



Gospel "E"

Weekly Email Newsletter

March 25, 2014

Weekly Devotion: 'Grief'

How long will you grieve? (1 Samuel 16:1)

Grief is a normal and natural response to loss. According to counselors, grieving allows us to free up energy bound to the person or object or experience we have lost. Until we go through the grieving process, we can't effectively move forward.

In today's text, God asks Samuel, "How long will you grieve over Saul?" (v.1). Samuel, it seems, is stuck in the past. He can't accept what has happened, that Saul's sin has caused God to reject him. God, on the other hand, is ready to move forward. "Fill your horn with oil and set out" (v.1), God commands. The welfare of the people of Israel is at stake. There is a new king to anoint.

How fortunate that God is willing to move on, that the welfare of God's children is foremost. Samuel is encouraged to trust God to take care of things. There is hope for the future. David is waiting in the wings. "rise and anoint him; for this is the one" (v. 12), says the Lord.

Healthy grieving is an active process. It involves acceptance, acknowledging our feelings, adjusting our lives to move forward, and saying good-bye. It also involves trusting God to handle things. We are not alone. We have a God who cares.

Loving God, thank you for your care, through Christ our Lord. Amen.

(From Christ in Our Home, March 27, 2014 based on 1 Samuel 16:1-13 © Augsburg Fortress. Used by permission.)

Lenten Worship Continues Wednesday

Join us for Lenten worship each Wednesday through April 9 at **12:30 p.m.** and **7:00 p.m.** All are invited to *bring your own lunch* and eat together in Wold Hall at 12:00 p.m. prior to the daytime worship service at 12:30 p.m.

The Lenten series is based on "The Great Habits of Highly Effective Disciples." This week's theme: Compassionate (Col. 3:12-14/Matt. 9:36-38). All disciples are invited to gather for the services.

Springtime Dessert Buffet & Tea

Mary Circle will host their annual springtime dessert tea on Sat., April 5. Seating and punch will be at 12:15 p.m., the dessert buffet will begin at 1:00 p.m. and the program will start promptly at 1:30 p.m.

Hot Dishes, Hot Pads, Hot Flashes- Lutheran Style! presented by Janet Letnes Martin, co-creator of *Church Basement Ladies*.

Tickets are now available for purchase in the narthex on Sunday mornings for \$7. You may also purchase from the church office through the end of March.

Martin's books will be available for purchase.

Mark your Calendar

- 4-5 *Spring Tea*
- 4-12 *First Communion Instruction*
- 4-20 *Easter Worship, 8:45 & 10:00*

March Food Drive

Please continue to bring in food and monetary donations for the NEAR Food Shelf during the March Food Drive. The need is great; every bit helps!

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