

COMING SOON



SUNRISE FOREVER, INC. is holding its 4th Annual Fundraiser and Benevolence Event at the Marriott Hotel, 1 Orms Street, Providence, RI on March 21, 2020, at 6:30 PM. This year's theme is "Investing for a Brighter Future." SMTLC has participated in their "Backpack Blessings Project," which brings school backpacks filled with supplies to students living in Liberia. To date, Sunrise Forever has provided 2,050 backpacks to students in 25 schools in Liberia and 100 backpacks to students in 2

schools in Ghana. This year's goal is to raise funds for 1,000 backpacks for students in Liberia. If you would like to be a part of sponsoring a table and attending this event, please speak with Pastor Cheryl. Sunrise Forever-Liberia is also our Mission of the Month for March and April.

ARE YOU VOTING IN APRIL? Two Pawtucket precincts will be voting on April 28 for the Presidential Preference Primary! Gratefully, we can be hospitable to our community in a variety of ways and this is just one way we serve Pawtucket!

COFFEE DONATIONS (both regular and decaf) are needed for our Sunday Coffee Hours and upcoming Easter Celebration! Donations are sincerely appreciated!

PASTRY DONATIONS FOR EASTER SUNDAY COFFEE HOUR—As we prepare for Easter, we also know there's always a fun coffee hour after worship. Please consider contributing pastries to the Easter Coffee Hour. There will be a sign-up sheet in the Upper Fellowship Hall!

SUNDAY, APRIL 19, WILL BE A SPECIAL SUNDAY with Knute Ogren from Camp Calumet! Knute is a brilliant speaker and an all-round talented and creative guy. So this will be a Sunday you don't want to miss!

MAY BREAKFAST MAY 3, 2020—Always Delicious and Delightful, Get Ready for the May Breakfast after worship o May 3! Look for News Blasts and Church Announcements coming soon about how you can help!

National Youth Gathering

Thank you to everyone for supporting the youth who went to the ELCA National Youth Gathering in 2018! This wonderful faith-building event has inspired our group to plan to attend the next ELCA National Youth Gathering from **June 29-July 3, 2021**, in Minneapolis, Minnesota. The theme this year is: Boundless: God Beyond Measure based on Ephesians 3:19 CEV. "I want you to know all about Christ's love, although it is too wonderful to be measured. Then your lives will be filled with all that God is."

Our group is also considering attending the pre-event on June 26-29. The Multicultural Youth Leadership Event empowers young people of color, and those whose primary language is not English. Their theme is: "Made Free" based on 2 Corinthians 3:17: "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom."

Fundraising will start soon, and more details will be shared as we get closer to the event.



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St Matthew Trinity Lutheran Church



Pastor's Grace Notes

"I don't know how anyone can live a peaceful life without faith in God."

I was in the cashier's line at Stop and Shop, picking up some last-minute items for dinner. I was wearing my collar, as I had just brought communion to one of our church members. It was the week after Kobe Bryant and the eight other individuals were killed in that tragic helicopter accident. A woman in line started talking about how sad she was because this young man, and all those who died with him, had so much more living to do. And then she sighed and said the first line of these "Grace Notes."

There are times in life when we are shocked awake, and we are reminded that so much of life is not in our control. It is exactly at those times that we are reminded of the importance of a living faith in God.

I Peter 1:13 says: "Therefore, prepare your minds for action; discipline yourselves; set all your hope on the grace that Jesus Christ will bring you when he is revealed."

This verse fits the season of Lent. This is the season when we prepare ourselves, condition ourselves, to live a muscular faith in all seasons of life. In our worship for Lent, we are discussing "Everyday Spirituality," utilizing parts of Bishop Hazelwood's book of the same name. Each week raises different values that are necessary for a muscular, disciplined, and daily faith in Jesus. Worship, reflection, and accountability are all aspects of our Lenten discipline. Are you taking advantage of this season to build a stronger faith? Are you tending to the hope that is in you so that when challenges come, and come they will, you do not lose hope for God's activity in your life?

Lent prepares us for the holiest of weeks as we remember Jesus' sacrifice for you, for me. Please note the description of each service for Holy Week on page 2 of "The Messenger." Please stretch yourself and come to worship this Holy Week.

Did you hear that on the morning of his death, Kobe Bryant and his daughter Gianna went to worship? May it comfort all who mourn that he had a living faith.

See you on Sunday!

Yours in Christ Jesus,

Pastor Cheryl

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LENT 2020



SUNDAYS IN LENT - March 1 - April 5, 2020, at 9:30 AM. In this year of Matthew, the readings will focus on humility and abundance, fairness and feasting, and how God is present in all circumstances of life. *There will be opportunity for creative readings, so, if you would like to be a part of reading in worship, please speak to Pastor Cheryl.*

EVERYDAY SPIRITUALITY - Throughout Lent, we will be lifting up portions of Bishop James Hazelwood's book, utilizing his illustrations to support the themes of the day. Books are available in the Upper Fellowship Hall, and you are welcome to take one.

The themes we will focus on for each Sunday are:

Ash Wednesday:	CLEAN
1 st Sunday in Lent:	SURRENDER
2 nd Sunday in Lent:	TRUST
3 rd Sunday in Lent:	QUESTION
4 th Sunday in Lent:	DISAGREE
5 th Sunday in Lent:	LAUGH
Passion Sunday:	GRIEVE

Each week there will be a question that you are invited to respond to either in the Idea Box or by email.

HOLY WEEK WORSHIP - On Sunday, April 5, 2020, Holy Week begins with the Sunday of the Passion, which includes the Procession of the Palms. Weather permitting, we will process outside at the beginning of worship; so please do your best to be on time! On Thursday, April 9, we begin the holiest of days for Christians. On April 9, Maundy Thursday, our worship will gather at 7:00 PM. On April 10, Good Friday, our worship will be at 12 Noon and 7:00 PM. And, on Sunday, April 12, we will celebrate the Feast of the Resurrection at 9:30 AM!



CAN YOU HELP?



On March 29 and April 5, you are invited to take a street in our neighborhood...or in your neighborhood...to distribute Door Hangers as a way of inviting the neighborhood to Holy Week/Easter worship. Can you help? Sign up in the Upper Fellowship Hall!



Pastor Cheryl is looking for two people who may be willing to work with the food pantry from 10:30-11:30 AM on the 2nd and 4th Sundays of the month .

ALSO, is there anyone available to be in charge of the Message Board, which Agape generously purchased for the Church to advertise events on Newport Avenue.



THE WARDE-ROBE THRIFT SHOP is a mission of McAuley Ministries in Central Falls, offering quality, gently used clothing, shoes, and household goods to working families and individuals who have difficulty making ends meet. Our customers are working poor families from Central Falls, Pawtucket, and Providence, who all seek necessities at affordable prices. The Warde-robe also provides FREE CLOTHING for those in need by working with local service providers and charitable organizations.

Located at 1286 Broad Street in Central Falls, The Warde-robe is open Tuesday through Saturday, from 10 a.m. to 3 p.m. for shoppers. Additionally, donations are accepted each day The Warde-robe is open, between the hours of 9 a.m. and 3:30 p.m., and donors are asked to call first (401) 729-0405 before bringing their items to the store. Donations are accepted at The Warde-robe's side door.

Proceeds from The Warde-robe's sales directly benefit the store's operations and customers, as well as our McAuley House and McAuley Village Ministries.

For Your Prayers...

- + Former member, Jodie Neukirch Elliot, who celebrated her 37th birthday on February 28 and lives with her husband, Peter, in Durham, NC, is in need of a heart transplant. Please hold her and Peter in prayer.
- + For St. Raphael's, which is a Pawtucket Roman Catholic school, closed due to COVID19.



Pastor's Note -

If you are feeling ill, please be cautious and consider staying home for that Sunday. Also, as part of our Greeting of Peace, we will now be sharing hand sanitizer rather than shaking hands!



New England Synod FYI February 28, 2020

Like much of the global population, we are concerned about the #Coronavirus, also known as #COVID19. Globally, over 80,000 cases of the disease have been reported across 50 countries. With the continued spread of this disease, the ELCA is actively and intentionally assessing the situation, communicating with personnel and companions in Europe and Asia, and taking action that prioritizes the safety of our members, our global companions and our entire human family.

We encourage everyone to stay informed and to prioritize the safety of themselves and their communities. Unfortunately, there is significant misinformation spreading about the disease. However, two sources that can and should be trusted are the Center for Disease Control (CDC) and the World Health Organization (WHO). Both sources release the most up-to-date information on the disease, and both have developed a variety of resources regarding prevention and response.

In this time of concern, we ask that you join us in prayer:

Merciful God, we know that your heart overflows with compassion for your whole creation. Pour out your Spirit on all people living with this illness, or who are living with anxiety about this illness, for which there is not yet a cure. Be with those who tend to the needs of the sick. Strengthen us all in body and spirit, console us when anxious, comfort us in grief and hearten us in discouragement. Help to remind us that you claim us as your own, and are with us wherever we go. Through Christ, our healer and Lord. Amen.

PAWTUCKET SOUP KITCHEN'S RESPONSE TO NOVEL CORONAVIRUS (COVID-19)

At this time there is no reason to believe that Pawtucket Soup Kitchen is at higher risk for coronavirus; all volunteers and guests remain welcome for food and fellowship.

As a precaution, the Pawtucket Soup Kitchen will continue to insure that cleaning protocols for our soup kitchen are followed. In addition, we will educate our volunteers on proper hand-washing procedures and continue to enforce existing procedures including wearing a pair of gloves at all times. Currently, there is hand sanitizer in the sign-in area for our volunteers to utilize.

Please note: While there is currently no vaccine for the novel coronavirus, everyday preventative actions can help stop the spread of this and other respiratory viruses:

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.

Avoid touching your eyes, nose and mouth with unwashed hands.

Avoid close contact with people who are sick.

Stay home when you are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces.

Individuals who are experiencing symptoms and may have traveled to areas of concern or have been in contact with somebody who has traveled to these areas should call ahead to their healthcare provider before presenting for treatment.

We will continue to monitor any new advisories that may come from the Rhode Island Department of Health. As always, we thank you for your commitment to our important mission to feed and support our community and neighbors in need.

Adrienne Marchetti, Executive Director



- + **Danielle Hodges** received her Master's Degree (is that her second?) . Congratulations! We are proud of you and your hard work!!
- + **Jerry Tolbert and Patricia Makor** have opened a new restaurant named "Afrique D'Lounge." The address of their restaurant is 145 Dean Street, Providence, RI 02903. Congrats!
- + **St. Matthew Trinity Evangelical Lutheran Church** on ratifying your new constitution at the Annual Meeting of the congregation. You are welcome to receive a copy of the constitution, just ask Pastor Cheryl!
- + On February 16, **Ava Maima Sambola** was washed in the waters of baptism and God's forgiving grace! Congratulations to Ava's parents, Gloria Luke and Henry Sambola!

Welcome to the world, Miles Everett Oren!



Congratulations to new grandparents, **Mark and Tracy Pearson**, Great-Grandma **Ginny Pearson**, and Aunt and Uncle, **Hannah and Nicholas Pearson!**

Kelly attends a Lutheran church in CT and this is how they announced Mile's birth:

Kelly and Nick Oren are thrilled to announce the birth of their first child — a happy, healthy baby boy, Miles, born February 28, weighing 7 pounds, 15 ounces. As a Congregation, let us pray for this blessed new life:

Dear Lord,

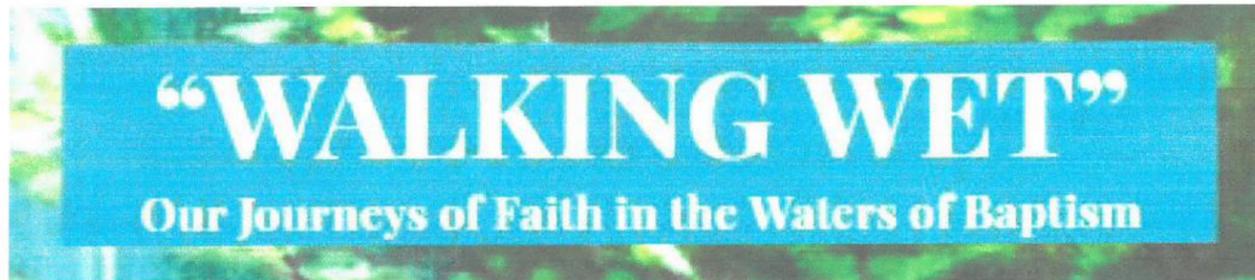
We ask you to bless this new baby, Miles Everett Oren. Place a shield of protection around his little body and guard him as he grows. Keep him safe and healthy, Lord. Help this dear one to know he is deeply and wholly and forever loved — first by you, and then by so many of us. Bless this baby, Lord, and bless his parents, Kelly and Nick. Help them adjust to their new normal as they welcome a whole new person into their lives, hearts and home. Give them strength and energy when the nights are short. Blanket their home in peace, grace, and love. AMEN!

He is risen
CELEBRATE THE RESURRECTION

EASTER SUNDAY IS APRIL 12
WORSHIP IS AT 9:30 AM
BRING YOUR FAMILY!
BRING A FRIEND!
ALL ARE WELCOME!



YOU ARE INVITED TO SPRING GATHERING 2020



Who: WELCA ladies from Rhode Island and Southeast Massachusetts and their invited guests.

What: Annual Spring Gathering

- An exciting program with keynote speaker, Pastor Alissa Oleson.
- A service project for the Elizabeth Buffum Chace Center, a domestic violence shelter.
- Breakfast, lunch, games, and fellowship
- Innovative worship and music
- WELCA business
- Door prizes and silent auction baskets

Where: St. Paul Evangelical Lutheran Church and Bethany Ministry 389 Greenwich Avenue, Warwick, RI 02886

When: Saturday, March 28, 2020 8:30AM - 2:00PM

Please bring:

- Gift in Kind - toilet paper and paper towels for the Elizabeth Buffum Chace Center
- A baked breakfast item. Each congregation bring one item (e.g. muffins, doughnuts, or sweetbreads) to feed about 15
- A silent auction donation. Each congregation bring one (for example, an Italian gourmet food basket)

At the beginning of 2019, members were invited to blindly select a "Star Word." Several weeks ago, Pastor asked members the following questions. Below are the responses received.

"WHAT WAS YOUR "STAR WORD" IN 2019"?

"HOW WAS IT USEFUL FOR YOUR LIFE"?

AGREEMENT: I need to wait on the Lord and be in peaceful agreement with Him.

MOVING FROM GLORY TO GLORY: Very useful for me spiritually. I just want to be grateful for an increase in my spiritual walk with God, which I believe is the greatest walk from glory to glory.

LISTENING: It made me more aware of what people were trying to share...ideas, opinions, etc.

EASE: It wasn't.

INHERITANCE: So many opportunities of spiritual growth fell on my path this past year that gave me proof of the power of inheritance.

AFFIRMATION: I tried to affirm other people by writing birthday cards to people, Valentine's Day cards to senior citizens, and Easter cards, as well as more Christmas cards. People really like to be affirmed by cards and phone calls. The problem with the world is it is a lonely place. Trying to affirm people makes the world see less lonely.

TIME: It reminded me to think about how I use time and to reflect on just what time means to me and to our culture...its importance, its over-importance(?)...

TEACHING: The word on my star was "Teaching." I said to myself, perfect. This word is perfect for me. I like to teach; I have the patience to repeat myself and change my thought process to help individuals understand what I am trying to say/teach. Little did I know that ultimately, I would be the person being taught.

In my life, I interact with many different people. Many times I am faced with situations that require specific answers to help people through a certain situation. I try to keep my thinking on what would Jesus do. Two specific situations helped change my thought process. Not about Jesus, but how I approached praying and speaking. The first was in the book *Jesus Calling*. I have been reading it daily and am learning how to pray. Not that I didn't pray in the past, but the way Sarah Young states it, hit home with me. Many times I would pray for something to happen. I would be looking for the silver lining, the one in a million, the lottery. One Sunday a few months ago, Pastor Cheryl stated in her sermon, too often we ask God for something and, if we were to receive it, then we would do this. You do this, I will do that. When I heard what Pastor said I was stunned. I had done that. God, if you give me this, I will do this...I was bartering with God. What a losing proposition. At that moment I changed my perspective. When I taught Sunday school, I used binoculars as a prop for the children to relate to when I was asking them to change their perspective. I immediately reached for a new pair of binoculars.

Jesus Calling taught me a second lesson. Salt. Salt flavors our food. We can't live without it. I know I use too much of it, especially on a good steak. I had heard the saying before about salt in conversations, but I hadn't connected the dots. Again, I changed my ways and prayed for Jesus to give me salt in my speech. When I find myself in difficult conversations or if I know I will be having a difficult conversation, I take a moment and pray to Jesus to "give me salt." Along with asking for salt, I have been working on becoming a better listener. My inclinations were to jump in and finish someone's sentence. I have prayed for more salt in my listening.

My word this year is "DECISION." I can't wait until next January to reflect on how this word will impact my life this year.