



Midweek Message



THIRD SUNDAY IN LENT

Sunday, March 3rd at 9:30 a.m.

Join us in-person or livestream on our Facebook page as we seek the wisdom that comes only through Christ crucified and risen for the sake of the world.

WEDNESDAY EVE WORSHIP IN LENT: "Hearts of Flesh"

Wednesdays at 7:00pm Feb. 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)

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.

FIRST FRIDAY FRIENDS

Friday, March 5th from 10:00 a.m. until Noon in the Conference Room



A new idea! let's get together on the first Friday of each month 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!

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/

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

Installation of 2024

Board & Officers

Thank you to our Board of Ministries members and officers who were installed on February 25th. We offer our gratitude for their leadership and service in the coming year:

Margy Peet, *president*
Skip Waterstreet, *vice president*
Nancy Dahl
Barb Sanko
Nan Westervelt
Desiree Wolfe
Karan Thompson, *treasurer*
Lindee Krapf, *financial secretary and finance chair*

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.

KIDS' PAGE: Why Do We Eat Soup During Lent?

Soup is a simple, healthy meal that is humble (*not fancy*) and easy to share with others. Lent is a time to fast (*give up too much food or drink*), repent (*be sorry for doing wrong*), and give to others. Making, eating, and sharing soup is a way to keep your meals simple and to focus on using what we have to remind us to be thankful for our food and not waste it.

The tradition of eating soup during Lent started a long time ago in the medieval church. It was the custom for rich families to prepare large pots of soup to feed those in need during Lent. It was an easy way to provide good nutrition, and making it themselves showed that they were kind and not too proud to do work for others.

You can use whatever vegetables you have in your house or garden to make this soup. If you don't like pepper, use mushrooms instead! If you don't like beans, use zucchini or yellow squash. You can make your soup however *you* like it!

This recipe requires cutting and using the stove top, so you will need some help from a grown-up. The soup gets very hot, so let it cool a little before you eat it.

Vegetable Noodle Soup

1 1/2 Tbsps oil
1 small onion, diced
1/2 cup carrots, diced or sliced in pennies
1/2 cup of bell pepper, diced
2 cloves garlic, diced
1 carton (32 oz.) vegetable or chicken broth
1 cup water
1/2 cup green beans (fresh, frozen, or canned)
1/2 tsp salt
1/4 tsp black pepper
1/4 tsp parsley
1 cup small pasta (stars, ditalini, alphabet, elbows, etc.)

In a 3 quart saucepan, heat oil. Add onion, carrots, pepper, and garlic. Sauté (*stir around in the hot oil*) until tender (about 6-8 minutes).

Add broth, water, beans, and spices. Stir together. Bring to boiling.

Reduce heat slightly (so it doesn't boil over), add pasta and cook until tender; about 10 minutes. Enjoy your soup! It's very good with crackers or toast.



READ

—THIRD SUNDAY of LENT—

Scripture

John 2:13-25

Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. + John 2:15

Poem

Mary Oliver, "Where Does the Temple Begin,
Where Does It End?" (see page 4)

Prayer

God of justice, help us to protect the
vulnerable with wisdom and audacity.
Show us your true temple. Amen.



MEDITATE

Here Jesus is filled with fierce and righteous anger. Why? Because the temple – "my Father's house" – has been desecrated by a crass form of profiteering. Jesus' love for the temple runs deep, and he challenges us not only to feel the same but also to ask where the boundaries of "the temple" really are. Does the sacred ground end at the sanctuary door? Or does it include the woods, the birds, and the sky, as both Oliver and Genesis 1 would suggest? Does the temple include Christ's own body, and so all of our bodies as well (John 2:21)? And if it does: how shall we fiercely love and defend "the temple" today?

CLICK ON OUR MUSIC LINKS

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

[Johannes Brahms - Zwei Motetten, Op. 29 \(1860\)](#) Johannes Brahms (1833-97) is one of my favorite Romantic composers. He wrote everything but opera, much like Bach, including a lot of choral music. Although he wasn't religious in the way Bach was, he set many religious texts, and seems to have been vaguely Lutheran. Here are two motets (a cappella pieces of religious music) – the second one is especially pretty, I think.

[Brad Mehldau - Blackbird](#) Brad Mehldau is a famous jazz pianist, seen here in a promotional video from Steinway. He's playing Paul McCartney's "Blackbird" in a very tasteful arrangement. Apparently you just need to buy a Steinway and you can play like that!

By Water And the Spirit

We rejoice in the baptism of
Mila Renee Ramkarran,
daughter of Jenna Sanko and
Carl Ramkarran, and
granddaughter of Barb Sanko.;
on February 25th.

*May God's blessing
surround her throughout
her journey of faith.*

***Atonement
Lutheran Church***

1900 Westfall Road
Rochester NY 14618
(585) 442-1018

The Rev. Gail Swanson,
Pastor

Email:

office@atonementrochester.org

Website:

www.atonementrochester.org

Facebook:

fb.com/
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

***Where Does the Temple Begin,
Where Does It End?***



*There are things you can't reach. But
you can reach out to them, and all day long.*

The wind, the bird flying away. The idea of God.

And it can keep you as busy as anything else, and happier.

*The snake slides away; the fish jumps, like a little lily,
out of the water and back in; the goldfinches sing
from the unreachable top of the tree.*

I look; morning to night I am never done with looking.

*Looking I mean not just standing around, but standing around
as though with your arms open.*

*And thinking: maybe something will come,
some shining coil of wind,
or a few leaves from any old tree -
they are all in this too.*

*And now I will tell you the truth.
Everything in the world
comes.*

At least, closer.

And, cordially.

*Like the nibbling, tinsel-eyed fish; the unlooping snake.
Like goldfinches, little dolls of gold
fluttering around the corner of the sky*

of God, the blue air.

-Mary Oliver

