Ritz
4/22 Ray Lender

4/24 Anne Marie Lambert
4/26 Erna Schneider
4/26 Mary Laverack
4/28 Ed Cleaver
4/28 Mary Schloesser
4/30 George Labadie



4/1 Pat & Bernie Spardel
4/11 Lauran & Matthew McCauley
4/20 Eleanor & John Liljegren
4/28 Carol & Ed Cleaver
4/29 Amy & David Taranto

*Should you be on this list, and you're not??
Please email Laurie at st.tims395@yahoo.com
or call the office at 973-694-8316!*



MEMORIALS

Since February 15, 2017, gifts were given to the General Memorial Fund in memory of:
Giovanni Cormio, father of Marta Riotto

and to the Organ Repair Fund in memory of:
Merle and Frank Knotts, parents of Mary Ann Levine

During this month, Memorial Funds have been used to purchase a brass candle lighter. The candle lighter, as well as the host box and cruets purchased in December, will be dedicated on Sunday, March 19, in loving memory of Eileen Anderson, faithful Altar Guild member.



No Memorial Garden pavers were purchased this month, so our paver total stands at 110. The price of a paver is \$300.00. Checks may be made to St. Timothy Memorial Fund, with the words “Memorial Garden” on the memo line. Pavers may be engraved with the names of deceased loved ones, or left blank for future engraving. Paver application sheets are available in the narthex. Please see Pat Winters for further information or assistance. The Memorial

Garden is self-supporting; gifts are welcome at all times!

We also welcome contributions to the fund for restoration and enhancement of our Church organ. The work is on-going and should be completed very soon. Checks may be made to St. Timothy Memorial Fund, with the words “Organ Repair” on the memo line.



We are grateful to all who have given to the St. Timothy Memorial Funds – the General Memorial Fund, the Music Fund, the George Laubscher Monday Morning Fund, the Memorial Garden Fund, the Eternal Light Candle Fund, and the Flanders and Schleer Scholarship Loan Funds – and for the faithful loan repayments. We welcome additional contributions to these Funds, that we may continue to assist families with the high price of college.

Adult Evening Class ~ April 4th



We are reading Chapter 4 & 5 of *What Paul Meant* by Garry Wills. This book was published in 2006. "*What Paul Meant*" is a scholarly re-evaluation of the letters of Paul. Wills is a questioning Roman Catholic..." (The Times Union, Albany) This is a good time to join us.

Our discussions are lively and very thought provoking. Join us for 2 hours of discussion and laughter, You don't know what you are missing.

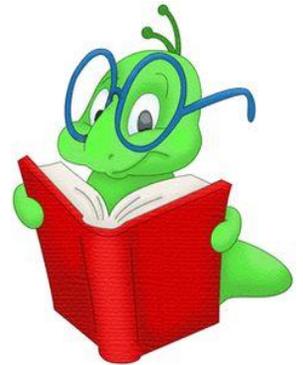
Carol, Art, Sandy, Dolores,
Le, Pat, Nancy, and Barbara

Bookworms ~ April 8th

We meet at Barnes & Noble on the 2nd Saturday each month. Our next meeting date is April 8th at 9:30 am. Here is our reading schedule for the coming month:

April: *The Third Secret* by Steve Berry

Colleen, Pat, Nancy, Le, Dolores,
Carolyn, Elsie and Barbara



Wayne Interfaith Network



Currently the WIN Food Pantry can use all donations but it particularly needs coffee, canned vegetables and fruit and small fruit juices.

Monetary contributions and supermarket gift cards in denominations of \$10 and \$20 are useful to the pantry in a variety of ways and are always welcome. Thank you for your generosity.

Wayne Interfaith Network P.O. Box 3341, Wayne, N.J. 07470-3341

www.WinFoodPantry.org



PRIME TIMERS **April 5th • 11am – 1pm**

Managing Our Meds

What is that drug for? How do you take it? With food? Can you mix it with other drugs? Taking charge of your prescription and over-the-counter drugs will be our topic for April. Our friends at St. Joseph's Medical Center will share tips and tools for managing this important aspect of our health care.

Bring a brown bag lunch and we'll supply the rest: Wednesday, April 5th at 11 a.m.

Coming in May:

What's going on in our community? On May 3rd, Wayne Mayor Chris Vergano will join us. Though not all call Wayne home, we all certainly spend much time in Wayne at our church home. Join us on May 3rd as Mayor Vergano talks about our community and answers questions we might have.



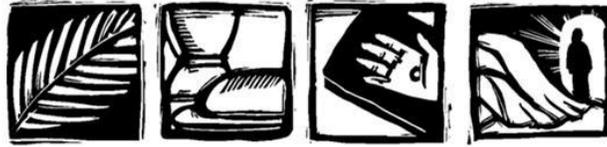
*Stations of the Cross
From the Viewpoint of
Mary, Mother of Our Lord*

**A Special invitation
to the Women of St. Timothy
Monday, April 3, 7:00 p.m.**



MARY'S WAY OF THE CROSS: On April 3rd at 7 p.m., WELCA is sponsoring Stations of the Cross from the Viewpoint of Mary, Mother of Our Lord. This is a poignant, short service offered to the women of our congregation. The service follows the mother of Jesus as she walks the road to Calvary, where Jesus was crucified, emphasizing her sense of surrender: "I knew it had to be, so I walked on silently." Enter an intimate journey of faith through a deep reflection that will unite one's pain and suffering with Jesus on the cross through the sorrowful heart of his mother.

HOLY WEEK SCHEDULE



Sunday, April 9 – Procession with Palms, St. Matthew's Passion: 10:30 am

*There will be a congregational breakfast at 9a.m. in the Fellowship Hall.
All are welcome! There will be no 9 am service on Palm Sunday or Easter.*

Monday, April 10 – Stations of the Cross in the sanctuary, 7:30 pm

Tuesday, April 11 – Spoken Service of Holy Communion in the Parlor, 7:30 pm

Wednesday, April 12 – Evening Prayer, 7:30 pm

Maundy Thursday, April 13 – Individual absolution, stripping of the altar, 7:30 pm

Good Friday, April 14– Tenebrae Service, 7:30 pm

There will be no service on Saturday, April 15

The Resurrection of our Lord, Easter Sunday, April 16 – Festival Services of Holy Communion at 8:30 am and 11:00 am. Children's sermons will be preached at both liturgies.

Palm Sunday Breakfast

Sunday, April 9th

at 9am

Please sign up on the Bulletin Board

Angels Circle



The Angels will meet on April 12 & 26 at 10am. We will be stuffing the “Hug Pillows for Bosnia”. The pillows are being made out of 10” squares of fleece. If anyone has any scraps of fleece they would like to donate, please leave it on the stage by the Angels Room.

Thank you,
Barbara Kaplan



To all St. Timothy members:

Thank you for your support while I've gone through this partial knee replacement. I am definitely a real scaredy-cat and appreciate your visits, prayers, cards, texts and e-mails. St. Timothy's people really are wonderful. God shines through all of you.

Barbara Westerberg



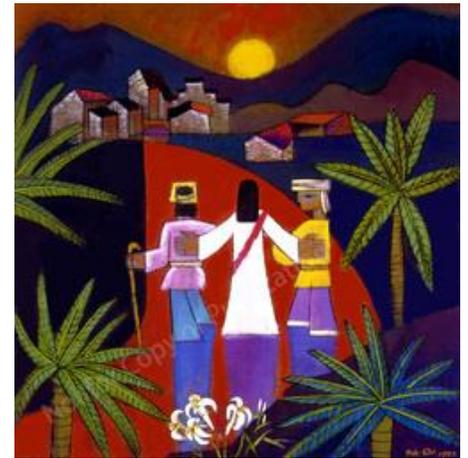
April 2 WELCA World Hunger Appeal
Mary Laverack
April 9 Laura Dec
Henrietta Glans
April 16 **EASTER**
NO COFFEE
April 23 The Kaplans
April 30 Barbara Westerberg
Stephanie Westerberg

May 7 The Tarantos
May 14 **MOTHER'S DAY**
Monday Morning Crew
May 21 Robert & Debbie
Andersen
May 28 Pat Spardel
Nancy Farina

"I think then that the one goal of all who are really and truly serving the Lord ought to be to bring back to union the churches which have at different times and in diverse manners divided from one another." St. Basil the Great (330–379), "Epistle CXIV"

Declaration on the Way: Church, Ministry, and Eucharist

Since 1965 Roman Catholic and Lutheran leaders have been in ecumenical dialogue. This dialogue has brought fruitful consensus on much of what has divided us over 500 years, yet there is still work to be done. We have not reached the unity that is our gift in Christ Jesus. With the publication of Declaration on the Way, it is suggested that this 500th anniversary is a good time to look at the path we have traveled together and give thanks for the many points of agreement we have reached. As well, it can encourage us to continue to pray for unity as the dialogue continues. The dialogue is in three parts: Church, Ministry, and Eucharists. This month we will look at the church.



Roman Catholics and Lutherans agree:

- That the church has been assembled by the Triune God who grants to its members their sharing in the triune divine life as God's own people.
- That the church on earth arose from the incarnation, death, resurrection, and ascension of Jesus and he remains its sole foundation.
- That the church is gathered by the proclamation of the Gospel. That Gospel proclaimed in the Holy Spirit by the apostles, remains the church's normative origin and abiding foundation.
- That the church in every age is apostolic because it is founded on the apostles' witness to the Gospel and professes the apostolic and evangelical faith while living by mandated practices handed on from the apostles.
- That the church on earth lives and is ruled by the Word of God, which it encounters in Christ.
- That we are one in holding that the church on earth participates in Christ's benefits through the action of proclaiming the Gospel and celebrating the Sacraments as initiated by Christ and handed on by his apostles.
- That the church on earth is a communion, sharing God's gifts offered for us by Christ.
- That the church is indefectible because it is and will be preserved by the Holy Spirit in all aspects essential for salvation.
- That the church on earth is united with the community of saints in glory.
- That the church on earth is an anticipatory reality, a pilgrimage that reaches its final destination in God's ultimate gathering of his people when Christ returns and when the Holy Spirit completes the work of sanctification.
- That the church is mandated to carry out a mission in which it participates in God's activity in the the world by evangelism, evangelization, worship, service of humanity, and care for creation.

Next month: Ministry



Happy Easter!

With joy, your journal sentence for this month is:
I wake up every morning and am thankful for...

For pollen on fabric, shake excess loose, the spray on a powdered spot-lifting cleaner like K2r, let dry, and gently brush the stain away.

Continuing to think of spring, for grass stains rub on a detergent that contains enzymes, like Tide. Wash with fabric safe bleach added.

As the weather turns nice you should feel good and your spirits happy. Wrong. Did you know spring is when depression increases? Don't know why, I'm sure someone has figured it out but you need to know its normal and you can see a counselor to help you or ride it out knowing it will pass.

Make sure you are getting adequate vitamin D to stay mentally alert.

Close your eyes and think about the last time you were happy. Where you alone or with others? Most people say it was with others.

As Christians, this is our time of being reminded of the promise of the Easter message. May this message deepen your faith and lighten your heart. Happy Easter.

Pastor's Bible Quiz:

Last Month's Question: "Where was Saul of Tarsus going when the Risen Christ encountered him?" **Answer: To Damascus**

New Question: "When the Risen Jesus appeared, behind closed doors, to the disciples, which disciple was missing?" John 20

More "Make Life Easy" next Tips



Heart 'n Hands Mission

Fifty volunteers came to our President's Day of Service on February 20, including elementary school students, Boy Scouts, and confirmation students from several Wayne churches. It was a fun day, and we are thankful for all of their support and hard work.

April will be a busy month for the Mission. Our new shed will arrive soon and we will "move right in."

Positano Restaurant & Pizzeria is hosting a Dine & Donate for our benefit on **Thursday, April 6**. The restaurant is located in the Point View Shopping Center at 245 Berdan Avenue in Wayne. Thanks to your support, our last event there in October 2015 was a great success and they are looking forward to April 6. More information will be coming to you by email and in the church bulletin.

To celebrate National Volunteer Week, we are hosting our next Day of Service on **Sunday, April 23**, following worship. Please join us in sorting and packing clothes and other items for our spring and early summer deliveries. We will provide light refreshments, and you are welcome to bring a bag lunch if you wish.

A Mission Moment

In February, HHM volunteer Cliff Konnerth met with the girls and leaders of Montville Brownie Troop 96439. Based on a connection made through social media, the troop was very excited to hear about the wonderful things Hearts 'n Hands does to help the community. They were also anxious to find out how they could help.

The spirit of community service was very much in evidence as the girls made cards of well wishes and encouragement for our needy clients. They also pledged to go home and clean out their closets and collect those gently used items that would be appreciated by those we serve. Thank you leader Anne Badal and troop! We look forward to working together following the words of the scout oath.

On my honor, I will try:

To serve God and my country,
To help people at all times,
And to live by the Girl Scout Law.





First Communion will be celebrated and received by our 5th Graders for the first time on Sunday April 2nd during the 10:30 service. Each child receives their own Bible with their name in it. Thank you Rich Wantula for instructing these children.

Palm Sunday is right around the corner. Come one, come all to the annual Palm Sunday Congregational Breakfast. It will be held in Fellowship Hall at 9 am on April 9. Our Catechism students will be hosting "Holy Week Wheel of Fortune". Our Sunday School children will also be processing into the 10:30 service waving Palms in excitement of the arrival of Jesus into Jerusalem. It's truly a Sunday not to miss.

In His Name,
Laura Dec

Dates to Remember:

April 2 – 1st Communion During the 10:30 Service

April 9 – Palm Sunday Congregational Breakfast at 9am
No Sunday School

April 16 – Easter - No Sunday School

May 21 – Last Day of Sunday School

Cross & Crown – Teachers Appreciation

June 4 – Confirmation – Pentecost

June 11 – Summer Schedule Begins – 9:30 Service Only

WELCA BREAKING NEWS. ...



**EXTRA! EXTRA!
READ ALL ABOUT IT!**

Our Biennial **GARAGE SALE** is coming THIS FALL
Saturday, September 9th • 10:00 am - 4:00 pm • Fellowship Hall
Start saving your most precious items NOW!
Friday night September 8th (early view)
Donations may be brought after the Fourth of July

THEN, COME BACK on SUNDAY, September 10th

**CELEBRATE St. Timothy's
DIAMOND ANNIVERSARY
60 Years of Service - Worship - Fellowship**



- We will Worship All together at 9:30 Am •
- Potluck Brunch at 11:00 am • Fun games for the kids •

Until then, there's a lot going on...

Women's Stations of the Cross
Monday, April 3 • 7:00 pm

**Mother's Day
Blanket Sunday, May 14**
to benefit Church World Relief \$5 per
person. Donations may be given
beginning right now.

To honor your special Guy for Father's Day, June 18th

Make a donation to Fischer House An organization Which Helps military families cope with catastrophic injuries, illness, or disease, providing housing close to loved ones during their hospitalization. Donations may be given beginning right now.

Thank you all for your generosity in helping WELCA continue our mission to help so many individuals and organizations!!

Paschal Candle

On April 23rd, the Second Sunday of Easter, we will be dedicating a new paschal candle in memory of beloved member, Calvin (Cal) Forrer. Those of you who have been part of St. Timothy for many years will remember that Cal designed and crafted the paschal candle we now use. However, time and much use allowed that it was time to purchase a new candle.

The origin of the paschal candle is believed to be derived from the Lucernarium, the evening office that the early Christians began the vigil for each Sunday. This was inspired by the Jewish custom of lighting a lamp at the conclusion of the Sabbath. The light that dispels the darkness of night was offered to Christ.

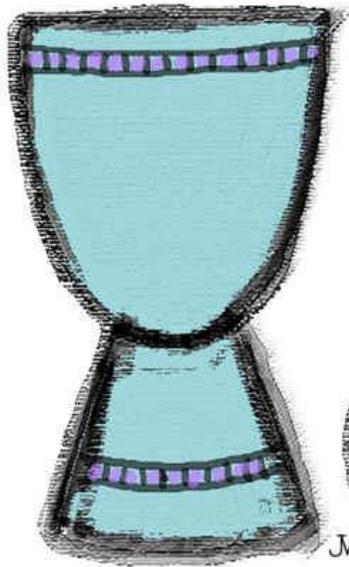


Use of the paschal candle has varied over the centuries. Initially, it was broken up after the Easter Vigil and its fragments given to the faithful. From the 10th century on the candle has been kept in a place of honor near the Gospel. In the 12th century the custom began of inscribing the current year on the candle. During the ceremony, five grains of incense, representing Christ's wounds, are inserted in the form of a cross. An alpha above the cross and an omega below indicate that Christ is the beginning and end of all.

The paschal candle is lighted on all Sundays in the Easter season, during baptisms and funeral services. It symbolizes baptism as well as death and resurrection in Christ.

At baptisms, a candle is lighted using the flame from the paschal candle symbolizing the light of Christ. The candle that Cal made will be moved to the Sunday school chapel where it will continue to serve as a reminder to our children of their baptism.

May our candle always serve to remind us that Jesus Christ is the light of the world; the light no darkness can overcome.



First Communion Blessings

May you always know
the peace of Jesus,
the light of His love,
and the joy
of His life within you.

We ask for God's abundant blessing upon these youth:

Caroline Corbett
Jacob Dittmer
Joshua Dittmer

Bryan Lawson
Ava Serventi



Collection Baskets Relocated

The Collection Baskets from the Narthex, used for various causes, have been relocated to the buildings front entrance by the elevator. Baskets included at this location are:

- Heart n Hands Mission • WIN Food Pantry •
- Magazines • Glasses • Lost & Found •



Navajo Lutheran Mission is located at: One Mission Lane, Rock Point, Arizona

From Lovelea Begay, Mission Manager

Customarily for most people, new year celebration happen on January 1st, beginning the countdown on New Year's Eve on December 31st. Dine' people however celebrate the beginning of a new year in October (Ghaaji'). The many stages just in October alone signifies a new beginning just like it would if it were January 1st, 2017, the separation of two seasons; summer and winter.

Season and Months

"Nilch'it'osi (November) is the month for hunting and for the gathering. The sun's light grows dimmer as the winds become colder and frost and snow increase. Nilch'itsoh (December) is a time of heavy snow and intense wind as both animals and humans hibernate or seek shelter. Winter games - moccasin games and string games - are played to develop right thinking; stories are told to instruct children in the right way to live; and winter ceremonials are held. In Yas Nilt'ees (January) there are more ceremonials; preparations are made for the planting of corn. 'Atsa Biyaazh (February) is the month of changeable winds as the "first chief of the winds" shakes the earth to awaken sleeping plants, bears, lizards, and snakes, and the first plants emerge from the earth. The ground and ice crack, as of the eagle's eggs. This is the last month in which it is proper to tell the sacred stories. In Woozhch'iid (March) white thunder begins to sound for summer rain as all living beings awaken from their long winter rest: animals give birth; birds sing once again in the canyons; and leaves burst forth. Ceremonials are held to bless the fields in preparation for planting. T'aachil (April) begins shi, summer, and is a time of growth and emergence as the days grow longer and warmer and the sun's light becomes stronger. Baby birds grow feathers; the sheep grow more wool; and plants sprout. Early T'aatsoh (May) is planting season, a time of rain and spring snow, wind, and thunder. Flowers blossom, plants produce pollen, and young birds learn to fly. In Ya'iishjaaschchili (June) the stories, songs, and prayers center on agriculture. Ya'iishjaatsoh (July) is a time of gathering seeds and guarding fields and of asking the earth and Holy People to bless the plants; the deer give birth. In Bini'ant'aats'ozi (August) wild fruits - strawberries, cholla berries, and yucca fruit - are gathered. The final month of the year, Bini'ant'aatsoh (September), marks the

beginning of harvest as the first food are stored for the coming of winter. The seasons divide the year into halves, each with its own characteristics. In hai, winter, the earth and beings that live on its surface rest or die; in shi, summer, the earth and its inhabitants become active once more as they are restored to life.”

Resource taken from: Earth is my Mother, Sky is my Father: Space, Time, and Astronomy in Navajo Sandpainting; 1992, Trudy Griffen-Pierce.

From the Executive Director, Kate Adelman

Each dollar you send to support Navajo Lutheran Mission is woven into the fabric of life in this small community. You are helping to provide a Christian education for local children, food for the hungry, warmth when it's cold, a faith-community for the lost and lonely, economic stability, healthcare advocacy, a partner in resolving community challenges and a welcoming place for you to come learn about Navajo culture and participate in Navajo life.

From St. Tim's WELCA

This year, our women are sponsoring a little six year old boy. If you would like to help, contact Eleanor Liljegren, any WELCA Board Member, or the church office. Any gift, large or small, would be appreciated.



Navajo 
Christian Preparatory Academy



PLEASE DO NOT FORGIVE AND FORGET

By The Rev. Alan F. Steinke, LCSW-R

A task of the first therapy session is the collaboration of the client and therapist to identify treatment goals. The most frequent goals center around alleviating anxiety, depression, and relational tensions. Infrequently named as a goal is “forgiveness,” although it is often later identified as the desired outcome. That which disturbs the mind is often the need to forgive or be forgiven.

Literature brims with reflections about forgiveness. Alexander Pope: “To err is human, to forgive divine.” Oscar Wilde: “Always forgive your enemies; nothing annoys them so much.” Mark Twain: “Forgiveness is the fragrance that the violet sheds on the heel that has crushed it.” There are innumerable others, but one in particular is at once ubiquitous and unhelpful: “Forgive and forget.” Like most aphorisms this one is intended to be wise and valuable. Obviously I value forgiveness, but I take issue with the forgetting part. It sounds as if forgetting is required to make forgiving valid. But forgetting is not likely, and it is not natural.

Our brains have been designed to recall and remember. Life itself is primarily memory. What we experience in the moment is exactly that—momentary. What we envision for the future is exactly that—visionary. Forgetting abrades the natural function of the brain to remember. For this reason, forgetting is very hard if not impossible work. Ironically the command to forget makes forgiveness all the more unlikely. Many think: “I know I cannot forget the hurt in my heart, nor the selfishness in the heart of the offender, so why bother to try to forgive? The best I can do is feign forgiveness, or maintain unforgiveness out in the open or in hiding.” Choosing to forget a bad experience is repression. When we repress, the bad experience is buried in the brain, but it does not die, because it has been buried alive, and festers until it gains enough strength to burst over into consciousness more robust than ever.

Psychologist Charlotte vanOyen Witvliet wrote: “Forgiveness involves remembering graciously. The forgiver remembers through the true yet painful parts.” Remembering graciously eschews forgetting, denying, hiding the truth. Scripture refers to many sinful behaviors that have not been forgotten: the sin of Adam and Eve (Gen 3), the sin of King David (II Sam. 4), and the sin of the adulteress (Jn. 8). In each case God remembers the sin and the sinner, but He remembers graciously. To remember graciously is to remember without vengeance, vitriol, or vituperation. To remember graciously is to remember with compassion, empathy, and mercy. Author William Young wrote: “Forgiveness is not about forgetting. It is about letting go of another person’s throat.” Sin has us by the throat. By remembering us graciously on the cross, Jesus has loosened the grip of sin forever.

When we remember graciously we look at the offender differently—not as a beast—but as one like us: human. When we remember graciously we look at ourselves differently—not as victims—but as like Christ: victorious.

“Forgive and forget.” There is a word for that. Unnatural. It is time to take that phrase and shake it up and change it to: “Remember graciously and forgive.” There is a word for that. Love.

Pastor Steinke counsels children, teens, couples and individuals at LCC’s Mineola site.

Call the Lutheran Counseling Center at 516-741-0994 or 1-800-317-1173 or e-mail us at Center@lccny.org for more information or to set an appointment. LCC has nine counseling sites in and around metropolitan New York. Visit our website at www.lccny.org.

APRIL LECTIONARY

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Acts 10:34-43

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Daniel 12:1-3

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Song of Solomon 5:9--6:3

Song of Solomon 8:6-7

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Isaiah 26:1-4

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Philippians 1:21-30

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Acts 2:14, 22b-32

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Colossians 4:2-5

1 Corinthians 15:1-11

John 20:11-20

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1 Corinthians 15:12-20

1 Corinthians 15:19-28

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Psalm 130

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Psalm 143

Psalm 143

Psalm 143

Psalm 31:9-16

Psalm 31:9-16

Psalm 31:9-16

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John 13:21-32

John 13:1-17, 31b-35

John 18:1—19:42

John 20:1-18

Matthew 28:1-10

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Matthew 28:9-15a

Psalm 118: 1-2, 14-24

Psalm 16

Psalm 16

Psalm 16

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Psalm 114

Psalm 114

Psalm 114

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Psalm 116:1-4, 12-19

Psalm 116:1-4, 12-19

Luke 24:13-35

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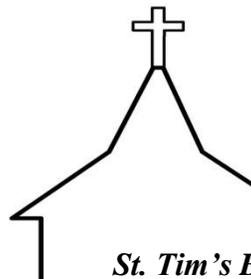
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