

LENT

What we call the beginning is often the end
And to make an end is to make a beginning.
The end is where we start from.

T.S. Eliot

In just a few days we will begin the season of Lent. As the sign of the cross is drawn on our foreheads with ashes the words are spoken, "Remember that you are dust and to dust you will return."

It is an odd thing to hear spoken out loud, a reminder of our mortality, a pronouncement of the end. And yet, because these words speak the truth about our lives, they may instead mark the place of a new beginning. By recognizing the truth of our finitude we are opened to a possibility of re-orientating our lives toward that which is infinite.

The words, "Remember you are dust and to dust you will return," do tell one truth of our lives; but there is another, deeper truth. Because this pronouncement is accompanied by the mark of Christ's cross, it is also a proclamation of the gospel. We are dust, yes, but dust enlivened and inspired by the very breath of the Creator, brought into being and redeemed from death by the unending love of God. To live in light of this truth is to begin again, to be born again.

"The end is where we start from," the poet writes. Ash Wednesday and the season it initiates are meant to be for us such a new beginning.

Peace,
Pastor Richard

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**Ash Wednesday
Service**
March 6 at 7:00PM

**Lenten Soup
Suppers
Wednesdays
during Lent**
6:00PM

Details Inside

**Sunday Worship
at Mt. Carmel**

Sunday Worship Service

9:30am

Holy Communion is offered at all
Sunday worship services.

Education Hour follows the
church service

Join us for coffee on the patio
immediately following the service.

ASH WEDNESDAY

March 6

7:00 pm at Mt. Carmel

Join us in the Sanctuary as we observe of Ash Wednesday. Members of the SLO Methodist Church will also join us for this service.

MIDWEEK LENTEN SERVICES

Our midweek Lenten Worship Series will include a Soup Supper at 6:00pm, followed by Holden Evening Prayer at 7:00pm. We will gather under the theme "Sense-Making Faith." Each week we will explore how our senses are connected to our experience and faith in God.

Week 1: Sight: Luke 18:35-43**Week 2:** Smell: John 12: 1-7**Week 3:** Taste: Mark 14:12-25**Week 4:** Hearing: Mark 7:31-37**Week 5:** Touch: Mark 14:43-50**LENTEN SOUP SUPPERS**

Come join us for our annual Lenten Soup Suppers hosted by various church groups each week during Lent:

**March 13** - Church Council**March 20** - Men's Breakfast**March 27** - Norm's Team**April 3** - Congregation (Sign-up)**April 10** - Children and Teen (CAT) Ministries

A sign-up sheet is available in the narthex for the congregation to bring soup, bread, milk, or juice on April 3. Bowls and utensils are supplied - or bring you favorite soup mug from home - and enjoy homemade soup and fellowship.

ADULT FORUM

Sundays 11:00AM

March 3—Steve Bennet, Mt. Carmel Thrivent Rep, will outline procedures to request financial aid from Thrivent Financial for church and mission activities. Steve will provide sample requests for grants and spell out the Thrivent opportunities to support our ministry.



March 10—We begin a Lenten series using the devotion book *Lasting Hope*. The first week begins with a discussion on Psalm 51. Join us each week during Lent for more discussion on the Psalms.

The ELCA Devotion Book for Lent, *LASTING HOPE*, exploring the book of Psalms as a journey of faith for individuals and congregations, are available in the Narthex. The devotion book is on sale for \$3 for the standard version and \$5 for the Large Print edition. It will be used for individual devotions and Adult Forums during Lent.

MT. CARMEL BOOK CLUB

March 10, 6:00PM

Karen Petersen's Home



Bold Spirit by Linda Hunt is our book for March. "...Desperate. Determined. Unwaveringly confident. In 1896, a Norwegian immigrant named Helga Estby dares to cross 3500 miles of the American continent, on foot, to win a \$10,000 wage." Copies are available in the church office. Join us.

Got something you want to celebrate or commemorate?
E-mail the details/pictures to the church office
- info@mtcarmelslo.org - for publication in this newsletter and our weekly "Vistas" announcements!
Deadline for April Summit is Mar 15

SCOTT PAULSON, REMEMBRANCE OF LIFE

Saturday, March 9

Rohnert Park

Chuck Paulsen, former pastor at Mt. Carmel, lost his oldest son, Scott, very suddenly last month. There will be a remembrance of Scott's life in Rohnert Park. If you would like to send a card, their address is: Pastor Chuck and Anita Paulsen
10330 West Thunderbird Blvd.
Unit B 117
Sun City, AZ 85351



BROWN BAG LUNCH

Friday, April 12

12:00 noon, Quist Hall

What happened to Brown Bag Lunches?

The month of March is really full, with Lenten activities and other events. So Brown Bag will be taking March off and will return in April.

Mark your calendars for a great speaker and wonderful presentation by our own Karen Petersen. She will present pictures and information about her adventures in Norway. Haven't seen the Northern Lights? Here might be your chance. Bring your brown bag, your questions and a friend and join us. Lunch is at noon in Quist Hall, and the presentation will begin about 12:30.

The Personnel Committee is looking for 2 people to join their team. The committee meets once/month to work on personnel issues, staff reviews, and mainly just to have lunch together. If you are interested or have questions, please contact Carlyn Hinds at carlynhinds@verizon.net.



TURNING WEST

April 12-14

Please plan to attend these important meetings. Specific times to be announced in upcoming bulletins and the April newsletter.



MARCH YOUTH NEWS

- Mar 3 Regular confirmation and High School group time
- Mar 10 Regular high school breakfast time
- Mar 17 Regular confirmation and High School group time
- Mar 24 Regular confirmation and High School group time
- Mar 31 Regular confirmation and High School group time

Acolytes for March:

- Mar 3 Lily Hinds
- Mar 10 Allison Schultze
- Mar 17 Andrew Moersdorf
- Mar 24 Allison Schultze
- Mar 31 Lily Hinds

CAMPUS MINISTRY UPDATE

Pancake Palooza



Monday, March 18

10:00 pm—Midnight, Quist Hall

Bingo...automatic theme. We need a chairperson and we will need volunteers to work the night. We're asking now so we're not scrambling at the end. Call or text Patti Frey 806-235-1938 or 1slonative@gmail.com.

DATE	TIME	ACOLYTES	COFFEE SERVERS	COMMUNION ASSTS	GREETERS
		COORDINATOR	COORDINATOR	COORDINATOR	COORDINATOR
		John Keisler	Carol Harvey	Office	Office
March 3	9:30 AM	Lily Hinds	Jenice Twomey, Jeanie Schultz	Karen Petersen, Nancy Priddy, Maureen Dresp	Ro Cannon-Miller
March 10	9:30 AM	Allison Schultze	Sid & Beryl Bennett, Vicky Tway	Betty Johnson, Jenice Twomey, Diane Mansell	Betty Johnson
March 17	9:30 AM	Andrew Moersdorf	Jess & Pat Bathke	Sherri & Makenna Par- kinson, John & Nancy Cook	JoAnn Bennett
March 24	9:30 AM	Allison Schultze	Carol Harvey	Claudia Coughran, Mike Dresp, Lisanne Martinelli, Jenice Twomey	Pat Forrest
March 31	9:30 AM	Lily Hinds	Jack & Roberta Moen	Karen Petersen, Nancy Priddy, Maureen Dresp	Nancy Priddy
				Please note that we will need additional assistants on the days we have communion by intinction.	

USHERS

Coordinator-Jess Bathke 805-927-9460 or
jnpbath@charter.net

1st Sunday	Steve & JoAnn Bennett	Jess & Pat Bathke	John Sexton
2nd Sunday	N/M Smith	Bob & Carol Grosse	Linda Schultze
3rd Sunday	Glen Priddy, Alan Estes	Burke & Kathy Towle, Dorothy McCoid	Mike & Val Lund
4th Sunday	Warren Quist, Pat Forrest	John Merrill, Andy Frokjer	Carol & Donley Winger
5th Sunday	N/M Smith	Jess & Pat Bathke	

Substitute ushers: Bill & Karen Almas, Diane Mansell, John Rebecca Keisler

*Reminder:

If you are unable to serve, please
notify your coordinator and the
church office of your substitute
as soon as possible.

**IF YOU WOULD LIKE
TO RECOGNIZE
SOMEONE SPECIAL,
CONSIDER SPONSORING
FLOWERS FOR OUR CHANCEL.**
Each bouquet is \$27.50 or \$55.00.
Thank you, Jeanie Schultz
Altar Guild



DATE	LECTORS	ASSISTING MINISTERS	SOUND BOARD	POWERPOINT
	COORDINATOR	COORDINATOR	COORDINATOR	COORDINATOR
	Wayne Lippold	Worship Committee	Marshall Pihl	Marshall Pihl
March 3	Wayne Lippold		Marshall Pihl	Carol Grosse
March 10	Allison/Deanna Schultze		John Perreault	Dave Parkinson
March 17	Bob Grosse		Marshall Pihl	Linda Schultze
March 24	Carlyn/Lily Hlnds		John Perreault	Matthew Moersdorf
March 31	Jenice Twomey		Marshall Pihl	Dave Parkinson

Altar Guild

March 3	Jeanie Schultz
March 10	Mollie Smith
March 17	Maureen Dresp
March 24	Pat Forrest
March 31	Dorothy McCoid

Next Altar Guild Meeting is
March 14, 2:00pm

CHILDREN'S CHURCH

March 3	Ingrid Frokjer
March 10	Sandy Rowland
March 17	Val Lund
March 24	Diane Mansell
March 31	Ingrid Frokjer

FRIDAY MORNING OFFICE VOLUNTEERS

March 1	Dorothy McCoid
March 8	Carol Winger
March 15	Maureen Dresp
March 22	Pat Forrest
March 29	Dorothy McCoid



MOUNT CARMEL COUNCIL MEMBERS

President	Glen Priddy
Vice President	TBD
Treasurer	Sherri Parkinson
Secretary	Jenice Twomey
Members at Large	JoAnn Bennett
Sandy Rowland	John Merrill
Matthew Schultze	Val Lund



The People's Kitchen

of San Luis Obispo

**Mt. Carmel serves again on April 5th at
11:45 AM at Prado Day Center.**

Volunteers: Thank You, and be sure to check
the schedule below for what is needed.

**April PEOPLE'S KITCHEN SIGN-UPS, Please have your clearly marked items at church by 11:00am,
(heated and ready to go)**

Thank you to our volunteers on March 1st:

Dorothy Adams, Karen Almas, Linda Lex, Sheila Tietje, Janis Sexton, Jean & Jack Senter,
Kathy Towle, Sid & Beryl Bennett, Karen Bockleman, Diana Rheinisch, Judy Tewell, Rebecca
Christenson, Sue Cummings, Jess & at Bathke, Ro Cannon-Miller.

Because of you, we were able to serve a hot meal to everyone.

Looking ahead to April:

Hot Dish (serves 12+)	Steve & JoAnn Bennett Kevin & Wende Dong Jeanne Eggert Sherri Parkinson Mollie Smith Kathy Meyer Sandy Rowland
Salad (serves 12+)	Sue Haas Clark Carol Harvey Marci Lippold Rebecca Keisler
2 Large Cans of Fruit	Margot Hemmsersbach Dorothy McCoid
2 Gallons Whole Milk	Carol Gross

Please find your own substitutes if you cannot provide this month.

Please email Jan Uder at j.uder@yahoo.com if you have any questions about
The People's Kitchen program.

Thanks for all you do!



MARCH BIRTHDAYS

3 Bev Humphry	24 Dale Johnson
3 Sharon Lonsway	26 Marj Funk-Pihl
5 Brennan Dellinger	26 Kathy Towle
7 Suzanne Leedale	28 Kevin Dong
12 Makenna Parkinson	31 Cyndi Rollefson
12 Carol Grosse	
13 Russ K. Anderson	
14 Rebecca Christensen	
16 Nancy Cook	
20 Anneka Moersdorf	
21 Beryl Bennett	



HAPPY ANNIVERSARY

3/13 Phil & Jenice Twomey
 3/21 Steve & Jackie Kinsey
 3/24 Glen & Nance Priddy
 3/30 Jack & Roberta Moen



PRAYING FOR OUR CHURCH COMMUNITY:

Mar 3—Jen & Brayden DeClark; Charles, Desiree, Aidan, Brennan, Brielle Dellinger; Kevin, Wendy, Olivia Dong
 Mar 10—Michael & Dianne Draz; Ed & Maureen Dresp; Mike Dresp

Mar 17—Sally Eggen; Alan Estes, Jr.; Pat Forrest
 Mar 24—Marc & Patti Frey; Andy & Ingrid Frokjer, Andrew, Anneke, Katie, Matthew Moersdorf; Cheryl, Elisa, Erin Garnsey

Mar 31—Bob & Carol Grosse; Sue Haas-Clark; Sven & Kathryn Hammer/Winfrey

WE REMEMBER IN PRAYER: Wendy Montri (friend of Sandy Rowland); The family of Shirley Simmons; Carole Wheeler & Susan Bouvette; The Huffaker family

BLUE CONNECTION / PRAYER REQUEST CARDS

The Blue cards will soon be located in the slot behind the chairs. Please use these cards for prayer requests, guest info, member updates and any other information for the church office. Members do not need to fill one out every week. As always, you can call or email the church office with any changes in your information or prayer requests.

Mount Carmel Staff

Rev. Richard Rollefson
Paul Woodring
Dave Becker
Tony Bloodworth
Mary Ann Jakes

Interim Pastor
 Organist
 Director of Contemporary Music
 Custodian
 Parish Administrator

THANKS TO OUR VOLUNTEERS



We had a great time at the pancake breakfast on February 17. Thank you to the volunteers who were here early to prepare and serve us a hot breakfast. Many of you brought your favorite coffee mug and joined in the contest. Congratulations to our winners:

Funniest mug: Warren Quist
 Prettiest mug: Karen Petersen
 Best of Show: Deanne Schultze

Church Office Hours 9:00am—3:00pm Monday- Friday
 Phone 805-544-2133

Email: info@mtcarmelslo.org www.mtcarmelslo.org

Our pastoral staff is here for you.

In time of crisis, please contact the church office or
 Pastor Richard Rollefson 858-349-8862

Mt. Carmel

LUTHERAN CHURCH

1701 Fredericks St.
San Luis Obispo, CA 93405

Phone: 805-544-2133
Email: info@mtcarmelslo.org

ADDRESS SERVICE REQUESTED

Gather, Grow, Go

CHECK OUT FACEBOOK!

For updates from
Mt. Carmel, go to
<http://www.facebook.com/mtcarmelslo>



Southwest California Synod/Mt. Carmel
Evangelical Lutheran Church in America
God's work. Our hands.

THE BUS IS COMING! THE BUS IS COMING!

Once again this year we are able to bring a bus full of excited, a bit anxious, but happy children from Riverside, CA to CMC to visit their dads. This annual event will be on May 18 this year, and for some children this may be the only time they get to see their dads. After their visit at CMC, the children and their chaperones will come to Mt. Carmel for a party and a chance to relax before they get back on the bus to return to Riverside. There will be ice cream sundaes and games, but mainly your friendly faces to greet our guests and make them feel welcome.

There are nine buses full of children coming from all over California. Mt. Carmel, Mountain Brook and Mind Body will be hosting parties for all of them. We have been blessed to support the Riverside bus for the past eight years, and over that time have been able to hear many beautiful stories. We have seen some children not return to Get on the Bus, as their dad has been released and has returned home to the family he has gotten to know through these visits.

This all takes your time and your donations. Get on the Bus Sunday will be on March 17. Your own GOTB volunteers will be available to sign you up to volunteer, to take your donations, and to answer any questions you might have. Please come on March 17. Contact Nancy Priddy at 805-459-9249 with any questions.

