



Our Saviour's Voice

www.thechurchofoursaviour.org

Prayer, Gratitude, and Worship

As I was looking through this month's newsletter, I realized that there are two themes in many of our reflections for this period where we transition from the season after Epiphany into the season of Lent. This month's themes are prayer and gratitude. I certainly believe that there is a strong link between prayer and gratitude, and one that is part of an even bigger picture involving worshipping God. Worship, in turn, is deeply rooted in the Great Commandment found in all the synoptic Gospels (Matthew, Mark and Luke). Here's how it is presented in Matthew 22:37-39:

[Jesus] said, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind." This is the greatest and first commandment. And a second is like it: "You shall love your neighbor as yourself."

Prayer is one of the greatest gifts from God and to God, and is the basis of our relationship with God, who is the ultimate model of love in relationship. In other words, prayer – in whatever form we find most conducive according to our unique personality and way of being – is essential to connecting and staying connected to the source of all life, and the source of all love. Since God is the source of all life and love, if we cannot find a way to connect with God, then we are surely going to struggle to establish meaningful and loving relationships with our family, friends and neighbors.

Prayer is also how we offer our grateful thanks to God for all God has done for us, all our God-given blessings, and through all the circumstances of our lives. Our prayers of thanksgiving flow from the knowledge that we are God's beloved children. Every human being is worthy of dignity and respect. Made in God's image, we are all of immeasurable and equal value in God's sight. Loving God with a grateful heart compels us to respond to God, and therefore offer ourselves in service to the Lord. The process of discerning our spiritual gifts and the ministries that God is calling us too, is also part of our prayer life – both individually and as a community of faith.

Through our worship together as the Body of Christ in community, which is the temple of the Holy Spirit, we honor God with our prayers and praise. We listen and learn from God's word in Scripture. We are strengthened for the journey through the sacramental gift of Holy Communion. We open ourselves, especially our hearts and minds, to welcome God's presence among us and within us, and to discern God's call for our own lives and this faith community. The shape of our worship is such that we are sent back into the world to do the work that God has given us to do. Worship is therefore two-fold. It involves our common worship, where we find ourselves in the intimate presence of God in community, and receive the gifts of grace that strengthen and form us in our faith. Worship is also how we respond to God in gratitude by what we do, how we share our gifts in Christ's name, and love our neighbors as ourselves. Our Lenten journey provides us with an excellent opportunity through our time of intentional reflection in which we can offer ourselves to God in prayer, gratitude and worship. May God bless us all, as we continue our journey together.

Susan⁺



Parish Nurse Corner

March is National Nutrition month! Here are colorful suggestions from the American Dietetic Association:

Aim for food variety and color.

● **Green** (happy St. Patrick's Day!). Green fruits and vegetables contain antioxidants and promote healthy vision. Include avocado, grapes, honeydew, kiwi, lime, asparagus, broccoli, green beans, and spinach.

● **Orange and deep yellow.** These fruits and vegetables promote healthy vision and immunity, and reduce some cancer risks. Enjoy apricot, cantaloupes, grapefruits, mango, peaches, pineapple, carrots, yellow peppers and corn, sweet potatoes.

● **Purple and blue.** These have antioxidants and anti-aging benefits, promote memory and urinary health, especially blackberries, blueberries, plums, raisins, eggplant, purple cabbage and fleshed potato.

● **Red.** Thought to help the heart, vision, immunity, and reduce cancer risk. Try cherries, cranberries, pomegranate, red grapefruit and grapes, beets, red onions and potatoes, tomatoes, and rhubarb.

● **White, tan, and brown.** These fruits and vegetables are also thought to promote heart health and reduce cancer risk including, bananas, pears, dates, peaches, cauliflower, mushrooms, parsnips, turnips, white potato and corn.

March is also National Brain Injury Awareness Month.

Here are suggestions from the CDC to prevent these disabilities.

- Use protective helmets and see that your loved ones do too when riding bikes and horses, snowmobiling, skiing, or batting and/or running bases in baseball and softball.
- Fall protection in the home means removing tripping hazards such as throw rugs and clutter in walkways.
- Use non slip mats in the bathtub and shower.



- Use good lighting.
- Maintain regular physical activity to keep good lower body strength and balance.
- Use seat belts in all vehicles at all times.



Now for the fun stuff that also helps to maintain sharp brains and ward off mental decline.

- ✓ Back to food Stimulate senses of taste, smell, and sight. Try new dishes and experiment in preparing some.
- ✓ Listen to music. It is thought that classical is most effective, but changing around to different types can be stimulating also.
- ✓ Use color, paint a piece of furniture or a wall, add flowers. Do the same with a garden, use feeders and flags in it.
- ✓ Socialize! Exercise the brain in conversation.
- ✓ Read. Do puzzles, video games, scrabble, Sudoku, bingo, and chess.
- ✓ Challenge your brain to remember items on your shopping list or the topics on the front page of the paper.
- ✓ Pick a page in the dictionary and a word you don't know, memorize it and its meaning daily.
- ✓ Challenge your brain by breaking routines: switch the hand you usually use to eat, brush teeth, or use your mouse.
- ✓ Get dressed with your eyes closed.
- ✓ Go someplace by a different route.
- ✓ Learn something new, a hobby or language.
- ✓ Visualize. Include the sights, sounds, smells, and feelings of the place you go.
- ✓ Do some stretching exercises to break up sitting spells, and walk frequently.

Check out the Internet, AARP.org has free "brain gains", and check out the free "random word generation". Try for variation, novelty, and challenges in your thinking and calculating abilities and have fun!

(Sources: Top 10 Brain Enhancers, Mental Exercises-Wikipedia, Exercises to Keep You Alert and Keep Your Mind sharp, Livestrong.Com and Jump Your Brain. 2011.)

Blessings,
Carol, RN, Parish Nurse

Your COS Steering Committee: Exploring Different Ways We Can Grow

The first meeting of the COS steering committee was held on February 8th and the second meeting on February 22nd. The purpose of this committee is to explore the 2011 goals for COS, as discerned by the Vestry in their November 2010 planning and visioning meeting, and as discussed at the January 2011 Horizon committee meeting.

The steering committee members are Jerry Nansen (construction); Vicki Earle (legal); Ron LaMar, Marty LaMar, and Carol Risch (Education possibilities and surveys); Sharon Dalrymple (Finance and Chair); Trish Shaffery, Rainie Lunt, Donna Brownlee, Michael and Margot Brown (Community/parent input).

The mission of the committee is two-fold:

- Examine costs and feasibility of increasing our physical plant either by modular and/or permanent structure to allow us much needed space for classrooms, events and storage.
- Look for ways to utilize this space that will benefit the community at large, while at the same time offer an income source, and increase our faith community through membership growth.

The idea of a nursery, pre-school and/or day care is primarily under consideration, but other ideas will also be considered. In-depth research is underway. Jerry Nansen has been tasked with submitting several plans that satisfy immediate needs (along with costs) with a view to future growth.

The committee will take **no action**. Our recommendations will be presented to the Vestry, along with other possible solutions that meet our facility needs, and the needs of the broader community. Suggestions or questions are welcome. Please feel free to speak with Sharon Dalrymple (the committee chair), Pastor Susan+, or any member of your vestry.

The art of praying, as we grow, is really the art of learning to waste time gracefully - to be simply the clay in the hands of the potter. This may sound easy - too easy to be true - but it is really the most difficult thing we ever learn to do This is the real reason why so few of us ever come, in this life, to the full experience of God's love for us.

- Thomas H. Green, from When the Well Runs Dry



Learning about Forgiveness

March 9th is Ash Wednesday, the first day of the Season of Lent. Each year on this day we read from Psalm 51, a song that talks about what it feels like to ask for and receive forgiveness. This is an important theme of the Season of Lent. It is a time when we practice prayer, generosity, and when some people decide to give up something for a time, or take on a new project.

Many people think that Psalm 51 was written by King David. David was Israel's most powerful king. He helped to unite the kingdom of Israel and gave the people a sense of peace and security. But David made mistakes too. In 2 Samuel 11:1—12:24 we find David, strolling on

the roof of his palace. He happens to see a beautiful woman bathing and David sent someone to find out more about her. He learned that her name was Bathsheba, and she was the wife of Uriah.

The king could ask anyone to do anything, so David sent messengers to Bathsheba and they brought her to the king. Even though he knew it was wrong, King David couldn't resist. He wanted to sleep with her, and she couldn't say no.

After Bathsheba returned home, she learned she was pregnant with the king's baby. When David learned this, he decided to try to cover up his sins. He ordered that Uriah be brought home from battle. That way, perhaps Uriah would go home to be with his wife, sleep with her, and come to believe the baby was his own.

But when Uriah returned he did not go home. Instead, Uriah told King David, "Until all the other soldiers are out of danger, I will not enjoy the comforts of my own house." It was an honorable decision, but now Uriah would know that Bathsheba's baby was not his child. And so David made a deadly decision. He knew it was wrong, but he sent Uriah into the worst of the fighting and then ordered the troops to abandon him so that he would be killed in battle.

Later, David received news from the battlefield that Uriah had been killed – along with many other men. He sent for Bathsheba, she became his wife, and bore him a son. But the thing that David had done displeased God. David had forgotten about God.

Nathan the prophet came for a visit and told a parable about how a greedy, rich man took the only beloved lamb of a poor man. David said that the rich man deserved to die. Nathan simply said, "You are the man."

Right then and there, David understood that the story was about him, and that God was angry with him. David was truly sorry for his sin and repented. Though he did not die, the child that Bathsheba had unfortunately did.

Many bad things come out of David's sin, as is often the case with sinful choices. The most important message of the story has to do with the grace of God.

God calls us saints, names us as holy people in our baptisms, and claims us as part of God's own family. At the same time, we tend to follow our own impulses – disobeying God, ignoring the laws meant to guide our lives, and mistreating ourselves, our neighbors, and our world. We are disobedient, yet loved by God. We are, at once, saints and sinners.

The words of Psalm 51 speak powerfully about what it means to ask for and receive forgiveness. Read Psalm 51:1-17 two times. The first time through, think about the story of King David. The second time through, think about yourself. When have you wanted to ask for forgiveness? When have you been asked to forgive someone else? Which was harder for you?

To get a picture of what forgiveness looks like try this activity. Write down something you feel badly about and want to be forgiven for, or draw a picture to represent it. Then use things like paint, erasers, and correction fluid to either “blot out” or “cleanse” what has been written. How does it feel to see something transformed in this way? How does it remind you of times when you have received forgiveness from someone?

– By Peter Samuelsson,

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Praying Together – Growing Together Changing the World With Christ's Love

Now, before I run to play,
let me not forget to pray to God
who kept me through the night
and waked me with the morning light.

Help me, God,
to love you more than I ever loved before.
In my work and in my play
be with me through the day.

Amen.



World Day of Prayer: March 4th

How Many Loaves Have You? World Day of Prayer is an international movement of Christian women from many traditions who come together to observe a common day of prayer each year. In many countries it is celebrated the first Friday of March. This movement has been initiated and carried out by women in more than 170 countries and regions.

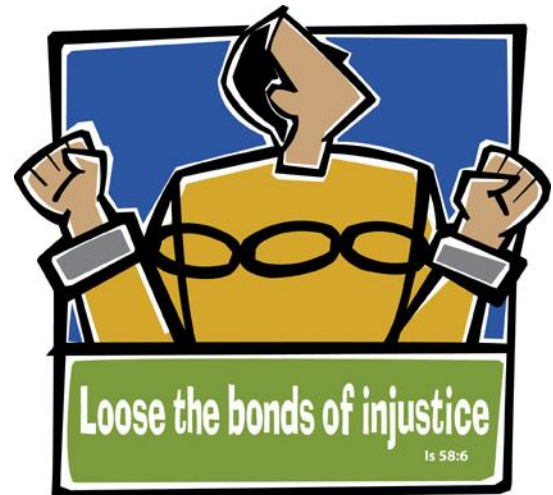
Through World Day of Prayer, women around the world affirm their faith in Jesus Christ and share their hopes and fears, their joys and sorrows, and also their opportunities and needs. Women are encouraged to:

- become aware of the whole world and no longer live in isolation
- be enriched by the faith experience of Christians from other countries and cultures
- take up the burdens of other people and pray for and with them
- become aware of their talents and use them in the service of society
- affirm that prayer and action are inseparable and that both have immeasurable influence in the world .

This year, the women of Chile are organizing the worldwide theme, "How Many Loaves Have You?" The Bible study comes from 1 Kings 17:8-16 and Mark 6:30-44. The story of the widow of Zarephath (1 Kings 17) is about a woman's courageous choice to share the tiny bit of oil and flour she had left. This story has special meaning for the history of Chile after it was scarred by times of extreme exploitation.

The story from the Gospel of Mark (Mark 6:30-44) describes a time when Jesus preached to hungry crowds. The disciples advised Jesus to send them away so that they could buy food, but Jesus had a very different idea. He told the disciples: "You give them something to eat." He sent them out to discover how many loaves they had. Like the story of the widow, the five loaves of bread and two fish they discovered were meager among so many; yet Jesus shows how even a little bit can be enough for all.

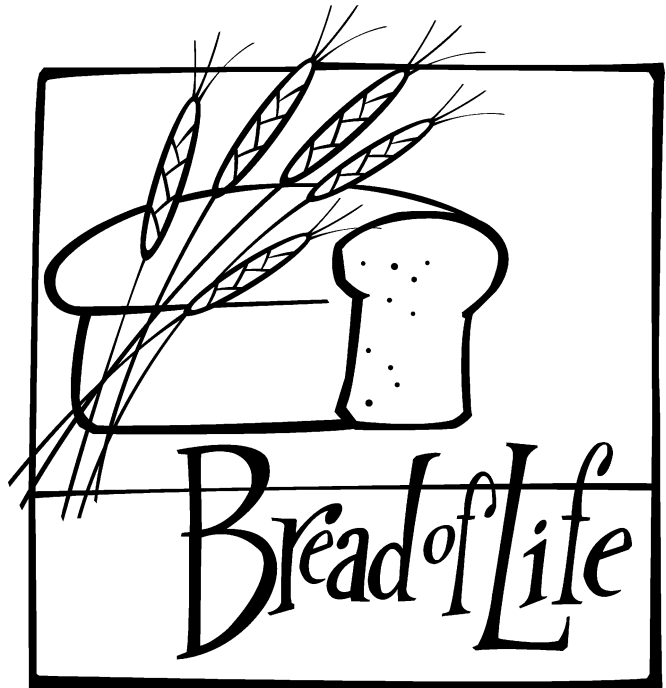
After enduring a devastating earthquake in February 2010, the women of Chile encourage us to enter a process that draws us into the Bible, into the context of Chile, and into the real situations of our lives and communities by asking ourselves, how many loaves do you have? What are your gifts? What can you share?



Friday March 4, 2011 is the official day of observance for World Day of Prayer. Consider how you might join them in prayer and celebration. They will begin their observance with a procession carrying a *panera*. This is the name that Chileans give to their everyday bread basket. Bread is central to their daily life, and sharing bread is a universal sign of hospitality.

During the month of March, take the opportunity to enter into prayerful solidarity with the women of Chile and with people around the world. They invite us to reflect on the mystery of the widow's oil and the flour that did not run out, as well as the mystery of the feeding of the 5000.

Take this opportunity to ask yourself: How many loaves have I? What are my gifts? What can I share?



Episcopal Relief & Development 2011 Lenten Meditations

On Sunday, March 6th be sure to pick up your copy of the 2011 Lenten Meditations Booklet from Episcopal Relief & Development. Beginning with Ash Wednesday (March 9th) there are forty days of meditations to help us all slow down, reflect on our faith and prepare ourselves for the celebration and season of Easter.

We will celebrate ERD Sunday on the last Sunday of Lent, **April 10th**. This is our annual opportunity to share our financial gifts with Episcopal Relief & Development, and a time to remember those in need all around the world. Please visit www.er-d.org to learn more about the work of Episcopal Relief & Development, or talk with our ERD representative, Sandra Rasmussen.

Bread for the World: Lenten Prayers for Hungry People

First Week in Lent March 13-19

*Be glad in the Lord and rejoice, O righteous,
and shout for joy, all you upright in heart.
(Psalm 32:11)*

Prayer:

O God, in our baptism we are joined with Christ who endured all the temptations and trials of human life. As we follow Christ during Lent, instill in us the love for all our neighbors, especially those without enough to eat. Amen

Action:

During Lent, many Christians give up some favorite food. Others participate in special fasts as a way to remember those who are hungry. You may prefer to fast for just one day – or simply skip one meal.

Second Week in Lent March 20-26

*I lift up my eyes to the hills – from where will my help come?
My help comes from the Lord, who made heaven and earth.
(Psalm 121:1-2)*

Prayer:

O Christ, your saving power sustains us in the dark nights of our lives. May we take your new life into the world, offering hope and opportunity to those who live in hunger and poverty. Amen.

Reflection:

From the early days of the church, Lent has been a time of preparing for baptism, in which we participate in Christ's death and resurrection. This gift of new life enables us to work for change in the policies & conditions that allow hunger and poverty to exist.

Third Week in Lent March 27-April 2

*O come, let us worship and bow down,
let us kneel before the Lord, our Maker!
For he is our God, and we are the people of his pasture,
and the sheep of his hand.
(Psalm 95:6-7a)*

Prayer:

O God, through your Son, Jesus, you satisfy our thirst with the waters of eternal life. Inspire us by your abundance to support those who work to make clean water available to all the world's people. Amen.

Action:

Spend a day bringing water from the outside – or from your bath tub inside – for all your cooking and cleaning. Use the internet or contact one of Bread for the World's partners – Church World Service, Catholic Relief Services, or Lutheran World Relief – to find out about innovative measures to provide water for irrigating crops and safe drinking water for villages.

Fourth Week in Lent April 3-9

*Surely goodness and mercy shall follow me all the days of my life,
and I shall dwell in the house of the Lord my whole life long.*
(Psalm 23:6)

Prayer:

O Christ, you free us from all forms of blindness. Grant that we might shed your light on the needs of those who suffer from hunger, poverty and disease. Bless the efforts of all who work to bring healing and opportunity to those in need. Amen.

Action:

Most Americans are “blind” to how little our country devotes to reducing poverty and hunger overseas. In addition, very few people have heard the many success stories of those who are working to improve their lives in the world’s poorest countries. To “see the light” on foreign aid, visit www.bread.org/ol2011.

Fifth Week in Lent April 10-16

*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!*
(Psalm 130:1-2)

Prayer:

O God, may we be awake to the gift of new life we have in Christ Jesus. Grant us strength and courage to speak up for those who die needlessly from hunger and poverty in our world. Amen.

Action:

Take three minutes to write a brief letter to one of your senators or your representative in Congress. Urge them to breathe new life into our nation’s foreign assistance programs by making them more effective in reducing hunger in the world’s poorest countries. Visit www.bread.org/go/sampleletter to find sample letters – along with the names of your senators and representative.

Holy Week April 17-23

*Let your face shine upon your servant;
save me in your steadfast love.*
(Psalm 31:16)

O Jesus, you gave yourself up to be crucified for us and all people. May we be strengthened by your amazing grace and endless mercy to dedicate ourselves to putting an end to the causes of hunger in your world. Amen.

COS Community Chest Update

Greetings everyone. We have just passed "GO", and we have, in fact, collected much more than \$200 in donations for our COS CC. While Ron and Marty were driving in their neighborhood they saw a "moving" sale and came away with an unbelievable solid oak pedestal table with 4 oak chairs, cushions and placemats for \$25 plus a set of dishes for 6 for \$7.50. WOW! Those items are now safely in our storage shed waiting for their new home. How easy was that! Our managers have also been busy stocking their tubs. *Let's help them out by supplying items on their wish lists.*

We have set up a bulletin board for our managers' wish lists and some tubs right inside the door in Polycarp. The tubs are labeled, and we are looking for donations. The managers will be looking in those tubs each week and hauling goodies back to their own store tubs where the items will be kept until needed. If we get an overload, these extra items will go right into the rummage sale. Nothing will be wasted.

Below is a list of the managers, their phone numbers and the items they are collecting:

Dishes, cutlery and glasses	Carol Anton & Katie Cassidy 928/536-5448
Sheets, blankets, pillows and cases, comforters, mattresses and mattress covers (single, double, or queen)	Summer: Chuck & Nan Hannan. Winter: Sharon Dalrymple & Shelley Watanabe 928/368-4485 210/422-8284 Sharon Cell
Coats, hats and gloves (men, women and kids)	Sharon and Shelley
Bath towels, wash cloths, dish towels	Ron & Marty Lamar 928/369-1944
Brooms, mops, laundry detergent, dishwashing, 409, Windex, sponges and dishrags	Lauren Novy 928/537-5330
Bath soap, tooth paste and toothbrushes, mouthwash, razors, shampoo/conditioner, brushes, combs, hair dryer (1 per family)	Pat Trout 928/368-6826
Paper towels, toilet paper and Kleenex	Steve & Susan ⁺ Wilmot 512/809-6564
Furniture: tables, chairs, beds, couches, small tables, lamps. We are collecting a few items to help a family who has nothing get started	All COS members: call Sharon for entry to storage shed

Thanks so much everyone. This is such a great outreach. We are so blessed to be able to do Christ's work.

Sharon Dalrymple

Around the Community -- In Short ...



First Fruits Sunday

Don't forget that the first Sunday of every month is *First Fruits* Sunday. Please drop off your non-perishable food items in the baskets at the back of the sanctuary. All gifts benefit the **Love Kitchen** in Pinetop.

Mardi Gras Potluck

Please plan to attend the Mardi Gras Potluck on Tuesday, March 8th at 5:30pm in COS Polycarp Hall. Mardi Gras decorations will put us in the mood! Please bring a dish to share such as a main hot dish, salad, dessert, and so on. Please sign up on the sheet found on the Polycarp bulletin board. We can be sure that it will be a fun time for all! Feel free to contact the COS office, or Heather Steiner if you have any questions.



Ash Wednesday is March 9th

To begin our Lenten journey, we are offering services of Holy Communion with the imposition of ashes at 7am, noon, and 6pm on Ash Wednesday. If you are interested in serving as a reader or chalice bearer at any of these services, please contact our worship leader coordinator, Lynda Klingler.

Thank You!

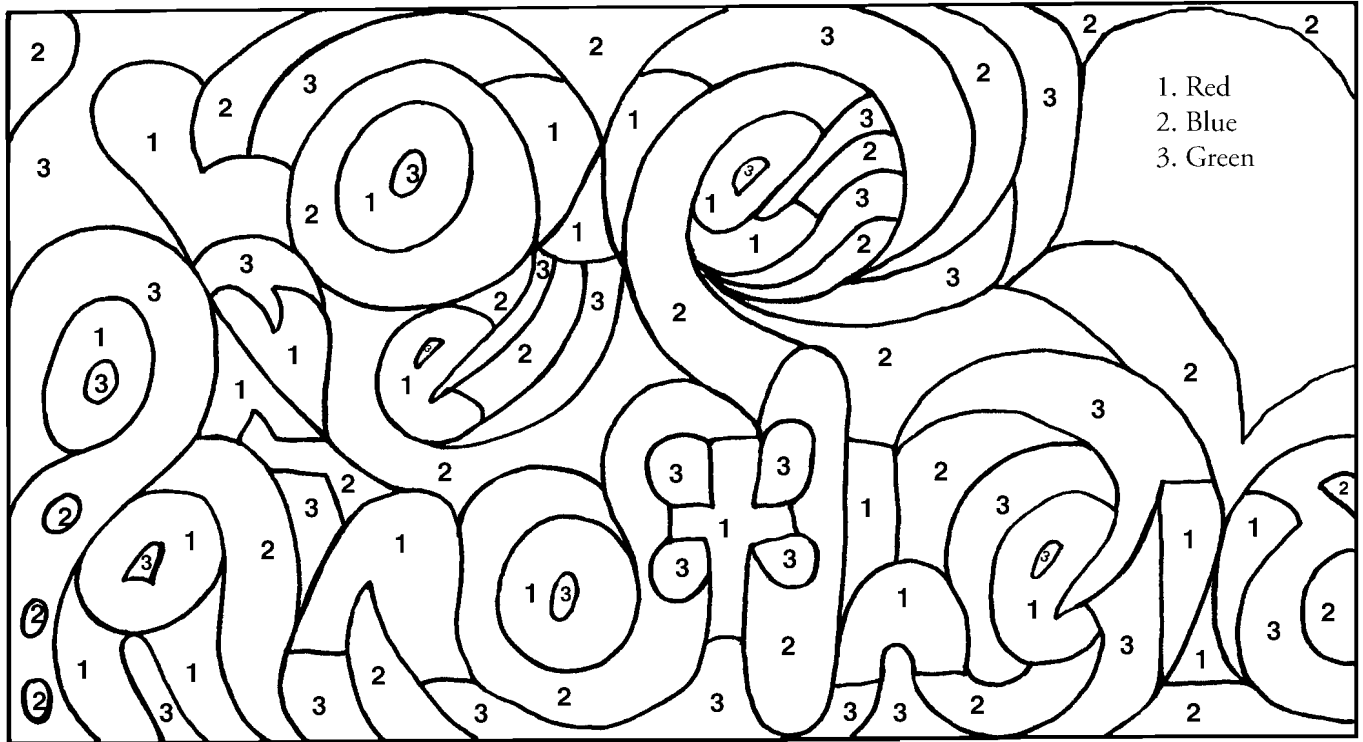
A big thank you to everyone who donated diapers or dollars to the Living Hope Women's Center diaper drive during February. Your donations are much appreciated!



Kid's Corner!

The 10 Commandments

Color the numbered spaces to reveal one of Jesus' commandments (John 15:17).



Answer
Love one another.

Mystery Message

Paul's letters give lots of good advice. Unscramble each word to understand his message. (Read 2 Corinthians 13:11 if you need a hint.)

“

r a e g e h t i w n e o n t e r h o a ,

l e v i n i e c e a p ; n a d

h e t o g d f o v l e o

d n a a p c e e i l l w

e b i h t w o u y .”



Answer:
“Agree with one another, live in peace and the God of love and peace will be with you.”

Giving Thanks Through Lent

Amongst other disciplines, the season of Lent is associated with a time of self-reflection. This year, during each of the five Sundays of Lent, all are invited to participate in sharing our reflections of gratitude through our **"Five Weeks of Thanks"**.

All we have to do is show up at Sunday worship services, get our sticky note for the day, and complete the statement for the week. Then take our completed sticky and place it on the **Wall of Gratitude** in Polycarp Hall. It's that simple! But even better – we will all get to share the blessings of our thankfulness through our many relationships with God and others, and for all the blessings of our lives.



Our **Five Weeks of Thanks** begins Sunday, March 13th with your thoughts and prayers on, "I'm grateful to God for _____".

On Sunday, March 20th let's share the blessings we receive through Church of Our Saviour, "I'm grateful to Church of Our Saviour for _____".

On week 3, March 27th we will share our thanks to our families, "I'm grateful to my family for _____".

On week 4, April 3rd we share our blessings from our friends, "I'm grateful to my friends for _____".

April 10th is the final week of our **Five Weeks of Thanks**, and we will reflect on all the ways God blesses our lives, individually and as a community, and gives us reasons to be grateful, "I give thanks for _____".

Live and love, reflect and share, as we journey through Lent together!

Gratitude
helps us to live humbly,
and opens us to the
abundance of God's love.



Children's & Family Worship

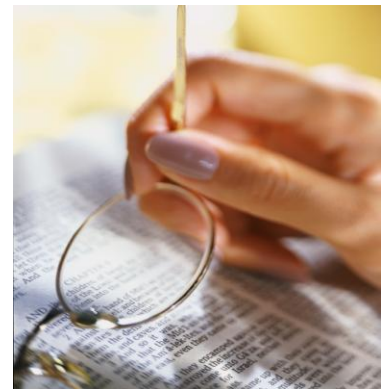
Join us on **Sunday, March 6th** for this month's children and family worship service including music, singing, children's sermon, activities, and Holy Communion in the Chapel and Sunday School Room. This month we will be exploring Jesus' mysterious transfiguration. Children of all ages are welcome! Please continue to pray that this ministry grows! What a glorious way to honor God with the sights and sounds of a multitude of happy children at COS.

Family Movie & Pizza Night!

Join us for family movie & pizza night, Friday, March 25th at 5pm. We'll be showing the movie **Despicable Me** on the big screen, sharing pizza, popcorn and soda and having a great evening together. Save the date and bring the whole family!

Adult Bible Study of Ephesians

Your Ephesians Bible study continues under the facilitation and leadership of Sandra Rasmussen. The overarching theme of the letter to the Ephesians is unity in diversity. Part of respecting others in community is agreeing to disagree. Come and learn more about one of the earliest Christian communities, Paul's teachings, and how God is still speaking to us through Paul's letter.



Quips & Quotes!

When you love people, you see all the good in them, all the Christ in them.
 God sees Christ, His Son, in us and loves us.
 And so we should see Christ in others, and nothing else, and love them.
 There can never be enough of it.
 There can never be enough thinking about it.

– Dorothy Day



Choir

New choir members are always welcome. All the Sunday hymns and songs are rehearsed both on the day, and the week before. If you want to “sing to the Lord a new song”, improve your singing, get more familiar with our hymn choices, or be more involved in music for worship, please consider joining the choir. Rehearsal is currently at 9am on Sunday mornings. Other special rehearsal times are by arrangement with organist Juanita Simpson, or pianist Betty Dohrmann.

Supporting Our Troops

The previous shipment to Afghanistan required almost three weeks for delivery, much longer than the deliveries to Iraq. We shipped 5 – 6 boxes on February 22nd. Thanks for all the cookies that have been baked, as well as the help with postage. These gifts of love and caring really make a tremendous difference to our wounded warriors.

Kee up the great work and keep them cookies rolling!

Peter & Mary Jane Bish

Out & About!

This month's pictures are from near and far. Thanks so much to Peter Bish for the “Wildlife of Lakeside”, and “Hats off” to Joe Stone for his picture all the way from Cameroon.

Send in your fun or amazing pictures to cos5147office@frontiernet.net and we'll feature one or two each month!



Parish Leadership

Vestry

Dick Hileman
 Michael Iafrato
 Judy Peterson
 Sandra Rasmussen
 Carol Risch
 Brenda Roubal

Vestry clerk – Judy Peterson
 Senior Warden – Sharon Dalrymple
 Junior Warden – Dennis Irwin

Altar Guild	Lauren Novy
Budget & Finance	Pastor Susan
Choir	Vacant
Columbarium Board	Vicki Howell
Hospitality Hour	Electra Brooks
Librarian	Joey Nelson
Organist	Juanita Simpson
Treasurer	Sharon Dalrymple
Assistant Treasurer	Trish Shaffery
Webmaster	Joe Stone

Ministry Team Leaders

Children's & Youth Ministries	Michael & Melody Iafrato
Christian Formation & Community Outreach	Pastor Susan
Office	TBA
Pastoral Care	Marty & Ron LaMar
Welcoming	Heather Steiner
Worship Leader Coordinator	Lynda Klingler

March Birthdays

2	Ann Stone
3	Chuck Hannan
7	Bill Dobrinski
8	Dottie Golden
8	Lynda Klingler
10	Deborah Velasquez
16	Katie Cassidy
18	Mary Rose Paterson
18	Neal Vanselow
24	Hans Bruns
26	Jack Zeluff
27	Helen Riall
28	Pat Shaffery
28	Margot Brown
31	Betty O'Brien



March Anniversaries

3	Ray & Evelyn Dixon
17	Sharon Dalrymple & Shelley Watanabe
20	Hans & Karen Bruns
25	Jack & Pat Trout
29	Allen & Marcia Iampaglia

Lenten Soup Suppers

Beginning March 16th for five weeks, please join us for our Lenten soup suppers and program, **5 Keys from the History of Theology**.

As part of your Lenten disciplines, why not come to our regular mid-week service on Wednesday's at 5:30pm and stay for supper!

If you would like to share your favorite soup for any of these weeks, please sign up in Polycarp Hall. Thanks!

Church of Our Saviour
5147 Show Low Lake Road
Lakeside, Arizona 85929

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FORWARDING SERVICE REQUESTED

Bread of Life Mission Wish List

Please support the Bread of Life Mission!
Donations may be dropped off in Polycarp Hall.
Thank you for your continued generosity!

1. Food: canned; and breakfast (i.e., oatmeal).
2. Shampoo, toothpaste, deodorant.
3. Trash bags and laundry supplies.
4. Working computers for resident programs.
5. Adult flip flops for shower use.
6. Kleenex; and paper towels.
7. Feminine hygiene products.
8. Underwear, men's 34 plus; women's size 7 & up.
9. Men's shirts size 2x and up; and men's socks.
10. Office supplies: paper, staples, envelopes, pens, tape, Christian videos.

Book of Timothy

