

Ash Wednesday and the first Sunday of Lent had passed when Susanne asked our staff Tuesday morning to share what we were grateful for from the past week; how had we seen God at work.

In the act of sharing and listening, I was taken by the energy that filled the room and the need we all had to look back and claim moments of inspiration, grace, struggle, kindness – so many examples of your goodness and God's presence.

It made me wonder why we don't do this more often.

This daily practice circulating around the world for centuries is known as the Examen.

The five fundamental parts consist of:

- 1. Gratitude: Think through your day and give thanks for what you are grateful for.
- 2. **Review**: Remember each hour of the day, noticing where you felt God's presence and where you either entered into or turned away from God's activity in your midst.
- 3. Sorrow: Recall actions for which you are sorry.
- 4. **Forgiveness**: Ask for God's forgiveness. Make plans to reconcile with anyone you have hurt or to forgive and reconcile with those who have hurt you.
- 5. Grace: Ask for God's grace for the coming day and an increased ability to recognize God's presence.

This practice is a way for us to notice God's work within us and around us. It is a way to live more intentionally and cultivate faith and devotion throughout Lent. Try it for a week and at the end of the week find someone to share what you discovered.

Grateful for you,

Tom

On a recent trip to Ann Arbor for my nieces wedding I passed this 25 foot sculpture by Spanish artist Jaume Plensa called "Behind the Walls." The artist writes, "Sometimes, our hands are the biggest walls. They can cover our eyes, and we can blind ourselves to so much of what's happening around us."

The work prompts deep reflection on our deliberate ignorance, collective inaction, or perhaps our need to look inside and think about our opinions, our attitudes, what we are doing in our own life.



MARCH CALENDAR March 3 Healing Prayer Learning Session 11am—Lounge

Singing Hands (Performance Series Concert) 4pm—Trinity Hall

March 5,19 Liturgy of the Ordinary Book Study 7pm—108/109

March 6, 20 Spirit Moves Yoga 6pm—Fellowship Hall

March 10 Lynn & the Eclipse (God In Real Life) 11am—Trinity Hall

March 11 Session 7pm—Lounge

March 12 Women's Small Group 7pm—Lounge

Stephen Minister's Meeting 7pm—108/109

March 13,20 Healing Prayer Learning Session 11am—Lounge

March 18 Deacons 7pm—Lounge

March 23 Guatemala Team Meeting 8:30am—Gallery

March 24 Music and the Sacred (God In Real Life) 11am—Sanctuary

March 26 Community Meal 5:30pm—Drive-thru

March 31 Pancake Breakfast 10am—Trinity Hall



MARCH HYBRID WORSHIP

March 3 Communion Sunday Youth/Intergenerational Service Esther

March 10 Healing Prayer Rev. Dr. Tom MacMillan Mark 8:31-38 Saving or Losing Life

March 17 Rev. Dr. Tom MacMillan Mark 9:33-37 & 10:35-45 Redefining Greatness

March 24 Palm Sunday Rev. Dr. Tom MacMillan Mark 11:1-11 Save Us!

March 31 (9am & 11am) Easter Sunday Rev. Dr. Tom MacMillan Mark 16:1-8 Resurrection

LENT

GOD 'IRL' -God IN REAL LIFE- In our Lenten offerings, using Romans 12:1-2 as our guide, we want to give you the opportunity to connect God to your everyday experience of life. How can we notice, and join in, God's activity in our daily lives, not just thinking about God on Sunday mornings? After Church each Sunday during Lent, there will be an opportunity to notice God in a different aspect of life. For a deeper dive, check out the book discussion, *Liturgy of the Ordinary*, March 5 and 19. Explore the offerings below as a way cultivate time and space for God this Lent.

Sunday, March 10, after church in Trinity Hall, Lynn and The Eclipse. Come learn with NASA Scientist, Lynn Bondurant, about how you can see the coming total eclipse and think about your place in God's Universe.

Sunday March 24, after church in the Sanctuary, Music and the Sacred with the Slowiks. Come and learn from Vicky and Peter as they share their passion for God and music.





FINANCIALLY SPEAKING

A question we often receive at this time of year is what is the Per Capita envelope in my offering envelope box? Per capita is a set amount of money per member that is paid to the Presbytery of the Western Reserve, the Synod of the Covenant, and the General Assembly of the Presbyterian Church (U.S.A). It can also be described as the Presbyterian Covenant Community Fund. Because every Presbyterian shares the benefit of the PC(USA)'s system of government, the expenses associated with the coordinating and performing the functions of that system should be shared by everyone as well. The 2024 per capita apportionment is **\$38.00 per member.** Our total per capita apportionment payable to the Presbytery for 2024 is \$19,950. Your support will help us offset this fixed expense paid by our church. If you have any questions concerning the per capita or ways to give, please contact Mindi Schibley, our Finance Manager at mschibley@johnknoxpc.org.

In Matthew 25, we hear Jesus calling to us, "For I was hungry and you gave me food ... I was a stranger and you welcomed me, I was naked and you gave me clothing. ... As you did it to one of the least of these who are members of my family, you did it to me" (Matthew 25:35–40).

Jesus is making an important theological point: faithfulness to God causes us to find solutions that will mend broken things— broken lives, broken spirits, broken hearts, broken relationships—things that happen to all of us throughout our lives.

When we give to the One Great Hour of Sharing offering on Palm Sunday, we are combining our efforts with those across the Presbyterian Church (U.S.A) to repair peoples' lives — people who are hurting, broken, oppressed, lost or on the margins of society. The exact people about whom Jesus is speaking. The people we are called to connect with every day, but especially in the light of the Good News of the resurrection.

It also happens that this year is the 75th anniversary of One Great Hour of Sharing—this is the perfect opportunity for our congregation to recommit to our participation in this important opportunity to do our part to participate in God's ongoing repair of the world God so loves.

We ask if you are able support this special ministry at this time send your donations to the church with "One Great Hour of Sharing" in the memo line or donate online at <u>johnknoxpc.org/give</u>. Together, our gifts make a difference in the lives of people in our community and around the world. For when we all do a little, it adds up to a lot.

ONE GREAT HOUR OF SHARING

HUNGER • DISASTER • DEVELOPMENT



TRULY A VERY SPECIAL OCCASION AND A VERY RARE EVENT FOR OUR AREA

Lynn and the Ecllipse, March 10 following Worship in Trinity Hall

Seeing a total solar eclipse in our area is truly a very special occasion and a very rare event. Just think, that from 100 CE to the total solar eclipse on April 8, 2024, there have only been 7 total solar eclipses visible from here. Another exciting fact is that the central line of the eclipse will pass near North Olmsted. During his presentation Lynn Bondurant will share the story of solar eclipses from why we have them, what have we learned from them and how to safely observe the eclipse. First 100 attendees will receive special eclipse glasses!





There will be a New Member Class on Tuesday, March 19, from 6:00 PM to 8:00 PM in the Lounge. Dinner will be served, and childcare will be available. If you are interested in New Member becoming a member of John Knox Presbyterian Church, please reach out to Bruce Knowlton at brucek2080@gmail.com.

After almost four years of not being able to go to Spirit Lake, we are finally going back! Spirit Lake is an amazing ministry in North Dakota that works with the Dakota people, providing them with spiritual and material support. We are planning on going the week of July 20-28. During the week, we will be doing work for tribal elders such as light construction, painting, etc. This is also a wonderful opportunity to learn about Native American culture, as this is the week of Powwow, where tribes from all over the country come to North Dakota to gather and celebrate their culture. There will be traditional tribal dances and drum circle competitions - our team had a chance to go to Powwow last time we were there and it was a beautiful, unforgettable learning experience!



SESSION HIGHLIGHTS - February 12, 2024 MEETING

- Heard report submitted by Treasurer, Mindi Schibley, that as we begin the year, our 2024 annual operating budget is \$945,210. Total operating receipts were slightly lower than the budget goal for the month of January. There was a total gain for all activity of about \$3,000. We are thankful for the increase in member payments for per capita. It was also noted that we continue to receive generous donations towards the building campaign allowing us to make additional principal payments to the remaining mortgage. The mortgage loan balance as of January 31, 2024, is \$133,289.
- Approved motions: To accept the 2023 Statistical Report; To elect Marty Cook as Clerk of Session and Mary • Ellen Isaac as Recording Secretary for 2024; To call a congregational meeting for February 25, 2024 for purpose of electing members to the nominating committee.
- Heard from Christian Education Committee on rebranding the committee and the focus on purpose and • future growth opportunities.



Looking for Missing Books



We are starting the third month of a new year and many are purging cupboards, closets, desks and bookshelves. Be the Bridge is asking you to look closely at your bookshelves for copies of any books you may have borrowed from the Be the Bridge Library Collection. Our collection is not large and in the past few months 50% of our books have gone missing.

We are delighted you checked them out and, hopefully, read them, but now would be the perfect time to return them to the library so others have an opportunity to read them.

Missing titles include: <u>Brown Girl Dreaming</u> <u>My Grandmother's Hands</u> <u>Jesus and the Disinherited</u> <u>If God is Love, Don't be a Jerk</u>

Learn About Ramadan

Curious about the month of Ramadan and how millions of people fast for thirty days?

Westlake Porter Public Library will host the West Cleveland Muslim Association (WCMA) as they present an informational session and enjoy cultural treats from around the world.

Session is Saturday, March 9, 1:00 PM to 2:30 PM. Visit the library website to register or <u>click here</u>.



John Knox Church

CHILDREN & YOUTH MINISTRY

Sunday School News - February in Sunday School brought kids age 7-11 a series of lessons about Jesus' miracles. The first week the kids learned Jesus has the power to heal. At the same time, they learned how molecules come together to create something new - like ice cream! The second week they learned Jesus has the power to calm the storm. They read about the disciples on a boat with Jesus. Jesus was sleeping when a storm came over the boat kicking up the waves. They were afraid. Jesus calmed the storm. The kids talked about their own fears and how they cope. At the end of class, they made a pinwheel to "blow their fears" away.

The younger kids continued to explore their own abilities and learn how to appreciate each others' differences. They heard the story of Jesus calling the fishermen to follow Him. They also heard about Jesus inviting a much unliked tax collector to dinner! They enjoyed painting a picture of a fish pointillism style using a clothes pin and cotton ball.

Saturday, March 23 is the Easter Egg Hunt Kids Fun Fest at John Knox! Join in on the fun with an Easter egg hunt for kids, games, crafts, refreshments, and more. The fun starts at 11:00 AM with the Easter Egg Hunt at 11:30 AM. Event runs until 1:00 PM.



Scuba VBS 2024 Diving into Friendship with God by Group VBS

Vacation Bible School will be here soon! We are looking forward to the next few months prepping for this summer's VBS! The theme is Scuba, Diving into Friendship with God! The Christian Education Committee will hold some planning meetings to pull our resources together. We are looking forward to working with the youth and the congregation on this fun theme!

Don't miss worship on March 3, our Youth-led Service. We will be sharing with the congregation about the story of Esther! All ages join as the youth have been planning this special Sunday since January. Youth,

stay after church on March 3, we will be going out to lunch to celebrate our great job on the youth service.

Congregation, start cleaning out those closets! The yearly 'Great Closet Cleanout' fundraiser will be coming in late April. Each year the youth collect soft items (clothes, bedding, luggage, etc) for Savers, who then gives us 20c a pound for donated items which support our Youth Mission!



Youth, save the date of June 30-July 3! Livin' La Vida Local Mission week is back! We will be serving at Building Hope in the City and having fun! More info to follow!

Youth Group Calendar

Youth Service, 10:00 AM. Stay to go out to lunch- celebrate a great job!

Youth Sunday School Sundays 10:00AM

March 3

March 17 Youth Group 4:00-6:00 PM

7



PRESBYTERIAN CHURCH

OHN KNC

March 2024



Volume 134



PLEASE PLACE STAMP HERE

JOHN KNOX PRESBYTERIAN CHURCH

25200 Lorain Road North Olmsted, OH 44070

Phone: 440-777-3744 E-mail: info@johnknoxpc.org

Website: johnknoxpc.org



You're not alone. God cares about you. So do we.