



Midweek Message



SECOND SUNDAY IN LENT

Sunday, February 25th at 9:30 a.m.

Join us in-person or livestream on our Facebook page as we hear of a promise, a covenant, and a faith in the God who brings life into being for you, for me, and for all people!

WEDNESDAY EVE WORSHIP IN LENT: "Hearts of Flesh"

Wednesdays at 7:00pm Feb. 21, 28 March 6, 13, 20

Gather with us during Lent for a half-hour midweek service of renewal and reflection through prayer, hymns, scripture and candle lighting focused on the theme "Hearts of Flesh":

*A new heart I will give you...and I will remove from your body a heart of stone
and give you a heart of flesh. (Ezek.36:26 -27)*

Bring your heart as it is, and let God breathe into it the Spirit of Christ's love.

LENTEN BIBLE STUDY: "Meeting Jesus at the Table"

Tuesdays at 11:00am in the Conference Room (Library)

February 27 March 5, 12

Like a great meal, this Lenten study book offers deep nourishment as we gather for four week at different tables in various places throughout Jesus' ministry. In a world of power struggles and food insecurity, this Lenten study reminds us that at God's Table, all are welcome and there is always enough.

HEALTHY HEARTS FOOD COLLECTION FOR LENT

As we journey through Lent seeking new hearts to love God and our neighbor, join us in collecting 'Heart Healthy' food items for the Pittsford Food Cupboard. Some suggested items are:

Lower salt canned vegetables
Low sugar/no syrup canned fruit
Oatmeal, plain
Tuna packed in water
Brown rice



We will be collecting items through March 17th on the table in the narthex.

Atonement Lutheran Church

All Are Welcome

Join us for in-person worship in our Sanctuary, or Livestream via our Facebook page on Sunday mornings.

Livestream Sunday mornings at 9:30 a.m. by going to the Atonement Facebook page at [fb.com/atonementlutheranchurch/](https://www.facebook.com/atonementlutheranchurch/)

A worship bulletin with hymns is also posted weekly on our web site at www.atonementrochester.org

Confirmation Class

Meeting

Our Confirmation Class will meet this Sunday, February 25th at 10:45 a.m. in the Conference Room (formerly Library).

FIRST FRIDAY FRIENDS

A new idea! let's get together on the first Friday of each month from 10:00 a.m. until Noon for crafting and companionship. Our first session will be held on March 1st, in the new Conference Room (former Library). We can work on leftover projects like no-sew fleece blankets, individual projects like needlework, crochet, or knitting, think up new ideas, make centerpieces for the Asbury Dining Center, etc., etc. All are welcome!

MARCH CELEBRATIONS

2	Jess McGill	18	Lucas Fisher
4	Amy Condemi	19	Bryan Howe
	Paul Lazenby	23	Bob Touhsaent
16	Barb Sanko	25	Sarah Bell
17	Ruth Laraby	28	Karen Grover
	Lois Rau		Amy Irish



CLICK ON OUR MUSIC LINKS

"Next to the Word of God, Music Deserves the Highest Praise" -Martin Luther

[Mozart, Piano Concerto No. 13 in C major \(K 415\) 1. Allegro](#) It's hard to go wrong with one of Mozart's 27 piano concertos. He wrote most of these for himself to play, and they're definitely meant for entertainment. I like these videos that Stephen Malinowski makes on Youtube, where you can see all the notes, with colors and the thickness of lines telling you information about the instruments used, their dynamics, etc.

[Satie - Gymnopédie No. 1](#) A very popular piece of piano music people sometimes use to relax or meditate by. Erik Satie was a French musician who worked in obscurity as a cafe pianist for most of his life, before being discovered by the cool younger generation of composers around WWI. He was mostly self-taught, and felt very intimidated by professionally trained people like Debussy, but was able to contribute this sound of glassy serenity to their music.

LENTEN THOUGHT

In the year 125 AD, a Greek philosopher named Aristides attempted to explain Christianity to the Roman Emperor Hadrian. He described the early Christians in this way:

"They love one another. They never fail to help widows. They save orphans from those who would hurt them. They give freely to the one who has nothing. If they see a stranger, they take him into their homes and rejoice over him as a brother."

We have fallen so far in today's world. Lord, have mercy. Something has to change.



READ

— SECOND SUNDAY of LENT —

Scripture

Mark 8:27-38

For what will it profit them to gain the whole world and forfeit their life? + Mark 8:36

Poem

Mary Oliver, "In Blackwater Woods,"
(see page 4)

Prayer

God of grace, help us to
love what is mortal. Give us
the courage to hold it close
and, when the time comes,
to let it go. Amen.



MEDITATE

This passage in Mark is full of mysteries, and at its core is how salvation somehow involves both losing one's life and saving it. Jesus warns that there are ways to "gain the whole world" and yet still lose your life; and at the same time he promises that God works through loss in order to save. With Oliver, we can see these mysteries unfold in the natural world – and in our own lives – through the ancient rhythms of giving and receiving, losing and saving, holding on and letting go.



COLLEGE CONNECTION THANKS

"Thank you so much for the wonderful Valentine's Day Surprise! I absolutely love all of the goodies and the gift cards will help me get through some long days of classes. I am so thankful to have such an incredible community that is so special. I can feel the love all the way in Delaware! I am sending my love back to all of you!..."
-Faye Domroes

"Thank you so much for the Valentine's Day package! It truly made my day. ♥ Chocolate and gift cards are the best!
-Shannon Howe

We Turn To You For Healing

Merciful God, care tenderly for
all who live with illness, pain,
and disease, especially;

Judy Lazenby
Barb Santsprees
Mary Teter
Susan Touhsaent

***Atonement
Lutheran Church***

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Pastor

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atonementlutheranchurch

Worship

9:30 a.m. Sundays
in our Sanctuary

Livestream Worship

9:30 a.m. Sundays via the
Atonement Facebook page.

Church Office Hours

9:00 a.m.-2:30 p.m.
Tuesday
Wednesday
Thursday

In Blackwater Woods

Look, the trees
are turning
their own bodies
into pillars

of light,
are giving off the rich
fragrance of cinnamon
and fulfillment,

the long tapers
of cattails
are bursting and floating away over
the blue shoulders

of the ponds,
and every pond,
no matter what its
name is, is

nameless now.
Every year
everything
I have ever learned

in my lifetime
leads back to this: the fires
and the black river of loss
whose other side

is salvation,
whose meaning
none of us will ever know.
To live in this world

you must be able
to do three things:
to love what is mortal;
to hold it

against your bones knowing
your own life depends on it,
and, when the time comes to let it go,
to let it go.

-Mary Oliver