

# March 2023 *TIPS*

A Newsletter From  
Saint Timothy Evangelical Lutheran Church

*Come and Worship!*



Sunday School 9:15 – 10:15 am  
Sunday Worship 8:30 am & 10:30 am

St. Timothy ELCA is a community of faith creating  
connection through the love of Jesus Christ

395 Valley Road, Wayne, New Jersey 07470

[sttimothy.org](http://sttimothy.org)

395 Valley Road, Wayne, NJ 07470

Pastor

Director of Music

Office Manager

Church Office Email

Phone: (973) 694-8316

The Rev. Kimberly Cooper

Caroline Parody

Deb Califf

[st.tims395@yahoo.com](mailto:st.tims395@yahoo.com)

## Church Council

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Colleen Duffy ..Secretary.....	(973) 280-9773
Cindy Gaffney .....	(973) 694-1595
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Eddy Schloesser ..Vice President..	(973) 402-1464
Barbara Westerberg .....	(973) 696-1471



# March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Worship Times:</b> <b>Regular Sunday</b> 8:30am In-person 10:30am In-person & Online	Join Us for <b>COFFEE HOURS</b>  Every Sunday following 10:30 Worship in Fellowship Hall		6:30 pm 1  8pm Rehearsal-Choir	2	3   7 pm AA	4
5  <b>8:30 &amp; 10:30am</b> Worship <b>9:15 am</b> Sunday School and MORE!  1pm AA 7pm C4AC rehearsal	6  9 am Mon Morn Crew Heart 'n Hands  7 pm Boy Scouts	7  1 pm Meditation 2 pm Bible Study w/ Holy Communion  7 pm Worship Committee	8  10 am Needleworks groups 6:30 pm  8 pm Rehearsal-Bells	9	10   7 pm AA	11   10:30 am Bookworms  
12  <b>8:30 &amp; 10:30am</b> Worship <b>9:15 am</b> Adult Forum, Sunday School, Adult Bible Study  1pm AA 7pm C4AC rehearsal	13  9 am Mon Morn Crew Heart 'n Hands  7 pm Boy Scouts	14   1 pm Meditation 2 pm Bible Study w/ Holy Communion 7:30 pm Council	15  <b>TIPS Deadline!</b> 6:30 pm  8 pm Rehearsal-Choir	16  10:30 am Adult Book Group	17  HAPPY  <b>St. Patrick's</b> DAY  7 pm AA	18   Dorothy Lender funeral IN LOVING MEMORY
19  <b>8:30 &amp; 10:30am</b> Worship <b>9:15 am</b> Adult Forum, Sunday School, Adult Bible Study  1pm AA	20  9 am Mon Morn Crew Heart 'n Hands  7 pm Boy Scouts	21  1 pm Meditation 2 pm Bible Study w/ Holy Communion  7 pm Christian Ed	22  10 am Needleworks groups 6:30 pm  8 pm Rehearsal-Choir	23   6 pm @Pachanack Community Church	24  7 pm  <b>Line Dancing</b> 7 pm AA	25
26  <b>8:30 &amp; 10:30am</b> Worship <b>9:15 am</b> Adult Forum, Sunday School, Adult Bible Study  1pm AA 	27  9 am Mon Morn Crew Heart 'n Hands  7 pm Boy Scouts	28  1 pm Meditation 2 pm Bible Study w/ Holy Communion	29  6:30 pm   8 pm Rehearsal-Bells	30	31	



*“Now, what is the Sacrament of the Altar? Answer: It is the true body and blood of the Lord Christ, in and under the bread and wine, which we Christians are commanded by Christ’s word to eat and drink.”*  
*The Large Catechism of Martin Luther*

The Book of Concord is second only to the Bible in authority in Lutheran churches. It is, in fact, a tool to use in the interpretation of scripture. Martin Luther, Philip Melancthon, and a group of scholars known collectively as the Concordists, use scripture and systematic theology to provide the doctrine by which we, as church, are governed. In order to be ordained in the ELCA, candidates must demonstrate an understanding of and agreement with this doctrine – especially as it pertains to the Preaching of the Word and Presiding over the Sacraments. I take this seriously and refer to it often, when having to make decisions about my pastoral duties.

One thing that is clear is that no one can receive a sacrament on their own. No one can baptize oneself. And no one can eat and drink the Lord’s supper by oneself. At the time of Luther, the Catholic Church allowed priests to do private masses for a price. Throughout the book of Concord there are several arguments against this practice – not only because it was charging money for the receipt of God’s grace, but also because the Lord’s Supper is meant to be communal.

The question many pastors had during COVID, was whether or not a recorded or livestreamed service qualified as “communal.” The bishops and seminaries all said “no.” They issued statements to all pastors explaining clearly why virtual communion didn’t qualify as the Lord’s Supper. In large part, it is because the definition of a sacrament is the bringing together of the elements (bread and wine) with the scripture: “In the night in which he was betrayed...” As the building doors remained closed, some pastors chose to disobey out of a deep concern for the spiritual care of their congregation. No one took these decisions lightly.

Now, we are no longer in the midst of a pandemic lock-down. Our church doors have been open since May 2021. There is no longer a need to wrestle with the question. Communion can only be done in community. What about the people that are unable to physically come to the church? In that case, we are taking the community of the church to them in their home. This is why lay people are encouraged to take the meal to other members of the church. It isn’t a private mass, but an extension of the supper served from Christ’s own table (the altar). Our doctrine is clear that it isn’t the pastor that makes the bread and wine the true body and blood, it is the words of Christ spoken over it within the midst of a community of the faithful.

Ultimately, it is my responsibility as your pastor to determine how and when people receive the sacraments. I do this on behalf of the ELCA. Based on my understanding of the Bible and the Book of Concord, I would not deny communion to anyone. The only requirement in the ELCA is that someone be baptized, but I would happily serve someone communion first with the expectation that the working of the Holy Spirit would lead them to seek out greater understanding of both sacraments. I do not discriminate based on age or ability. There is nothing someone can do to earn the grace of God and that is what communion is – a gift of grace from our Lord. Thus, I want to serve it to as many people as want it and as often as they want it.

I cannot do a better job of explaining the importance of receiving communion as often as we are able than Martin Luther has done in the Large Catechism (a longer and more thorough explanation of everything in the Small Catechism written for pastors). I will give him the last word:

“Therefore, it is appropriately called food of the soul, for it nourishes and strengthens the new creature. For in the first instance, we are born anew through baptism. However, our human flesh and blood, as I have said, have not lost their old skin...Therefore the Lord’s Supper is given as a daily food and sustenance so that our faith may be refreshed and strengthened and that it may not succumb in the struggle, but become stronger and stronger”.



# Church News

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## Holy Communion Distribution

If you haven't received Holy Communion in awhile for whatever reason, but now would like to, please contact Pastor Kimberly or you can call the office or email. Arrangements will be made to bring the sacrament to you from a service within our community.



If you would like to be part of the important and meaningful lay ministry of delivering Holy Communion from St. Timothy's altar to those who cannot attend Worship, please also contact Pastor Kimberly or the Church Office.

**Church Office 973-694-8316**  
**Email [st.tims395@yahoo.com](mailto:st.tims395@yahoo.com)**

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After the COVID imposed hiatus, WELCA is so pleased to announce the return of the St. Timothy Garage Sale!

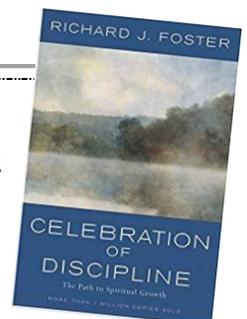
It will take place on Saturday, September 9<sup>th</sup>. Donation drop offs will begin July 9<sup>th</sup>.

### **We need volunteers!**

We will be sorting and organizing Tuesday mornings and Thursday evenings during July & August. Please sign up on the bulletin board or contact Valerie McGrath 973-519-0839. Watch the bulletin for an online registration option and more specifics of times.

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**For expanded learning during Lent on Discipleship, please see the multipage selection at the end of TIPS.**







## **Adult Fellowship Country Nights - The Fun CONTINUES!**

By participant request, and gracious acceptance by instructor  
Cathe Davidson, additional dates have been added.

No experience, no partners required.

Shoes that can easily slide on tile floor a must (for turning and shuffling)

Dates are March 24<sup>th</sup>, April 28<sup>th</sup> and June 23<sup>rd</sup>.

Come to one or all three! We'll keep practicing dances we've learned  
and add new elements and dances too!

BYO drinks and snacks.

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## **A Special Message of Gratitude!**

Just a note of thanks to St. Timothy's for the use of  
the Fellowship hall for the Country Line Dancing!

A special "thank you" to Cathe & Bob Davidson for  
all their work organizing this great event. It was fun to learn under Cathe's  
direction.

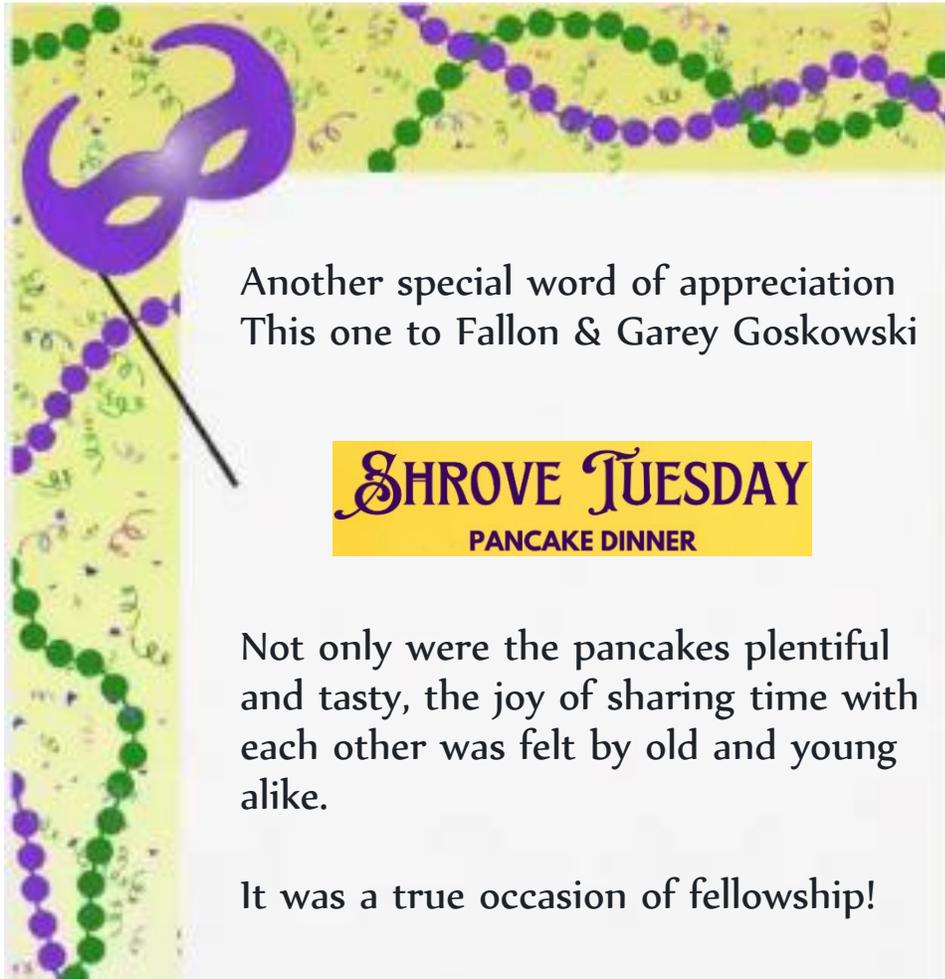


This was such a wonderful opportunity for the entire community!

--- The Line Dancers

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Another special word of appreciation  
This one to Fallon & Garey Goskowski

## SHROVE TUESDAY

PANCAKE DINNER

Not only were the pancakes plentiful  
and tasty, the joy of sharing time with  
each other was felt by old and young  
alike.

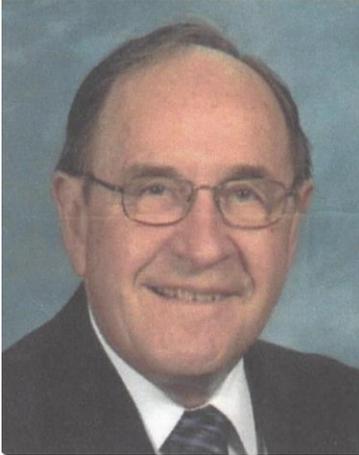
It was a true occasion of fellowship!



Orders for Easter Flowers are now being taken. The variety is the same as last year – hyacinths, daffodils, azaleas, lilies, violets, tulips and hydrangeas! Prices range from \$5 to \$16 (make checks payable to St. Timothy Flower Fund).

Paper forms will be in the narthex at church or [CLICK HERE](#) to complete an electronic one. Return hardcopies by placing sheets in offering plate or into the Church Secretary mailbox.

Deadline is Sunday, March 26th



## *Harlan Elmer Brockman*

*June 8, 1930 – February 12, 2023*

Harlan E. Brockman, 92, was born at home on a farm near Blue Springs, MO, the son of Edwin and Mabel (Kessler) Brockman. He attended Mason School and graduated from Old Blue Springs, both Missouri, on-room country grade schools. He became an Eagle Scout and a Warrior member of the Tribe of Mic-O-Say.

Harlan attended Blue Springs High School before graduating in 1947 from Central High School in Kansas City. He graduated from Kansas City Junior College and was a 1951 graduate of Kansas University.

During the Korean Conflict, Harlan was a member of the US Air Force. After his Honorable Discharge, he married his wife of 54 years, Leota Peters, on April 11, 1953.

Harlan spent his working career in the Portland Cement industry, serving Kansas City, Pittsburgh PA and New York City NY before retiring in 1996 as Marketing Manager of Lehigh Portland Cement Company in Allentown PA.

He loved classical music and enjoyed singing in the church choir for many years. He and his wife Leota also enjoyed many trips abroad, including numerous trips to Switzerland to hear their daughter Kimberly sing.

In 1998, Harlan and his wife returned to the Kansas City area. Soon thereafter, in 2001, Harlan became a Museum Docent at the Truman Library where he especially loved giving tours to school classes. In 2010, he reached the “One Thousand Club” and in 2017, was honored for over 1,200 hours of volunteer service at the library.

During his later years, he lived at Tallgrass Creek Senior Living Community in Overlook Park KS. Harlan is survived by his daughter, Kimberly Brockman, of Sankt Gallen Switzerland, sisters Ruth (Graeme) Rosenau of LaMirada CA and Jane Johnson of Ames IA. He was preceded in death by his wife Leota, his parents and brother Ralph Brockman.

A funeral service was held on February 18, 2023 in Kansas; interment at Memorial Park Cemetery, 8251 Hillcrest Road, Kansas City, MO.

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**Altar Flowers and Eternal Candles**  
**Sign-up Sheets for 2023 are available now**

Celebrate a special day, think birthday, anniversary, adoption day,  
coming home day, graduation or a just-because day...  
Honor a friendship, a parent's love, a child's accomplishment...  
Remember those you hold dearest who are now in Christ's presence...

Simply write your name and dedication on the sheet posted on the bulletin  
board near the elevator. Or [click here](#) on the electronic version of TIPS. Or  
email Deb in the office at [st.tims395@yahoo.com](mailto:st.tims395@yahoo.com)

Don't forget your check (or cash)... place it in the Secretary mailbox or in the  
collection plate or mail to St. Timothy Lutheran Church  
395 Valley Road, Wayne NJ 07470

Sponsorship of flowers currently remains at \$25 per arrangement;  
please make checks out to St. Timothy Floral Fund

Eternal candles are \$5; same signup process (except [click here](#) for online candle  
registration). Please make checks payable to St. Timothy Memorial Fund.

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*YOU'RE INVITED!*  
*to a RAMADAN IFTAR DINNER*  
*given by*  
*Peace Islands Institute*

*Thursday, March 23, 6:15 PM*  
*Food, Fellowship, Fun*  
*Where? Packanack Community Church*

*RSVP (required) by March 16*  
*Contact Lisa Seela 908-337-8061 or*  
*[lisaseela@gmail.com](mailto:lisaseela@gmail.com)*

# The Bulletin Board

## Sunday School ~ Every Sunday

"Faith formation is more than a subject to be taught- it is an invitation to a way of life"  
- Joe Paprocki

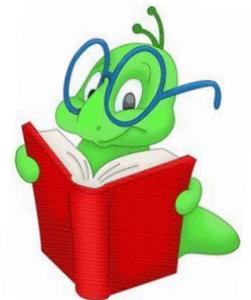
It's First Communion time! Pastor has been instructing our younger ones on the meaning of The Lord's Supper. On March 26<sup>th</sup>, five of our younger students will receive First Communion for the first time. Everyone is invited to their special reception afterwards in the Parlor/Fellowship Hall.

Members wanted! Calling out to all who would like join our Christian Education Committee. We have one requirement – wanting to help continue teaching the Word of God to all ages. Our meetings are on the 3<sup>rd</sup> Tuesday at 7pm each month in the Parlor. If you have any ideas that you want to share, please come join us. You can ask any of the committee members: Jeff Riotto, Terri Loftus, Ilona Oosterwyk, Cindy Cleaver, Fallon Goskowski or Laura Dec for more info.

In His name,  
Laura Dec

## Bookworms ~ March 11<sup>th</sup>

"Smart, jaunty, and wittily entertaining . . . Steeped in Mitford lore and myth-making, *The Six* offers sharply drawn portraits of each woman, teases out the complexities of their fraught, competitive relationships with one another, and sets their lives within the context of a radically changing world." – **Kirkus Reviews**



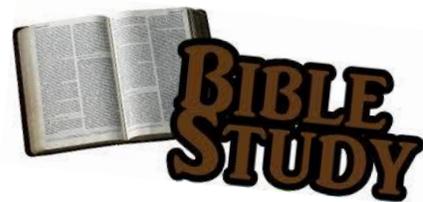
Pick up and read your copy of The Six, The Lives of The Mitford Sisters by Laura Thompson and join our friendly group in discussion.

For more information call Barbara Westerberg at 973-696-1471

Happy reading!

## Adult Bible Study ~ Every Tuesday

Join us each Tuesday afternoon at 2pm for an in-depth discussion of Sunday's readings. Pastor Kimberly celebrates a Liturgy of Holy Communion following the discourse.



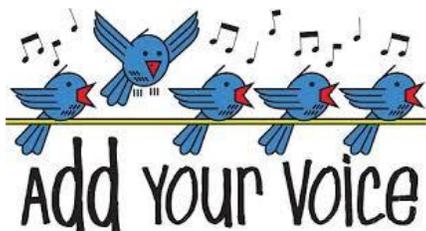
## Angel Circle & Knitters/Crocheters

Barbara's Angels and Nellie's Knitters will meet on March 8<sup>th</sup> and 22<sup>nd</sup> at 10am until Noon in Fellowship Hall.



All are welcome to help make lap quilts. We'll show you how!

On February 14<sup>th</sup>, The Hymn Singers delivered small valentine hearts to the residents at the Atrium. These were made by the quilting Angels.



*Speaking of music at the Atrium, the hymn sing events have returned! If you are interested in joining the group, please contact Carolyn Russo for dates.*

## Adult Book Group ~ February 16<sup>th</sup>

Join us the 3rd Thursday of each month at 10:30am in the parlor. We continue to make our way through *Speaking Christian: Why Christian Words Have Lost Their Meaning and Power-And How They Can Be Restored*. Art DeRose is our leader so you know it's a mixture of study and laughter. Hope you jump on in!



Art, Sandy, Nancy Mary and Barbara

## **Adult Forum ~ Every Sunday**



Join us each Sunday morning at 9:15am in the Church Parlor. The Forum is a discussion and review of the religious, secular, and social “topics of the day” and how we relate to them as Christians in the modern world.

Enjoy “coffee/and,” lively conversation, an energizing hour of fellowship (an a few chuckles) before the 10:30 worship service. All are welcome!

## **Meditation with Movement ~ Every Tuesday**

### **Our Tuesday group has room for more!**

Join us as we gently get the juices flowing, our bodies stretching, and our minds calming during our weekly hour-long sessions, led by Shirley, an experienced yoga teacher. We gather in Fellowship Hall on Tuesdays at 1pm. Bring your own water bottle. The cost is \$30 per MONTH (sorry for the typo in February TIPS), cash only, but pay as you go. Enjoy the companionship and reap the fitness benefits!



# March

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3/2	Donna Milito	3/16	Arthur DeRose
3/3	Brendan Loftus	3/18	Barbara Kaplan
3/5	Katherine Knittel	3/18	Alice Huizinga
3/6	Rachel Stevens	3/19	Rebecca Kremen
3/7	Andrew Konnerth	3/19	Kieran Roman
3/8	Anna Dittmer	3/22	Cliff Konnerth
3/8	Christopher Gaffney	3/23	Donna McHugh
3/10	Diana DeAngelis	3/24	Marie Beyer
3/11	Claire Zimmerman	3/25	Amanda George
3/12	Amanda Loftus	3/28	Samantha Scillieri
3/13	Patrick Kaplan	3/31	Peter Johanson
3/14	Joyce Steible		

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3/6 Carolyn & Louis Russo  
3/10 Rebecca & Richard Kremen

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*Should you be on this list, and you're not??  
Please email Deb at [st.tims395@yahoo.com](mailto:st.tims395@yahoo.com)  
or call the office at 973-694-8316!*



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## NJIC Refugee Sponsorship

As reported last month in TIPS, St Timothy has agreed to work with NJIC in sponsoring a refugee family to be resettled in our area. Since then, we have been asked specifically if we can outfit a new home for them once they are settled. This curtails nicely with our efforts to support GERA as we have been engaged in the last two years collecting furniture and household items. The only difference now being that we will begin storing these specific donations in our building.



North Jersey Interfaith Cares

There is now a comprehensive list of household goods we are gathering. Check out the sign-up bulletin board outside the Sunday School classrooms. It includes big (think furniture) to small (think toothpaste)! An electronic link is in the works and will be shared out via weekly bulletin messages. Please continue to contact me with donations.

Thank you.

In His Name,  
Cliff Konnerth  
Ksnacs@msn.com  
(201-757-4086)



Spread the word... we hope to have everything the family needs by mid-April!

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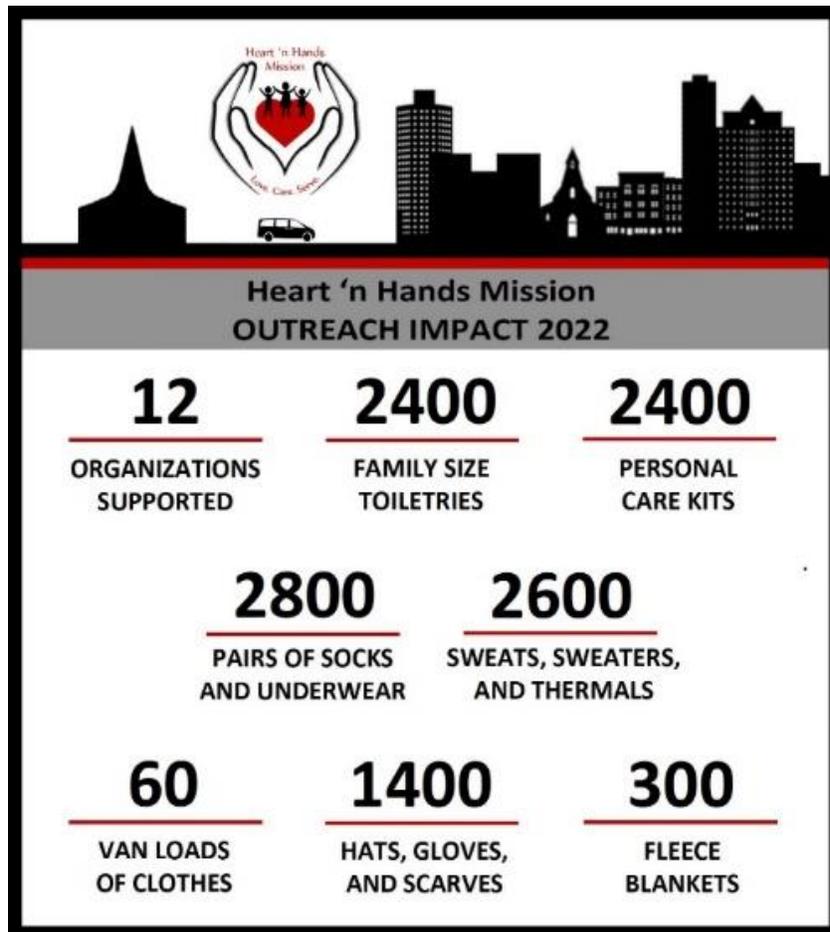
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## Heart 'n Hands Mission



Our sincere thanks to the congregation and council of St. Timothy for your generous benevolence contribution, which will help provide cold weather gear and other necessities this winter. We are also grateful for the January donations of winter gloves. This month we are asking for donations of adult size crew socks, which are the most requested item from the homeless shelters we serve. You may drop them off at the donation station or on the table in Fellowship Hall.

In 2022, your support helped us provide this assistance to those in need:



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## MEMORIALS

Since January 15, 2023, no gifts have been given to the Memorial Funds, and no purchases have been made. However, there have been several paybacks from St. Timothy members who received Schleer and Flanders educational loans, and we are very grateful. We encourage all recipients of these loans to set up payment schedules, so that we can continue to assist our young people with the high cost of college. Gifts to the Schleer and Flanders Loan Funds are always appreciated, as well!



No Memorial Garden pavers were purchased this month, so our paver total stands at 116.

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. 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. This work is ongoing. 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/Schleer Scholarship Loan Funds – and for faithful repayments to the loan funds.

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Would you like to be part of a prayer chain? If you are interested, please contact me at the number listed below.

Here's how it works: When someone calls me with a request you will be contacted to pray for that person, you will then pass the request on to one other person who will do the same. These requests will not be published.



To ask for prayer, call me and I will start the prayer chain. Requests can be as simple as “please pray for my neighbor who has to move into a nursing home?” or it can be “please pray for my daughter Ann”. Feel free to give as many or as little details as you feel comfortable. Your request will be on the list for 4 weeks unless you call to continue.

Those calling with requests will be asked if it is confidential or if it can be shared. If you get my answering machine, you can simply say something like ‘this is for prayers’ and leave a phone number and I will call you when I get home.

Please call for any additional information, Barbara Westerberg ~ 973-696-1471

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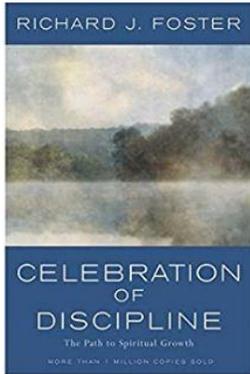


### WIN Food Pantry

Ask your employer if they are a part of a Matching Funds program. The food pantry would appreciate the monetary support!

Non-perishable food donations are always welcome. Check our our website for current needs: [CLICK HERE](#) or go to <https://www.winfoodpantry.org/food-donation-info.html>

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## Celebration of Discipline by Richard J. Foster

Richard Foster identifies 12 biblical disciplines lead to spiritual growth. They are not to be made into laws and not an end themselves. They are to draw us to Christ, not replace Christ. They must be experienced not merely studied. The purpose of the Disciplines is to free us from self-interest and anxiety. The primary requirement is having a longing after God.

Foster has three categories: The Inward Disciplines, The Outward Disciplines and The Corporate Disciplines. Each category has four disciplines.

### The Inward Disciplines:

1. **Meditation** according to over 58 biblical references is reflecting on God's word, listening to God, which leads to a change. Most people think of meditation as an emptying of the mind, but this is the filling of the mind with God's words and Spirit. One cannot learn from a book, but only by practice. Set aside a time and duration (perhaps 5 minutes to start) and a place where you will not be distracted. Get into to right frame of mind centered on God. Get a phrase or word to help you focus. Bonhoeffer suggested a biblical story. One can think of Jesus saying to us, "My peace I give to you." Five minutes might seem long, but it goes quickly once you get centered.
2. **Prayer** is the most central in that it brings us into the most perpetual communion with God. Pray without ceasing. We commune with Jesus to the Father through the Holy Spirit. Read Luke 11 where Jesus teaches his disciples how to pray. Think about how wonderful it is that the Creator of everything has invited us to a conversation. Hang out with people who are good at prayer. Pray with certainty. Set aside times during the day, perhaps 5 to 7 times. Set an alarm. Keep the schedule. It is hard to form habits. Setting a schedule and following just might lead to praying without ceasing. Look and listen for opportunities for prayer. God is the one that never lets us down, never stops listening. Turn to God with all sorts of news even more so than with a most trusted confidant.
3. **Fasting** is the one discipline that seems most strange to us, but might create a closeness to God we have never known. It has a bad reputation. Throughout scripture fasting refers to abstaining from food always for the purpose of getting closer to God, for spiritual purposes only. There are partial fast and absolute fast. Biblical fast usually means going without food for a set period of time. Fasting is not the same as dieting and not a hunger strike. It is meant to be personal, not something you brag about. When you start to think about food ask yourself, why am I not eating? Because I want to focus on God. Israel was called to fast on the Day of Atonement. Paul fasted for 3 days after his encounter with Jesus. In Matthew 9 Jesus says that a day will come after his crucifixion and resurrection that the church will fast. Ease into it. Start with one meal or one type of food. Only do it if your intention is to focus on your relationship with God.
4. **Study** is gaining knowledge about God. St. Paul tells us we are transformed through the renewal of our minds. We don't need to rely only on what other people tell us about Christ. We can learn for ourselves. Unlike meditation that is devotional, study is analytical. Foster calls for four steps: repetition, concentration, comprehension, and

reflection. We learn from books, nature, and interaction with others. Ask someone you trust to suggest a book. Look at nature and see God at work. Find a good study partner. Look to the scriptures with an eye for learning and a humble heart. God is so great that none of us can say we know God. Our ignorance is infinite. We have an eternity to learn. You don't know everything. Be open to learn.

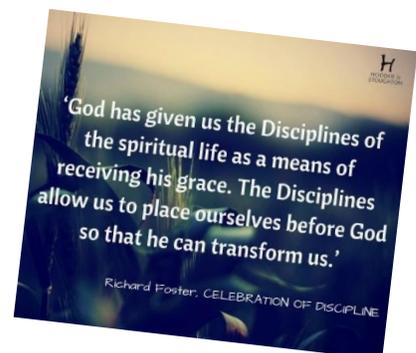
#### The Outward Disciplines:

1. **Simplicity** is an inward peace that sets us free to live a lifestyle where we do not need to do things to impress others. Conformity to a broken world breaks us. Wealth itself belongs to God. Scripture warns against accumulation of riches. Idolizing the ways of the world is a sin. Think about the amount of time, energy, and resources we use to get stuff and store it up where it rusts. Jesus warns that money is a rival to God. Choose God, because joy comes from God. Many of life's complications are caused by us working to hide who we are. God loves us for who we are. Write down 6 or 7 things you can do to simplify your life. Take stock of how you are doing each night when you go to bed. Humble yourself before God.
2. **Solitude** is more a frame of mind and heart than a place. Jesus calls us from loneliness to solitude. In Matthew 4, Jesus spends 40 days in the wilderness in solitude, but not alone. Before or after every major event Jesus was in solitude. In Mark 6, Jesus tells the disciples to come away by themselves after they returned from their mission trip. It requires silence. Look for the natural times of solitude like first thing in the morning lying in bed or at night. Maybe take advantage of getting stuck in traffic. What Foster calls the "little solitudes." Build up to finding places to retreat. Physically locating yourself and being quiet. Close the mouth and open the eyes and ears.
3. **Submission** as the way to freedom. Martin Luther said, "A Christian is a perfectly free lord of all, subject to none. A Christian is a perfectly dutiful servant of all, subject to everyone." Submission according to Foster is "the ability to lay down the necessity of always having to get our own way." It is not following blindly what the church declares. Philippians tells us Jesus humbled himself to be born into our world and became obedient even unto death. The calls for submission to Christ in the Bible are revolutionary. Take time to think about what you have not turned over to God. Think of one way you can subordinate your needs to those of another. How can you subordinate your need to be right. The individual giving way to the community.
4. **Service** is very close to submission. One cannot have one without the other. Service to others is the activity. If submission is bowing to another, service is washing the feet. It is not cowing to the rich and influential in order to gain favor. It is giving to the needy service rendered freely. In John 13 Jesus gives the reason for the washing of feet. It is an example of what we are to do. Find one thing to do today in which service is given freely and anonymously. Try again tomorrow. Eventually service will be your nature.

## The Corporate Disciplines:

1. **Confession** is a very difficult discipline because we see the church as the communion of saints rather than the communion of sinners. One might think this should be an internal discipline. It is not either/or, but both/and. James calls us to confess our sins to one another. God uses our siblings to speak the word of forgiveness. God uses natural resources to connect with us. We carry much weight on our souls with unconfessed sins. God gives us the authority to pronounce the forgiveness of sin. Let us not waste it by being too proud to confess. The discipline of confession gives an end to pretense. Confession is being honest. In solitude think about what sin might be weighting you down. Identify a trusted confessor and free yourself. This will take a lot of time and humility. Be genuine.
2. **Worship** has only one object. There is only one God. Worship is our corporate response to almighty God. Make a list of your priorities for worship. Focus on God. Make a list of all the things that distract you in worship. Ask the Holy Spirit to keep you focused. Work at ridding your heart and mind of things that get in the way of your corporate worship. Stay true to the Object of devotion. Work at letting go of anger at people for not meeting your expectations. Prepare for worship by focusing on God's mighty acts. Enter into God's courts with humility and joy.
3. **Guidance** is not just for the individual. God guides the people of Israel all over the place. It was God leading the community. God gives us responsibilities to guide one another. We are to throw out life preservers to those who are flagging. The only true Guide is God Almighty, but we help each other along the way with Christian wisdom and pointing to God's directions. We are meant to be our siblings' keepers. Some checks on our human guidance: It is never self-serving. It is never mean. It is given with prayer and love. The goal is always to guide in the way of the Lord. It is for the building up of the community. Go about it carefully (*especially with those young in their faith!!*).
4. **Celebration** is at the heart of the way of Christ. Look at John 15:11. Jesus leaves us with joyful hearts. The angels proclaimed at his birth, tidings of great joy. The Psalmist says my cup overflows. This is the most corporate sign to world. We celebrate God in all walks of life. Where two or more are gathered in the name of Christ. That promise is for us everywhere. Take time to make a list of all the places you can outwardly celebrate God in your life. Be intentional about doing it today, in a specific way. Pay attention to God's presence everywhere. Do this every day and the discipline will be yours.

List extrapolated from book by George Schmidt retired pastor and teacher of adult Sunday School at All Saints Lutheran Church in Columbus, Ohio.





WORSHIP  
PARTICIPANTS

DATE	Altar Guild	Ushers	Acolyte	Assisting Minister	Reader
March 5	Lori VanDerStad	Pat Kaplan Lori VanDerStad	Jayden Fagan	Frances Ochart	Garey Goskowski
March 12	Ilona Oosterwyck Terri Loftus	Ken and Diane DeAngelis	Ethan Gaffney	Josh Abrahamson	Laura Dec
March 19	Karen Sajban	Laura Dec Lisa Koppenal	William Koppenal	Karen McAleer	Marie Beyer
March 26	Nancy Farina	Tom and Karen Sajban	Kayla Fagan	Karen Sajban	Bob Davidson



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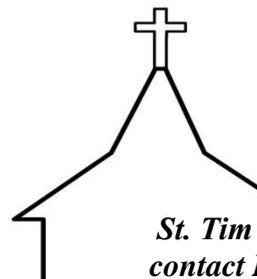
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