

## What's Inside?

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# March 2017

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## GETHSEMANE LUTHERAN CHURCH The Gethsemane Witness

***"Do not let your hearts be troubled. Trust in God. Trust also in me."***

John 14:1



"How many shopping days 'till Easter?" It's several weeks away now, but this is not a question we hear often, if ever. The Christmas countdown of December is far more familiar. All the hype surrounding an anticipated Yuletide celebration creates preparation deadlines that make Advent sprint by. But Lent can seem to last forever. And for good reason; 'Lent' comes from the Old English word 'Lenctentid' (pronounced LENG-ten-tee), which means 'the time of lengthening'. The spring season, with its longer days, was finally called Lent and the 40 days of Lent actually last 46 calendar days, because of Sundays being Feast Days. But, Daylight Savings Time aside, perhaps it's the traditions we honor during Lent that make it seem even longer.

Growing up, I never attended a church that observed the Season of Lent. A practice of "40 days without" became popular after I had graduated from university in Germany. But that seemed pretty Catholic to me. Then, after coming to the U.S., I learned that Lenten practices like "giving something up" have been perfectly acceptable among many good protestant people, and every spring I gain more appreciation of the significance of this Church Season.

I especially appreciate a central theme that has emerged over the last years; pursue one day at a time, a discipline which paints a picture of moving forward in our spiritual journeys. Lent is not just about finding some irrelevant thing in our lives to "give up" for 46 days. However, if we have habits that need to exit our lives, Lent is a good trial period toward getting rid of them. In particular consider the habit of "worrying" many of us face daily during this time. We know what Jesus said about it in the above scripture. I'm taking those words literally this Lent, and am planning to repeat them to myself at the beginning of all my meditation and prayer times; occasions I could have otherwise spent needlessly worrying about something. It's just a matter of giving up a bad habit by a shifting of emphasis to a good one. And it's a productive way to spend some of those non-shopping days until Easter.

Privileged to journey with you through Lent 2017

Yours, Pastor Karin

## Things you might consider giving up this Lent and beyond:

- Fear:** God is on my side. In Him I am more than a conqueror. (See Romans 98)
- The need to please everyone:** I can't please everyone anyway. There is only one I need to strive to please.
- Envy:** I am blessed. My value is not found in my possessions, but in my relationship with my Heavenly Father.
- Impatience:** God's timing is the perfect timing.
- Sense of entitlement:** The world does not owe me anything. God does not owe me anything. I live in humility and grace.
- Bitterness and Resentment:** The only person I am hurting by holding onto these is myself.
- Gossip and Negativity:** I will put the best construction on everything when it comes to other people. I will also minimize my contact with people who are negative and toxic and bring other people down.
- Comparison:** I have my own unique contribution to make and there is no one else like me.
- Fear of failure:** You don't succeed without experiencing failure. Just make sure you fall forward.
- A spirit of poverty:** Believe with God that there is always more than enough and never a lack.
- Feelings of unworthiness:** You are fearfully and wonderfully made by your creator. (see Psalm 139)
- Doubt:** Believe God has a plan for you that is beyond anything you could imagine. The future is brighter than you could ever realize.
- Self-pity:** God comforts us in our sorrow so that we can comfort others with the comfort we ourselves have received from God.
- Excuses:** A wise man once said, if you need an excuse, any excuse will do.
- Worry:** God is in control and worrying will not help.



## March Happy Birthday

Rick Nagy	2nd
Jo Koch	6th
Hildie Class	15th
Helen Bergen	18th
Oz Meindl	18th
Richard Norton	24th

**DAYLIGHT SAVING TIME  
BEGINS  
SPRING  
FORWARD  
MARCH 12, 2A.M.**



## Lutherans at 500 Class

Saturday, March 11, 10:00a.m.—Noon

We are reading "Pastrix" by Nadia Bolz-Weber. New and used copies are available inexpensively on Amazon or Ebay.

Paul will be distributing a discussion study guide in the next week or two by email and have hard copies available on Sundays for anyone who wants one to prepare for the class.



## Many Thanks...

### From the ELCA

- Thank you for your gift of \$380 (share of Christmas envelope) to Lutheran Disaster Response (Hurricane Matthew).
- Thank you for your generous gift of \$1500 to support the mission and ministry of the ELCA through ELCA Good Gifts (endowment fund grant.) December gifts were designated for chicks, rooster, honey bees, latrine, water purification tablets, farming tools and training, fruit-tree seedling, energy-saving cook stove, feed a refugee family for one week, feed a refugee family for one month, survival supplies, train a community health care team.

### Remember:

#### Like us on Facebook

Search: christisrisen2day

Get reminders and updates of happenings here at church, share our posts on your page, and help us spread the word about our hidden treasure here in Serra Mesa. Thanks so much for being a part of this growing community. Do you want to see something on our page? Just contact Peggy in the office or email her at [church@gethsemanesd.org](mailto:church@gethsemanesd.org)

We are here to serve.





## 14th Annual "Hotter than Thou" Chili Cook-off

Benefiting **AGAPE HOUSE**

Lutheran-Episcopal Campus Ministry @ SDSU



**Sunday April 23, 2017**

**3:00-6:00pm**

**Faith Presbyterian Church  
5075 Campanile Drive**

Featuring the best chili and cookie recipes  
by local congregations,  
along with salad and grilled cheese.  
Childcare will be provided!

**All are welcome!  
Free Entry! Door prizes!**

\* Support Campus Ministry by making a donation today!  
Gifts received by the end of the event will be credited toward  
your congregation's chili. The congregation raising the most  
money will receive bragging rights and the highly coveted  
**Golden Ladle** and **Golden Spatula** awards!\*

For more information  
Call **619-583-3972**  
or e-mail **agapehousesdsu@gmail.com**

## Do you receive the Witness via snail mail?

Receive your Witness quickly and more cost  
effectively by contacting Peggy in the office and have  
her add you to the email delivery each month.  
858-277-6572 or via email to:  
[church@gethsemanesd.org](mailto:church@gethsemanesd.org).  
Your efforts to help us save postage  
and paper adds up quickly and we  
thank you for saving our resources.



## NAMI WALK 2017

**Join our team of Gethsemane Gardeners participating in the April 29 NAMIWALKS at Liberty Station: <http://www.namiwalks.org> OR donate to our team or to any individual team member. 100% of all donations support NAMI programs to help destigmatize mental illness.**

## Souper Bowl Thanks

WIN, WIN FOR SERRA MESA FOOD PANTRY-Sunday February 5th we collected 129 cans and cash for the Food Pantry. Ballots were cast as follows: Falcons 72, Patriots 33 and I DON'T CARE 24. Thank you all for the donations but remember people are hungry all year long, so keep up with your regular donations. All items placed in the basket in the Narthex are delivered to the Pantry each Wednesday.



## Around the property and grounds...

- Thanks to Chuck Cheek for researching and installing the emergency exit sign in the chapel, as required by the fire department for a public assembly space.
- Thanks to Ellen Wagner for regularly brightening the tables in the Garden Room with flowers from the grounds.

## AED Training coming to Gethsemane in March

AED SEMINAR - On Sunday March 26th, San Diego Project Heartbeat will present an information and training session on our Automated External Defibrillator (AED). Please plan to take the time to learn the simple operation of our AED, and some ways to recognize cardiac arrest. It could save a life! The seminar will be in the Garden Room after MMACC's service and all are welcome. Estimated start time 6:30pm.



**WATERJUSTICE**  
TRINITY INSTITUTE 2017

You're invited to attend Trinity Institute, an annual conference that takes place in New York City via webcast at Christ Lutheran Church, Pacific Beach, a partner site, March 22-24.

Join the water justice movement! We'll develop a deeper appreciation for water as a sacred gift, gain a thorough understanding of the relationship between water justice and climate change, and learn what we can do about water issues of access, pollution, drought, and rising tides.

To register for Trinity Institute at Christ Lutheran Church, Pacific Beach, Visit: <http://www.christpb.org> or call 858-483-2300. to RSVP by March 10th.

For details see the flyer posted in the Narthex, or the insert coming soon in your bulletin..

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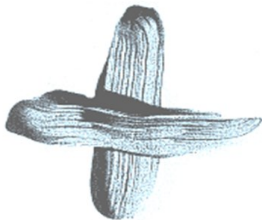
Preschool: (858) 277-7710

**Check out our Website  
at  
[www.gethsemanesd.org](http://www.gethsemanesd.org)**



***Gethsemane Lutheran Church...***  
*grounded in the gospel, anchored in Word  
and Sacrament, traditional yet creative,  
seeking to be God's people in this time  
and place.*

**ADDRESS CORRECTION REQUESTED**



### Ash Wednesday March 1st

11:30am Contemplative Communion  
with the imposition of Ashes

7:00pm Ash Wednesday Liturgy  
with the imposition of Ashes

(shared with MMACC)

### Holy Thursday April 13th

11:30am Contemplative Communion

### Good Friday April 14th

11:30am Contemplative Communion

7:00pm Liturgy into Darkness

### Easter—Resurrection of our Lord April 16th

9:30am One Service

