



Clinical Pastoral Education

...is one of many steps on the path to becoming a pastor in the ELCA. Clinical Pastoral Education (CPE) is typically a three month period where students provide pastoral care in a clinical setting under the supervision of trained professionals.

It is easy to assume that the purpose of CPE is practical. It appears to be a time when new pastors “get used” to the life of a care provider and learn how to provide pastoral care. However, that is far from the goal of CPE.



During the months of clinical pastoral work students meet regularly with supervisors, and a small group of other student pastors in order to process the experiences of each student as they encounter the trauma of those they are serving. In these gatherings the focus of our attention wasn't on the patients as much as on our reactions to the needs of those were we hoping to serve. To get straight to the point, the purpose of CPE was to allow students to begin to recognize their own trauma. The reason for this is simple once you think about it. How can we help others if we aren't yet fully aware of our own wounds?

CPE is a time of self-reflection and self-assessment, and possibly an opportunity to commit to working on our own issues. This is essential when serving others because without confronting our own past and our own traumas we will accidentally bring our issues into the relationships we have with those we are called to serve.

I see the Lenten discipline in the same way that I see CPE. It is an opportunity for self-reflection. It is a built-in period of time in our lives where we commit ourselves to the practice of examination and perhaps repentance. We are given this season in order to confront who we have been so that we have a better sense of who God is calling us to become.

I wish you all the best during this period of self-examination. It is my prayer that you will discover things you need to know about who you are and that you experience the grace of God as you discover a source of strength that will lead you beyond your fears and pain to a place where you can experience peace. It is also my prayer that this process helps you to be an instrument of peace to others. - *Pastor Nate*



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Worship

~ two Sunday morning services - same message, different music styles ~

Sunday 8:30 am - Traditional Worship | Sunday 10:30 am - Contemporary Worship

Wednesday service: casual evening gathering with its own message & music from a range of worship styles

Wednesday 6:00 pm - Evening Worship

Links are available on our website and social media sites for **Livestream Worship**.

You can sign up for **email alerts** from LCR about worship and other news. Scroll to the bottom of our homepage and sign up under “E-Newsletter” or email us (office@lcrmarion.org) and we’ll sign you up.

Text Notifications - Worship services and other events are subject to change with circumstances.

If you would like text notifications of schedule changes / cancellations,

call the church office (319.377.4689) and give us your name & cell number ~OR~

you can sign yourself up at <https://share.hsforms.com/181uDRkYnTRyGMmuwI3ZiDQ44ay4>

The Season of Lent - Feasting On the Word !

Perhaps the most misunderstood season of the church year is Lent. Often times seen as a time to be somber and downcast, it actually means “Spring” and is a time for Christian growth and - dare we say it - Joy! We have a meaningful Lenten season happening here at LCR. Mark your calendars and plan to join us each Wednesday in March....

- Soup Suppers - You are invited to share your favorite soups
- Worship for all generations, at 6:00 pm
- Special breakouts for our children and youth
- Intentional ‘space’ for adults to enjoy some down-time or connect with others
- Our unique “Lenten Café,” with premium coffees and foods of the Holy Land

*Macarena
On Ice!*



Make this Lent 2023 a time for spiritual growth and rejuvenation!

First Communion - Calling All 4th Graders

LCR will hold our yearly First Communion classes on **Sundays, March 19th and 26th at 1:00 pm**, with our kids celebrating their first Communion on *Maundy Thursday, April 6th*. All fourth graders are invited to come and be a part of these interactive sessions (one parent or guardian will need to attend with them) as we discover together the importance of the Sacrament. If you have a child that wasn’t able to participate in previous years, please let us know as they are most welcome. Contact Jessi with any questions: jessi@lcrmarion.org

Organ Concert - Friday, March 10th at 7:00 pm

Dr. Karen Black is a professor of organ at Wartburg College in Waverly. She teaches organ & church music, music theory & aural skills; serves as organist for worship services; and conducts the choral ensemble and Handbell Choir. She holds degrees from St. Olaf College and Indiana University. Dr. Black is active as a recitalist, performing throughout the United States & Germany.

She has published organ & choral arrangements with Augsburg Fortress and Morningstar Music. In 2021 she released an organ album, *Ein feste Burg*, on the ARSIS label, celebrating the 25th anniversary of the installation of the Wartburg College Chapel Dobson organ. Dr. Black has served important roles in the American Guild of Organists, the Association of Lutheran Church Musicians, the Organ Historical Society, and the American Choral Directors Association.



Ministry

Lenten Meal SOUP-ervisor

Members and friends will be bringing soups to our Lenten meals each Wednesday in March. We'll need a few individuals to receive the soup as it comes in; put out the paper bowls, utensils, and bread; and then put things away at the end of the meal. If you could staff one or more of these dates, please let Marcia know.

Dates are: **March 1st, 8th, 15th, 22nd, 29th**
You can sign up to bring soup on our website.

Personal Care Kits

During the month of March, Mary Martha Rebecca Circle will be collecting: lightweight dark colored bath towels, bars of soap, and toothbrushes for Personal Care Kits. The kits will be shipped to Lutheran World Relief for distribution world-wide. If you'd like to help, please check the display in the gathering space and pick up a shopping list. Contact Lareen Gull 319-373-3304 if you have questions. Thank you for serving people whose lives have been disrupted by conflict or natural disaster.

Time & Talent Sign-up

We are so grateful for the many talents and gifts in our church family! Everyone has something they can share, and we love to find new ways for people to connect as a congregation, and also to share the love of

God throughout our community. Please prayerfully explore our 2023 Time & Talent catalog, and then sign up for the things you are interested in. Print copies are available at the church or you can do it all on line - -

<https://lcrmarion.org/downloads/time-and-talent.html>



^ Brad Butz won our T&T Sign-up Party Prize

Thanks for Your Ministry Giving!

Earthquake Relief (to date) - **\$1,090**
Willis Dady Warmth Collection - **\$325**



Lenten Service Projects

During Lent, we will reach out in several ways to address hunger, both locally and abroad. We are very excited to announce another Living Legacy Fund matching challenge!

Food Pantry Donations

Throughout Lent, we will collect non-perishable food items for The Churches of Marion Food Pantry. Our Living Legacy Fund will match your gifts, \$1 per item donated to the food pantry during Lent, up to \$1,500.

Monetary Donations

We will collect monetary donations, which will be given to ELCA World Hunger. You can drop off cash or a check, or give online at LCRMarion.org, or through Venmo @lcrmarion (Resurrection Lutheran). Please mark your donation "Lent - ELCA World Hunger." Our Living Legacy Fund will match your gifts, \$1 for each dollar collected for ELCA World Hunger during Lent, up to \$1,500.

Take Away Hunger Event

Mark your calendars for **Sunday, March 5th** to participate in our Take Away Hunger Packing Event. Our goal is to pack 10,000 meals. We will have shifts at **9:30, 10:30, & 11:30 am**. You can sign up by calling the church office or online at -

<https://www.signupgenius.com/go/904044ca8ad2ea7fa7-take2#/>

March & April Mission Envelopes

Your giving will go to Matthew 25 in Cedar Rapids, a west-side ministry to improve the health of people and neighborhoods through quality affordable housing, healthy food, educational opportunities, and community building. Find out more at <https://www.hub25.org/>

CHILDREN'S MINISTRY @ LCR

Sunday School:

March 5 – Walking on Water
March 12 – No SS, Spring Break
March 12 – Easter unit
March 26 – Easter unit

Wednesday Night Live:

March 1 – Combo (7:00-8:00 pm)
March 8 – Combo (7:00-8:00 pm)
March 15 – Combo (7:00-8:00 pm)
March 22 – Combo (7:00-8:00 pm)
March 29 – Combo (7:00-8:00 pm)

IMPORTANT CHANGE FOR WNL THIS MONTH! During the season of Lent, there will be Lenten worship during our regular WNL meeting time, and all families are welcome to participate in these worship services! Following worship, WNL and Confirmation students are welcome to join us at “Combo” from 7:00 - 8:00 pm in the fellowship hall. Combo is an hour-long program for 4th-8th grade students featuring games, snacks, and group activities with Jessi and Pastor Nate.



We started a new unit in Sunday School this month about how Jesus walked on water, with lots of talk about trust!



Questions? Reach out to Jessi via email - jessi@lcrmarion.org or by calling the church office.

At WNL we played games and ate treats for Valentines Day! We also sent out cards to a few LCR members and shared a message of joy and love!

Adult Faith Development

Resurrection Small Groups - both Evening and Daytime Opportunities

Mary Kay Pinckney - On **Sunday, March 19th at 6:30 pm**, Barb Hazelton and Sally Immerfall will give a presentation about their recent trip to the Holy Land. Our small group meets at my Cedar Rapids home. Feel free to contact Mary Kay at mkpink6@gmail.com for further information.

Donna Dennis - We are doing a deep study of the gospel of Mark. We meet at the church on **Thursdays, March 9th and 23rd, at 6:30 pm**. Contact Donna at donnakdennis88@gmail.com.

Dan Tegtmeier - Our study is not so much about a story or section of the Bible, as it is with topics such as faith, trust, salvation, etc. We meet off-site - usually at someone's home during the winter - on the **first Monday evening of the month**. Get on our email list at dtegtmeier@iowanorthern.com.

Loaves, Fishes, & Faith - We meet every **Tuesday for lunch at 11:30 am and lesson at 1:00 pm** in the fireplace room at the church. You are welcome to come to the lunch, the lesson, or both! Our current study is "Why" from Adam Hamilton. Get on our email list at maryjo.carlson3775@gmail.com.

Rebecca Mary Martha Circle - We meet for bible study once a month at the church. Our next date is **Wednesday, March 1st at 1:00 pm**. Contact Harriet Van Gilder at keyboreder1@gmail.com.

JAM Women - On **Monday, March 13th at 1 pm** we'll continue our new study, "*Unafraid: Living with Courage and Hope in Uncertain Times*," from Adam Hamilton. Contact Linda at lhayward495@yahoo.com.

Pastor Nate's "Teachings of Luther" 4-part series

...is now available on YouTube - <https://www.youtube.com/@lutheranchurchoftheresurre4195/featured>

Pastor Jeff's One-Minute Devotionals

Check out these brief, thought-provoking videos online, **at any time** - <https://tinyurl.com/PrJeffDevotional>

Wednesday Scripture Study

There is no better way to prepare for worship than to be in conversation with the scriptures. Your thoughts and insights will help enlighten the pastors' weekly sermons and prepare you to get more out of worship. We meet **each Wednesday at 11:00 am** in the fellowship hall.

Biblical Potpourri

We meet weekly at **9:30 am on Sundays** to look through the books of the New Testament, gaining basic insight into the Biblical narrative and the context of each book.

Moms Group

Mothers of young children, grown children, and every age in between, the LCR Outreach Committee holds a weekly group to support mothers at every stage of motherhood. Please join us at our gatherings on **Sundays at 9:30 am** in the church lounge (fireplace room). Come enjoy coffee, pastries, and fellowship with other moms. We hope to see you there! Contact Bethany Mast through the office if you have questions.



Gatherings @ LCR

...is a place and time to hear stories, share stories, and connect with others in our community. Gatherings is a place where you can feel safe to share what you really think or feel without being judged or rejected. We meet at **noon** on two **Fridays** each month - **March 10th and 24th**. Light refreshments are offered and topics will be announced in the weekly news.

Stephen Min.

Our Training Group

In January...

Maintaining Boundaries in Caregiving -

Learned the difference between servanthood and servitude and how to maintain those boundaries.

Crisis Theory and Practice:

Danger Versus Opportunity -

Learned how to identify what needs people in crisis have, and ways to care for those needs and practice those skills.

Confidentiality: *Stephen Ministers take confidentiality with utmost seriousness.*

Learned how to apply some simple rules that cover most situations a Stephen Minister will run into in a caring relationship with well-meaning friends and family and elsewhere.

Telecare: The Next Best Thing to Being There -

Learned when use of the phone is right.

In February...

Using Mental Health Professionals and Other Community Resources -

Learn when and how to refer care receivers to mental health professionals and other community resources.

Ministering to those Experiencing Grief -

Learn the classic stages of grief and what forms of caregiving are right at each stage. Learn that grief can include loss of any kind.

Dealing with Depression:

The Stephen Ministers Role -

Learn that care providers may care for people who are mildly to moderately depressed. Learn the characteristics and symptoms of mild, moderate, and severe depression, and when to seek professional help.

Helping Suicidal Persons

Get The Help They Need -

Learn how to determine suicide risk and how to refer to a professional.

Our supervision group met in January and February. We currently provide for 4 care receivers.

If you know of anyone who might benefit from this ministry, please contact the church office.

Peace! - Mary Hajek

Fellowship

PEP 55+ Holy Land Trip

On **Sunday, March 19th @ 4:00 pm**, Darlene McGovern and others from LCR's recent trip to the Holy Land will share their experiences and insights. Beverages and a snack will be offered.

Candy Bar BINGO

Get the gang together and join us in the fellowship hall on **Sunday, March 5th @ 1:00 pm** for free bingo-playing, free popcorn, and free fun. We're meeting on first Sundays of each month this winter. Bring friends!

Walking Group

We've moved our Thursday morning walks (10 am) to Lindale Mall for the winter. Contact Pam to get on our email list so you'll know where to meet us: batsllc@msn.com or 319.721.2563

Train Dominoes & Cribbage

Cribbage players meet on **2nd and 4th Fridays**, and train domino players on **1st & 3rd Fridays**, both beginning at **1:15 pm**. We can teach you if you've never played before and non-members are always welcome.

Wood Carvers

Our wood carvers meet **each Thursday evening at 6:00** in the Red Room in the education wing. If you want to learn a really satisfying handicraft, join us some evening and we'll get you started. Experienced carvers are welcome to bring and work on their current projects.

LCR Book Club

We'll get together on **Tuesday, March 14th at 6:30 pm**. (*Note new date!! Book group now on 2nd Tuesdays.*) Our book this month will be "The Orphan's Tale" by Pam Jenoff, a novel of friendship set in a traveling circus during World War II. Meet two extraordinary women and experience their harrowing stories of sacrifice and survival. You can pick up a library copy in the church office. Contact Sherrill to get on our email list; new people are very welcome!

sherrillamorrison@gmail.com

Confirmation

Hello Friends!

During the Season of Lent our Confirmation program looks a bit different. Our 8th graders are joining with the EDGE group and our 7th graders are meeting with the Wednesday Night Live group from **7 to 8 pm**. (Any 8th grader who wishes to join the 7th graders & WNL is welcome to do so!) 8th graders are welcome to hang out and eat in the YAC from 7:00-7:30 pm, and EDGE programming starts at 7:30. 8th graders can leave at 8:00 or can remain for the entire High School Youth program.

** There will be no Confirmation class on April 5th (Holy Week) and our final class will be May 10th.

** Confirmation Sunday will be held at the 10:30 service this year on Sunday, May 21.

Peace! Pastor Nate (563.320.3995)



Sunday Youth Group

Pastor Nate hosts this group each **Sunday from 9:45 to 10:15 am** for students in grades 7 through 12. We meet in the YAC (Youth Activity Center) in the back of the church. These are informal gatherings to connect & reflect on our faith life together. Come and give us a try!

EDGE Youth

EDGE Youth Group

Join us for EDGE on Wednesday nights as we dive into teachings and discussion. Come early to grab dinner or have a place to finish your homework. Everyone is always welcome, so bring a friend or two!

EDGE is open to 9th thru 12th grade students from any school or church. We meet on **Wednesday evenings 7:30 pm**. You can contact director Katie Kascel at katie@lcrmarion.org

Stay up-to-date on our activities by checking: [instagram.com/edgeatlcr/?hl=en](https://www.instagram.com/edgeatlcr/?hl=en)

We had a great time at our skating event in February! It was so fun to get our church family out on the ice together, such a lovely way to build community and meet new friends. Thanks to all who came!

* * * * *

Biderman Scholarship for Graduating High School Seniors Applications Now Available

The Lutheran Church of the Resurrection Living Legacy Committee announces scholarships for graduating high school seniors who will be enrolled at an accredited college, university, or vocational/technical school in 2023-24. The committee will award scholarships based on qualified applicants, number of applications, and funds available. Questions should be directed to the Living Legacy Fund at trustfund@lcrmarion.org. Find the scholarship instructions and application at <https://lcrmarion.org/livinglegacy.html>

Application Deadline is Monday, March 20

Prayers

Prayers are requested...



Those hospitalized in February:
Ryan Corrigan

Those experiencing illness or surgery:
(LCR members) Arlene Lang, Tim Early, Bev Johnson, Harry Walton, Barb Fick, Sheryl Knodle, Gene Henry, Eloise Heppler, Linda Christiansen, Marlene Pasker, Deanna Harding

(family and friends) Rachel White, Mary Goslin, Amanda Dragon

Those living in care facilities:
Kay Mase (Hiawatha Care Center); Vera Olson (Anamosa Care Center); Paul Bendixen (Northbrook Manor); Larry Wogahn (The Views); Bernadean Spilde (Garnett Place); Bill Thompson (Emery Place); Marilyn Carstens (Grand Living)

Those in military service:
Wyatt Ochs, Taylor Johnson, Will Fritz, Aaron Moose, Steven Anderson, Jake Anderson, Todd Kopperud

Those who mourn:

- Blake Brandt, Molly, and family on the death of Julie Brandt
- Dan Tegtmeier & Tori Lee on the death of their daughter-in-law Liz Tegtmeier

Those who celebrate:

- Linda Fottral on husband Jim's successful surgery
- Harry Walton on his 80th birthday!
- Craig & Danielle Horak on their 50th wedding anniversary

If you would like to send a card to anyone listed above, feel free to contact the church office for current addresses.

Pastoral Care - *With rules about confidentiality at our hospitals, we will not know that you or your family member is sick or in need unless you contact the church office.*

Please let the office know about prayer needs or when you wish to have a name removed. The names of friends and family who are dealing with illness will be listed for 2 months.

Comforting Hands Quilters recently donated 20 blankets to SLEEP IN HEAVENLY PEACE, a non-profit volunteer group building and delivering beds to those children who are otherwise sleeping on couches or floors. <https://shpbeds.org/chapter/ia-linn-co/>

Comforting Hands is always accepting donated sheets and sewing fabric, and new volunteers are always welcome to join us on Monday mornings between 9 and 11 am. Sewing skills are not required as we have many tasks available. :-)



Stewardship

Treasurer's Report for January 2023

	<u>January</u>	<u>Year to Date</u>	<u>One Year Ago</u>
General Fund Receipts	\$ 81,099	\$ 81,099	\$ 83,805
General Fund Expenses	\$ 64,219	\$ 64,219	\$ 54,734
Cash Balances	01/31/23		01/31/22
General Fund	\$211,397		\$155,416
Clearing Accounts	\$ 75,380		\$ 50,154
Property Reserve	\$ 61,614		\$ 50,780

General Fund Summary

Thank you for your generous gifts in support of our 2022 budget. Giving for 2023 was at 94% of pledges at the end of January.



Digital Giving

Simply Giving - Join 77 LCR members who give regularly through automatic drafts from their checking or savings accounts. You can elect to give weekly, monthly, or quarterly. Enrollment forms are available in the info rack in the gathering space.

* **PayPal** - Click DONATE button on our website for online giving.

* **Give+ Text** - Find out how it works on the 'Giving' page of our website.

* **Venmo** - Smartphone app for sharing money @LCRMarion

Church Council

Please reach out with questions or concerns.

The Council met on Tuesday, February 21, 2023. January Secretary's and Treasurer's reports were approved.

Treasurer: Actual giving was 94% of pledged giving (in line with last year). Income was ahead of expenses. Overall, we are ahead of what we expected for the year.

Pastor Jeff: Absent - no report

Pastor Nate: Preparing for the Lenten season.

Property: Working on getting multiple carpeting quotes (likely a multi-year project). Would also repair the crack at that time. Electronic sign work to begin in the next few weeks.

Stewardship: see Treasurer's report

Governance: no meeting

Outreach: Good turnout for BINGO and Super Sunday breakfast.

Old Business: *Council Retreat* - Council will be having their annual retreat Saturday, March 4th from 8:30-12:00 at the church.

New Business: *Council Breakfasts* - The Outreach team will set dates for quarterly breakfasts and get dates to council members. All members are expected to assist with breakfast if available.

Next Meeting: March 21, 2023.

Agenda items should be submitted by 3/13/23. Copies of council minutes and treasurer's reports available in the church office binder.

LUTHERAN CHURCH
of the RESURRECTION
3500 - 29TH AVENUE
MARION IA 52302

(address service requested)



Wednesday Soup Suppers @ 5:15 pm



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Take Away Hunger
Cedar Rapids

Local & International Food Relief

PACKING EVENT

Sunday, March 5th

LCR pilgrims in Jerusalem



CONTACT US!

office hours:
Monday - Friday,
9 am - 4 pm
phone: 319-377-4689
fax: 319-377-4680
email: office@lcrmarion.org

www.lcrmarion.org

Pastor Jeff Frohner - jeff@lcrmarion.org
Pastor Nate Montover - nate@lcrmarion.org
Children's Ministry: Jessi Lau - jessi@lcrmarion.org
Youth Ministry: Katie Kascel - katie@lcrmarion.org
Volunteers: Marcia Edwards - marcia@lcrmarion.org
Communications: Cari Redondo - cari@lcrmarion.org
Office Manager: Evelyn Beck - evelyn@lcrmarion.org
Secretary: Emily Carson - office@lcrmarion.org
Custodians: Dave Cosgrove, Jim Snyder

