

Welcome to St. Matthew's Lutheran Church

February 26, 2023



Welcome to worship on the first Sunday in Lent. A warm welcome to visitors joining us today.

Holy Communion: All are welcome to come forward at the time of communion to receive God's gift of grace. Gluten free wafers as well as juice are available for those with specific dietary needs. Speak to an usher if you need assistance coming forward.

First Communion: We welcome Norah Plamann and Jade Richter (8:30 service) and Ben Cherwin (11:00) and their families as they receive their First Communion.

Today's Adult Education, 9:45-10:45 am - Location: Fellowship Hall (downstairs)

Emotional Intelligence: Adding to Your Family's Emotional Toolkit

There is a lot behind children's emotions/behaviors that they don't have the language/words/maturity for sharing in the way that adults can. Having a better understanding of our own emotions helps us to model and validate feelings that children are experiencing every day. The pandemic experience and the ongoing challenges of what's available on the internet have made this an even more challenging issue.

Connect with other parents, grandparents and concerned adults as we increase our own emotional self-awareness, normalize emotions and create a plan for the emotional well-being of our youth. Presented by 3 St. Matthew's members, licensed professional social workers who specialize in working with children; Kayla Celata, Laura Crave and Patti Foley. All are welcome!

Communion Make-up Class Scheduled for February 26th at 9:45 *(Conf. Rm by office)*

There will be a make-up class at 9:45 on February 26th for second graders and other kids who were unable to be at the class in January. Pastor Ann and Gretchen Haugse will teach the class which is designed to help kids understand the sacrament of communion. Parents are asked to attend with their kids.

Take a Break from Cooking and Support the Youth Mission Trip on February 27th!

On Monday, from 4:00 – 8:00, the Wauwatosa QDOBA will donate 25% of their sales to the St. Matthew's Youth Mission Trip! All you have to do is eat or order from QDOBA at 1417 N. Wauwatosa Ave during those hours. For your purchase to count, you need to:

- Tell the cashier that you are supporting the St. Matt's fundraiser, OR
- Show a flyer with the QR code, OR
- Show a digital flyer with the QR code on your phone, OR
- Order online with the code **QDOBAGIVES**

What a tasty way to support a good cause!



Bulletin Insert for Sunday, February 26, 2023

Kids for Christ and Disciples of Christ are Back

KFC: 1st -3rd graders are invited to join us for Kids for Christ! **Sunday, March 5 12-2pm**
DOC: 4th – 5th graders are invited to join us for Kids for Christ. **Sunday March 12, 12-2pm**
We will gather in the youth room for pizza. We will then play big group games including Capture the Flag in the education wing. Please join us for this time of Fellowship and fun. Call the church office to sign up. (It is helpful to know numbers, so we have enough food) Friends are welcome! Cost is \$5.00.

Women's Group Meets First Sunday of the Month from 9:45-10:45 Sunday, March 5th & Sunday, April 2nd

In February Katie Nickel led the discussion on Mental Health and we had some time in small groups to share our stories and resource ideas with one another. We will continue this topic in March and encourage all women to stop in. All ages are represented and we benefit greatly from the faith, wisdom and laughter that is shared in this hour. All are welcome! Come when you can!

This year's underwear collection is now underway, which benefits the clients of the Guest House (men) and The Benedict Center Sisters Program (for women). Here's a listing of what we are collecting:

Men's briefs or boxer briefs (sizes S, M, L, XL, 2X and 3X)

Men's Socks, size 6-12

Women's panties, sizes 4-24

Women's Bras, sizes 34A - 42C

Women's Socks

Women's Pajamas and long underwear, sizes up to 2X

Bring your donations to the wooden collection box outside the church office.

Lutheran Disaster Response responds to those affected by the earthquake in the Middle East: Two powerful earthquakes hit Turkey and significantly impacted neighboring Syria. The two quakes have devastated Turkey and Syria, collapsing thousands of buildings and damaging infrastructure. Over 47,000 people have been killed and thousands more have been injured.

One hundred percent of your gifts to "Middle East Crisis" go to supporting earthquake survivors and other people affected by disasters in the region.

Support the response today through LDR: <https://bit.ly/3I1sFkm>

or through St. Matthew's giving page: <https://www.stmattslutheran.org/give>

St. Matt's 1st Fridays Book Group

You decide which books you wish to read for the discussions you wish to participate in. Discussions begin at 7pm on the dates listed, held at St. Matthew's.

March 3 **The Air We Breathe: A Novel** by Andrea Barrett, 320 pages.

April 14 2nd Fri. **All Creatures Great and Small**, by James Herriot, 448 pages

May 5 **Raft of Stars: A Novel** by Andrew J. Graf, 304 pages

Sunday Morning Adult Education Upcoming Classes, 9:45-10:45am March 5
***"My Pronouns are What and Who Now?"* Navigating the Changing Landscape of Being a Welcoming People**

The last few decades have seen a rapid shift in acceptance and welcome of people of all sexual orientations, gender identities, marital statuses, and family structures. For those longing to be included and celebrated, it may feel like there is a long way to go, and things aren't changing quickly enough. For those who want things to stay the same, it may feel very frustrating and even infuriating to see emerging generations welcoming and celebrating identities and lifestyles that were once widely considered taboo and wrong. Join Jay McDivitt (he/him/his), a former ELCA pastor of two Reconciling in Christ (RIC) congregations, as he welcomes your questions and wades into the sometimes murky waters of "All Are Welcome." He is not an expert in all things LGBTQIA+* (yes, we can talk about all that, too). He is a church leader who has worked to help congregations sing and live the promise that "All Are Welcome," while fumbling and failing countless times along the way as new challenges emerge. We'll talk about pronouns, the difference between sexual orientation and gender identity, and pretty much anything else you want to discuss (time permitting). This will be a safe place to bring all your hard, silly, confusing, even accidentally offensive questions, starting with the assumption that we are a people of Grace who are committed to growing in compassion, curiosity, and courage together.

Men's Breakfast - Saturday, March 11th 7:30-9:00am

Enjoy a hearty breakfast with the men & friends of St. Matthew's at 7:30 a.m. The breakfast will be followed by a powerful faith sharing & testimony given by St. Matt's member, Mike Reinicker. *"My wife and I both received a cancer diagnosis in the same year. My cancer diagnosis was supposed to be non urgent and curable without much risk. Find out how I ended up on a ventilator for 10 days and was given only a 5% chance to survive. I will talk about how this experience brought us closer to God and showed me how God works through each and every one of us."* Sign up at the Welcome Center.

Julia Murphy resigns from Saints Coordinator position

**A Celebration to give thanks for her ministry to be held on March 12,
9:45 am during coffee time**

Our Saints Older Adults Ministry Coordinator, Julia Murphy, has resigned from that position effective with the new year. Julia has begun a new volunteer ministry of beginning a L'Arche community here in the Milwaukee area. (See this recent adult education session given on February 5 on our Youtube page) Because of her additional responsibilities with her family's small business, she has chosen to give up her Saints leadership position.

Julia Murphy has led the Saints for over five years, and shown careful leadership during the pandemic challenges. We are especially thankful for the thoughtful leadership she provided for our whole congregation in 'returning to worship' safely as vaccines became more widely available. Please join us for cake and give thanks for Julia's work these past five years. She and her family will remain members of St. Matthew's, so we will still be able to see her at church.

B'Gosh 'n Begorrah, It's Back! Youth Dinner Auction Planned for March 17th! It's your lucky night! For the first time in three years, we're planning a Dinner Auction for the Youth Mission Trip on Friday, March 17th. *Details coming soon! It's always a great evening!*

Auction Items are Welcome

We are always looking for interesting items to offer at our dinner auction fundraiser. Do you work for a business that would consider donating a product or a gift certificate? Do you have a skill or service you could contribute? Vacation rentals are also a welcome item. All donations in good condition are appreciated. Please talk to Gretchen Hauge if you can help.



STEPPING ON! Reducing Fall Risks – A 7-week Workshop right here at St. Matt's.
Registration deadline is March 1. Register now!

If you are at risk for falls or are worried about falling, Stepping On can help you. Learn:

- How to identify fall risk factors
- How to get up safely from a fall
- Sitting and standing strength and balance exercises
- Strategies to help you stay independent and active
- How footwear, medication and vision can affect your risk

Who is it for?

- Age 60+; live independently;
- Walk w/o assistance or with a cane
- Have fallen or fearful of falling
- Are cognitively aware

Workshop Sessions:
Tuesdays, 9-11 am
March 7 - April 18
Cost: \$10 for seven-week series
Where: St. Matthew's in the Upper Room

Register: Call 414-777-7700 or visit froedtert.com/classes to register. Questions? Contact Kimberly Lombard, program facilitator, by calling 414-805-8744 or email Kimberly.lombard@froedtert.com

Vacation Bible School 2023: July 31 – August 4

As you prep your summer calendar, be certain to save July 31 – August 4 for Vacation Bible School. Those entering Jr. K through 5th grades will gather mornings for a week of fellowship and fun. We certainly will need youth and adult volunteers, so please save the dates!

Registration will begin in the late spring.

Pastoral Staff: Karen Natterstad, Interim Lead;
Ann Williams, Associate Pastor
Volunteer Ministries/Small Groups/Adult Education: Sue Swing
Youth Ministries & Children's Education: Gretchen Hauge, Lynne Thomas
Children's Minister: Donna Gardner Manke.
Music Minister: John Paradowski.
Music Staff: David Mohr, Jeff Reeves, Amy Dankwardt, Heide Hughes
Technology Coordinator: Brian Smith.
Library Coordinator (volunteer) Linda Wunderlich.
Custodial Staff: Marsha Olson, Dave Fagerberg, Bob Gardner.
Office Staff: Al Van Lith, Bridget Smith, Sonja Mohr



Link thru your smart phone camera to give to St. Matthew's