

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 3:12-4:2l; 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 FIRST DAT OF SERING

FLC Reserved (Traci Bost)

 $10{:}00am\hbox{-}5{:}00pm\ Assembly\ Room\ Reserved$

(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	



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 (Transfiguration Sunday)	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 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	 •
Psalm 78:45	
Matthew 23:24	 (17/3)
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	 <i>></i> :
Leviticus 11:22	 _
Leviticus 11:22	 _

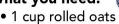
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This snack's layers mimic properties of our planet's crust.

What you need:

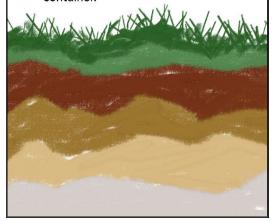




- ½ cup chocolate chips
- Microwave-safe bowl
- Silicone mini baking cups

What you do:

- 1. Combine the oats and ¼ cup of the nut butter. Mix until oats stick together.
- 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.
- 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.
- 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 A	David Alderman, Aaron Smith, Jeff Mills, Jeff Overcash, Caitlin Rimmer						
Children's Church	Communion	Julie & Sarah Parker	Communion	Amanda Meacham	Wendi Bradshaw			
Children's Message	Vicki Fink	Lu Gamewell	Jayne Lingle	Faith Kids Sing	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	Church Chat			
Lector	Amy Crawford	Gail Gurley	Lee Roberts	Dallas Cobb	Barbara Moose			
Nursery	Stephanie Barkley, Marisa Asbury Stephanie Jamie Sheets, Chris Earnhardt 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							

FAITH EVANGELICAL LUTHERAN CHURCH

Rev. Rob Crawford, *Pastor* (704) 775-0110

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