



Dear Friends in Christ,

There are times on Sunday morning when people will come out of church and say, “I know you were talking to me today.” My comment is almost always the same: “I’m glad God spoke to you through what I was saying but I was talking to myself.” The same is true with most of these letters; I pray they will speak to you, but I want you to realize I am not singling out any particular person other than myself.

Back in the 1970’s and 1980’s a great deal of the literature that was being written about the end of the 20th century and the beginning of the 21st century was about the four day work week, the possibility of working only 32 hours a week, increased leisure time, and how we were going to spend our free time. Here we are in the 21st century and the facts are these: Despite technology we are working longer hours than we did 50 years ago. We are working more than medieval peasants. Mandatory overtime is at near record levels. On the average we work nearly nine full weeks (350 hours) LONGER per year than our peers in Western Europe. Working Americans average a little over two weeks of vacation a year while Europeans average five to six weeks.

Before the Net, cell phones and iPhones, the lines between work and leisure time were markedly clearer. People left their offices at a predictable time, were often completely disconnected from and out-of-touch with their jobs as they traveled to and from work, and were off-duty once they were home. That's no longer true. Even in a competitive job market, employers expect workers to put in longer hours and to be available almost constantly via fax, cell, e-mail, text, etc. Bosses, colleagues and family members -- lovers, buddies and spouses too -- expect instant responses to voice-and e-mail messages. Young married couples report that they work an average 26 per cent more hours each year than they did 30 years ago.

A few more facts: 24% of employees and 47% of management put in 6 or more hours of work a week without pay. Sixty-nine percent of employees report that work is a significant source of stress and 41% say they typically feel tense or stressed out during the workday. Job stress is estimated to cost U.S. industry more than \$300 billion a year in absenteeism, turnover, diminished productivity and medical, legal and insurance costs. Eighty-three percent of employees report going to work even while sick, citing heavy workload, need to conserve time off to meet family needs, and a work environment where taking time off is “risky” as their rationale. Teenagers in the US are experiencing higher levels of stress than adults.

Now here is the sad part – we wear our busyness as a badge of courage and honor. The typical exchange after, “How are you,” is “Busy”. We claim to hate it yet we wear it proudly. We have great expectations for our children and put tremendous pressure on them to succeed. We want them to stay out of trouble so we make sure they are always busy. So when do we have time to rest? When do we have time to recharge? When do we have time to just hang out with God and rest in his presence?

One final thought – no answers – just a thought. The Chinese symbol for busy is a combination of the symbols heart and death. The cross is a symbol of “Come to me all you who are weary and heavy laden and I will give you rest.” Which are we going to choose?

Yours In Christ

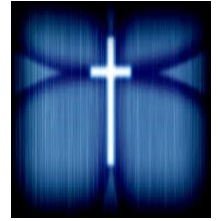
Pastor Randy



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COUNCIL MINUTES

February 10, 2014



Old Business:

Minutes from the Annual Meeting read and approved.

We will give the donated camera a try.

Ted reviewed the security cameras and made a recommendation. Council moved to approve the purchase.

Council received a thank you letter from Cory and Blaine Carver. Cory will be making a presentation about the trip on March 9, 2014.

Denise reported on children's Bibles and large print Bibles to be placed in the pews. She will report back next month.

New Business:

Denise, her boss, and Jack Will are going to do a walk-through of the church to give feedback about the first impressions and possible projects that need to be done.

Denise shared that her daughter would be visiting and since she is a painter, she would be able to paint some rooms.

Synod Assembly is coming up and we need to send two people. Denise volunteered. Ted will think about it and John Clonan said he will if Ted cannot.

Ted made a motion that we view a 10 minute LEAD video every meeting.

We will review the Mission Toolkit next month.

40 DAYS OF LENT



Lent begins Wednesday, March 5. Midweek services will be held each Wednesday at 11:00 AM and 6:15 PM.

This year our Lenten series will be Jerusalem Speaks: Voices from the Shadow of the Cross. Each week

features two monologs with related readings from

Scripture. Over the course of the six weeks of Lent

twelve characters will come alive from the pages of the

New Testament with passionate confessions: Pilate's

anguish over his political manipulation in sentencing Jesus to death, Barabbas' confusion

over Jesus' dying in his place and Jesus' mother Mary's heartache and hope. The characters in each of the six weeks of Lent are: 1. Servant Girl, Peter; 2. Caiaphas, Judas;

3. Herod, Mary Magdalene; 4. Pilate, Barabbas; 5. Roman Soldier, Malchus; 6. John, Mary

(mother of Jesus). Lenten Devotional Materials are available in the entryway of the church.

Please feel free to take, share, and use them as we journey with Jesus from Galilee to

Jerusalem and his suffering and death on the cross.

COMMUNION DATES

11:00 AM Service, 1st & 3rd Sunday, March 2nd and 16th

6:00 PM Service, 2nd and 4th Sunday, March 9th and 23th

CROCHETING THEIR WAY MINISTRY



Wildwood Pre-Trial is a multiple use facility with an operating capacity of 113 beds. The population includes: pre-trial detainees for the Kenai Peninsula, short term sentenced prisoners, long term sentenced prisoners awaiting bed space at other institutions, and non-criminal remands. This ministry was started by a few women in our community (Episcopal, Methodist and ELCA) over a year ago by invitation from the Superintendent. They have all

been trained and participated in Kairos Prison Ministries of Alaska and have Religious Volunteer Authorization cards. This is the only program in the state that allows volunteers to go into the dorm and use the women's living room. The women also have access to the crochet hooks and yarn in their cells. They have collected yarn (and money for yarn) from various sources (churches, friends, businesses, etc.) and once a week visit each of the two women's wings. There are anywhere from 10-20 women participating. The women are issued one plastic crochet hook upon request (provided by the department) and most of the items that they produce are collected and distributed in our community (KPBSD Students in Transition, Food bank, Homeless Connection, the LeeShore Center, the Transitional Living Center and community fund-raising auctions) and various communities in our state (baby booties to Nome, hats to Anchorage's Beans Café and the Anchorage Domestic Violence Center).

We are collecting yarn for women at Wildwood Prison who are crocheting articles for people in the community. There is a box outside of Randy's office for your donations.

BROTHER FRANCIS SHELTER

DONATE



New, clean and lightly used winter gear and clothing including shoes, boots, hats, scarves, socks, etc. continue to be collected. Handmade items are appreciated. Drop off items at the church and they will be delivered to one of the homeless outreach agencies.

Contact Sandy 262-7460 or sandyalaska@gmail.com for more information. Thanks!

LUNCH BUNCH - CALLING ALL LADIES!!!!

Ladies: The Lunch Bunch will meet Tuesday,
March 11th at 11:30 AM at Gingers
in the Peninsula Center Mall.



Remember in Prayers:

Healing for: Twyla Mundy recovering from knee surgery; Elena Pate and Sandee Simons dealing with back problems; Ryder who was born five weeks early; Billie Shackleton's niece in LA; Dennis Bible's cousin's granddaughter, Emily, recovering from an automobile accident; Tom and Lyn Hodel's granddaughter, Kellyn; Stephanie Bouchard who is dealing with lupus; Darnell Schneider - dealing with health problems-wisdom for her doctors; Bev Wahl who fractured her ankle in two places; Marta Eldridge recovering from a broken wrist and shoulder.

Continued Prayer for those with cancer: a PE teacher with cancer; Sue Bigg's friend, Jerry; Lana Syverson's brother-in-law; Sandy Knutson; Deanne Pearson's friend in Seattle and her sister with breast cancer; Hannah Thompson's friend; Alex Nisler's uncle; Scott Cunningham's mother, Dee Richard's brother, Bob; Leslie Virelli; Barb Norbeck's friend; John Clonan's friend; Sonya Nisler's mom's caregiver; Ted Johnson's cousin; Gwen Johnson's friend's dad who has cancer and dementia; Polly Crawford undergoing treatment for cancer of the spine; Katie MacLeod's nephew, Joe Auld.

Strength for: Don Pearson as he deals with the bureaucracy trying to get the heart operation he needs; Judy Swarner's Aunt as she transitions from house to the nursing home; Betty Wittenberg's father dealing with Parkinson's; Robin Castleman's brother suffering from depression; Jeanna Carver's niece dealing with anorexia; strength for Denise Harro's sister, Roxie, dealing with physical issues and depression; Marlene Pearson's son, Mark, who has ALS; strength for Rich Shook's brother diagnosed with Alzheimer's; Dennis Alder's father who is doing poorly; Dennis Alder's son's mother-in-law who is having brain problems; Dennis Alder's father dealing with eye problems.

Prayers for: those who are sick without being visible to others; the people of Somalia; peace for Nigeria and the Middle East; safety for those in the military; protection for Jamie Willard's husband in Afghanistan; Synod Prayer Partner Petersburg Lutheran Church.

Thanksgiving for: the ministries we are able to support; successful heart ablation for Keith Pieh; Jessica Moore was able to attend her father's retirement from 30 years of coaching; birthday celebrations for Pastor Randy, Katie Olson, Brendan Frey, Levi Benner, Becca Pieh; Dave Stein, Jane Stein; successful eye surgery for Natasha's brother; safe travel for Olympic athletes; Barb Norbeck's relative with a successful liver transplant and a chance for a new life; the doctors and caregivers of the elderly; continued improvement for Dan Houglum.

Comfort for: the Murray Family whose six year old son died from a swimming accident; the victims of a fire in a nursing home in Canada; the children around the world who are in orphanages; the family of Alex Nisler whose grandmother is suffering from Alzheimer's; and Gwen Johnson's friend with ALS now and in Hospice.



MARDI GRAS POTLUCK



MARDI GRAS POTLUCK AND ICE CREAM SOCIAL

Sunday, March 2
following the 11:00 Service

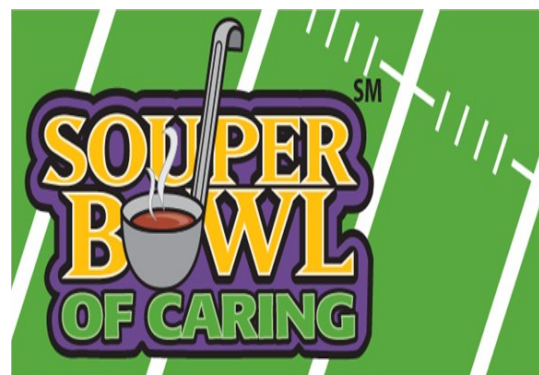
Bring a potluck dish to pass.
We will provide the ice cream.



Souper Bowl Sunday

Thank You for Your Generosity!!

Sunday, February 2, was Souper Bowl Sunday. Every year we collect money for those who are starving. This year your gifts of \$1133.35 went to Feed My Starving Children. This organization was founded in 1987 and is a Christian nonprofit that provides nutritionally complete meals for starving, malnourished and hungry people in nearly 70 countries. Your gifts have helped to provide not only food but hope. Thank You.

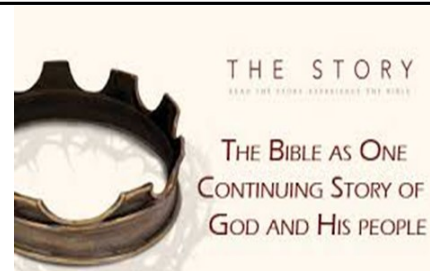


WOMEN'S BIBLE STUDY

The Women's Bible Study meets Friday at 9:30 AM.

They are studying "The Story: The Bible as One Continuing Story of God and His People."

If you have any questions,
please contact Mandy Pieh at 260-9559.



FOOD PANTRY



"For I was hungry, and you gave me something to eat." Matthew 25:35

We are now collecting items for the Soldotna Community Food Pantry.

They are seeking some more volunteers.

Bagging starts at 10 and you are welcome to come for an hour or for the afternoon. Peanut butter, cereal, canned

fruit, canned entrees like chili, ravioli, pork and beans, etc. are always needed. If you are shopping and wish to buy extra food for the pantry, please drop it by the church and we will get it to the pantry. Small bottles of shampoo, bars of soap, tooth paste, etc. are also needed. Of course, money is always appreciated. There is a can on the table for your gifts. If you wish to help with the staffing any Wednesday (10 AM to 2 PM), please call Cosette at 262-7610.



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Christ Lutheran Mission Statement:

Knowing Christ

Empowering His Followers

Making Him Known To Others

Please Call Us ... 262-4757

We want to include you in our prayers, arrange for pastoral visits, and announce information to the congregation, when appropriate. Please notify the church office as soon as possible when:

- A member of your family or someone you know dies.
- You or someone you know is ill or grieving.
- You or someone you know is in the hospital.
- You or someone you know wants to plan a baptism, wedding or celebration.
- You move or change telephone numbers.