



The Weekly Update

Fredericksburg Presbyterian Church

March 5, 2025



FROM THE PASTOR'S DESK

Today – Wednesday, March 5 – marks the beginning of the season of Lent. Maybe you are used to recognizing the season of Lent, or maybe you don't know much about it. Here is a quick reminder of what Lent is and how/why we celebrate it among the family of God.

LENT FAQs

What is Lent?

Lent is the 46-day period that begins with Ash Wednesday and ends at midnight on Easter Sunday. During this time, Jesus-followers have a chance to adopt different spiritual practices and habits that allow them to draw nearer to Jesus and focus more intentionally on Him and the sacrifice He made. For thousands of years the Church has used the season of Lent to intensify longing and love for Christ.

What is the significance of Lent?

Lent is supposed to remind us of the 40 days Jesus spent in the wilderness, fasting as he prepared for His ministry. We follow in His footsteps by remembering His sacrifice as we make our own sacrifices.

Wait, you said Lent was 46 days!

That's right, but Sundays don't count as "fast" days. For Jesus-followers, Sundays are always "feast" days. Every Sunday is a celebration of the resurrection of Jesus, and therefore not rightly a part of Lent.

Does that mean if I give something up for Lent, I can "cheat" on Sundays?

YUP! To the glory of God and to celebrate the resurrection!

What do we do during Lent?

There are all kinds of possibilities! In general, they fall into three categories: 1. Subtraction: take away a distraction in your life or make a significant sacrifice; 2. Addition: begin a spiritual practice or deepen your commitment to faithful living; or 3. Change: transform a common habit and shift your awareness.

What if I don't want to do anything different for Lent?

Then don't do it! No one is obligated to participate in Lent. As a matter of fact, you really shouldn't do anything during Lent if you aren't doing it to focus on Jesus. For example: losing weight is an unhelpful motive for giving up sugar during Lent.

One easy thing you can do is to join us TONIGHT – 7pm, Wednesday, March 5 – for our Ash Wednesday worship service. We'll have a time of learning, reflection, worship and repentance as well as the imposition of ashes. We hope to see you there!

Pastor Jos

Update from Session

During our congregational meeting at the beginning of February, Pastor Jos and session members shared with you about the process Session has been undertaking to discern next steps for our church. For nearly a year, session members have been prayerfully considering our church's strengths and weaknesses. Where do we thrive, and where does our ministry have the most room to grow? Are these challenges that can be met as we are right now, or do we need to consider hiring additional help? What area will help us most with our foundational mission of creating disciples? We want to become a community that cultivates faith and faithfulness to Christ.

At this point, Session is excited to share that the next large step we feel called to take is to hire a part-time director for our worship ministry. As we seek to make disciples, we also must seek to discover what barriers we need to overcome. In an increasingly digital age, we recognize that walking through our doors is unlikely to be the first interaction we have with guests, and that the full shape of a Sunday morning with us - from the initial greeting, to the graciousness of conversation after worship, and everything in between - affects whether we are making lasting connections with those we are called to love. It is for this reason that Session unanimously feels that hiring in this direction will have the most impact.

Over the next months you can expect to see a search team formed made up of members of Session, members of our music team, and members of our congregation. They will finalize a job description and begin the search process.

Our greatest hope is to do the work the Lord has prepared for His church well, and so it is with great joy that we are taking this step, and we ask that you help us prepare by praying:

- Please pray as the search team is assembled and as they put together a final job description to begin the process.
- Please pray for the person the Lord is preparing for this position. Pray that barriers to accepting it would be removed, and the person will be ready to accept with joy.
- Please pray that we as a church will be able to accept possible changes with humility, recognizing that all we do is for the glory of God and to do His work.
- Please pray for patience as we search. We do not know the Lord's timing, only that the right person will come when He chooses.
- Please pray for the continuing work of our church. There is still much we can do to build connections and cultivate disciples every day. We look forward to sharing in this work with you!

Session wants to hear from you. If you have questions about this direction - or anything at all! - please do not hesitate to reach out to me or one of the other session members. We would be happy to talk with you about this process and how we are seeing God work in our community!

Beth Miller

HOW DO I PARTICIPATE IN LENT?

There are all kinds of things you can do to help you focus on Jesus and take a step into deeper fellowship with God during the season of Lent. The lists below aren't exhaustive, but they will get you started thinking about what might work for YOU this Lent.

Subtract a distraction and make a significant sacrifice.

- Fast from ("give up") a favorite food or drink
- Fast from any or all social media (no Facebook, Instagram, TikTok, etc.)
- Fast from alcohol
- Fast from a regular coffee run
- Fast from nightly TV watching
- Fast from food one day a week
- Fast from a meal each day
- Don't eat out during Lent
- Give away some possessions each week, clean the closets, de-clutter and give away things you like
- Stop playing an addictive video game
- Give away a portion of your weekly paycheck
- Take cold showers
- Turn off your cellphone for the evening
- Don't buy anything you don't need
- Don't watch YouTube
- Sleep on the floor one night a week

Add a practice and deepen your spiritual commitment.

- Keep a daily prayer journal and write out your prayers
- Read through a book of the Bible
- Attend a second-hour group
- Meet with a friend for prayer each week
- Commit to being in worship every Sunday of Lent
- Remember the Sabbath - No work for a 24-hour period each week.
- Do a Lenten Bible Study with friends
- Memorize a long passage of Scripture (a chapter or more) and work on it daily throughout Lent
- Practice 3-times a day prayer: when you wake up, at noon and before you go to bed
- Volunteer with an organization serving those in need
- Pray out loud with your spouse or family once a day.

Change a common habit and shift your awareness.

- Limit your time watching screens
- Don't listen to the radio in the car and instead spend travel time in prayer
- Bring your lunch to work/school every day instead of buying
- Only shop local or in-person - no Amazon
- Sit in a different pew each Sunday of Lent and get to know a different set of people
- Have a weekly meal with a friend to talk about your walk with Jesus
- As much as possible, limit yourself to cooking only the food currently in your pantry - clear it out
- Step up your weekly monetary giving
- Kneel when you pray - focus on humility and the presence of God
- Limit the time you play video games
- Write a letter to a friend each week to encourage them

NOW WHAT?

1. **CHOOSE WHAT YOU WILL DO.** Use an example above or choose your own.
2. **COMMIT TO DO IT FOR THE 40-DAYS OF LENT** - Remember, Sunday is your celebration of resurrection day, so decide what is most appropriate for you to do on Sundays (for example: if you are fasting from chocolate, feel free to eat chocolate, if you're adding prayer, don't skip prayer).
3. **SHARE YOUR DECISION** - it's important that others know so they can cheer you on, support you and hold you accountable. Pick a friend and tell them what you're doing and ask them to follow up with you.

March Calendar

March 5	7:00 p.m. Ash Wednesday Service
March 6	6:45 p.m. Music Team
March 7	6:30 p.m. First Friday (Women)
March 8	Move Your Clocks Ahead Tonight!!
March 9	Sunday morning worship and 2nd Hour
March 10	6:00 p.m. Kids Ministry Team Meeting
March 12	10 a.m. G.L.O.W. (Women)
March 12	6:30 p.m. Trustees Meeting
March 12	6:45 p.m. Music Team
March 15	Easter Flower Orders due
March 16	Sunday morning worship & 2nd Hour
March 18	7:00 p.m. Finance Team Meeting
March 19	10:00 a.m. G.L.O.W. (Women)
March 19	6:00 p.m. Emmaus 4th Day
March 19	6:45 p.m. Music Team
March 23	Sunday morning worship and 2nd Hour
March 25	7:00 p.m. Session Meeting
March 25	7:30 p.m. The Grind (Men)

VOLUNTEERS FOR March 9

Greeters	Don & Joyce Rhamy Duane Wood
Ushers	Shad Swinehart & Scott Schlauch
Café	Adam Swinehart
Nursery (Worship)	Connie Herman
Nursery (2nd Hour)	Wendy McKelvey
Kidz Jam	Shirley Swinehart
Kids 2nd Hour	Shirley Swinehart
Elder Assist	John Scott
Safety Team	Tom Machamer



The church's Ash Wednesday Service, the beginning of Lent, is planned for tonight, March 5 at 7:00 p.m. We hope you will join us

The Children's Ministry Team has a special request for our church family.

We are asking you to join with us in praying for the kids of the church and for growth and blessing in kids ministry. We are eager to see more children and families connect with our programming for kids; but as we work toward that goal, we are asking all of you to join us in prayer. We know that God is the one who can help us reach more children and so we want to be asking Him to be at work in these things. Each week in the weekly update we will be sharing a simple prayer prompt for each day of the month and it will be connected with a Bible reference that the prayer is based on. We encourage you to pray with us but lifting up the children in your life, or by praying a general blessing on the children of our community. Your commitment to join us in praying for these things is a blessing to us and makes a difference! Thank you!

Praying for Kids – March 5 – March 11

March 5 - Ephesians 1:22-23

God, I praise you because you have put all things under the authority of Christ and made him head over all things for the benefit of the church, including our children's ministry. Our group of children is your body; it is made full and complete by Christ, who fills all things everywhere with himself.

March 6 - Ephesians 3:14-16

When I think of what Christ has done to unite us, and what he has called me to in ministry, I fall to my knees and pray to you, Father, the Creator of everything in heaven and on earth. I pray that from your glorious, unlimited resources you will empower me with inner strength through your Spirit, to teach your children with excellence.

March 7 - Ephesians 3:17

Jesus, make your home in children's hearts as they trust in you. Give them roots that grow down into God's love and keep them strong.

March 8 - Ephesians 3:18

May children have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is.

March 9 - Ephesians 3:19

May children experience the love of Christ, though it is too great to understand fully. Then may they be made complete with all the fullness of life and power that comes from you, God.

March 10 - Ephesians 3:20-21

Now all glory to you, God. You are able, through your mighty power at work within our children's ministry team, to accomplish infinitely more than we might ask or think. Glory to you in our children's ministry and in Christ Jesus through this generation we lead, and all generations forever and ever! Amen.

March 11 - Ephesians 6:19-20

And God, I pray for myself. Give me the right words so I can boldly explain your mysterious plan that the Good News is for children and grown-ups alike. No matter what happens, I pray that I will keep on speaking boldly for you, as I should.

PRAYER

Please keep these people/situations in your prayers.

The prayer needs listed in **BOLD** are new to the list.

Military Service:

- Isaiah Styer - Hawaii
- Hunter Amolotte deployed to southern border
- Shannah Swinehart - Army National Guard
- Christa Nelson - Navy
- Steven King - Army
- Ryan Chabak - stationed in Arizona
- Gaven Bee - stationed in Dayton, OH

Prayer Needs

- Triway's play production
- Victims of recent natural disasters

Health Concerns

- **Tim - Alzheimer's disease**
- Barry Walton emergency back/neck surgery
- DeeDee Sinnett - health concerns
- Pat Thomson
- Gerald Stephan - pneumonia
- Kelly - thrown from a horse
- Jenny Reed - surgery March 12
- Pastor Albert continued healing from accident
- Jane Heilman

Battling Cancer

- Jamie - brain tumor
- Diane Scott
- Susan Halliday
- Janet Lee
- Waldo - cont'd prayers for remainder of chemo
- Landon Sommers - Hodgkin's Lymphoma
- Keylee - leukemia
- Dale James

The Deacons encourage you to send cards or notes of encouragement to those in the church family experiencing prayer needs.



Ladies First Friday at the church.
March 7 at 6:30 p.m. Snacks provided.
Topic—"Sharing with Others"

Happy Birthday

March 6 Denise Machamer
March 7 Sherri Machamer
March 7 Stacie Nelson
March 9 Adelynn Kidd
March 10 Mary Lee Wirick



Order Your Easter Flowers- The order form is located on the sign-up table in the gallery. Details are on the table with the order form. Be sure to list who the flower is in honor or memory of. And please include payment with your order. Final day to order is March 16.

Time change March 8

Spring forward You must...



Or late to church you will be...