

The Lorraine Avenue Messenger

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Wichita, Kansas

March 2016



Worship during March

March will take us through Lent, to Palm Sunday, into Holy Week and on to Easter! We will continue using the denominational curriculum with the theme "Living Ink" – acknowledging and celebrating that our stories are part of God's great story and when we give our lives to God, we become co-creators with God. There is much to look forward to this month as we enter these High Holy Days!

Sunday, March 6 – Lent 4

Sermon by Lois Harder

Joshua 5:9-12; Psalm 32:

2 Corinthians 5:16-21; Luke 15:1-3, 11b-32

Sunday, March 13 – Lent 5

Sermon by Matt Lehman Wiens

Isaiah 43:16-21; Psalm 126;

Philippians 3:4b-14; John 12:1-8

Sunday, March 20 – Palm Sunday

All children are welcome to enter the sanctuary waving palm branches!

Sermon by Tom Harder

Isaiah 50:4-9a; Psalm 31:9-16;

Philippians 2:5-11; Luke 22:14-23:56

Wednesday, March 23 – NO supper or Bible study

7:15 Chancel Choir rehearsal

Thursday, March 24 – Maundy Thursday

6:30 p.m. – a simple meal, including Holy

Communion, as we remember Jesus' last supper with his disciples and his passion in the Garden of Gethsemane. The service begins in the

Fellowship Hall and ends in the

sanctuary. Children are more than welcome to participate in as much of the service as parents wish; nursery care will be provided for the

youngest, beginning at 7:00.

Holy Saturday, March 26

12:00 – 3:00 p.m. The church will be open and the sanctuary set up with resources for prayer/meditation. Come and go as you feel led.

Easter Sunday, March 27

Our Chancel Choir will lead us in worship with a Easter service of Lessons and Carols.

- Lois Harder

"Living by The Word" from *The Christian Century*, February 17, 2016, by Emily C. Heath, senior pastor of the Congregational Church in Exeter, New Hampshire.

February 28, Third Sunday in Lent – Isaiah 55:1-9; Luke 13:1-9

One of the lessons I try to teach the young people I know is this: never give the best of yourself to someone or something that can never love you back.

I've been surprised at how much this advice resonates with young adults. It becomes a measure not just for judging boyfriends and girlfriends but also for asking the larger questions in life. Discernment about vocation and calling becomes more focused. Questions of meaning take center stage.

Most surprisingly, this lesson generates discussion in young people's families about how they use precious resources like time and money. I have been amused that it is these discussions, more than any about dating or sex or love, that trouble their parents.

We do not talk about idolatry much anymore, despite the caution against it in everything from the Ten Commandments to the New Testament epistles. This is ironic, because idolatry flourishes in our culture. We have not yet started building literal golden calves, but we have all spent plenty of time worshiping at equally dangerous altars. Money, success, popularity, greatness, security – these are powerful gods. And in worshiping these gods, we have too often driven ourselves to the point of living overwhelming lives. Isaiah asks us, "Why do you spend your money for that which is not bread, and your labor for that which

does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food.” In her book *Overwhelmed*, journalist Brigid Schulte shares this shocking fact: “The average high school kid today experiences the same level of anxiety as the average psychiatric patient of the 1950’s.” What’s more, stress in children “can alter not only their neurological and hormonal systems but also their very DNA.”

As it turns out, we have created a culture that is literally making our kids sick and actively rewiring them and not for the better. We may have smartphones and advanced placement and conspicuous consumption, but we are not very wise. WE focus on what doesn’t matter first, and we get around to what matters more than anything else only if we have the time. We spend our money for that which is not bread, and our labor for what does not satisfy.

But what if it does not have to be this way? IN Lent we are called to turn away from the things that can never love us back and toward that which is good and rich – that which can fill us. Counter to the narrative we often write for ourselves, however, we are not called by a God who speaks to us casually, without urgency. We are called by a God with time-sensitive conviction.

In this week’s Gospel passage (Luke 13:1-9) Jesus tells a story about a fig tree, a gardener, and a landowner. Year after year the tree fails to bear fruit. Tired of wasting good soil, the landowner tells the gardener to cut it down. But the gardener refuses to give up and negotiates for a one-year reprieve for the tree. They pledge to take care of it and shore it up with good soil. If even after all of that it does not bear good fruit, the gardener says, then you can cut it down.

I often want to ask people I know, people who feel overwhelmed by the demands of life, why they keep living like this. Why do you make the choices that leave you overextended and exhausted? Do you want to live a life utterly devoid of abundant new fruit? Why do you give the best of yourself to the things that can never love you back?

We all want to believe that we have infinite time to start loving the right things, eating that which will satisfy us, and bearing good fruit. But despite the urgency that defines the rest of our lives, scheduling everything from the car pool to the 401(k) contribution, we respond to Christ’s call to transformation by hesitating. There is always tomorrow.

In Lent, (we) have a unique call to (live) with urgency. Our transformation can no longer wait. We have failed to bear good fruit for far too long, choosing instead to focus on those things that will not bring us joy. The good news... is that there is great freedom in proclaiming to the people of God that they no longer have to wait to focus on what matters the most. Now is the time to put first things first – no excuses.

This urgency does not come from a fear that God will smite us. I do not believe that God wants to destroy us the way the landowner wants to destroy the dormant fig tree. But I do believe that Jesus speaks with urgency because he knows how quickly most of us are destroying ourselves. And I believe God wants better for us than that. God wants us to have new life, and this life will begin only when we put our spiritual houses – and our priorities – back in order. Only when we embrace God’s call on our lives will we find that we can once again bear spiritual fruit. That will happen when we start telling one another the hard truth: the clock is ticking, the time is now, and life is too short to waste another minute on what can never love us back.



Wellness Committee

As children of God, we seek to nurture and encourage wholeness within our church family.

Committee members: Ruth Holliday, Janet Kaufman, Marie Krehbiel, Kathy Long, Dolly Seibel, and Myra Swartz.

Hypertension: A growing but often hidden problem

Several years ago, NPR had a story on Morning Edition called, “Hypertension, a growing but often hidden problem.” So here is some of their insights and why we have “Blood Pressure Sundays!”

One in three of us (adults) has high BP. As we get older, our blood vessels stiffen; this in turn causes the blood flow to have increased resistance and so the heart pumps harder. So as the blood surges



through the rigid blood vessels, they can become weakened and may burst, which could lead to a stroke or heart failure. Blood pressure readings measure the pressure to the wall of the arteries. Both numbers are important. The diastolic which is the lower number measures the heart at rest while the systolic or top number measures the pressure to your arteries when the heart is pumping.

In 2003, the National Institute of Health commission lowered the levels at which systolic blood pressure begins to pose a risk. Their guidelines say 120/80 as normal, and that if you consistently have a BP over 140/90 it is considered hypertension.

Blood pressure jumps around from minute to minute, it can change 5, 10, 15 points. It is the average that we need to keep track of. Both numbers are important. Two thirds of people with hypertension do not have it under control.

Hypertension can be caused by lifestyle, genes and or age to an extent. One can lower their BP by exercise, losing weight and cutting back on salt and boosting potassium levels by eating more fruits and vegetables. Medicine is also a must when exercise and diet fail to keep it under control. Whatever path you take, pick up a BP card in the wellness room and keep track of your blood pressure!!

BITS & PEACES

Beyond Tolerance, Here We Come!

Remember “Beyond Tolerance”? It is a local effort to inspire African American and Anglo congregations to move beyond mere tolerance of one another into genuine relationships of caring, sharing and learning. In this spirit, Lorraine Avenue Mennonite is being invited to enter a relationship with Greater Faith Christian Church (located at 21st and Woodlawn).

Recently Cynthia Wolford, pastor of GFCC, Lois and Beverly met to talk about ways our congregations can grow together and learn from one another. A weekend event is in the works, for May 21-22. Our hope is to use this time--a Saturday social time followed by Sunday worship together—to get to know one another, share from our interests, and worship God together.

Exciting possibilities lie on the horizon, including delicious food, laughter, singing, prayer, inter-church children’s activities, and pulpit exchanges. The times and dates for these events will be announced as they are confirmed between the churches. *Everyone is invited, welcomed and heartily encouraged to attend these events!*

Please keep the Beyond Tolerance movement and the budding relationship between GFCC and LAMC in your prayers and stay tuned via the *Messenger*, e-news and the bulletin for confirmation of upcoming events.

Beverly Baumgartner

Praying for Peace

Women of Faith Praying for Peace – this is an inter-faith group of women who gather monthly from 7:00-8:30 p.m. for the purpose of fellowship, establishing friendship and offering prayers for peace in our neighborhoods, our city and our world. Lorraine Avenue will host the event on Thursday, March 17 in the Fellowship Hall.



HOPE

– the theme for the 48th Annual Kansas Mennonite Relief Sale (KMRS), April 8 & 9 2016...

Help brighten our world by
Offering our blessing that
People both far and wide might have
Expectations of joy and peace

KMRS’ purpose is to raise funds for MCC (www.mcc.org). it takes a whole host of individuals playing their part in order that we might carry out



the Lord’s bidding to care for the “least of these” found in Matthew 25. We call upon our supporting churches to donate

toward the sale budget so that every dollar raised at the sale can go to MCC. **Quilters** – complete your quilts and gather extra supplies to donate to Quilters’ Corner. Donate items to the General, Silent and even Kids’ Auction. Now’s a great time to divide house plants and start vegetable plants to sell at Plants & Things. Finish up those tea towel

sets for Kansas Crafts. Sign up for Fellowship Meals. **Runners (and non-runners)** – challenge yourself to participate in the Run for Relief, a 5k run/walk on Saturday, April 9 – you have a couple of months to gather your pledges. In May, after the sale, **motorcyclists** – there's the MCC Ride for Relief, and in June, there will be "Songs on the Lawn" – an evening of music. **And, of course, there's ATTENDING the sale – and eating and bidding and buying!**

Run, Darrel, Run!

I have registered to participate in the annual 5K (3.1 mile) Run for Relief at Hutchinson, KS on April 9, 2016. My goal is to raise as much money as possible for Mennonite Central Committee to help those in need at home and abroad. All money pledged goes directly to MCC.



If you wish to sponsor me, please make checks payable to KANSAS MENNONITE RELIEF SALE and label RUN FOR RELIEF on the memo line. No amount is too

small or too large. Last year's pledges ranged from \$5.00 to \$300. Pledges are for a one-time amount (not per mile or time). Please get checks to me before April 8. (Pledged money is to be turned in at race time on Saturday, April 9.) Pledges can be turned in to my church mailbox. or mailed to me at 9414 Pebblebrook, Wichita, KS, 67207.

Darrel Doerksen

APOLOGIES!!!

The following portion of the February Birthday/Anniversary list was cut off:

- 26 Keirdan Henwood (6)
- 26 **MARIE & ROY KREHBIEL (50th)**
- 27 Joshua White
- 28 Anna Ewy (7)
- 28 Myrna Zielke

Work of the Church

Board of Deacons Minutes February 9, 2016

Attendees: Mike, Lois, Cheryl, Myra, Sylvia, Miles

We Gather in God's Name

Cheryl - Shared a devotion that related 'the factory of sadness' that we sometimes encounter in our lives and a scripture "I have said these things to you, that in me you may have peace...." John 16:33, also a hymn: When peace, like a river (it is well with my soul).

Sharing Our Present Work

Made plans for the *Wednesday Pancake Supper* Planned *communion for Feb. 14*: Cheryl & Sylvia will bring juice and bread; Mike will help Lois serve; Cheryl & Sylvia will serve any who are unable to come forward & nursery

Church Service February 28: Mike will deliver the message & Myra will do the work of the church

Select chair & secretary for 2016: Sylvia will serve as secretary; Myra will continue as chair

Joint worship with Aposento Alto & Supporting Congregations: Service will be April 17 at Woodland Park

Discussion - *Missional Priorities for Deacons*

- A. Focus on membership:
 - a. New members April the 24th
 - b. Inquirers class April 4th
- B. Beyond Tolerance
 - a. Working with Greater Faith Christian Church (Cynthia Wolford)
 - b. Discussed joint Saturday morning activities
- C. Book Study
- D. Training for deacons and congregation

Church family concerns discussion

Looking to the future:

Susan on call for February, Cheryl for March; Next Deacons' meeting is March 8, 2016 - Devotions: Sylvia Host: Miles; Church council attendees: February 16 - Cheryl & Mike

Submitted by Miles Thompson

Lorraine Avenue Mission Board Minutes – February 5, 2016

LAMB Mission Statement: To provide leadership and direction for the service programs initiated by the congregation as Christ would have us do.

Present: C.B. Balbierz, Lois Harder, Ellsworth Kauffman, Pete Krause, Janice Penner, Jane Tanner

We Gather in God's Name:

Focus Question

Minutes Approved as printed

Sharing Our Present Work:

1. Church Council Report – Lois, Pete
2. Church Plant Report – Amber attended the meeting and updated us on changes that will be occurring with Byron acceptance of another job and leaving May 1st. Transitions for the support group were also discussed. Amber will work with the support group to develop a job description for future support group members. A joint worship with all three supporting churches and Aposento Alto is being planned for April 17th.
3. Lord's Diner, Harbor House, Inter-Faith Update – CB reports that things continue to be busy with the various Lord's Diner locations. She will keep the congregation updated on Food Handler classes. Many thanks to all who help support this mission.
4. Menno Housing – Ellsworth gave an update on the latest French Quarters project. 44 units are being completed for a total of 78 units. Grants are being sought to help with focus on the rehabilitation of houses.
5. LAMP Report – Connie was not able to attend but has already made the first delivery of boxes to IRC. Loren Bellew reports that they have almost all been distributed and have been extremely helpful. More boxes will be needed soon. Current immigrants have been arriving from Sudan, Congo among other places. Loren attended the meeting for a photo of the group for IRC's newsletter.

New Business:

1. Thank you notes were written to committee members to thank them for their service!
2. Update on status of committees for next year – Many committee members have expressed a desire to continue in their current capacity. A new member will need to be found for Mennonite Disaster Service and in the near future for the Aposento Alto support group.
3. Status of new LAMB members – We welcome Jeremy Mitchell-Koch to the board.

Submitted by Janice Penner

Board of Trustees Minutes February 14, 2016

Attendees: Al Beck, Nathan Ebersole, Roger Kaufman, Wes Miller, Angie Smith; meeting chaired by Roger

Missional Priorities --- As requested by Linda Doll and The Missional Priorities Committee, we brainstormed what we see as the missional priorities for LAMC for the next 5 years. After some discussion, we identified two things:

As always, the Trustees' ongoing mission is *to maintain and improve our church building and other church properties*, to support the missions and activities of the other boards and the congregation. Lighting and maintenance of light fixtures is an area we have targeted for improvement.

As new missions are identified for the TLC House and the 633 House, the Trustees will endeavor to support that by doing maintenance on those houses as we are able.

Offering money --- While Murray is out of town, he has asked the Trustees to put the Sunday morning offering money in a bag and lock it in the safe. He will process it when he gets back into town.

Snow Removal --- Will it ever snow to give our new snow removal service something to do? Several weeks ago there was an ice storm forecast for a Wednesday, and he came by the church and spread ice melting salt on the parking lot. (probably not a big effort for him if he has a rotary salt spreader on the back of his pickup)

New water leak --- There is a new small trickle of water seen on the south wall of the sanctuary. We are watching this closely, and looking at the roof and surrounding area.

Water heater problem --- Our quest to fix one of the two hot water heaters in the boiler room continues. The unit is out of warranty, so we have to find a replacement part, then our plumber will install it. Roger is working the issue.

Gathering room blinds --- Al fixed a fouled pull-cord on one of the window blinds in the Gathering Room.

Faucet leak? --- There was a report of the south sink faucet in the kitchen leaking, but Nathan took a look and could not see any leak.

55 or 45 degrees? --- While church rooms are unoccupied, should we set the thermostat temperature down to 45 degrees (the lowest the thermostat goes) or continue at 55 degrees (as we have been). We debated the pros and cons. Might

save some heating costs, but would take longer to heat up. We may try some zones to see how it works (but not the sanctuary).

Motion sensor light switches --- Should we try some motion-sensor light switches to save money? These are being used in many businesses. We might try one in one room, to see how we like it.

New TV/DVD rig --- There is a new TV/DVD setup that has been bought for the church to use. It is currently stored in the locked air handler room at the north entrance to Fellowship Hall. The Trustees could get it out for use if someone requests it.

633 House driveway light --- After the meeting, the Trustees carried a ladder over to the 633 House and installed the new photo sensor on top of the big driveway light. Until we look at it after dark, we won't know if it's working or not.

Next meeting - Our next Trustees monthly meeting will be March 13, 2016.

Submitted by Roger Kaufman

Board of Christian Education Minutes February 13, 2016

Present: Beth Lichty, Cathy Everingham, Cindy Thompson, Jill Robinson, Bev Baumgartner

Gathering

Beth opened the meeting with some jokes about kids and church. Hearty laughter ensued.

Children/Youth

Spring curriculum has arrived and is in classrooms for new quarter beginning March 6.

Beth will explore re-ordering the lectionary-based *children's worship bulletins* BOCE supplies for Sunday morning worship. They are well-received and enjoyed.

Wednesday evening kids' program volunteers included Doug Everingham, Miles Thompson and Beth Lichty. More adults are welcome to join the weekly rotation.

Parent inquiry about adding more Bible literacy activities to Wednesday evenings and/or Sunday school was discussed. BOCE addresses biblical literacy through the weekly bulletin inserts, the Shine Sunday school curriculum, Vacation Bible

School, and other events. Biblical literacy requires an engaged community. BOCE will explore a return to the Kids Can series for Wednesday evenings or infusing the current programming with more opportunities to engage Bible stories/memory work. We will explore a Sunday morning children's time highlighting the lectionary-based bulletin inserts and will suggest a possible return to the Service of Memorized Scripture as a follow-up to Holy Humor Sunday. (This service was once an Easter 2 tradition).

Adult

Rejoice Daily Devotionals are in mailboxes.

The *schedule for the spring Faith & Issues stewardship series* is in process.

After it ends we will do a study of the *New Jim Crow*, April 3, 10, 17 and 24.

Cindy will invite *Willard Ebersole to present on the church cemetery and CPT* in May.

May will also possibly include a discussion of *Trouble I've Seen*.

Other

BOCE still seeks one more person to join us!

Jill Robinson will work as our liaison with senior high youth.

Cathy will write thank you notes to outgoing BOCE members Tyler Schroeder and Delores Funk.

Coming Up

Next BOCE meeting, Saturday, March 12, 11 a.m.

Submitted by Bev Baumgartner

Church Council Minutes February 16, 2016

Present:

Beverly Baumgartner, CB Balbierz, Nathan Ebersole, Mike Feters, Linda Gebert, Lois Harder, Tom Harder, Roger Kaufman, Beth Lichty, Cheryl Schmidt, Karl Swartz, Terry Unruh

Karl opened the meeting with a prayer

God's Work Among Us

The minutes of January 19 were approved.

Murray was out of town, but emailed a financial report to Karl as follows:

Cash	
General Fund	\$118,251
Restricted	18, 288
	<hr/>
Total Cash	136,539
Loan Payable	
Current yr.	4,039
Long Term	70,573
	<hr/>
Total	74,612
Contributions	69,408
Expenses	<30,371>
	<hr/>
Profit this yr.	39,037

Furthering the Kingdom

Staff Relations: Terry Unruh, chair, outlined the proposed plan regarding the Pastors moving forward. After a brief discussion the proposal was approved by the council

Karl asked if there were any comments on the Congregationl Meeting. There were none.

Status Reports:

It was reported that there is not a Congregational Chair yet; Trustees report they now have two candidates.

The Missional Priorities Task Force is looking at the improvement ideas for our facilities, as to how they relate to our missional priorities. This is the next step in Long Range Planning. This task force includes members Tom Harder, Mike Fetters, Linda Doll, Beverly Baumgartner, Alison Wenzel, and Reid Kaufmann, Chair. Andrea Unzicker has informed the group that she would be willing to serve on the task force also.

The website is up and running but a redirect from our old MennoNet site has not been implemented, but will be soon.

Karl says he is now revisiting the upgrading of the Constitution and Policy and Procedures of the church.

New Business

Lois and CB talked about some of the ideas LAMB has been exploring for use of the 633 house and the TLC in regards to refugees or the homeless. These are still all in the exploration phase.

Karl closed the meeting with a prayer.

Submitted by Linda Gebert, Church Clerk



Contributions to LAMC by electronic payments are now possible through PayPal! Just follow these steps –

- Go to the PayPal website, www.paypal.com, and select **Send**
- Enter the pay-to email address of treasurer@lorraineavenue.org and the amount to be paid, and then click **Continue**
- Select the **Friends or family** option
- Add a note to explain the purpose of the contribution (such as “General fund”)
- Follow the online instructions to complete the payment

If you instruct PayPal to send the money from your bank account, rather than from a credit card, no fees will be charged to LAMC. Contact our treasurer, Murray Reimer Penner, for more details.



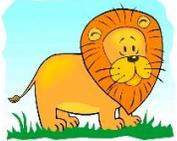
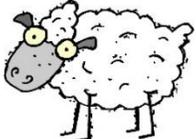
Birthdays and **ANNIVERSARIES**

(Please let the office know if any birthdays or anniversaries are not included)

- 2 Connie White
- 3 Lael Ewy
- 4 Amanda Gabel
- 4 Mike Hiebert
- 5 Jenna Streit
- 5 Lillian Galle
- 6 Kevin Doerksen
- 10 Matthew Harms
- 10 Joanna Friesen Parks
- 10 Sheila (Beck) Regan
- 11 **ARNOLD JANTZEN & LAVONA FRANZ
JANTZEN (16th)**
- 12 Nadine Reimer Penner
- 15 Roy Krehbiel
- 16 Don Steelberg
- 16 Lucas Frank Hill (1)
- 21 Kate Clause
- 21 Rachel Reimer-Kouame
- 22 Meribeth Buhr
- 22 **GLENN & LOIS JANZEN (59TH)**
- 24 Sara Penner
- 25 Freya Morris (9)
- 27 **JONATHAN BEACHY & GLORIA HEGGE (28th)**
- 27 Don Klaassen
- 28 Julie Dunkelberger
- 28 Sylvia Kaufmann (5)
- 30 Arnold Jantzen
- 30 Marie Krehbiel

**MARCH
2016**

Lorraine Avenue Mennonite Church

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  7:00 Wellness Cmte	2 4:45 Yoga 5:30 ShiningLights 5:45 Supper 6:30-7:15 Bible Study; kids' act's 7:15 ChancelChoir	3 1:00 Serendipity	4 12:00 Yoga 5:00 LAMB	5
6	7 5:30 Yoga 6:30 OZ Bike Club 6:45 Wellness Group	8 7:00 Deacons	9 4:45 Yoga 5:30 ShiningLights 5:45 Supper 6:30-7:15 Bible Study; kids' act's 7:15 ChancelChoir	10	11 12:00 Yoga	12 11:00 BOCE
13 10:45 Trustees	14 5:30 Yoga 6:45 Wellness Group	15 7:00 Council	16 4:45 Yoga 5:30 ShiningLights 5:45 Supper 6:30-7:15 Bible Study; kids' act's 7:15 ChancelChoir	17 1:00 Serendipity 7:00 Women Praying for Peace 7:00 <i>knitting4peace</i>	18 12:00 Yoga	19
20 	21  1:30 Library Cmte 5:30 Yoga 6:45 Wellness Group	22	23 4:45 Yoga 7:15 ChancelChoir	24 <i>Mauddy Thursday Service 6:30 pm</i>	25 12:00 Yoga	26 8:00 Men's Breakfast Prayers for Peace- Sanctuary
27 Welcome Easter! 	28 5:30 Yoga 6:45 Wellness Group	29	30 4:45 Yoga 5:30 ShiningLights 5:45 Supper 6:30-7:15 Bible Study; kids' act's 7:15 ChancelChoir	31 		

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