

NEW HORIZONS PRESBYTERIAN CHURCH



March Newsletter



New Horizons PCUSA
9424 Everman Ave.
Overland, MO 63114

Important Dates for March

World Day of Prayer	March 4
International Women's Day	March 8
Palm Sunday	March 20
Maundy Thursday	March 24
Good Friday	March 25
Easter	March 27



Church Office Hours:
M, W, F 8am-2:30pm; T, Th 8am-10am
Phone: (314) 427-0841
Fax: (314) 427-0568
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Website: www.newhorizons-pcusa.org 
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NEW HORIZONS PCUSA

News 'n Views

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

Words from Pastor Marsha

Lent is a time of introspection. A time of cleaning out your soul and seeking what God is calling to you, of you, from you in your life. It is a time to STOP. Stop your routine. Stop and listen to feelings, thoughts or yourself and those around you.

I had some time to do that this last month. Being hospitalized with viral bronchitis for 5 days and then being at home healing for 3 weeks gave me a lot of time to do that. And watch the squirrels in the trees from our sunroom chase each other as I sat in my recliner with my hot tea and honey and my homemade quilt around me. Lots of time. We need time to reassess and begin anew.

I am still in that process. We are still in Lent until Easter when the new comes forth in maybe surprising ways. We need to be quiet enough to perceive the new wherever it comes from- even if it feels bad- like being sick or weak or vulnerable. In fact- I think we learn more from such times than we do from our successes. Parker Palmer is an educator and spiritual thinker who leads the Center for Courage and Renewal that provides the retreats Ron and I have taken over the last 2 years at Ghost Ranch. He is really big on embracing your vulnerability and learning from it and growing wiser from it.



Lee Crisler	- by Linda Houston
Faith Gillespie	- by Kathryn Byrd
Elaine & Tom Shanahan	- by Linda Houston
Jeff Johnson	- by Peggy Lohnes
Frazier Family	- by Yvonne Frazier
Linda Beckman	- by Marion Brewer
Nader & Fariba Daryapama	- by Pastor Marsha
Marion Brewer	
Pat Rogers	
Debbie Frazier	- by Yvonne Frazier
Jim Cochran	
Pastor Marsha	
Lucille Yamnitz	

****The Prayer List is located in the Narthex. Please write in prayer requests throughout the month, and they will be promptly added.**

Pastor Marsha's Hours:

Mondays	9:00 a.m. - 4:00 p.m.
Tuesdays	10:30 a.m. - 4:00p.m.
Wednesdays	10:00 a.m. - 4:00p.m.
Thursdays	OFF
Fridays	10:00 a.m. - 4:00 p.m.

Pastor's cell phone: (314) 604-2696
Pastor's email: pastor.nhpc@sbcglobal.net

Continued on page 3...

I invite you in the weeks that we have left in Lent to do that with the thoughts about your life, and about our life as a congregation as we mark the days before Holy Week. God's peace to you all.

Peace,

Pastor Marsha



Lenten Lunch

Lenten Lunch will be on Thursday, March 17th from **11:45—1pm** downstairs in Fellowship Hall. We will have a short message, a meal, and some music, so come and enjoy! All are welcome, and all proceeds will go to the rent and utility fund for Ritenour Co-Care Inc.

Maundy Thursday Service

Please join us in Fellowship Hall for our Maundy Thursday evening service on March 24th! A simply soup meal will be served at **6pm**, and service and Communion will follow at **7pm**. All are welcome, and we hope to see you there!

Thoughts on Easter

"The joyful news that He is risen does not change the contemporary world. Still before us lie work, discipline, sacrifice. But the fact of Easter gives us the spiritual power to do the work, accept the discipline, and make the sacrifice."

-- HENRY KNOX SHERRILL

Poem: "Easter Week"

"SEE the land, her Easter keeping,
Rises as her Maker rose.
Seeds, so long in darkness sleeping,
Burst at last from winter snows.
Earth with heaven above rejoices;
Fields and gardens hail the spring;
Shaughs and woodlands ring with voices,
While the wild birds build and sing.

You, to whom your Maker granted
Powers to those sweet birds unknown,
Use the craft by God implanted;
Use the reason not your own.
Here, while heaven and earth rejoices,
Each his Easter tribute bring—
Work of fingers, chant of voices,
Like the birds who build and sing."

-CHARLES KINGSLEY

Newsletter Deadline

Newsletter articles for the April Issue should be submitted to **the office** by March 20, 2015.



Ritenour Co-Care Food Pantry

Reporting Period

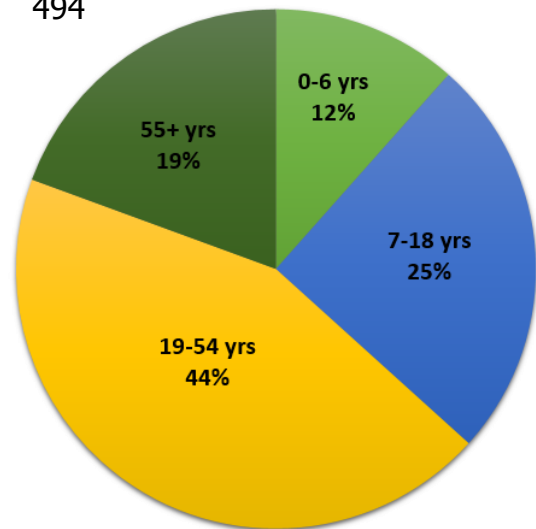
February 2016

Total Number of People Helped This Month

1757

Total Number of Families Helped This Month

494



Word for the Day

"God loves each of us as if there were only one of us."

- SAINT AUGUSTINE

First Class Piano Performance

Sunday, March 13, 3:00 p.m.
First Presbyterian Church,
237 N. Kansas, Edwardsville.

Olga Sedycias, a renowned pianist, will be performing at First Presbyterian Church, The performance is free and open to the public; all are welcome! A free offering will be taken to support the First Presbyterian Church.

Reporting Period

December 2015

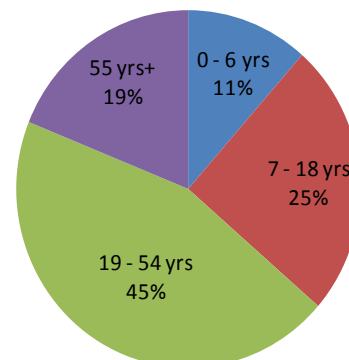
Total Number of People Helped This Month

1980

Total Number of Families Helped This Month

550

Total People (By Age Group) That Were Given Food:



All You Can Eat Spaghetti Supper

Saturday, April 2, 4:30-7:00 p.m.
First Presbyterian Church of Ferguson,
401 Darst Rd.

All You Can Eat Spaghetti Supper at First Presbyterian Church of Ferguson. Great spaghetti with homemade sauce served with bread, salad, drinks, and dessert. The cost is \$8 for adults, \$4 for children 6-12 years, and free for children 5 and under.

Eat all you want!

Focus on Leadership

Focus on Leadership

Saturday, March 12 @ Ladue Chapel

This event is for everyone.

*Are you interested in **beginning a Community Garden**? A workshop at 10:45 a.m. will give you tips about garden ministries and other hunger/food justice ministries.

*Does your church need to update its Sexual Misconduct Policy to include child protection policies? A workshop about how to do that will be offered at 1:00 p.m.

— OR —

*Choose from additional workshops in the morning:

*4 Horsemen of the Apocalypse & Marital Meltdown
Begin with Mission: Funding Major Projects
Bullying & Social Cruelty
Special Needs*

* Choose from additional workshops in the afternoon:

*Zombies of the Bible
Story-Ministry
Growing Your Church Starts with You
Self Care & Stillness*

NHPC Medical Equipment

Medical equipment can be incredibly expensive, even when insurance helps cover the cost. To save money, and effort, you can instead borrow various medical devices from New Horizons. From wheelchairs and walkers to crutches and canes, just stop by the office and ask if we have what you need. Borrow it for as long as you want without all the hassle!

Presbyterian Women

April 30th at 9:00 am

**First Presbyterian Church, St. Genevieve
160 S Main St, Ste. Genevieve, MO 63670**

The Spring Gathering of Presbyterian Women will be Saturday, April 30th. "Come to the Waters" will begin with registration at 9:00 a.m.

The guest speaker is Toni Spieth, a Global Exchange Participant. Registration is \$10 and includes a Fellowship Lunch. Registration may be sent to Joy French at the above address.

March Birthdays



Jim Cochran	03/06
Donna Morrow	03/15
Michelle Albin	03/19
Christopher G. Albin	03/20
Dan Fletcher	03/20
Lore Bailey	03/22
Ruth Edwards	03/22
David Frazier	03/26
Pam Hegger	03/27



March Anniversaries

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



Christ
is
Risen!

Word of the Day

"Do not abandon yourselves to despair. We are the Easter people and hallelujah is our song."

-JOHN PAUL II

RCC Food Pantry

The Food Ministry that is happening in our basement is truly amazing! The pantry is receiving up to 16 pallets of food from the St. Louis Area Food Bank each week. Good food. This food ministry is reaching over 1,900 people per month now and is in great need of volunteers. This church should be very proud of how it is helping many families to survive and has for a long time helped by donating space and utilities. It uses the whole basement now and has over 50 volunteers from all over St. Louis. It handles over \$500,000 worth of food which is distributed 5 days each week of the year. The Rotary, Girl Scouts and folks who work as well as some who are retired or are patrons of the pantry all come to help stock, distribute food, and help when the truck comes on Monday and Friday afternoons. It is a labor of love for this community. We are known by community leaders for this great service.



Rotary Club volunteering in the Food Pantry

Service of Worship and Commission

Sunday, March 13, 3:00 p.m.
Affton Presbyterian Church,
9217 Gravois Rd.

The Presbytery of Giddings-Lovejoy invites you to share in a Service of Worship and Commissioning of John Harrison as Pastor Evangelist of Affton Presbyterian Church.

Reception following the service.
RSVP 314-631-9217.

Thoughts on Easter

"If Easter says anything to us today, it says this: You can put truth in a grave, but it won't stay there. You can nail it to a cross, wrap it in winding sheets and shut it up in a tomb, but it will rise!"

-CLARENCE W. HALL

Free Income Tax Return

A Free Income Tax Return Preparation Service is coming to the *Overland Community Center* from **January 20th - April 13th, 2016**. The non-profit St. Louis Tax Assistance Program (TAP) trained volunteers will prepare returns, including the Missouri CIRCUIT BREAKER or PROPERTY TAX CREDIT returns, for families with income of less than \$58,000. TAP will operate on **Wednesdays (10am - 2pm; 4pm - 8pm)**. Returns will be prepared *by appointment only*. For more details, please call: (314) 298-0604 or visit the TAP website: www.stlouistap.org

*TAP is overseen by the IRS.

“Easter Is...”

Easter is...

Joining in a birdsong,
Eying an early sunrise,
Smelling yellow daffodils,
Unbolting windows and doors,
Skipping through meadows,
Cuddling newborns,
Hoping, believing,
Reviving spent life,
Inhaling fresh air,
Sprinkling seeds along furrows,
Tracking in the mud.

Easter is the soul's first taste of spring.

- RICHELLE E. GOODRICH

Ritenour Co-Care Given Grant



Pastor Marsha and Ron receiving a grant on behalf of Ritenour Co-Care Food Pantry for \$5000

Thoughts on Good Friday

“A man who was completely innocent, offered himself as a sacrifice for the good of others, including his enemies, and became the ransom of the world. It was a perfect act.”

-MAHATMA GANDHI

New Horizons Newsletter

Don't forget that you are welcome and invited to submit items for the Monthly Newsletter here at New Horizons! From poems to scripture, articles to songs, op-eds to events that you would like to see advertised! Submissions can be original works or things that you found from the newspaper or online that you think the congregation would also enjoy reading. Simply leave a submission in the “Newsletter” box in the office mailroom, on the office desk, or in the After Hours Office Mailbox!



Ritenour Co-Care Volunteers

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 stocking the store (T,W,F,S from 8:30am-noon), and processing pallets of food (M and F from 1-3pm).



Ritenour HS students volunteering in the Food Pantry

Operating Hours:

Monday	1 pm - 7 pm
Tuesday	8 am - 12 pm
Wednesday	8 am - 1 pm
Friday	8 am - 4 pm
Saturday	8 am - 1 pm

March 2016 - New Horizons' Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 10:30am Worship 12:30pm Perdo Comm.	29 10:00am Free to be Me Al-Anon (J-H) 1:00pm Food Pantry	1 8:00am Food Pantry 7:00pm Narcotics Anon (JH)	2 8:00am Food Pantry 8:30am Mission Sewing	3 7:00pm Choir 7:00pm Narcotics Anon (FH)	4 8:00am Food Pantry 10:00am Freedom Al-Anon (JH)	5 8:00am Food Pantry 10:00am Perdo Prayers in Sanct.
6 10:30am Worship 12:30pm Perdo Comm.	7 10:00am Free to be Me Al-Anon (J-H) 1:00pm Food Pantry	8 8:00am Food Pantry 7:00pm Narcotics Anon (JH)	9 8:00am Food Pantry 8:30am Mission Sewing 6:30pm Session Mtg 7:00pm Choir	10 7:00pm Narcotics Anon (FH)	11 8:00am Food Pantry 10:00am Freedom Al-Anon (JH)	12 8:00am Food Pantry 10:00am Perdo Prayers in Sanct.
13 10:30am Worship 12:30pm Perdo Comm.	14 10:00am Free to be Me Al-Anon (J-H) 1:00pm Food Pantry	15 8:00am Food Pantry 12:00pm Presby. Women Mtg 7:00pm Narcotics Anon (JH)	16 8:00am Food Pantry 8:30am Mission Sewing 6:30pm Geography of Grace	17 11:45am Lenten Lunch (FH) 7:00pm Choir 7:00pm Narcotics Anon (FH)	18 8:00am Food Pantry 10:00am Freedom Al-Anon (JH)	19 8:00am Food Pantry 10:00am Perdo Prayers in Sanct.
20 10:30am Worship- Palm Sunday 12:15pm Deacon Mtg 12:30pm Perdo Comm. 7:00pm Choir	21 10:00am Free to be Me Al-Anon (J-H) 1:00pm Food Pantry	22 8:00am Food Pantry 7:00pm Narcotics Anon (JH)	23 8:00am Food Pantry 8:30am Mission Sewing	24 6:00pm Maundy Thursday Dinner 7:00pm Maundy Thursday Service 7:01pm Narcotics Anon (FH)	25 8:00am Food Pantry 10:00am Freedom Al-Anon (JH)	26 8:00am Food Pantry 10:00am Perdo Prayers in Sanct.
27 10:30am Worship - Easter 12:30pm Perdo Comm. 7:00pm Choir	28 10:00am Free to be Me Al-Anon (J-H) 1:00pm Food Pantry	29 8:00am Food Pantry 7:00pm Narcotics Anon (JH)	30 8:00am Food Pantry 8:30am Mission Sewing	31 7:00pm Choir 7:00pm Narcotics Anon (FH)	1 8:00am Food Pantry 10:00am Freedom Al-Anon (JH)	2 8:00am Food Pantry 10:00am Perdo Prayers in Sanct.