

FASTING & FEASTING

Fast from criticism, and feast on praise.

Fast from self-pity, and feast on joy.

Fast from ill-temper, and feast on peace.

Fast from resentment, and feast on contentment.

Fast from jealousy, and feast on love.

Fast from pride, and feast on humility.

Fast from selfishness, and feast on service.

Fast from fear, and feast on faith.

—Arthur Lichtenberger, *a former Episcopal bishop*

BIBLE QUIZ

Complete this sentence which introduces a well-known Bible story: “The hand of the LORD was on me, and he brought me out by the Spirit of the LORD and set me in the middle of a valley; it was full of _____.”

A. flowers

B. sheep

C. rocks

D. bones

Answer: D (See Ezekiel 37:1, NIV)

SCRIPTURE READINGS FOR MARCH

March 1: Psalm 99; Deuteronomy 9:15-24; Luke 10:21-24

Transfiguration Sunday, March 2: Exodus 34:29-35; 2 Corinthians 3:12-4:21; Luke 9:28-43a

March 3-5: Psalm 35:11-28; Exodus 35:1-29; Acts 10:9-33; Ezekiel 1:1, 2:1

Ash Wednesday: Psalm 51:1-17; Joel 2:1-17; Isaiah 58:1-12; 2 Corinthians 5:20b-6:10; Matthew 6:1-21

March 6-8: Psalm 91:1-16; Exodus 5:10-23, 6:1-13; Acts 7:30-42; Ecclesiastes 3:1-8; John 12:27-36

First Sunday in Lent, March 9: Deuteronomy 26:1-11; Romans 10:8b-13; Luke 4:1-13

March 10-15: Psalm 17, 27, 118:26-29; 1 Chronicles 21:1-17; 1 John 2:1-6; Zechariah 3:1-10; Job 1:1-22; 2 Peter 2:4-21; Luke 21:34-22:6; Genesis 13:1-18, 14:17-24; Philippians 3:2-20; Matthew 23:37-39

Second Sunday in Lent, March 16: Genesis 15:1-18; Philippians 3:21-4:1; Luke 13:22-35

March 17-22: Psalm 63:1-8, 105:1-42; Exodus 33:1-6; Romans 4:1-12; Numbers 14:10b-24; 2 Chronicles 20:1-22; Daniel 3:19-30, 12:1-4; Revelation 2:8-11, 3:1-6; Isaiah 5:1-7; Luke 6:43-45

Third Sunday in Lent, March 23: Isaiah 55:1-9; 1 Corinthians 10:1-13; Luke 13:1-21

March 24-29: Psalm 32, 39, 40:5-10, 45; Jeremiah 11:1-17; Romans 2:1-16; Ezekiel 17:1-10; Isaiah 7:10-14; Hebrews 10:4-10; Luke 1:26-38; Numbers 13:17-27; Joshua 4:1-24; Exodus 32:7-14; 2 Corinthians 4:22-5:15

Fourth Sunday in Lent, March 30: Joshua 5:9-12; 2 Corinthians 5:16-21; Luke 15:1-32

March 31: Psalm 53; Leviticus 23:26-41; Revelation 19:1-8

CHURCH CALENDAR

3/1 9:00am-6:00pm FLC Reserved (Wanda Mills)
 3/2 **TRANSFIGURATION SUNDAY**
 10:30am WOMEN'S SUNDAY Worship
 4:00pm Middle & High School Youth Meeting
 3/4 5:30pm-7:00pm Shrove Tuesday Pancake
 Supper
 3/5 **ASH WEDNESDAY**
 7:00pm Ash Wednesday Worship
 3/7 **WORLD DAY OF PRAYER**
 3/9 **DAYLIGHT SAVINGS TIME BEGINS**
 3/14-3/15 FLC Reserved (Missy Harvell)
 3/16 **SCOUT SUNDAY**
 3/17 **ST. PATRICK'S DAY**
 3/20 **FIRST DAY OF SPRING**
 3/22 FLC Reserved (Traci Bost)
 10:00am-5:00pm Assembly Room Reserved
 (Barbara Moose)
 3/23 4:00pm Middle & High School Youth Meeting
 3/30 4:00pm-5:30pm All K-12 Youth Meeting

SUNDAYS – 3/2, 3/9, 3/16, 3/23, 3/30

9:00am – Refreshments & Fellowship
 9:30am – Sunday School
 10:30am – Worship
 3:00pm – Confirmation

WEDNESDAYS – 3/5, 3/12, 3/19, 3/26

10:00am – Bible Study / Chapel
 6:30pm – Handbells
 7:30pm – Choir Practice
 3/12, 3/19, 3/26 – 6:00pm Lenten Meal & Bible Study



5 – Hoyle Lingle
 6 – Caylee Sheets
 8 – Sue Bruce
 Jenna Mills Overcash
 9 – Paisleigh Overcash
 11 – Jeff Overcash
 12 – Mark Gamewell
 14 – Ashley Hunt Roberts
 18 – Betty Hunt
 21 – Dee Thompson
 23 – Lu Gamewell

**FACS DRAMA DEPT.
 FAMILY LIFE CENTER RESERVED**

Dates: 3/17, 3/18, 3/24, 3/31

Times: 3:30pm – 5:00pm

CUB SCOUTS

Dates: Thursdays – 3/6, 3/20, 3/27

Friday 3/28, Saturday 3/29

Times: 7:00pm-8:00pm

WiFFLe

Dates: Every Monday, Tuesday,
 Thursday, and Friday mornings in FLC

Times: 10:00am-11:00am

Sola - Schedule of Sunday School Lessons

Date	Lesson	Title	Text	Theme
3/2 Transfiguration	A3 Lesson 6	Peter Denies Jesus	Luke 22:47-62	Denial
3/9 Lent1	A3 Lesson 7	Pilate Has Jesus Crucified	John 19:13-30	Suffering
3/16 Lent2	A3 Lesson 8	Mary Meets the Risen Jesus	John 20:11-18	Promise
3/23 Lent3	A4 Lesson 1	Witnesses for Jesus	Luke 24:36-53	Witnessing
3/30 Lent4	A4 Lesson 2	The Spirit Comes at Pentecost	Acts 2:1-21	Spirit

**Please email or call the church office if your birthday/anniversary has been missed.*

**FAITH LUTHERAN CHURCH
IMPORTANT UPCOMING DATES**

March

Time	Event	Details
March 2	Scout Sunday	Donations needed for Food Pantry: Cereal, Instant Oatmeal / Grits, Mac & Cheese Dinners, Vegetable Soup, Canned Chicken, Peanut Butter, Jelly, Canned Fruits, Snack Pack Puddings, Mustard, Ketchup, and Mayo
March 2 10:30am	Women's Sunday <i>(Transfiguration Sunday)</i>	For International Women's Sunday, the Women of Faith will lead Worship.
March 4 5:30-7:00pm	Shrove Tuesday Pancake Supper	Prepare for our Lenten Journey with fun, fellowship, and pancakes.
March 5 7:00pm	Ash Wednesday	Join us for our 7:00pm Ash Wednesday Worship Service.
March 12 6:00pm	Lent 1	Lenten Meal & Bible Study
March 16 10:30am	Scout Sunday	Scouts will join Worship, with 12:00pm Fundraiser Spaghetti Lunch afterward.
March 19 6:00pm	Lent 2	Lenten Meal & Bible Study
March 26 6:00pm	Lent 3	Lenten Meal & Bible Study
March 30 4:00-5:30pm	K-12 Youth Meeting	All Faith Lutheran Youth will meet in the Family Life Center.

MARCH 9 - DAYLIGHT SAVINGS TIME BEGINS
MARCH 17 - ST. PATRICK'S DAY
MARCH 20 - FIRST DAY OF SPRING

YOUTH UPDATES

CONFIRMATION

Confirmation will meet March 2, 9, 16, 23, and 30.



MIDDLE/HIGH SCHOOL YOUTH

Middle and High School Youth will meet March 2 and 23.

ALL K-12 Youth will meet in the FLC on March 30 from 4pm-5:30pm. If your youth is going to attend, please let Amy know so that she can have enough supplies for everyone. Thanks!

Our first Lenten Wednesday night is on March 12, we will have a class for K-4 and then also 5th-12 grade in addition to the adult activities.

The Easter Egg Hunt will be on Sunday, April 13th at 3pm. Donations of candy would be appreciated. Please place it on the table near the outside door in the kitchen. Thanks so much!

Puzzle!



Fill in the blanks with the tiny creatures mentioned in each verse (all NIV). Then search for those words in the puzzle below.

- Proverbs 6:6 _____
- Psalms 78:45 _____
- Matthew 23:24 _____
- Judges 14:8b _____
- Acts 12:23 _____
- Leviticus 11:22 _____
- Leviticus 11:22 _____
- Deuteronomy 7:20 _____
- Exodus 16:20 _____
- 1 Samuel 24:14 _____
- Isaiah 50:9 _____
- Isaiah 59:5 _____
- Leviticus 11:22 _____
- Leviticus 11:22 _____



M	O	T	H	S	G	N	A	T	B	H
A	N	T	A	L	L	C	H	P	E	O
G	R	A	S	S	H	O	P	P	E	R
G	F	C	R	I	C	K	E	T	S	N
O	L	S	P	I	D	E	R	S	B	E
T	E	C	L	O	C	U	S	T	D	T
S	A	E	F	K	A	T	Y	D	I	D
G	F	L	I	E	S	W	O	R	M	S



Answers: ant, flies, gnat, bees, worms, locust, grasshopper, hornet, maggots, flea, moths, spider, katydid, cricket

sweet soil



This snack's layers mimic properties of our planet's crust.



What you need:

- 1 cup rolled oats
- ½ cup nut butter (divided)
- ½ cup chocolate chips
- Microwave-safe bowl
- Silicone mini baking cups

What you do:

1. Combine the oats and ½ cup of the nut butter. Mix until oats stick together.
2. Place 2 teaspoons of oat mixture in each baking cup. Press with a spoon. Freeze for 10 minutes.
3. Spread remaining nut butter atop the cups. Freeze for 10 more minutes.
4. Microwave the chocolate chips 30 seconds. Stir and keep heating for 30-second intervals until melted.
5. Spread melted chocolate atop the cups. Freeze until chocolate is firm.
6. Remove from the molds and enjoy! Refrigerate leftovers in an airtight container.



DATE	TOTAL OFFERING	ATTENDANCE
JANUARY 26	\$3,810.00	48 Sunday School, 119 Worship
FEBRUARY 2	\$4,392.15	41 Sunday School, 93 Worship
FEBRUARY 9	\$6,366.44	49 Sunday School, 102 Worship
FEBRUARY 16	\$5,576.02	45 Sunday School, 106 Worship

SERVING IN WORSHIP THIS MONTH					
	MARCH 2	MARCH 9	MARCH 16	MARCH 23	MARCH 30
Acolytes	Leila Roberts, Caylee Sheets	Griffin Alderman	Julianna Sheets, Mia Spinella	Caylee Sheets, Leila Roberts	Brooks Moody, Jack Crawford
Audio/Broadcast Team	David Alderman, Aaron Smith, Jeff Mills, Jeff Overcash, Caitlin Rimmer				
Children's Church	<i>Communion</i>	Julie & Sarah Parker	<i>Communion</i>	Amanda Meacham	Wendi Bradshaw
Children's Message	Vicki Fink	Lu Gamewell	Jayne Lingle	<i>Faith Kids Sing</i>	Barbara Moose
Church Sign	Barbara Moose				
Communion Prep.	Donnie Gandy, Barbara Moose				
Fellowship Refreshments	Tony & Sallie Herrin	Jeff & Wanda Mills	Perry & Robin McKnight	Tim & Becky Williams	<i>Church Chat</i>
Lector	Amy Crawford	Gail Gurley	Lee Roberts	Dallas Cobb	Barbara Moose
Nursery	Stephanie Barkley, Marisa Asbury	Jamie Sheets, Chris Earnhardt	Meredyth Fisher, Lela Brooks	Amanda Meacham, Holly Moody	Carolyn Rogers, Crystal Bradshaw
Offering Tellers	Linda Modlin & Ashley Roberts				
Ushers	Lane Bost, Jack Crawford, Frankie Livesey, Jimmy Hudson				
2025 Council Members	Jeremy Alderman, Jeff Barger, Dwight Bradshaw, Randy Buckwell, Dallas Cobb, Chandra Fink, Donnie Gandy, Jake Moose, Laura Peeler				

<p>FAITH EVANGELICAL LUTHERAN CHURCH Rev. Rob Crawford, <i>Pastor</i> (704) 775-0110</p> <p>205 South Main Street Post Office Box 669 Faith, N.C. 28041-0669</p>		<p>Website: faithlutheranfaithnc.com Facebook & YouTube Donate: PayPal.Me/faithlutheranfaithnc Email: faithlutheran1899@gmail.com Church Office: (704) 279-2500</p>
---	--	---