

Why Do Presbyterians Celebrate Lent?

Lent is a religious observance in the Christian calendar that begins on Ash Wednesday and ends approximately six weeks later the day before Easter Sunday. The purpose of Lent is full preparation for Easter. It is a season set aside to prepare the heart and soul for the joyful celebration of Easter through prayer, repentance, acts of benevolence and self-denial.

Since Lent is not specifically taught in scripture, Presbyterians are not obligated to do anything, but those who want to observe Lent are encouraged to add a spiritual discipline to their lives rather than giving something up. The addition of a daily Bible study, *"Awakening to God's Beauty"*, as offered at Westminster through small groups or acts of service as volunteerism are great ways to enhance our spiritual growth through the season of Lent. Other spiritual disciplines that you may find valuable may be trying to be more Christ-like toward one another, a humble spirit at work, and expressing gratitude daily.

Let each of us begin our spiritual journey with Jesus to the cross as we receive the imposition of ashes on our forehead on March 6, Ash Wednesday and hear the words "You are dust and to dust you shall return." Then we will go forward for the next six weeks carrying the suffering and death of Jesus in our daily spiritual disciplines as we serve others and give thanks. Then we will join to joyfully celebrate the Resurrection of Jesus on Easter Sunday, April 21.

In Christ's Service,

Pastor Val Putnam, Interim





CONGREGATIONAL NEWS

Meet Deacon Robyn Uebele

Robyn is from central-west Ohio. 60 miles NW from Columbus, Ohio. She works outside of the home as receptionist for Rembolt Ludtke, law firm. She has been a life-time Presbyterian Church (USA) member. School friends of her daughter, Liz, brought her to Westminster and she has been a member since summer of 2010 - almost nine years. We asked Robyn some questions and here are her answers:



WHAT IS YOUR FAVORITE ASPECT OF BEING A DEACON/WHAT ARE YOU LOOKING FORWARD TO IN 2019?

Looking forward to using my gifts of helping and nurturing others.

WHAT IS YOUR FAVORITE FOOD?

Pizza and bbq.

WHAT DO YOU LIKE TO DO FOR FUN?

Watch Big 10 football and basketball; cooking with my husband; Sunday night dinners with my family; playing cards and games; visiting Big 10 colleges.

TELL US SOMETHING ABOUT YOURSELF THAT MOST PEOPLE DON'T KNOW OR IS UNIQUE TO YOU:

I grew-up on a small beef/grain farm. I have a B.S. in Animal Science from Ohio State University, where I was on the OSU meat and general livestock judging teams.

Swanson Scholarship

Full-time undergraduate students and high school seniors are encouraged to apply for Westminster's Swanson Scholarship. Established in 1999 by the Swanson family, this scholarship provides \$500 financial support per recipient per academic school year. Applications are available on the church website or in the church office. The scholarship is open to individuals in all courses of study; however, preference will be given to applicants demonstrating an interest in Education and Community Service. Deadline is March 31, 2019.

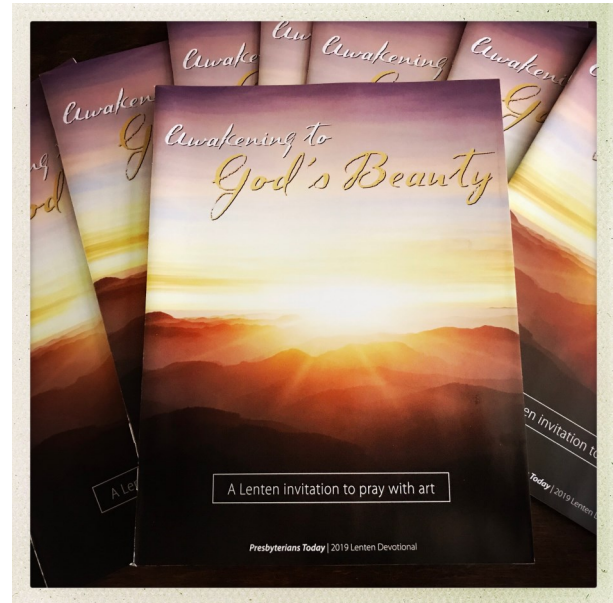


CHURCH NEWS & EVENTS

NATIONAL COLORECTAL CANCER AWARENESS

Life Line Screening will be offering preventive health screenings on Friday, March 8, 2019. As part of the screening event, Life Line Screening will offer low-cost take-home colorectal cancer tests called FIT (Fecal Immunochemical Test). These tests are simple, accurate, and recommended for the early detection of colorectal cancer. According to the Centers for Disease Control, the risk of developing colorectal cancer increases with age. More than 90% of cases occur in people aged 50 and older. Other preventive screenings provided check for stroke risk, abdominal aortic aneurysms, and osteoporosis. Westminster Presbyterian Church is pleased to make these important screenings available by hosting Life Line Screening, the nation's leading provider of preventive health screenings.

For more information regarding the screenings or to schedule an appointment, call 1-888-653-6441 or go to www.lifelinescreening.com/communitycircle or text the word circle to 797979. Pre-registration is required. Screening packages start at \$139. Single tests cost around \$70.



LENTEN STUDY GROUPS

Lent is a special time in the church year. We remember, consider and prepare to acknowledge Jesus' life and sacrifice on our behalf. One Lenten tradition is to "give something up for Lent". The idea is that the believer will be reminded of Christ each time they would have had a cup of coffee, or chocolate or whatever they gave up. Westminster is providing an opportunity to "add a discipline for Lent".

Consider these options: If you are in a church group that meets weekly, suggest that part of the meeting time be devoted to the Lenten study "Awakening to God's Creation" designed by PC(USA).

Sign up and participate in a Lenten group (6 weeks). They will meet at various days and times throughout the week. Lent begins with Ash Wednesday, March 6.



UPCOMING EVENTS

DRAMA CAMP! “The Snow Queen”

Drama Camp Week: Monday-Friday, March 11-15 | 8 am - 5 pm.

Performance: Saturday, March 16, 2019, 3 pm.

“Buy tickets at the door! Adults \$5, Children 12 & under are FREE”.

Our 8th annual Drama Camp offers a creative outlet for any child in Kindergarten – 8th grade looking to show off their theater skills! Drama Camp runs Monday - Friday from 8 AM- 5 PM, and concludes with a Saturday performance. Snacks are included, but lunches should accompany your child(ren) each day. Registration is online. Contact MaKayla with questions at MaKayla@westminsterlincoln.org or call 402-475-6702.



Thank you for your EGG CARTONS! The Children’s Ministry has received many recycled egg cartons & are grateful for your support! Now it is time to start thinking about VBS. Our VBS curriculum this summer, is all about the journey “To Mars & Beyond”!

All solar system/space themed donations are welcome! We are looking to fill our supply closet with craft & rotation materials for the fun VBS theme. Check out the list below to see how you can help! And remember, if you’re interested in being apart of the VBS team email or call MaKayla Bartels!

VBS SUPPLY NEEDS:

Brown paper bags, Foam stickers (space themed/stars), Dixie Cups, Aluminum Foil, Pipe Cleaners, Yarn, Toothpicks, Cardstock paper, Construction paper, Foam paper, Tissue paper & Colored Pencils.

Contact MaKayla Bartels with questions about how you can help refill our supply closet.

(402) 475-6702 or makayla@westminsterlincoln.org.



UPCOMING EVENTS

Summer Camp registration is NOW OPEN!

Vacation Bible School: June 24 – 28

Creative Arts Camp: July 22 – 26

VBS: “To Mars & Beyond!” Team NEEDS YOU! Please contact our Children & Family Ministry, if you’re interested in participating in this church-wide & community ministry!
MaKayla Bartels: makayla@westminsterlincoln.org or call 402-475-6702

Trivia Night and Silent Auction!! | Saturday, May 4— More details to come!

Westminster Preschool and the Parent Council are excited to announce this upcoming event to raise funds to complete some necessary projects in the preschool. Some of the projects include replacing our windows, renovating the playground, and updating our technology for children. Save the date — you and your friends are invited to attend the event. We are very excited to organize a collaborative event where preschool families, congregation members, and public can come together to have fun and raise money for our preschool!!

In order to make this event a success, we need your help! We are currently in need of items for the silent auction. Items can be hand-made or purchased. All items will be accepted but we do ask that coupons are not submitted, ie. 50% off selected item. Items can be mailed to or dropped off at the preschool.



Westminster Preschool
2110 Sheridan Blvd.
Lincoln, NE 68502

Items will be collected through the end of April. Please consider donating to the event or reach out to family, friends, or local businesses for donations. This is an excellent way for businesses to advertise their products. We would love to have experiences too, such

as a weekend getaway, tickets to shows or sporting events. Watch for more information about this exciting event. More to come in the April Messenger!



CHILDREN & FAMILY MINISTRY

SUNDAY SCHOOL

Nursery | 9-11:30 AM

Kindergarten Of Eden Preschoolers ages 3yrs old & up | Room 210 | 9:45 AM

Our spring Growing in Grace & Gratitude curriculum offers imaginative games, crafts, & colorfully illustrated stories of God's grace to our young friends. As we prepare for Easter, we remind our preschoolers of God's love for us through parables. Stories of the good neighbor & the mustard seed are two examples of lessons in this unit. Our leaders will use a variety of interactive play to make these lessons fun & easy for all to understand.

Faith Village K-5th grade | Lower Level | 9:45 AM

"Living As Caretakers!" In March, the K-5th grade children will learn about the important job of living as a caretaker to God's creation. Not only will the beauty of God's creation, but the maintenance we must remember to give our Earth. Our children will discover how they can participate in God's call to care for the birds, the beasts, the plants, & also ourselves! Using the rotation model curriculum, children will learn through art, science, storytelling, & more!

Children's Education Hour | Lower Level Faith Village | 10:30 AM

While you attend an education class or group, bring your kids to Faith Village! This hour following service will provide children's programming for all families. Our nursery will still be offered for any child younger than 3 years of age, but all older children are welcome to meet in Faith Village. Stay tuned for more details as we roll into April!

LOOKING AHEAD INTO APRIL

No Sunday School on April 7.

Children are invited to remain in worship with their parents to see the Spring Children's Pageant.

No Sunday School on April 21. Children are invited to remain in worship with their parents.

Creation Challenge for March—SCRAPBOOKING CREATION | GREEN @HEART

Elsewhere in this Messenger Adult Education invites you to join others in "Awakening to God's Beauty" through a Lenten study group. Green@Heart invites you to enhance that experience by sharing some of your observations. As you notice the beauty around you, celebrate something that catches your attention with a poem, a photo, a few lines of journaling, a small sketch—whatever medium you might enjoy. Then during April's Creation Celebration, the Garden Room bulletin board will become a giant scrapbook page for sharing our collective appreciation and enjoyment of creation. Start now to watch for the miracle you will share.



CHILDREN & FAMILY MINISTRY

FISH BANKS

ONE GREAT HOUR OF SHARING | March 6 – April 21

Fish banks will be sent home during the March to collect spare change for One Great Hour of Sharing! A gift to One Great Hour of Sharing enables the church to share God's love with our neighbors-in-need around the world by providing relief to those affected by natural disasters, provide food to the hungry, and helping to empower the poor and oppressed.



Their contributions will go help others live a better life in ways even children can understand sharing bread with the hungry, providing shelter for disaster survivors, and helping others to help themselves by teaching life skills.



WESTMINSTER MUSIC EVENTS

Messiah Rehearsals Begin

Rehearsals for the Resurrection portion of Handel's Messiah are on Wednesdays, at 6:30 PM in the sanctuary. All are welcome to sing! We will sing it during worship on May 5. Contact Laura Ross with any questions.

Pick-up Choir & Ukuleles | March 3 | 8:30 AM

You're invited to join us in the sanctuary to learn an easy anthem for 9:30 worship. All singers welcome! Also, mark your calendars for pick-up ukuleles on March 24.

Reunion Choir | Wednesday, March 6 | 6:00 PM

Do you love Brahms' How Lovely Is Thy Dwelling Place? Join the choir on Ash Wednesday to rehearse for 7 PM worship. We will sing from the floor to accommodate any mobility concerns.

Forté Handbell Quartet | Thursday, March 7 | 7:00 PM

Based in Colorado Springs, Forté is an advanced quartet marked by artistry, energy, and dedication to their craft. In pursuit of musical excellence, Forté strives to explore, innovate, inspire, and glorify God through the gift of music. Free-will offering.

Easter Ringers Needed

Our bell choir needs a few extra ringers for Easter. Some music reading abilities required. Contact Laura Ross if you're interested!



WEDNESDAYS AT WESTMINSTER

Parents' Night Out

Families & friends, Parents' Night Out is on! The weekdays are filled with activities & work to be done, but know that Wednesday evenings are for YOU. Bring your newborns—middle school age youth to Westminster. While you enjoy time to feed your soul, let us feed your kiddos dinner & fun! During the 5-5:30 pm drop-off time, children play games! A free meal is served in Cole Hall until it is time for music, where your children will learn how to use instruments & sing new songs. We end the evening of fun with a lesson & a bedtime storytelling to get everyone settled for the night. All are welcome & are encouraged to invite friends & family to join in! We ask that you sign in at the top of the stairs facing the main entrance to fill out important contact information, and then you're free to go grocery shopping, go on a date, or take some time to reflect on your spiritual life. Whatever you do, you don't want your kids to miss out on this time to grow at Westminster!

With your help, we can continue to grow the outreach & mission we offer to families! Parents' Night Out has a regular attendance of 40-50 children/youth & is currently taking food donations. Below is a list of regularly used items for dinner.

Food Donation Items:

Milk

Small bags of Fritos in bulk (50-70)

Bags of shredded cheese

Hamburger Meat (tubes)

Spaghetti noodles

Spaghetti sauce

Bread/ Peanut butter/ Jelly

Fruit: apples, clementines, grapes, or easily cut-up fruit

Cookies or small dessert

MUSIC REHEARSALS

Westminster Carillon | Sanctuary | 5:30-6:30 PM

Children's Choirs | 210 | 5:50-6:20 PM

Westminster Choir | Sanctuary | 6:30-8:00 PM

Knit & Sit | Church Library | 6:30 PM

We warmly welcome you to come to knit, crochet, do other hand work, or just sit and enjoy the fellowship. We can also help you learn to knit and we have some supplies to share. We meet year round, just come when you can.



SUNDAY ADULT ED & BIBLE CLASS

ADULT EDUCATION Meets in the Lounge | 10:30 AM

Trees on the Road to Jerusalem – a Bible series for Adult Education

Taught by Pastor Jimmy Shelbourn for the Academy of the Laity

- March 3** Tree trouble – The cursed fig tree and grace
- March 10** Trees and faith – The mulberry and the mustard
- March 17** Trees and purpose – The sycamore and the palm
- March 24** The tree of atonement – In the cross of Christ we glory

Sunday Morning Bible Class

Join us any Sunday in March | 10:30 AM | Parlor

We are journeying through Lent and invite you to join the Sunday Bible class as they Journey with Jesus during this Holy season. We meet in the parlor immediately following morning worship. Won't you join us for Lent? Coffee and donut holes are waiting along with a friendly, spirit-filled group of friends.

- March 3:** Preparation, Preaching and Responding | Luke 3:1-6:16
- March 10** Preaching | Luke 6:17-9:20
- March 17:** The Trip to Jerusalem | Luke 9:21-11:54
- March 24:** Preparing for the Coming Judgment | Luke 12-15
- March 31:** Being Ready | Luke 16-18:34



Lunch Bunch

Tuesday, March 5 | 11:30 AM

We are meeting at Chopstix this month, located at 6891 A St, Suite 215. Come for fellowship & good food. Lunch Bunch meets at a different dining establishment on the first Tuesday of each month. All are welcome. Questions? Call Larry Wieskamp at 402-802-6883.

History Buffs

Saturday, March 9 | 9 AM | Lounge

Steve Shively speaking about Willa Cather. Steve is an expert on Willa Cather and taught English literature at Utah State University. He formerly taught at Beatrice High School.

LNO—Ladies Night Out

Thursday, March 12 | 5-7 PM

Tico's located at 317 S 17th St

Invite your friends for a fun evening of getting to know WPC ladies over dinner and drinks. All ladies are welcome, and invite a friend! Please RSVP Robyn Uebele at robynu2@hotmail.com.

Sausage, Eggs & Scripture

Sat., March 16 | 8 AM Scooter's 2901 S 84th St.

Men of Westminster are invited to a breakfast Bible study on the third Saturday of each month. We meet in the private dining room of Scooter's, just south of 84th and Van Dorn. Pastor Jimmy Shelbourn leads the study which concludes promptly at 9 am. For more info, call Jimmy at 402-475-6702.

Faith & Cancer

Tuesday, March 19 | 7 PM | Parlor

No matter where you are in your journey, this group is where cancer survivors can come together for fellowship, prayer and study. This Life Group meets at the same time every third Tuesday of each month. Contact : Bruce Sheffield.

Prairie Readers

Wednesday, March 20 | 1 PM

Westminster Parlor

Book Selection:

"Pachinko" by Min Jin Lee

Facilitator: Barbara Schliesser.

"Pachinko" is a marvelous, deeply engrossing novel about four generations of a Korean family in Japan. There is a lot of story here and a lot of history rendered in an impeccable prose with a touch of steeliness.

Theology on Tap: Young Adults Gather to Discuss Faith!

We focus on fulfilling our day to day spiritual needs by providing a safe place to have fun & explore God's call in each of our own lives.

Join us on Wednesdays @ 8pm! Contact Edison McDonald at 402-802-1109 for location information.



♦
SPIRITUALLY ALIVE
BROADLY INCLUSIVE
GROWING IN MISSION

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Lincoln, NE 68502
402.475.6702
westminsterlincoln.org

FOOD PANTRY

Thank you for all of your monetary contributions and food items that you brought to our food drive. We received 1587 food items plus \$80 monetary gifts. Our pantry provides food for six families every week and below is a list of the items that the People's City Mission requests that we pack weekly. We are not able to use items that are not listed. Some months we have had to spend over \$1000.

Thanks again for your generous support and please remember by donating items from this list you are helping the hungry and the Westminster Church budget because otherwise we would have to purchase those items.

WPC FOOD PANTRY SHOPPING LIST | This is a list of what the Food Pantry uses each week.

10 rolls of toilet tissue	13 boxes of jell-o 3 oz	6 boxes of instant potatoes 15 oz
6 bottles of pancake syrup 24 oz	6 boxes of pancake mix 32 oz	37 cans of vegetables 15 oz
9 bars of hand soap	6 boxes of dry breakfast cereal	15 cans of pork & beans 16 oz
6 boxes of oatmeal 18 oz	6 bottles of cooking oil 16 oz	22 cans of soup 15 oz
6 bags of sugar 2-lbs	6 boxes of soda crackers 16 oz	7 packages of spaghetti 16 oz
6 jars of peanut butter 16 oz	7 packages of rice 1 lb	6 cans of spaghetti sauce 24 oz
14 cans of Spaghetti's 16 oz	6 packages of dry noodles 1 lb	
16 boxes of mac & cheese 7.25 oz	19 cans of tuna 5 oz	
7 cans of stew (or chili) 15 oz	28 cans of canned fruit 15 oz	