



Midweek Message

FOURTH SUNDAY IN LENT

Sunday, March 10th at 9:30 a.m.

Join us in-person or livestream on our Facebook page as we are reminded to look to the Cross for healing, hope, and a restored relationship with God through Jesus.

COFFEE HOUR/ADULT FORUM

Sunday, March 10th following worship

Rev. Georgia Carney, founder of *SewGreen Rochester* will be sharing information with us about the twice-monthly *Repair Café* held at the Southwest Mission, and about *SewGreen*, a non-profit dedicated to rescuing for reuse everything to do with sewing, knitting, crochet, and needlework; and to offering low-cost classes to revive these skills.

SUNDAY SCHOOL FUN DAY MARCH 10TH

Sunday, March 10th following worship in Founders Hall

All children ages preschool through grade 5 are invited to join us directly after worship in Founders Hall. Join us for a Bible story, an art project, music, activities, and snacks. Our topic this month will be "Do Not Worry: God Is In Charge" We ask that an adult stay with children under eight years of age to assist us.

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
Oatmeal, plain
Brown rice

Low sugar/no syrup canned fruit
Tuna packed in water

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

WEDNESDAY EVE WORSHIP IN LENT: "Hearts of Flesh"

Wednesdays at 7:00pm 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". Bring your heart as it is, and let God breathe into it the Spirit of Christ's love.

*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)*



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

Evening

Prayer

We come to you now, O Lord,
weary from the day's journey,
thirsty for rest, hungry for peace.
Renew us in your love,
tend us in our sleep,
until we find sweet rest in you.
Amen.



READ

Scripture

John 3:14-21

Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.
+ John 3:17

Poem

Mary Oliver, "Some Questions You Might Ask," (see page 3)

Prayer

God of all creation, help us to see the world you have made, the world you mean to save.
Show us the breadth of your love! Amen.



MEDITATE

Jesus speaks here of both grace and judgment, but his emphasis is on grace: after all, in Numbers 21 the bronze serpent Moses lifted up saved all the afflicted Israelites, not just a few; and likewise, God's Son came not to condemn the world but "in order that the world might be saved." Oliver's poem can be read as a provocative, playful riff picking up on the striking fact that Jesus does not say, "in order that all people might be saved." For aren't the bear and the hummingbird, the snake and the scallop, the iris and maple tree included among God's beloved?

CLICK ON OUR MUSIC LINKS

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

[Love Consecrates the Humblest Act - Robert J. Powell \(youtube.com\)](#) Robert J. Powell is still composing at the age of 92! He's been a jewel in the crown of American church composers for a very long time, and we've done a few of his pieces at church. His style has always been very clear and simple, kind of folk-song-like. Here's a nice meditation on how important are the supposedly small deeds we do for each other with which we fill our days.

[John Rutter - Toccata in Seven \(youtube.com\)](#) John Rutter is a familiar name in choral music, especially for Christmas. This is probably his most famous organ piece. A "toccata" really just means a showpiece, in a loose form, improvisatory, usually with a lot of running fast notes, and that's what we get here!

Some Questions You Might Ask

*Is the soul solid, like iron?
Or is it tender and breakable, like
the wings of a moth in the beak of the owl?
Who has it, and who doesn't?
I keep looking around me.
The face of the moose is as sad
as the face of Jesus.
The swan opens her white wings slowly.
In the fall, the black bear carries leaves into the darkness.
One question leads to another.
Does it have a shape? Like an iceberg?
Like the eye of a hummingbird?
Does it have one lung, like the snake and the scallop?
Why should I have it, and not the anteater
who loves her children?
Why should I have it, and not the camel?
Come to think of it, what about the maple trees?
What about the blue iris?
What about all the little stones, sitting alone in the moonlight?
What about roses, and lemons, and their shining leaves?
What about the grass?*

-Mary Oliver



LENTEN BIBLE STUDY: “Meeting Jesus at the Table”

Final Session! Tuesday, March 12th at 11:00am in the Conference Room

Like a great meal, this Lenten study offers deep nourishment as we gather for four weeks 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.

VOLUNTEER OPPORTUNITIES

Greater Rochester Interfaith Builders ReStores

The ReStores in Henrietta are in great need of volunteers to help run cash registers, support the sales floor, and for people who can lift and move furniture. Go to rochesterhabitat.org and click on ‘volunteer’ or Email Hannah Feeley at hfeeley@grhabitat.org.

St. John’s Home in Rochester

The Monday morning Ecumenical service is in need of volunteers. Email sculp@stjohnsliving.org or call (585) 760-1300 and ask for their Volunteer Services department.

Your Mercy

Is Great

Merciful God, your love heals.
Care tenderly for all who are
sick or recovering from illness,
especially:

Andrea Fleishman
Judy Lazenby
Barb Santsprea
Mary Teter

**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

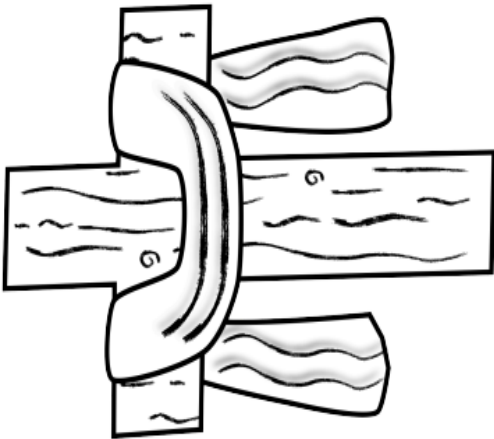
Livestream Worship
9:30 a.m. Sundays via the
Atonement Facebook page.

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

KIDS' PAGE: Why Wednesday?

Leaders of the early church, a long time ago, decided that Wednesdays and Fridays would be days that people should fast (eat less food). Wednesday was picked in memory of Judas who, according to tradition, betrayed Jesus on a Wednesday. Now, people don't usually fast every Wednesday and Friday all year, but many Christians will give up eating meat on Fridays, and eat simple suppers and hold prayer services on Wednesdays during Lent to remember and honor events in Jesus' life.

Can you color the cross below with a purple drape, finish the puzzles with words that are used during the church season of Lent, and draw a picture or write about something that *you* do during Lent?



Find all ten words:

Jesus
Lent
Ash
Wednesday
Dust
Prayer
Alms
Fasting
Sacrifice
Purple

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

Unscramble these Lenten Words

TRYFO YASD _____

HSESA _____

NLTE _____

TISFGNA _____

One thing I can do during Lent to bring me closer to God...

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