



ALMA LUTHERAN CHURCH

NEWSLETTER

March 2020

Lenten practices take a variety of shapes and sizes. However, during this holy time of preparation, study, and service they are all equally important. I would make the argument that they are important to have throughout the year, not just for these forty days and nights. Spiritual practices are a little like the story of Goldilocks and the Three Bears. Everyone is just a little bit different, meaning spiritual practices are not a one size fits all. I have found that using the spiritual practice of Lectio Divina, "Divine Reading," helps to keep me in a close intimate communion with God. Lectio Divina is often how I start or end my day. It consists of four steps.

1. Read the Scripture
2. Meditate on the Scripture
3. Pray
4. Contemplate

Sometimes I repeat steps one and two, several times over before I move onto praying. This isn't a practice that I have been doing for most of my life. Actually, I picked this tool up while in seminary, and it has stuck ever since. Like I said earlier there are a plethora of practices, but it is all about what helps connect you with our Divine Creator. I know people who partake in Prayer Walks. Where they walk around their community, and pray through movement. This practice also helps these individuals feel more connected to God's Creation and see where the Spirit is already at work.

These practices are so important in our lives as they help to ground us and root us in Christ. We go to the gym to exercise our physical bodies, why shouldn't we exercise our spiritual side too? If you are looking for ideas or want to discuss Spiritual Practices and their importance in our faith formation, let's grab a cup of coffee. It's on me!

Yours in Christ -Pastor Quinlan

We want to invite you to be a part of our **Lenten Services!** We are excited to dive into this season of reflection, preparation, and self learning together. Have you ever wondered why certain things about life and ministry energize you? How about why certain things seem to deplete your battery? You are not alone in your wonderings! This year we will be looking at who God created us to be, and what gifts the Spirit has given to us! Come as you are to our Wednesday Lenten Services beginning on March 4th through April 1st at 6pm-8pm.

Come join in fellowship with friends and family as we dine together each week from 6pm - 7pm, followed by our Lenten devotional series - Spiritual Gifts and Discipleship. Our hope is that you come and learn how deeply loved and wonderfully made you are by God!

Contact Pastor Quinlan Koch for further questions.

ACTIVITIES

Children's Sunday School - 9:30am every Sunday except the 1st Sunday of the month. Ages 3 years old through 8th grade. Meets in the basement of the church. Contact Moriah Nygren for more information.

Adult Sunday School - Meets at 9:30am every Sunday except the first Sunday of the month. Meets in the room behind the altar. Contact Doug Gustafson for more information.

Youth Group - For 7th grade through 12th grade. Contact Megan and Weston Engel for more information.

Faith Circle (MGM) - Meets the third Thursday at 1:30pm @ Bethlehem in Wahoo. Contact Angie Johnson for more information.

Chat & Sew - Meets the 1st Tuesday at 8:30am. Contact Sharon Hollst or Lana Krumpus for more information.

Book Club - Location and date varies. Contact Viki Miller for more information.

Choral and Bell Choirs -

Practices are held on Wednesday evenings. Contact Angie Johnson to join.

Lent 2020 - Alma Lutheran Church

Meal served Wednesday evenings 6:00 pm - Spiritual Gifts

Devotions 7:00 led by Pastor Quinlan

Please work together with your team to coordinate and provide a simple meal for approx. 30 people.

Some idea suggestions include: Baked potato or Taco Bar, Spaghetti, Soup, sloppy joes, potluck casseroles, pizza. It does not have to be elaborate. Beverages can be water. There will be plates, bowls, cups and utensils provided. Come as you are, do what you can do. Thanks for your help!

Wed 3/4 - Julie Erickson

Kristen Nygren

Amanda Schaal

Kate Wagenknecht

Lisa Taylor

Wed 3/25 - Rochelle DeGross

Jenna Hanson

Angie Johnson

Tracy Munter

Mandy Richards

Wed 3/11 - Heidi Couch

Janeen Felty

Jess Miller

Julie Nygren

Moriah Wellman

Darcy Silva

Wed 4/1 - Megan Engel

Mary Hanson

Sara Nicola

Ann Richards

Kim Thorson

Wed 3/18 - Andrea Daniels

June Moline

Lynn Nygren

Jaclyn Kronberg

Katherine Koch



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BUDGET

As of 2/26/19

Income: \$12,337.51

Expenses: \$11,232.46

Balance: \$1105.05

World Hunger YTD: \$93.21

INFORMATION

Pastor's Email

Pastor Quinlan Koch

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Secretary's Email

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Website - almalutheran.com

Facebook - Search for "Alma Lutheran

Church" and "Alma Lutheran

Educational Ministries"

MISSION STATEMENT

Disciples by grace, Growing in faith, Living our hope, Sharing God's love.