

# NEW HORIZONS PRESBYTERIAN CHURCH

9424 Everman Avenue St. Louis, MO 63114

## March Newsletter



### Important Dates for March

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First Sunday Concert	March 1
Daylight Saving Time begins	March 8
Newsletter deadline	March 13
Presbyterian Women	March 17
Palm Sunday	March 29

**Church Office Hours:**

**Mon , Wed, & Fri 9 am - 3 pm**

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# NEW HORIZONS PCUSA

## News n Views

*Seek ye the Lord, with heart mind and soul*

### From the Pastor - What is Lent?

A woman in the pantry asked me about Lent and what was required of her to be a 'good Christian' when I invited her to our Lenten Luncheons. It seems that we Christians have been somewhat misguided in our Lenten attention to pain and suffering of Jesus. Jennifer Lord who teaches as Austin Presbyterian Theological Seminary in Texas said in an article in Presbyterian Outlook recently that a mistake was made in translation in ancient times that pointed people to focus on the passion of Christ instead of the life of Christ. No wonder so many of us have had difficulty with this attention to morbid and grotesque displays of blood, pain, suffering and hardship. And even worse that that is when church leaders have encouraged that we need to suffer too to understand what Jesus went through! How does our not eating candy for 5 weeks help us to understand the betrayal and severe psychic and physical pain that Jesus went through in his arrest and crucifixion?

Instead, Lent should be seen as a time to get closer to God. A time of preparation for Easter. Traditionally it was a time to teach people about being Christian so that they could be baptized on Easter. Spiritual practices like scripture reading, quiet, meditation, journal writing, singing and mindfulness are ways that we open the door of our minds and hearts to listen to God through thoughts and occasions and people and everyday life. Instead of giving something up for Lent, we should be taking something on to be available to God here and now.

This Lent, you can pray for those who are hungry with the Lenten table tents that we have for you in the hall to take home; you can come to the Thursday Lenten Luncheons, you can simply sit in quiet for 15 minutes and see what that is like. God wants us to 'tune in' and these are all ways we can do that. God loves us as we

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#### **Pastor Marsha's Hours:**

Monday's Off

Tuesday & Thursday 9-4

Wednesday & Fridays 10-3

**Pastor's cell phone:** (314) 604-2696

**Pastor's email:** pastor.nhpc@sbcglobal.net

## From the Pastor - continued

are, but wants abundance in our lives. Gratitude, joy (not just being happy about a specific thing) and peace are gifts that God provides to us when we tune in. I invite you to try it this year. Peace and Grace to you and yours,  
Pastor Marsha

## Community Lenten Luncheons



Come and join people from area churches learn about the symbols of Lent, eat together make crafts and hear excellent acoustic strings with old time religious harmonies

while you do the crafts! The meal is free and any donations go to help Ritenour families with rent and utilities through Ritenour Co-Care, Inc. which also oversees the food pantry downstairs. Lunch starts at 11:45, ends at 1pm. Come and bring a friend, even if you missed the first one on Feb 26th. The clay wind chime is a multistage project that requires clay, firing twice and glaze to complete, but it is easy. Lamplight Pottery on Lackland is doing this for us! We may do another project if there is time. The banner is made of felt and features all the symbols of Lent that we are talking about briefly each week. It can be used in each church at the end of the series. Even if you have missed the first lunch, come and enjoy!

## Daylight Saving Time

Be sure to set your clocks forward an hour March 7 before bed. The time change officially goes into affect at 2 am on March 8th.



## Special Holy Week Services

### Palm Sunday

We pass out palm buds or branches to wave during the service as a remembrance of the day Jesus rode into Jerusalem when the people were so excited to have a new leader. The service turns more toward to event that come in Holy Week nearer the end of the service. So the service is about Palms, but also Passion.



### Maundy Thursday Service

On April 2 will begin at 6 pm with a Soup Potluck in Fellowship Hall. At 7 pm we will begin the service which will have dramatic readings and hymns interspersed. Bread, crackers and grapes will also be provided for the meal along with a variety of soups provided by YOU!. Communion will be served by intinction; we dip the bread in the juice and eat as we pass it from person to person. This meal commemorates Jesus' last supper and the mandate to care for our neighbors. The word "Maundy" comes from the Latin word for mandate. Come and experience a casual service full of fellowship and meaning.

### Easter Sunday

We start the day with a breakfast in Fellowship Hall for all at 9:30 am. Then we have a worship service in the sanctuary to celebrate the Resurrection of Jesus the Christ. This day is filled with jubilant songs and preaching about new life. We will celebrate communion that day by intinction where people come forward and dip the bread in the juice and eat and then go back to their seats. Servers also come to the pews for those who have difficulty coming forward. This is also the Sunday that we collect the Presbyterian USA offering called "One Great Hour of Sharing" which benefits many people all over the world.

## Evening at the St. Louis Zoo

The Outdoor Ministries Board for Mound Ridge Retreat Center cordially invites you to join us in the

### Living World at The Saint Louis Zoo

for an evening of fun and fellowship.

**Saturday, April 18, 2015**

Hospitality begins at 6:00pm

Dinner served at 7:00pm

The evening will also include an auction, prize drawings, and special guest speaker **Scott Woodbury** from **Shaw Nature Reserve**

This year we welcome guest speaker; Scott Woodbury the Curator of the Whitmire Wildflower Garden at Shaw Nature Reserve, where he has been developing the garden for 24 years. Scott does speaking, writing and consulting throughout the region on native landscape planning. Scott received a degree in horticulture at the University of Wisconsin – Madison and has worked at various public gardens He currently serves as adviser to the horticulture program of St. Louis Community College, Grow Native! and Wild Ones St. Louis.

Tickets are \$60.00 per person and tax deductible.

All proceeds go to benefit the Crippen Campership Fund, helping send kids to camp.

### TO RESERVE TICKETS:

**Phone:** 573-265-3098

**E-mail:** moundridge@glpby.org

You can also reserve your seats by a check or credit card information to Mound Ridge Camp and Conference Center, 31 Agape Way, Cook's Station MO 65449 .

## Gratefulness

At Home in the Body  
We cannot be grateful unless we are grounded in the present moment, and



we cannot be grounded in the present moment unless we are grounded in the body. Much of the time we live like disembodied minds, not even noticing what's around us, but preoccupied with past and future. But when this mug of tea warms first our hands and then our stomach on a cold day, or the cat purrs contentedly in our lap, we are suddenly present and grateful. We can learn to cultivate the joy of this awareness, but it may not always be easy. Illness, poverty, old age, or abuse can make it a great challenge for us to accept embodiment. And yet, bringing ourselves back into the body again and again is central to the practice of grateful living. When we do so, we allow healing power to flow through us, and we appreciate our aliveness as the great gift it is. A sacred illness is one that educates us and alters us from the inside out, provides experiences and therefore knowledge that we could not possibly achieve in any other way, and aligns us with a life path that is, ultimately, of benefit to ourselves and those around us.

-- Deena Metzger

## Easter Basket Donations

The Mission Committee will be making Easter Baskets to go to local children in need. They are asking for donations of any individually wrapped candies and small toys to fill up the baskets with. Please have them to the church by March 22, 2015.



## Everyone is Invited

Presbytery Event for all Congregations to learn about being a blessing to your neighborhood and to grow in faithfulness:

Rev. Dr. Eric Law, founder and director of Kaleidoscope Ministries based in Los Angeles, CA is an author and leader in building relationships and wellness in communities and congregations. He will be in St. Louis to help our churches to do that. We have been doing this kind of work for over a year now, but could probably use some pointers. Our Presbytery is encouraging us to attend one of these sessions: Friday April 17 from 3-8 pm at Westminster Presbyterian in Bellville, IL or Saturday April 18 10-3 in Dardenne Presbyterian Church, Dardenne Prairie, MO. There is a sign up on the bulletin board. Pastor Marsha will be attending the Saturday session and would like to take folks along. You can also call the church to sign up: 314-427-0841

## Poet's Corner

### Seasons of the Heart

By Grace E. Easley

The heart has many seasons,  
 Just as this good old earth,  
 And they all combine together,  
 To comprise what we are worth.  
 There is a childhood innocence,  
 In which we dream and play,  
 There is a time for growing up,  
 And making our own way.

There is a time for keeping,  
 And a time for letting go.  
 A time for moving swiftly,  
 And a time for walking slow.

There is a time for learning,  
 And a time for teaching, too.

## January 2015 Finance Report

<u>INCOME</u>	<u>JAN 2015</u>	<u>Y.T.D.</u>
Current Expenses	\$6,925.30	\$6,925.30
Benevolences	\$25.00	\$25.00
Line Items	\$67.00	\$67.00
Rent	\$105.00	\$105.00
Ameriprise Transfer	\$20,000.00	\$20,000.00
<b>TOTAL INCOME</b>	<b>\$27,122.30</b>	<b>\$27,122.30</b>
<u>EXPENSES</u>		
Current Expenses	\$15,292.51	\$15,292.51
Payroll Payable	-\$164.00	(\$164.00)
<b>TOTAL EXPENSES</b>	<b>\$15,128.51</b>	<b>\$15,128.51</b>

## Ritenour Co-Care News

If you would like to do something to make our community stronger, come and spend a little time in the food pantry. We need help to do simple jobs like bag candy, sort chips and sweets and stock our 'store', as well as host our neighbors who come in to shop for their food. We are open on Monday 5-7 pm, Tuesday 9 am-12 pm, Wednesday 9 am-12 pm, Friday 9 am-12 pm and Saturday 9 am-12 pm. Our numbers have been steadily growing and we have provided what is needed: 963 people in January 2015. We have girl scouts, members of other churches, people who live in the community, folks from Marion Elementary, and Pantry Patrons helping to provide the work that moves this food in and out. See Pastor Marsha if you would like to help. She will assist with training and scheduling of hosts. It is a joy to be a part of this work that our community is doing!

## First Sunday Concert

March 1st we will continue our First Sunday Concert series with performances by Cathy Oakes and Richard Carr. In April, we will NOT have a concert since it is Easter Sunday. So our next concert will be by May 3rd at 3 pm until 4:30 pm. It will feature John Mac Enulty with Native American Flute and Poetry. These concerts are free and we accept a free will donation for the musicians. The purpose of these concerts is to provide wonderful music for the people of Overland and a venue for these excellent musicians to be heard. Come and enjoy!



## Food Pantry News

The choice program is a big success. Thanks to all the volunteers!

As of February 26th the pantry will not be open or distributing food on Thursdays.

Sheila is still healing. She hopes to be back the first week of March.

Jan Kaiser is still recovering at home and is anxiously awaiting being able to get out of her house.

Linda Hail will be getting her knee surgery on March 11.

Till Next Month

## Food Pantry Statistics

	January	2015 Year-to- Date	2014 Year-to- Date
People	939	939	8463
Families	292	292	2684
Children	329	329	3158
Adults	610	610	5105

## Presbyterian Women



All women are invited to participate in the monthly meetings and Bible Studies of Presbyterian Women. Bring a sandwich and join us Tuesday, March 17th at noon.

## Prayer List

- 
- Lee Crisler - by Linda Houston
  - Faith Gillespie - by Kathryn Byrd
  - Tammy Hillebrand - by Lore Bailey
  - Erin Miller - by Linda Houston
  - Jean Pate - by Fran Longcor
  - Sara Seidler - by Sy
  - Elaine & Tom Shanahan - by Linda Houston
  - Jeff Johnson - Peggy Lohnes
  - Debbie Frazier - Yvonne Frazier
  - Linda Beckman - Marion Brewer
  - Lynn Kratz
  - Dave Frazier
  - Pat Moorhouse
  - Judy August
  - Kelly Lowery
  - Edie Roberts
  - Ceal Briscoe
  - Audrey Bowdish
  - Fran Longcor
  - The Family of Carla Highfill
  - **Julianna Yamnitz - Alva**

## Newsletter Deadline

Newsletter articles for the April Issue should be submitted to **the office** by March 13, 2015.

## March Birthdays

- |       |                      |
|-------|----------------------|
| 03/04 | Audrey Bowdish       |
| 03/06 | Jim Cochran          |
| 03/15 | Donna Morrow         |
| 03/19 | Michelle Albin       |
| 03/20 | Christopher G. Albin |
| 03/20 | Dan Fletcher         |
| 03/22 | Lore Bailey          |
| 03/22 | Sara Seidler         |
| 03/26 | David Frazier        |
| 03/27 | Pam Hegger           |



## March Anniversaries

- |       |                        |
|-------|------------------------|
| 03/08 | Tom & Linda Hail       |
| 03/08 | Alva & Lucille Yamnitz |
| 03/19 | Dan & Terri Fletcher   |



# March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 9:00 AM Sunday School <b>10:30 AM Worship</b> 3:00 PM First Sunday Concerts	<b>2</b> 10:00 AM Free to be Me Al-Anon 5:00 PM - 7:00 PM Food Pantry (FH)	<b>3</b> 9:00 AM - 12:00 PM Food Pantry (FH) 7:00 PM Narcotics Anonymous (JH)	<b>4</b> 8:30 AM Mission Sewing 9:00 AM - 12:00 PM Food Pantry (FH) 10:00 AM Staff Meeting	<b>5</b> <b>11:45 AM Lenten Luncheon</b> 7:00 PM Choir Practice 7:00 PM Narcotics Anonymous	<b>6</b> 9:00 AM - 12:00 PM Food Pantry (FH) 10:00 AM Freedom Al-Anon (JH)	<b>7</b> 9:00 AM - 12:00 PM Food Pantry (FH)
<b>8</b> 9:00 AM Sunday School <b>10:30 AM Worship</b> 12:15 PM Mission Mtg <b>Daylight Saving Time</b>	<b>9</b> 10:00 AM Free to be Me Al-Anon 5:00 PM - 7:00 PM Food Pantry (FH)	<b>10</b> 9:00 AM - 12:00 PM Food Pantry (FH) 7:00 PM Narcotics Anonymous (JH)	<b>11</b> 8:30 AM Mission Sewing 9:00 AM - 12:00 PM Food Pantry (FH) 10:00 AM Staff Meeting <b>7:00 PM Session</b>	<b>12</b> <b>11:45 AM Lenten Luncheon</b> 7:00 PM Choir Practice 7:00 PM Narcotics Anonymous	<b>13</b> 9:00 AM - 12:00 PM Food Pantry (FH) 10:00 AM Freedom Al-Anon (JH)	<b>14</b> 9:00 AM - 12:00 PM Food Pantry (FH)
<b>15</b> 9:00 AM Sunday School <b>10:30 AM Worship</b> 12:15 PM Deacon Mtg	<b>16</b> 10:00 AM Free to be Me Al-Anon 5:00 PM - 7:00 PM Food Pantry (FH)	<b>17</b> 9:00 AM - 12:00 PM Food Pantry (FH) 12:00 PM Presbyterian Women 7:00 PM Narcotics Anonymous (JH)	<b>18</b> 8:30 AM Mission Sewing 9:00 AM - 12:00 PM Food Pantry (FH) 10:00 AM Staff Meeting	<b>19</b> <b>11:45 AM Lenten Luncheon</b> 7:00 PM Choir Practice 7:00 PM Narcotics Anonymous	<b>20</b> 9:00 AM - 12:00 PM Food Pantry (FH) 10:00 AM Freedom Al-Anon (JH)	<b>21</b> 9:00 AM - 12:00 PM Food Pantry (FH)
<b>22</b> 9:00 AM Sunday School <b>10:30 AM Worship</b>	<b>23</b> 10:00 AM Free to be Me Al-Anon 5:00 PM - 7:00 PM Food Pantry (FH)	<b>24</b> 9:00 AM - 12:00 PM Food Pantry (FH) 7:00 PM Narcotics Anonymous (JH)	<b>25</b> 8:30 AM Mission Sewing 9:00 AM - 12:00 PM Food Pantry (FH) 10:00 AM Staff Meeting	<b>26</b> <b>11:45 AM Lenten Luncheon</b> 7:00 PM Choir Practice 7:00 PM Narcotics Anonymous	<b>27</b> 9:00 AM - 12:00 PM Food Pantry (FH) 10:00 AM Freedom Al-Anon (JH)	<b>28</b> 9:00 AM - 12:00 PM Food Pantry (FH)
<b>29</b> 9:00 AM Sunday School <b>10:30 AM Worship</b>	<b>30</b> 10:00 AM Free to be Me Al-Anon 5:00 PM - 7:00 PM Food Pantry (FH)	<b>31</b> 9:00 AM - 12:00 PM Food Pantry (FH) 7:00 PM Narcotics Anonymous (JH)				

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