



Makin'

Waves

Atonement Lutheran Church

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March 2015



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Welcome New Members

Last month we rejoiced to receive 2 families (five new people) into membership at Atonement: David and Donna Bowman...Peter, Meredith and Graham Mann.

We welcome them into our family of faith and pray that God will use their gifts in our mutual ministry in Newport and beyond. Please take time to get to know them and add your personal welcome.

More new members will be received soon! Exciting things are happening at Atonement. Who can you invite to be a part of what God is doing among us?

Remember  **Set Your Clock Ahead**
March 8th

We at Atonement Lutheran Church reach out with the good news of God's love through Jesus Christ.

As Christ's ministry includes everyone, we, too, welcome persons of any ethnicity, gender identity, race, sexual orientation, marital status, age, economic situation, and physical or mental ability.

We celebrate the gifts each one brings to the life and ministry of this community of faith.



Our Own "Wild" Couple ... by Susan Painter

Come and hear Bishop Dave and Gretchen Brauer-Rieke tell us about their 421 mile hike across the Oregon portion of the Pacific Crest Trail last summer. They will tell us how ordinary, middle aged people without previous long-distance hiking experience can do this. Learn about their preparations, their resupply support systems and how they endured hiking from the California border to the Columbia River.

Bishop Dave will preach at both services on Sunday March 22, 2015. We will have a potluck following the second service. Dave and Gretchen's presentation – complete with props – will begin about 1:30 that day.



Lenten Midweek Services ... by Pastor Ed



Prayer Beneath the Cross

We invite you to join us each Wednesday evening during Lent (March 4, 11, 18 and 25) for a contemplative service of prayer, readings, silence, and song. We will use a service first used at Holden Village called *Prayer Beneath the Cross*.

We gather beneath the Tree of Life, the cross of Christ.

The sign of God's unfailing love for us and the whole creation.

We come to hear God's promise to pardon, strengthen, and heal us.

We come to pray for the healing of the nations and for the healing of our own lives and communities. We come at Christ's invitation.

Each Wednesday we will gather in the Fellowship Hall at 6:00p.m. for a soup/bread supper and fellowship. The prayer service will follow at 7:00p.m.

Please, Sign-up to provide soup and bread. The sign-up sheet is located on bulletin board next to the coffee bar in the narthex.

World Day Of Prayer ... by Rhonda Harman



World Day of Prayer is March 6th at 1:00pm...held at Sacred Heart Church. This year the Ecumenical worship will be "Jesus Said"... "Do You Understand What I have Done for You." It was prepared by the World Day of Prayer Committee of the Bahamas and the World Day of Prayer USA Committee.

This service is a worldwide movement led by Christian women who come to observe a common day of prayer and action each year on the first Friday in March. Each year a different country serves as the writer of the service lifting up issues of mission, justice and peace that are important to them. The motto is informed prayer and prayerful action.

First Friday Lunch Bunch ... by Raynette Rawles



March 6th 11:30am @ Fish Tails

We are having brunch earlier this month, as World Day of Prayer begins at 1:00pm.
Please call or e-mail office if you are able to attend.

Sanctuary Decorations ... by Marian Brown



Please help to decorate the sanctuary for Easter Sunday by providing an Easter Lily. Plants can be dropped by the church during Holy Week and can be taken back home following the 11am service on Easter Sunday.

From the Pastor . . .



Pastor
Ed Milliken



Dear Friends in Christ,

During the month of March we make our way through the season of Lent and, as March draws to a close, we are ushered into events which are crucial, which are central to the faith we hold. In these days we will focus on the journey which our Lord takes through death to life. But this story is ours as well, for this journey which Christ takes is also our journey.

We begin on the Sunday of the Passion/Palm Sunday (March 29) as we recall Christ's triumphal entry into Jerusalem. It is a dramatic beginning replete with waving palm branches and shouts of "Hosanna!" We are celebrating the arrival of a king, our king. Just what kind of king he is will be spelled out during the rest of the week.

On Maundy Thursday (April 2), we celebrate a new Passover recalling that on the night he was to give himself up to death, Jesus gave the gift of himself in the bread broken and the wine poured. "Do this in remembrance of me," he said. On this night we pray for the grace to become a community that is signed by the Eucharist and committed to the new commandment of loving service to others.

On Good Friday (April 3), we focus on the cross recalling that through his suffering and death Jesus became for us...the source of

eternal salvation, enabling us to "approach the throne of grace to receive mercy and favor and help in time of need." We remember that from the cross flow all the benefits of God's love and that a new power of life now saturates the world.

On Easter Saturday (April 4), we celebrate the vigil of new creation and the power of light over darkness. We hear stories of God's saving activity in our world and we celebrate the gifts given to us in the sacraments of Holy Baptism and Holy Communion.

Finally, the journey culminates on Easter Sunday, the first of fifty days of celebrating God's victory over sin, death, and the devil. "Christ is risen! He is risen indeed!" in the message we proclaim.

These are awesome and powerful days. This is the story of your life, a life that will have no end because of the saving work of our Lord. Come and enter into this story. Walk with us on this journey of new life. Plan to attend all of the services and, if you do, I believe that you will find your life of faith deeply enriched by the experience.



Pastor Ed Milliken



Rhonda Harman ~ Director of Family Ministry



Family Ministry/Education News

Fever thought about a having a "makeover"? What image comes to mind? Back in the day, a makeover might purely indicate a new hairstyle, new makeup and a new outfit. However, when I get out of my box other (makeover) possibilities arise. Key is this...Any part of life that just does not feel right is entitled, if not mandated for a makeover!

This Lenten season could be our best makeover time of year. Instead of giving something up for Lent, what if we make better choices. Any makeover can work when we think about how we feel about elements of our lives.

Good health has become quite personal. Yes, I am taking a surgical sabbatical! Foremost, my makeover is about my health and how it makes me feel especially, is there any sorrow?

Looking at 2nd Corinthians 7:10; "Godly sorrow brings repentance and leads to salvation and leaves no regret but worldly sorrow brings death". (NRS)

Sorrow is to carry baggage and likely sad memories. God's best advice is to ask for forgiveness then change. By God's grace and our choices our lives are changed. I choose to do everything as right as I can and thereby also honor my body, God's temple. The first Monday in January I eliminated sugar and until recently did very well. What happened? "It's the get it now pay latter" stigma. I will try, try again! Education is a makeover tool.

I have read that sugar is the culprit behind many health issues because it causes

inflammation. Diabetes is one example and has been a threat within my family genes. So there you have just one example of one makeover. Need additional inspiration? How about a lab report that your liver enzymes are out of the park due to too many surgeries in too short of a time period. Need other self-examination tools? How about a long look in the mirror because you never know when life will smack you up the back of your head. Let us not be willfully ignorant!

Sometimes there are hidden blessings especially because you are indeed taking care of yourself. My oncologist and orthopedic surgeon both said, I healed well because I was in pretty good shape prior to health issues. So, if we keep ourselves in "good shape", the gift really is an underlying blessing. We will possibly not be as sick if we have been doing the things we all know we should do to care and nurture ourselves.

Behavior is key. Once again prayer is where to start. We can ask God for the courage to look at how we genuinely feel about all aspects of our lives. Pray for the strength to change the behavior and make different choices. Let's start with the basics, "makeover boot camp" if you will. We have to face up to all the facts and then look deeply inside. It is not God's intention that we must suffer or endure our life's challenges year after year. I do know for a fact that I have learned much visiting the valleys and the shadow of death. I have learned that I become even more grateful in climbing up from the valley to the mountain top. God has given



Family Ministry ... (continue from page 4)

me a fresh view and clean air from on high. Let's all look deep within. How do we really feel about the landscape of our daily lives? How do we feel about the stewardship of our church and community, our personal lives and our homes? How about becoming lighter in every way? Getting into better health, reducing clutter in our homes, buying a reliable car not necessarily a new car? How about using both our God given talents and gifts and giving generously as God's stewards? Some, if not all of these things can be felt in the pit of the stomach if put off long enough. When this happens we absolutely know something has got to change. So bottom line is if you like your home the way is, your marriage, your relationships your spiritual life there is probably nothing wrong. So be honest let's take a sincere and prayerful look at our lives and let this be our best ever Lenten Makeover. Blessings, *Rhonda Harman*

"PTA" Luncheon Meeting ... by Rhonda Harman



We are scheduling a "PTA" luncheon/meeting on April 12th after second service. This is for our **Parents/Grandparents** of our Atonement children and our **Sunday Shepherds**. We will provide a simple meal and encourage 100% attendance. We will discuss the future, 2016-2017 Sunday School possibilities.

The Beatitudes for Friends of the Aged ... submitted by Rhonda Harman

Blessed are they who understand my faltering steps and shaking hand.
 Blessed are they who know my ears today must strain to catch the words they say.
 Blessed are they who seem to know that my eyes are dim and my wits are slow.
 Blessed are they with a cheery smile who stop to chat for a while.
 Blessed are they who never say you've told that story twice today.
 Blessed are they who know the ways to bring back lovey yesterdays.
 Blessed are they who make it known that I am loved not left alone.
 Blessed are they who know the loss of strength I need to bear the cross.
 Blessed are they who ease the days on my journey home in so many loving ways.

... Unknown



Mark Your Calendars

The Chowder Bowl in Nye Beach will host Dine Out for Samaritan House Wednesday, March 4th donating a whopping 50% of the day's proceeds.

Thank you for your continued support.
 Rose Davies, Volunteer,
 Samaritan House Homeless Shelter





Adult Forum News... by Pastor Ed

"When I have a terrible need of - dare I say, 'religion'?



... Vincent Van Gogh



"then I go outside at night and paint the stars."

Celebrating the communion of science and faith, *Painting the Stars* explores the promise of evolutionary Christian spirituality. Due to popular demand we will be viewing the video segments for a second time in the coming weeks.

Schedule:

- March 1: Session 3 video: Getting Genesis Wrong
- March 8: Session 4 video: An Evolving Faith
- March 15: Session 5 video: Evolutionary Christianity
- March 22: Bishop David Brauer-Rieke leads the adult forum
- March 29: No adult forum – One service at 10am

Mark Your Calendar!



Please circle Sunday, March 29 (Palm Sunday/Sunday of the Passion) on your calendar and plan to be at Atonement for a day filled with fun and festivities. We will be celebrating 2 events:

- 1) **Accepting some new members** into our congregation.
- 2) **Hosting a baby shower** for Meredith Mann and the Mann family's new arrival, (baby due around March 20).

Remember: This is a fifth Sunday... **one worship service at 10:00 a.m.**



Parish Nurse Corner ... by Lynn Moody

Dear friends at Atonement,

Given my current situation, I have decided that I must go on inactive status as your parish nurse. As you can all understand, my focus now is on my husband. I do plan to return to being an active parish nurse in the future, I just do not know when that will be. The amazing members of the Health Ministry Team are working on a plan to continue the monthly blood pressure screenings in my absence. I appreciate all of your continued support, prayers and the amazing hugs as I make this journey with God's help.

Blessings, Lynn Moody, RN



Library Committee ... by Paul Amundson



The Friendship Factor by Alan Loy McGinnis

From builders and poets to dancers and fighters, and beyond we all need friends to survive.

"The only way to have a friend is to be one." – Ralph Waldo Emerson

The Friendship Factor by Alan Loy McGinnis offers many stories illustrating some of the ways and highlighting some of many important things we can do to become friends with another.

One such story speaks of a shy person who had no friends. He focused on finding other shy people. And when he found them he asked them to share their life stories. Some did and some didn't, but he gained many lasting friendships by showing an interest in them and their life passions.

How would you define friendship? Many people have tried to define friendship, or to somehow place a value on being a friend. Here are a few of the answers.

A friend is someone who gives you total freedom to be yourself – Jim Morrison

Friends show their love in times of trouble,

not just in times of happiness. -- Euripides

A friend is one who knows you and loves you just the same. – Elbert Hubbard

It is one of the blessings of old friends that you can afford to be stupid with them. – Ralph Waldo Emerson

Love is the only force capable of transforming an enemy into a friend. – Martin Luther King, Jr.

Walking with a friend in the dark is better than walking alone in the light. -- Helen Keller

Friendship... is not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything. -- Muhammad Ali

A real friend is the one who walks in when the rest of the world walks out. Walter Winchell

And from one of our best friends, Jesus, the second greatest commandment, "Love your neighbor as you love yourself."

Friendship is love.



WELCA Meeting ... by Jean Amundson

The WELCA group meets monthly for Bible study, fellowship, and treats. Our next meeting will be held on Wednesday, March 18th at 12:30pm in the narthex.

The topic this year is "Transforming Life and Faith". and we'll be studying people who have life-changing experiences. The people we'll meet will be from the Acts of the Apostles plus both the Old and New Testaments.

Refreshments will be served.

All are Welcome!



Property Committee ... by MaryLou Mate



Room Rental

Our church facilities/rooms on the lower level are available for rent...short term events (parties, meetings, weddings) or long term if needed. Please, check with our office for available dates and time.

Phone# 541-265-2554 E-mail: office@atonementlutheran.com

Outside Work Party



Mark your calendars and plan to participate in the "Getting Ready For Easter Work Party" on Saturday, March 28th from 9-12. It will be a fun morning of pulling weeds, picking up trash, etc. with a coffee break that will include "good snacks".

If you are unable to join us on the 28th but would like to help, please contact MaryLou or Marian.



Income/Expense Snapshot...Atonement Lutheran Church ~ January 2015

	GENERAL FUND		CAPITAL FUND	
	<u>Actual</u>	<u>Current Budget</u>	<u>Actual</u>	<u>Current Budget</u>
INCOME				
Members Offerings	\$16,930	\$13,588		
Rental Income			\$8,395	\$8,395
Others	\$764	\$3,275		
Total Income	\$17,694	\$16,863	\$8,395	\$8,395
EXPENSES	\$15,809	\$18,536	\$3,338	\$5,638
INCOME LESS EXPENSE	\$1,885	(\$1,673)	\$5,057	\$2,757



March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:00am Worship 9:12pm Blood Pressure 9:30am Adult Forum/Sunday Sch 11:00am Worship 12:15pm Ed Mtg	2 Office Closed 1:00pm Prayer/ Bible Study 5-7:00pm Weight Watchers (FH) 6:30pm Parish Life	3 2:00pm Staff Mtg 7:30pm Chancel	4 6:00pm Soup/ Bread 7:00pm Service	5 8:00am Men's Bible Study Breakfast at Fish Tails	6 11:30am First Friday Brunch @ Fish Tails 1:00pm World Day of Prayer @ Sacred Heart	7 8:00-11:30am Weight Watchers Mtg (FH)
8 Day Light Savings Time 8:00am Worship 9:30am Adult Forum/Sunday School 11:00am Worship 12:15pm Worship & Music Mtg International Women's Day	9 Office Closed 1:00pm Prayer/ Bible Study 5-7:00pm Weight Watchers (FH) 5:00pm Property	10 2:00pm Staff Mtg 5:30pm Social Ministry Mtg 7:30pm Chancel	11 4:00pm Finance 6:00pm Soup/ Bread 7:00pm Service 7:30pm HMT	12 8:00am Men's Bible Study Breakfast at Fish Tails 12-5:00pm OCQG (FH) World Kidney Day	13	14 8:00-11:30am Weight Watchers Mtg (Ed Rm) 8:00am-5:00pm OCQG (FH)
15 8:00am Worship 9:30am Adult Forum/Sunday School 11:00am Worship 12:15pm 50th Anniversary planning Mtg	16 Office Closed 1:00pm Prayer/ Bible Study 5-7:00pm Weight Watchers (FH)	17 2:00pm Staff Mtg 6:30pm Early Risers 7:30pm Chancel	18 12:30pm WELCA 6:00pm Soup/ Bread 7:00pm Service 7:30pm Council	19 8:00am Men's Bible Study Breakfast at Fish Tails	20 Spring Begins 	21 8:00-11:30am Weight Watchers Mtg (FH)
22 8:00am Worship 9:30am Adult Forum/Sunday School 11:00am Worship 12:00pm Potluck 1:30pm Bishop Dave & Gretchen	23 Office Closed 1:00pm Prayer/ Bible Study 5-7:00pm Weight Watchers (FH) 5:00pm Stone Soup @ St Stephens	24 WAVES Deadline 2:00pm Staff Mtg 6:30pm Early Risers 7:30pm Chancel	25 6:00pm Soup/ Bread 7:00pm Service	26 8:00am Men's Bible Study Breakfast at Fish Tails 5:00pm Randy's Read & Feed	27	28 8:00-11:30am Weight Watchers Mtg (FH) 9:00am-12:00pm Work Party
29 Palm Sunday 10:00am Worship	30 Office Closed 1:00pm Prayer/ Bible Study 5-7:00pm Weight Watchers (FH) National Doctor's Day	31 2:00pm Staff Mtg 6:30pm Early Risers 7:30pm Chancel	Women's History Month 	National Nutrition Month	Eye Wellness Month	



Worship Page

Worship

1 8:00 a.m.
11:00 a.m.

8 8:00 a.m.
11:00 a.m.

15 8:00 a.m.
11:00 a.m.

22 8:00 a.m.
11:00 a.m.

29 10:00 a.m.

Readers

Pete Kraack
Dan Elbert

Rhonda Harman
Terri Homer

Dick Tyler
Donna White

Jean Amundson
Terri Homer

Deb Christensen

Altar Guild

Marian Brown
Bette Harmon

Marian Brown
Deb Christensen

MaryLou Mate
Marian Brown

MaryLou Mate
Alice McClellan

Lucy Milliken

Musicians

Jerryann Olson
Jerryann Olson

Marian Brown
Marian Brown

Tami Johnson
Tami Johnson

Marian Brown
Marian Brown

Tami Johnson



Sara Black	3/3	Vo Newell	3/2
Ed Milliken	3/5	Tecia Ezzell	3/29
Connie Read	3/6	Nicole Goebel	3/29
Jaya Lapham	3/7	Joseph Nelson	3/29
Terri McCulley	3/8	Doreene Brown	3/30
Renee Andrews	3/10	Anna Herder	3/31
Carol Duvall	3/14		
Ruth Zagel	3/15		
Andrea Fleck	3/17		
Rhonda Harman	3/20	5 Pete & Beverly Kraack	
Michelle Johnson	3/22	19 Bruce & Alice McCain	



1	Bob Olson & Linda Kilbride
8	Linda Kilbride & Paul Amundson
15	Bob Olson & Terri Homer
22	Terri Homer & John Stern
29	John Stern & Pete Kraack

Social Ministry Committee

Food for Food Share Program ... by Terri McCulley



for all the support we have received for this program. Anything is welcome and helpful, but this month we will focus on **Cereals** to try to "fill the barrel" again.



Donations Needed for Easter Food Baskets



Jesus instructs us to feed the hungry. In that spirit, Social Ministry Committee will again provide Easter Food Baskets to families who participate in our Randy's Feed & Read program, and those who live at Samaritan House. In order to reach out to those in need, we ask for your donation. Grocery bags with attached shopping lists are on the table in the Narthex. Please donate instant mashed potatoes, applesauce, apple juice, canned fruit and vegetables, jello and salad dressing. Please put your donations in the Easter Food Basket tub in the Narthex by April 1st. Cash donations are also needed in order to buy ham, dinner rolls, fresh fruit and vegetables, eggs, and more, so each family has the food needed for Easter dinner. Please make your check payable to Atonement Lutheran Church and designate "Easter Food Baskets" on the memo line. Everyone is encouraged and welcome to join in filling and delivering Easter food baskets on Thursday, April 2nd. We will meet at church at 1:00.

Your help is much appreciated.

Looking for Lead Cooks ... by Sally Jennings



Please help our Social Ministry team provide nutritious meals to those most in need. We are looking for a lead cook or cooking team for each of our Stone Soup and Randy's Feed & Read events. You would only need to commit to planning and preparing a nutritious entree and heading up our kitchen crew one time.

Social Ministry team has experienced volunteers who can help with or do the shopping for ingredients and who will help prep and serve the meal the day of the event. We serve Stone Soup dinner at St. Stephens at 5:30 P.M. on the 4th Monday of each month...serving approximately 60 meals.

We also need lead cooks for Randy's Feed & Read. We provide a Family Night Out, including a 6:00 dinner, on the 4th Thursday of each month during the school year. We prepare enough food for 50 people, so our volunteers can sit down and eat and visit with the families.

Please contact Braulio Escobar, Sue Fowler or Sally Jennings to sign up to be the lead cook or cooking team for one of these meals.

God's Work, Our Hands.

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Email: Office@atonementlutheran.com

Return Services Requested



Reaching Out with God's

Reminder...

Daylight Savings Time

Sunday
March 8th



Audio
Worship Services
& Calendar
on website



Food Pantry

Fill our Food Barrel
This Month:
Cereals