

LIFE IN CHRIST

"Sharing our lives in Christ with family,
friends, neighbors and community"

March, 2010

Volume 54 - Issue 3

MID-WEEK LENTEN WORSHIP

'Holden Prayer Around the Cross'

Mid-week Lenten worship is offered each Wednesday at 11 a.m. and 7 p.m.

Each service includes a flexible order for contemplative prayer that was developed at Holden Village retreat center in Washington State.

We gather around the cross for readings, prayer and music based on the following scripture passages:

March 3 – Romans 8

"Signs Too Deep for Words"

March 10 – Psalm 46

"Be Still and Know"

March 17 – Psalm 23

"Beside Still Water"

March 24 – John 14

"Be Not Afraid"

Thank you to Phil Peterson for designing and building the candle boxes being used in this worship service. They are given in memory of his wife, Lucretia.

Holy Week Journey to Easter Sunday

Palm/Passion Sunday – March 28, 2010 –

Worship at 8 and 10:30 a.m. brings us into Holy Week and the celebration of the mystery of our salvation. In our baptism we have been fused to this story; in Holy Week we make our way through it again, because it brings us to life with Christ. Worship begins in the Social Hall followed by a procession of palms to the sanctuary. Children of our Youth Choir will lead the process at 8 a.m.

Maundy Thursday – April 1, 2010

Worship at 7 p.m. causes us to reach back to the beginning of Lent to recall the confession we made on Ash Wednesday. The service is different – confession, foot washing, Holy Communion are included. The service concludes with the stripping of the altar for Good Friday.

Good Friday – April 3, 2009

Worship at 7 p.m. will honor the cross as a sign of the world's redemption. A special power-point service created by Ryan McCutchan will be presented. Words, pictures and music will tell the story of the crucifixion

Vigil of Easter – April 3, 2010

Conference Worship at Christ Lutheran Church in Long Beach begins at 7 p.m. as we gather around fire. From it, we light the paschal candle to illumine our way recalling God's saving work among us throughout the ages -- leading us to first celebration of the Easter Eucharist.

Bishop from churches in the Long Beach Conference will worship together. We are the host congregation. You are invited to a reception following the service.

Easter Sunday – April 4, 2010

The promise has been fulfilled. Flowers, which begin again the cycle of life, surround us. The holy meal of Easter is celebrated at both the 8 and 10:30 a.m. services as we confess that life is stronger than death under God's reign.

Easter Breakfast is served from 9 a.m. to 10:15 a.m. in the Social Hall. Our hosts are members of KFC and CREW – middle and high school youth of the congregation. Advance ticket prices are \$ 5. Cost at the door is \$ 8.

CHERUB CHOIR AND YOUTH CHOIR SING IN MARCH

Cherub Choir which includes thirteen preschool and kindergarteners will be singing 'Jesus Loves Me' during the 8 a.m. worship March 7. Garrett and Samantha McGee and Benjamin and Seth Elliott from the congregation participate. Many of the other singers of the choir are students in our preschool. It is always a pleasure to welcome them and their families to worship when they sing.

Youth Choir for children grades 1 – 5 will also sing March 7 at the 10:30 a.m. worship service. Six youth participate in this choir: Lynn Benner, Chloe Halvorson, Michael Hickey, Arielle Joubert-Honacki, Jackson Prosser, Ruby Prosser. The choir will present 'Sing, Dance, Clap Your Hands' arranged by Harriet Ilse Ziegenhals. We welcome their worship leadership.

During worship at 8 a.m. Palm Sunday, the Chancel Choir and Youth Choir are preparing a combined anthem, 'Hosanna, Loud Hosanna' arranged by Jay Althouse. These two choirs will lead the procession from the Social Hall to the sanctuary as we sing 'All Glory Laud and Honor.'

A Way Through Lent

Lent began out of the practice of preparing new converts for Baptism at Easter. By the middle of the fourth century a 40-day preparation period existed. Converts fasted and learned the creed and the Lord's Prayer. Later, Lent became a time for all Christians to prepare for Easter. It remains 40 days long, not counting Sundays. Sundays are considered "little Easters," celebrating the Resurrection.

Christians have used this Season of Lent for self-discipline, fasting, reflection, and re-affirmation of their baptismal vows. Lent is a time for all of us to slow down, re-evaluate our living, and examine whether we are following Christ and living in ways that reflect God's hope for us and our world.

Lenten Coin Boxes: Children and youth may bring home a Lenten coin box to collect money for ELCA World Hunger Appeal. Set aside a regular time each day or week for family members to bring gifts for the coin box and to pray for those in your community and world who are in need. If you are considering "giving up" something as part of your Lenten discipline, you might use the money you would spend on that item as an extra contribution to the coin box.

Butterfly Calendars: Younger children may be bringing home a butterfly calendar to help count down the days until Easter. Be sure to put this somewhere where everyone can see it, and add a colored dot each day of the week.

Pretzels for Lent: Making pretzels is a very old Lenten tradition. There is a legend that a monk who made the altar bread had some dough left over. He shaped it into arms crossed in prayer and gave them to children to remind them to pray. The breads were called *bracellae* which means "little arms." From this we get the German word "pretzel." Lent is a time of prayer – make pretzels together as a family reminder of God's arms hugging us as we fold our hands or arms in prayer. Marilyn has a recipe – give her a call, and she will send it to you.



Vacation Bible School is June 28 – July 2, 2010! Make plans to register for the week of fun, games and crafts!

For more information contact Nicole Halvorson or Marilyn Chelsvig.

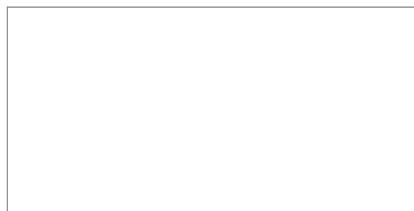
SUNDAY SCHOOL NEWS

All families are encouraged to make a reservation for the Easter breakfast Sunday, April 4. Look for details in the Youth News section of this newsletter. Regular classes will not be offered Easter Sunday so that families may enjoy the breakfast together.

Unit VI study – *Easter People* - will begin the Sunday following Easter. Teachers are reminded that there will be meeting March 28 from noon – 1 p.m. in the Lounge to prepare for this unit of the study.

STEPPING STONE BLESSING

Two of our young people are preparing for the Stepping Stone blessing – The Apostles' Creed – on March 14. They are Jonah Koch and Gwen Ostergren. Please include them in your prayers that they may continue to grow in their understanding of how God comes to us in three ways – as Creator, Redeemer and Comforter.



Consider being part of *Splash!* – a program designed to reach out to young children of the congregation and their parents through newsletters and CD's. Everything is ready to be sent each month – pre-printed – all you need do is fold, address, stamp and mail!

Thank you to Angie Freligh, Karol Lemerond and Maggie Sutton for being willing to be a Splash! sponsor. To guarantee that the parents of our children -- ages birth to 3 years -- receive this important information about faith development, seven more people are needed! Will you be one of them?

You can also support this important ministry by giving a \$20 donation to cover the cost of *Splash!* materials. Checks may be made payable to Christ Lutheran Church – just add the word *Splash!* on the memo line.

Talk with Marilyn Chelsvig if you are interested in learning more about this important ministry.

Encouragement

One of my New Year's resolutions for 2010 is to increase my devotional time. And for me an increase in devotional time would be to start to do something on a daily basis, since I was previously doing nothing! A strategy I embraced was to sign up for the daily Bible reading from the ELCA (it is easy to find if you do an Internet search for ELCA Daily Bible Reading). Now I receive a daily Bible reading in my email inbox to read and think about for the day. It's a start!

On February 3 the reading came from Psalm 56:

Be gracious to me, O God, for people trample on me;
all day long foes oppress me;
my enemies trample on me all day long,
for many fight against me.
O Most High, when I am afraid,
I put my trust in you.
In God, whose word I praise,
in God I trust; I am not afraid;
what can flesh do to me?

When I opened my email on this particular day the first line of this Psalm hit me hard. "Be gracious to me, O God, for people trample on me." Does this speak to you like it did to me? Do your co-workers, class mates or family members ever trample on you? Don't we all know someone who is experiencing illness, loss or toxic circumstances that leaves them feeling trampled and vulnerable, scared and discouraged?

Here in my inbox was a Bible verse, written thousands of years ago that speaks to me today, that relates to my life. And as I continued reading the verses of this Psalm I found encouragement, a feeling of hope and empowerment!

You have kept count of my tossings;
put my tears in your bottle.
Are they not in your record?
Then my enemies will retreat
in the day when I call.
This I know, that God is for me.
In God, whose word I praise,
in the Lord, whose word I praise,
in God I trust; I am not afraid.
What can a mere mortal do to me?

God counts my tossings and saves my tears in a bottle. God is for me!

My vows to you I must perform, O God;
I will render thank offerings to you.
For you have delivered my soul from death,

and my feet from falling,
so that I may walk before God
in the light of life.

If you are feeling trampled, my prayer for you is one of encouragement, that you may walk before God in the light of life.

I will continue to work at my resolution to improve my devotional life. Every day readings as meaningful and pertinent at Psalm 56 have me hooked. My next personal challenge will be to apply the messages and practices of Lent to strengthen my devotional time. I will let you know how it goes.

Melissa Biel

Christ Lutheran FAQs – Real Questions, Helpful Answers

Q: I so appreciate Dorothy Henriksen calling to remind me about my service on Sunday morning. But is there a way I can be notified sooner than the night before in case I cannot make it and need to find a replacement?

A: A calendar for the month is sent out with the monthly newsletter. If you receive your newsletter by email, the service calendar is included as an attachment. If you receive your newsletter as a printed copy, the calendar is included as an insert. In addition, to the service calendar, we also include a calendar of activity dates and times for the month. If you can't make your service assignment, we do appreciate you finding a replacement. Please call or email the Church office and let us know who is taking your place so we can include the correct name in the bulletin.

Q: I would like to know if there is a procedure I should follow if I want to schedule an activity or group meeting at Church?

A: In order to accommodate all the activities from groups both internal and external to CLC, we have established a process to schedule your event. Please fill out a CLC Activity Planning Sheet, which may be obtained through the Church office. Submit your activity request to Kathleen Davis, Office Manager. She will make sure your event gets placed on the Master Calendar, gets added to the monthly activities calendar, and gets listed in the Sunday bulletin. And if you need a room for your meeting, filling out the Activity Sheet reserves your space and helps us to not "double book" our meetings.

Q: Sometimes I have a suggestion about something that can be improved at Church or a great idea that I think should be considered. Who can I speak to about my suggestion? What is the procedure to get my idea heard?

A: Your ideas and suggestions are always welcome! A Council goal this year is to enhance our communication and we are looking for ways to connect with you. There are a number of ways to get your ideas heard. First, we have a suggestion box in the Narthex. Please put a note in the box and it will get reviewed and forwarded to the correct person or committee. If you want a response, you will need to include your name on the note. If you want to make it anonymous, that is okay too. Another strategy is to talk directly to the staff person or committee chairperson who can address your concern. All staff and Council representatives have a mail slot inside the office. Please feel free to leave a note in the mail slot, send an email or speak to us face to face or by phone. We are working on posting the Council members' pictures on the Word Wall in the Narthex so if you don't know someone by name, you will probably recognize his/her face.

Youth News

The **Souper Bowl of Caring** was a success! We collected \$83 and 172 canned goods that were donated to LSS! The craft items are awaiting assembly for the CLC children's bags and Miller Children's Hospital craft bags. Your generous giving is appreciated!

"Rummage Sale!" The Rummage Sale is coming! Saturday, March 6th the 20+ youth/adults heading to Yakama this summer, and parents, will be hosting the fundraiser from 8-12. If you have any last minute items to donate please do so by Friday, March 5th at 4pm. Come by the sale to shop, or simply say "hello" to all of our youth and parents!

High school youth from CLC, St. Luke's, St. Timothy and Trinity will be gathering together to partake in the **30 Hour Famine** March 12-13. Youth will be collecting money donations for Haiti before the event- please see the youth if you would like to contribute. During the famine the youth will fast, learn about those who go hungry daily in the world, and participate in various service opportunities.

At 5:15 p.m. on March 13th, here at CLC, the youth will host a communion service to prepare them to break their fast at 6pm. If you would like to support our youth and join them for this service, and a "break the fast" meal to follow at 6pm please RSVP with Courtney.

Easter Breakfast tickets will be sold March 21st and 28th. Each ticket is \$5 if bought pre-sale. At the door tickets will be \$8. Please make every effort to buy pre-sale as it helps with our food preparations. The youth will be ready to greet you Easter morning!

"Volcanooooo!" KFC will be going to Farrell's in Mission Viejo Sunday, March 21st. Come to church for 8am worship, stay for Sunday School at 9:30, and then after Sunday School we will head down to Mission Viejo for an ice cream lunch at Farrell's! Please visit farrellsusa.com and click on the Mission Viejo location to get the link to the pdf menu. This will help determine how much money you need. Please rsvp to Courtney by March 14th!

From your Stewardship Committee

Greetings. We wanted to take a moment to thank you all for your continued financial support of the many ministries of Christ Lutheran. Your selfless giving goes to benefit so many people and places that are too numerous to mention, but please know that your commitment is a blessing and is appreciated.

We also wanted to let you know of our plans for 2010. Soon after Easter we'll be presenting a gifts inventory, a kind of survey that will help us understand each person's spiritual gifts and potentially utilize those gifts in a way that inspires you and benefits Christ's ministries at the same time. It should be a lot of fun too! We'll also be bringing in a new staff member of the Synod office who is responsible for Planned

Giving. This is a means of thinking about Christ through endowments, bequests, and many other means of charitable giving that can also be a benefit to you and your heirs.

We're very excited about these opportunities and hope you will be too!

**2009 Financial Statements are available in the church office.
Contact Sheryl Hunter at
498.5804 for more information.**

**SAVE THE DATE
FOR HABITAT BUILD**

Thrivent Builds – Habitat for Humanity is constructing a home at 1486 Henderson in Long Beach. Groundbreaking took place February 27. Actual building of the house begins in May.

Volunteers from Christ are needed to work at the site Saturday, August 21. You do not have to be an experienced builder to participate in this activity. Be ready to say 'yes' to Chris Caldwell when she contacts you about working that day. Call Chris or the church office for more information.

Monetary donations may also be made to support the project. Checks or money orders should be made out to *Thrivent Builds with Habitat for Humanity*.

CHAPMAN UNIVERSITY SINGERS AND ORCHESTRA

On Friday, March 5 at 7 p.m. St. John's Lutheran Church will present the Chapman University Singers and Orchestra in concert. This concert is the seventh in St. John's 2009-10 Concert Series.

The sanctuary is located at 185 S. Center Street in downtown Orange. There is no chard, but a freewill offering will be taken. Childcare is available for children under age 5. For more information, please call 714.288.4433.

Preschool News

We had a great time at CPK on Thursday, February 18 with our fundraiser! Thank you to everyone that came out to support our school! We are still waiting to hear our total, but we had a great turnout so I think we did well. We will let you know the total soon.

In February we had our Special Person's Day where the children brought an Aunt, Uncle, Grandparent or someone that is special to them to our school. They enjoyed chapel with Pastor Jim and Ms. Marilyn. After that they were free to enjoy a snack in the courtyard and go to each classroom and participate in that room's activity. Each classroom was a different "shop".

Room 2 was a flower shop where they could put a white carnation in a vial with food coloring and watch what happens to the color of the carnation.

Room 3 was a photo shop where they could get their picture taken with their special person and make a picture frame.

Room 4 was a bookstore where they could read stories and play board games.

Room 5 was a candy shop where they could make a layered jar of their favorite candies. Finally, Room 6 was a hair salon where they could get their hair done. It was so much fun!

March is open enrollment for our upcoming summer and fall sessions. If you have a friend, neighbor, etc. that

might be interested, they can check out our website at www.clplb.com or call (562) 594-6117 to set up a tour. We also have current openings in our infant room and 3 year old room.

Sincerely,

Lisa Clinton

SPECIAL GUEST TO JOIN US

Rev. Adele Langworthy, the Cooperative Protestant Campus Minister at Cal State, Long Beach, will be our guest at an Adult Forum on Sunday, March 14, at 9:30 AM Christ Lutheran is one of the congregations that supports this ministry. Both Pastor Jim and Kee DeBoer serve on this ministry's board of directors.

Please join us for this special Adult Forum presented by our Church in Society committee. Learn of the challenges in campus ministry today and hear of ways we can support Rev. Langworthy as she serves on our behalf.

'ATTA BOY

Ask and it will be given... I asked and boy did you give! I went through the bags of greeting cards that you brought for St Jude's Ranch, removing anything too personal (phone numbers and Christmas letters). Then boxed them up and shipped them off – **70 pounds** worth! My shipping budget is shot! I thank you and the children thank you. Your kindness allows these abused and abandoned children to participate in a project that teaches the importance of "going green" and earn some pocket money at the same time.

Thanks,
Gail Taggart

SAVE THE DATES!

May 8 – Women's Brunch

May 23 – CLP Fundraiser

May 23 – Pentecost Party

June 20 – Congregational Picnic

June 28 – July 2 - VBS

BAPTISM & NEW BIRTH

Samantha Paige Benoit was received into the kingdom of the Lord through Baptism on February 28. She is the daughter of Sean & Sara Benoit, granddaughter of Pat Barnett, and younger sister to Addison. We rejoice with Samantha and her family.

We celebrate with the Innes family at the birth of Roman Jessie Innes born February 24. He is the son of James Innes & Sabrina Scott, and grandson of Laura Innes. Congratulations to them.

FUNERAL SERVICES

In the last month, funeral services were held at the church for the following members.

January 29 – Lu Peterson. Her ashes will be interred in the Christ Lutheran columbarium.

February 19 – Lenore Singer. Lenore was buried at Forest Lawn, Cypress.

February 27 – Mary Offley. Mary's ashes were scattered at sea.

February 28 – Dean Paige. Dean will also be interred in the Christ Lutheran columbarium.

Our hope is in the resurrection of Jesus Christ and the new life that is ours through him. May the Lord bless the memory and witness of these loved ones in our midst!

BIRTHDAYS

Shaun Murray	3/1	Gina Humphrey	3/19
Sara Benoit	3/2	Sophia Tostado	3/19
Angie Freligh	3/3	Mary Allen	3/20
Alex Bryant	3/5	Linda Gawthorne	3/21
Dick Ennen	3/5	Victoria Paez	3/21
Frances Willms	3/5	Lynn Benner	3/22
Gregg Humphrey	3/7	Ken Petrbock	3/22
Mary Vaughn	3/7	Mya Powell	3/22
Courtney Cover	3/8	Eunice Richardson	3/23
Alex Naud	3/10	Yvonne Seymour	3/23
Chris Caldwell	3/12	Ian Fitzpatrick	3/27
Jack Rollins	3/12	Stefan Joseph	3/27
Samuel Brown	3/14	Richard Mayfield	3/28
Brian Trost	3/14	Garrett McGee	3/28
Jamison Bryant	3/15	Ingrid Fuelleman Ramos	3/30
Steve Howard	3/16	Pat Nell	3/30
Joshua Freligh	3/19		

ANNIVERSARIES

Gloria & Eugene Tadlock	3/20
Don & Sydney Nichols	3/30

IN OUR THOUGHTS AND PRAYERS

At Home/Care Centers

Jeannette Carter, Ethel Ferguson, Velma Fischer, Jean Johnson, Mikki Nemnich, Ina Olsen, Don Probst, Gesine Reynolds,

Eunice Richardson,

Illness/ Therapy

Byron Bruner, Dorothy Henriksen, Pat Nell,

FAMILY & FRIENDS

Carolyn Armitage, Jim Barnes, William Bornemann, Michael Caldwell, Adam Cannon, Jacqueline Dickman, Kathy Edwards, Joyce Fancher, Mark Jeffries, Cindy Gray, Doris Jung, Logan Keene, Tom Krogstad, Katrina Lahr, Frank Labarba, Hermann Makavitz, Dennis Mann, Jackie Melott, Family of Sue Mokricky, Kristi Morelan, Ann Morgon, Caroline Peterson, Jim Pierce Jr., Kristina Randolph, Tim Ramirez, David Sarvela, Don Seymour, Ruth Sierich, Jim Strader, Larry Sutton, Terry Thompson, Leann Wadsworth.

THOSE WHO MOURN

The family and friends in the death of Mary Offley.
Jeanne Paige and family in the death of Dean Paige.
The family and friends in the death of Lenore Singer.

AND WE PRAY FOR

The nation of Haiti
Those suffering from violence and conflict, especially in the Middle East & Kenya. Pray for peace.
Our Partner Congregation: First Lutheran, Carson, CA, Linda Gawthorne & the Kogi Christians in Colombia
Bishop Dean W. Nelson and our Synod staff.
Those suffering from domestic violence
Those living with HIV and AIDS

THE PRAYER LIST The names on the Prayer List are listed for one month. If you request prayers beyond this time limit, please complete a new prayer request. Thanks for keeping us updated on those we remember in prayer. The list will change next month.

Life In Christ

is the newsletter of

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Newsletter Deadline is March 15, 2010