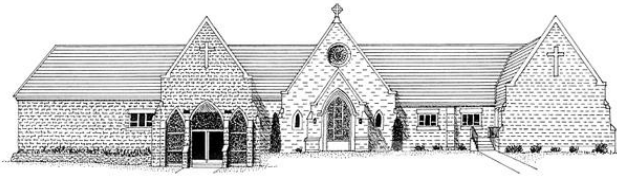


THE MESSENGER



Monthly news for Emmanuel Lutheran Church
Menominee, Michigan

MARCH

2023

**We welcome Reverend Christine Olson,
our full-time Intentional Interim Pastor.**



2023 Lent

Emmanuel and Bethel will have shared Lenten soup suppers at 5:00pm followed by midweek services at 6:00pm this year, which began Wednesday, March 1st at Bethel Lutheran Church, 1309 13th Street, Menominee.

Out of the depths I cry to you, O LORD.

Lord, hear my voice!

Let your ears be attentive
to the voice of my supplications!

If you, O LORD, should mark iniquities,

Lord, who could stand?

But there is forgiveness with you,
so that you may be revered.

I wait for the LORD, my soul waits,

and in his word I hope;

my soul waits for the Lord
more than those who watch for the morning,
more than those who watch for the morning.

O Israel, hope in the LORD!

For with the LORD there is steadfast love,
and with him is great power to redeem.

It is he who will redeem Israel
from all its iniquities.

Psalm 130 NRSV

We get into the depth of the season of Lent this month. Referred to as a time of repentance, Lent is a time to cleanse the spiritual palate, so to speak. It is a time to let go of—*even if just for a little while*—the things that get in the way of our spiritual journey, our walk of discipleship, our journey with Jesus.

We can be overwhelmed with the things of this world, even good things. Desires, objects, ideas, and dreams can pile up on us without our notice and, when they do, can subvert our true purpose in life and our true purposes in our day-to-day life. Sometimes, when so overwhelmed, we forget the simple truth that we belong to God, are connected to each other, and are meant to stand in awe of God's creation. We lose track of what's really REAL and begin to

believe the lies whispered to us by the things of this world and by the devil itself—that we ourselves and others are only valuable for what we can do; that the earth is only valuable for what we can take from it; that life’s value is found in accumulating and “getting on top”. *Out of the depths I cry to you, O Lord. Lord, hear my voice!* We can find ourselves buried in the depths by the noise and demands of this world.

In Lent, we take an extra effort to shed ourselves of the things that weigh us down so that we can take a fresh look at ourselves in relationship to God and God’s creation. We seek to answer the question: “What do I need to turn my back on to follow Christ more fully?” The three disciplines of Lent are meant to help us with this process: prayer, fasting, and almsgiving.

The discipline of prayer connects us more deeply to God and to our own souls, connecting us to the Well of Life, driving us deeper into the REAL and into the life-giving graces of God. For these purposes, “prayer” refers to any spiritual discipline that connects you more fully to God’s presence. Add a daily devotion, participate in a Bible study, pray weekly with a prayer partner, attend special worship services, or add a time of silent prayer and listening to your day during Lent. Giving God more time and attention refocuses ourselves and our souls.

The discipline of fasting doesn’t have to be about food (though it can be). This discipline is about giving something up in order to make more room for God. You could fast from television (or a certain amount of TV), social media, video games, or anything that uses more time than you’d like. Then, use that time to connect with God more deeply, instead. You could also fast from something that frees up some money which you can then give to the poor. Fast from eating in restaurants during Lent, or from fancy coffees, or from doing any shopping at all. Give some of the money you free up in order to help others. Finally, you can indeed fast from food, but be aware of your motives. Don’t give up something because you want to lose weight, etc., but fast from a

food which is a true sacrifice—a sacrifice that forces you to turn to God for help and support whenever you’re tempted to eat it. Any of these kinds of fasting will support growth in faith by giving you more time with God, resources to use for God’s cause, or recognition of your deep need for God.

The discipline of almsgiving reminds us to be thankful for what we have and that we are connected to others in this world. We don’t give out of pride, but out of humble gratefulness. We give as a discipline, recognizing that God (and Jesus) has told us to do so. We give as a reminder that everything in this world—including what we have—actually belongs to God. Give a little more during Lent in order to put the things of this life in perspective.

Through all these things, God can scrape off the spiritual sludge that can begin to cover us over time and open us up in a greater way to the Spirit. These are activities of repentance. Repentance literally means “to turn around” or “to turn back”. Lent gives us a special call to turn back from the things and habits that get in the way of our discipleship. We take this time to turn around and face our Savior again, freer from the things that can get in the way. *O Israel, hope in the LORD! For with the LORD there is steadfast love, and with him is great power to redeem.*

Blessings to you always in the name of the One who constantly and continuously calls us to turn back to him.

Pastor Christine



Ruth Thiex passed away on January 26 at the Bay at Oconto in Oconto, WI. Ruth's funeral was held at Cadieu Funeral Home on February 3. In sure and certain hope of the resurrection to eternal life through our Lord Jesus Christ, we pray: Rest eternal grant her, O Lord, and let light perpetual shine upon her.



“Teacher Guide Us...” Wednesday Lent 2023

A gathering of Bethel and Emmanuel Lutheran Congregations, where we will journey through Lent giving thanks for all the ways God has taught and continues to instruct us in faith and daily living. This will be an opportunity to also give thanks for the gift of teachers of all kinds in our lives. Along with the partnership of both congregations, we give thanks for the worship leaders who are joining us! Please join us at Bethel for soup at 5 pm (prepared by the Menominee High School Culinary class) and worship at 6pm.

March 1st: Pastor Scott Ehle

March 8th: Pastor Nick Johannes

March 15th: Pastor Lee Goodwin

March 22nd: Pastor Keith Kolstad

March 29th: Pastor Christine Olson



As we enter the season of Lent, parents may wonder how to explain and share the practices of Lent with their children. Lent is the 40 days, not including Sundays, from Ash Wednesday to the Saturday before Easter Sunday. We know that Lent is a quiet season in our church year and a time of self-reflection and listening for God's voice. It is a time of repentance, prayer, and giving; practices that help to bring us closer to God. But, how can we help our children understand and participate in this Lenten journey?

Parents and adult role models play a critical role in teaching faith to their children. Along with bringing children to weekly Lenten soup suppers and worship, special Lenten activities done at home can have special meaning and create a big impact on your child's faith formation.

Here are some meaningful ways your entire family can engage in the discipline of Lent at home:

Create a Lenten Cross – Take a serving tray and place votive or tea light candles on top in the shape of a cross. Light the candles each night as you eat supper together or during family devotion time.

Create a Family Prayer Jar – Depending on the size of your family, divide the 40 days by the number of people in your family. Each family member will then write a prayer request on a slip of paper and add it to a jar that your children have decorated to be the "Family Prayer Jar". Each night of Lent, remove one prayer and include it in your family pray. To assist your littlest children in writing their prayer, teach them to focus on thanking and praising God, asking for forgiveness for something they did wrong, and for God to help them or someone they know.

Make Pretzels – Homemade pretzels may not seem like a Lenten food, but early Christians would pray by crossing their arms over their chest with their hands to their shoulders. As part of their fasting, they made bread with only flour, salt, and water. A monk in 600 AD made this bread for children in the shape of

these crossed arms, creating the pretzel. Share your pretzels with friends and other family members.

Choose a charity – As a family, choose a local charity and research them to determine how your family can best meet their needs. Maybe it's by collecting coins or donating things you no longer need.

For more ideas on Lenten practices for your family, take home a copy of the "Family Calendar for Lent" booklet that is available in the narthex. As you prepare your hearts to renew and strengthen your relationship with our Lord this Lenten season, help your children do the same. By doing so, you will not only deepen your faith, you will be teaching your children important aspects of our faith, and in the process, you will strengthen the relationships within your family.

God's blessings to you and your family this Lenten Season.

Patti Treptow
Director of Youth & Family Ministry



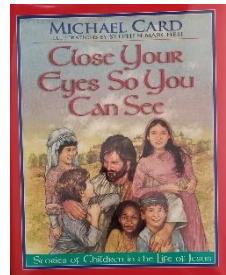
Children's Library "Book of the Month"

This month's book is ***Close Your Eyes So You Can See***, by Michael Card. This is a collection of stories that invite you to experience life as a child during the first century, in the presence of Jesus. At the end of each story there are wonderful questions that you can

engage in as a family. During Lent,

this book will help your entire family know Jesus a little more. And, that is what Lent is all about...getting closer to Jesus!

Our library is located in the Sunday school wing at the end of the hallway. There are numerous books, DVDs, and videos that may be checked out. Come and visit!



Youth Ministries



Sunday School

Join us each Sunday for Pre-K through 6th grade Sunday School. We start at 10:00 a.m. in church for a children's sermon, and then go to our classrooms!

First Communion Instruction

Holy Communion classes for our 5th graders and any 6th graders who have not yet received this instruction, will start on **March 12th** and will run for four weeks. Students will then join with their family for a traditional Seder Meal and take their first Holy Communion during the Maundy Thursday worship service on April 6th. Letters and registration forms regarding the classes were mailed out Monday, February 27th. If you did not receive a letter, please contact Patti Treptow.



Upcoming Classes

March 5th and 19th
11:00 am - 12:30 pm



GLOW Youth Group

7th-12th grade
March 1st

6:45 following Lenten worship - 8:00 p.m.

Join us for a night of food, faith and fun. Bring a friend!



Ignite Afterschool Program

7th - 12th grade youth Mondays, 3:30-5:00 p.m. during Lent. Ignite is a place for youth to hang out, engage in fun activities and learn new things - **all of our community's youth are invited**. This year the Ignite youth are preparing for a "Medieval Day" for Sunday, May 4th immediately following the 10:00 a.m. worship service. Our youth will be providing games and crafts for the children, food for everyone and a skit. Activities will be held outside weather permitting.

Spring Junior/Senior High Youth Retreat

at Fortune Lake Lutheran Camp.

April 21st-22nd.

Emmanuel youth will go as a group and join with other junior/senior high youth from around our church synod for an overnight experience of faith, songs, games, campfire, sauna and awesome camp food! Contact Patti as soon as possible if you are interested in attending.



FORTUNE LAKE
A place of grace in Crystal Falls, MI

Sumer Camp 2023

Registration for Fortune Lake summer camp is available now.

We understand that the cost of camp is difficult for some families. Emmanuel does have scholarship funds available. Scholarship applications and more information on camp can be obtained in the church office.



FORTUNE LAKE LUTHERAN CAMP

WEEK	DATES	CAMP PROGRAM & AGE/GRADE COMPLETED	COST
Week 1	June 11-16	Victory Camp (Adult 18+ with disabilities)	\$625
Week 2	June 18-23	Intergenerational Week (all ages)	See website
	June 19-22	On-Site Day Camp (Grades K-5)	\$110
Week 3	June 25-30	High School Week (Grades 9-12) LIT Training Week (Grades 10-12)	\$425
	July 9-12	Mini Camp (Grades 2-3)	\$305
Week 4	July 9-12	Villager (Grades 3-4) Vagabond (Grades 5-6) Venturer (Grades 7-8)	\$425
	July 9-14	LIT #1 Option	No charge
Week 5	July 16-21	Villager (Grades 3-4) Vagabond (Grades 5-6)	\$425
		Camp ACTS (Grades 3-12)	\$455
		LIT #2 Option	No charge
Week 6	July 23-28	LEGO® Camp (Grades 3-8) Jr High Night Owl (Grades 6-8)	\$425
		Art Camp (Grades 3-8)	\$455
		LIT #3 Option	No charge
Week 7	July 30-Aug 4	Intergenerational Week (all ages)	See website
	Aug 1-4	Intergenerational Half Week (all ages)	See website
Week 8	Aug 6-8	Mighty Ones (Grades 1-2)	\$205
	Aug 6-9	Mini Camp (Grades 2-3)	\$305
		MashUp (Grades 4-8) LIT #4 Option	\$305 No charge

*LIT program requires an application process. Week #1 has a fee; subsequent weeks do not.

2023
SCHEDULE

More info at FortuneLake.org



**Meeting for Parents and Guardians
of our children
Sunday, March 26th 11:00-11:30 a.m.
Fellowship Hall**

We are encouraging you to reflect on what we are offering in faith formation programs and events here at Emmanuel and to provide feed-back on what we can offer to help you and your children grow in faith. This meeting is also a chance for Pastor Christine to get to know you and for you to ask both her and Patti Treptow questions and provide comments and suggestions that would help your family.

Sunday School Pool Party!

Our children were able to enjoy the pool at the YMCA on Sunday, February 26th following Sunday school class. Thank you, Little Lutherans Youth Committee for providing this fun event!



Youth Lock-In!

Our youth enjoyed a lock-in February 17th-18th at church. This overnighter was filled with fun games, a service activity of Easter card making for the Menominee Care Center, a meaningful worship led by the youth, and of course plenty of food! Thank you to Patti Treptow, Jeremy Camps, Jeremy Sallgren, and Olivia Stewart for chaperoning this event!



Adult Ministries

Emmanuel Women's Group

First Thursday of each month at 1:00 p.m.
Join us in the Friendship room for Bible study and fellowship.
Upcoming meetings: March 2nd and April 6th

Care & Share Alzheimer's Support

A support group for caregivers of loved ones with Alzheimer's and other dementias is being offered at Emmanuel Wednesdays from 4:30-6:00 p.m. in the church narthex.

Yoga at Emmanuel

Tuesday's, 5:30-6:00 p.m.
Join us for this wonderful exercise taught by Sally VanEyck, certified yoga instructor. All abilities are welcome.
Dress comfortably, bring a yoga mat and water.
Classes are \$5.00 per session.

Holy Grounds Coffee Hour



*My Cup
Overflows
With Your
Blessings*

Please join us for coffee and conversation in the narthex between 9:00 and 10:00 a.m.



Emmanuel's Outreach Projects

The Outreach Committee would like to thank everyone who donated cans of soup for the Souper Bowl of Caring. The soup was received by St. Vincent de Paul's pantry staff with great appreciation and thanks!

Worship Assistant Schedule – March 2023

March 5

Ushers

8:00

Greta Hodge
Jim Briar

10:00

Betty Kohrt
Nancy McDonald

Reader

Sue Larson

Judy Gleisner

Communion

Randy Demeuse

Judy Gleisner, Terrie Porras
Debbie Lemery

March 12

Ushers

Bill & Connie
Taccolini

Jeff & Amy Lenca

Readers

Connie Taccolini

Colleen Baribeau

March 19

Ushers

Matt Vanni,
Ann Koehler

Darrell & Polly Smith

Readers

Denise Ruleau

Ivon Butman

Communion

Jim Briar

Debbie Lemery
Kim Schroeder

March 26

Ushers

Cathy Hipke
Cindy Smith

Shannon Jones
Oliver Jones

Readers

Cathy Hipke

Shannon Jones

Northern Great Lakes Synod News

If you are curious as to what might be happening around the Synod, check out the Northern Great Lakes Website at www.nglsynod.org.

To view Bishop Finegan's and Assistant to the Bishop Duehring's newsletter articles, they can be found at www.nglsynod/newsletters-articles.



All Easter memorials must be received by

Sunday, April 2nd

*to be included in the Easter Memorial booklet.
Your gifts are greatly appreciated.*

I would like to:

\$_____ Place an Easter Lily in the chancel (\$15.00 each)

\$_____ Youth Mission Fund

\$_____ Emmanuel Maintenance Fund

\$_____ ELCA – World Hunger Appeal

Given _____ In memory of _____

_____ In honor of _____

_____ In thanks to God _____

By _____

Envelope Number _____



I Hope in the
LORD!

For with the LORD there is

STEADFAST

love.

Psalm 130:7

SUNDAY MORNINGS AT EMMANUEL

8:00 am & 10:00 am in person

**Online Worship at 8:00am is
livestreamed on our Facebook page**

Children's Sunday School during the 10am service

CONTACT US:

Phone: (906) 863-3431

Email: mail@e-mmanuel.com

or

Visit us on the Web at www.e-mmanuel.com



*Follow us on Instagram and Facebook at
Emmanuel Lutheran Church Menominee Michigan ELCA*

STAFF:

Pastor:

Rev. Christine Olson

Email: pastor2901@e-mmanuel.com

Director of Youth & Family Ministry:

Mrs. Patti Treptow

Church Secretary:

Mrs. Judy Raygo

Custodian – inside: Mrs. Carol Parrish

Custodian – outside: Mr. Lee Parrish



We are a congregation of the Northern Great Lakes Synod
Evangelical Lutheran Church in America