



Waves



Worship Services

Sundays @ 10:00am

Pastor John Smithies

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March 2025

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Office Hours - 10:00am ~ 3:00pm

Tuesday thru Friday

Website / Facebook Page



Ash Wednesday ... by Pastor John Smithies

Our journey through Lent begins on Ash Wednesday, March 5th, with services at both 12 p.m. and 7p.m. We begin this journey with the reminder that we are faced with two realities: first, that all things—including us—will one day fade to dust, and yet, we also stand in the promise that a new creation is unfolding. Two realities, held together by the cross.

Ashes mark our foreheads, but grace marks our lives. Lent is not merely a season of loss, but of transformation—an invitation to let go of what is passing away so that we might take hold of the life Christ offers. So come, receive the ashes, hear the promise, and step into the journey of renewal.



Midweek Lenten Service Schedule

Contemplative Prayer @ 12:00pm

Soup/Bread Supper @ 6:00pm (Fellowship Hall)

Evening Prayer @ 7:00pm (Sanctuary)

March 12th March 19th March 26th April 2nd April 9th



Palm Sunday April 13th @ 10:00am

Maundy Thursday April 17th @ 7pm

Good Friday April 18th @ 7pm

Vigil of Easter April 19th @ 7pm

Easter Sunday April 20th @ 10am

Easter Brunch after Service in Fellowship Hall

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

Christ's ministry includes everyone, we, too, welcome persons of any ethnicity, gender identity, gender expression, race, sexual orientation, marital status, age, economic situation, and physical or mental ability. And we are committed to a vision of racial equity.

All are welcome to join us for any and all activities held at Atonement Lutheran Church



Financial Snapshot ... ALC ~ Report by Treasurer - Peggy Gilman



Updates for January and February will be in April Waves



Our Vanco online Donation option is located on our website home & contact pages at: <https://www.atonementlutheran.com>.

If you are using this for the first time, signup is necessary to have your information on hand. Once you are in the system, it will bring up your information to complete transaction. There is a *How to Use Direction Sheet* in the office.



Midweek Lent Service ... by Pastor John Smithies

We meet for a simple meal and for our beloved Holden evening prayer service in Lent starting at 6:00pm, with our prayer service at 7:00pm. Why soup because in Lent we revert to simplicity, again not for simplicity's sake, but to create room for the Spirit in our lives. You are invited to come, help, bring food, join the fellowship pray together. Come either at 6pm or at 7pm. Stay for both or come to just one. All are welcome, and what a great time to also invite a friend or neighbor.

Additionally, this year we are going to offer midweek midday service at 12pm in the sanctuary around contemplative prayer. This is the deepest form of prayer in the Christian tradition, but also the one most shrouded in misunderstanding and secrecy, yet it holds the key to spiritual transformation and growth. It is probably a prayer practice that is largely unknown in Lutheran circles, but which Luther most definitely practiced as seen from his writings on prayer. Prayer is a connection beyond words, a connection to the ground of our being who is God, and the great mystery is we can only access this through the silent land of stillness. These concepts are not borrowed from other religions but are deeply rooted in Christian tradition from its earliest years, and they find their first expression in the Old testaments teaching to be "Be Still and know that I am God" (Psalm 46:10). We will be exploring all this when we meet.

Each Wednesday we meet we will start out with a devotion, have a brief period of instruction into the mystery of prayer including some moment to speak about the "technique" of contemplative prayer, then we will pray together and conclude with a time of reflection. The 5 weeks in Lent that we will meet will each build on each other, but also each will be contained in themselves so one will get in each session the necessary elements for a meaningful encounter.

You are invited to enter a deeper encounter of prayer this Lent through corporate prayer with the Body of Christ and the discipline of the prayer of the heart which is contemplative prayer. May Lent help us focus on Christ our Lord and enter the peace that passes all understanding (Philippians 4:7). Whether you are new to contemplative prayer or have practiced it before, these gatherings will offer both guidance and a shared sacred space to deepen your experience.



Pastor John Smithies



Standing on the Eve of Lent

We are standing on the eve of Lent, that great cycle of our church year that arrives so soon after the celebration of Christmas. Perhaps for some of us, our Christmas lights still hang from our houses. Yet despite the "suddenness," here we are. Lent begins with ashes and the words: "From dust you came, and to dust you shall return." This stark reminder invites us to ask: "What is truly important?"

So much of our time is spent acquiring, protecting, and holding onto things that, one day, will turn to dust just as we will. Is the meaning of life simply collecting things that are ultimately just future dust. Are we collectors of dust? Or are we meant to collect something else? On Ash Wednesday we will gather and hear Jesus's words when he says, "*Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also.*"—Matthew 6:19-21

Herein lies the invitation of Lent: to recognize that true life is much more than the temporal things that so often consume our energy. Lent offers us the opportunity to refocus our hearts on what is eternal and good. We are finite and only have enough to give our attention to a few things. I remember a spiritual mentor one time telling me to pay special attention to what I read because reading time is so limited, "If you read this book, you can't be reading that one." What is true for books is true in life.

One common Lenten discipline is to give something up. I admit that, at times, I've been skeptical of this practice, especially when it becomes a mere exercise in suffering. "Christ suffered, so I should suffer too," we reason. "I'll give up chocolate." But this approach misunderstands the gift of spiritual discipline. The invitation of Lent is not to suffer for its own sake, but to let go of something so that we learn what we truly need: the presence of God.

Jesus reminds us, "*You cannot serve two masters*" (Matthew 6:24). What if we saw Lent as an invitation to set aside distractions to create space for prayer? Distraction is the enemy of prayer. It keeps our hearts unfocused, our minds restless, and our lives too busy to notice God. Yet St. Paul urges us to "*pray without ceasing*" (1 Thessalonians 5:16-18). In this world of constant noise and worry, prayer is a radical act of re-centering.

So, this Lent, I encourage you to embrace spiritual discipline—not for the sake of suffering, but for the sake of tending your soul. Maybe that means giving up something that consumes your time and replacing it with Scripture, silence, or prayer. If you're unsure where to start, I'd love to sit down over coffee or tea and talk about it. The Church's long history is filled with beautiful spiritual practices, endless ways to connect with the God who is always present—though often drowned out by the cares of this world.



Adult Forum @9:00am ... Pastor John Smithies

Adult Forum is focusing on lectionary readings for that Sunday and engaging in some wonderful conversations. All are welcome to come in person or on zoom or watch the recording the following week.

Adult Forum Brewmasters needed!

If you are willing to come in at 8:30am to set up and brew the coffee please sign up on the board upstairs across from the coffee station. **Thank you!**



Coffee Hour... by Sandy Cramer

We have been so very blessed to enjoy the wonderful cookies Corrinne Johnson has made for us over the years. The chocolate chip, the macadamia nut, the sugar cookies, the oatmeal raisin, the ginger cookies...so many delicious flavors! Boxes and boxes, hundreds and thousands of cookies have been made by her loving hands. Thank you is not a grand enough phrase to express our heartfelt gratitude for the cookies! Please take a moment to sign the card for Corinne on the Welcoming Table. As we move forward our Sunday coffee hour may taste a little different, but one thing will never change: The fellowship we share with each other is an extension of our worship and our communion table. There will always be coffee and tea! The other snacks will depend on contributions from members of the congregation.

The signup sheet is on the bulletin board near the Kitchen.

From the Pastor

Continue from page 3

And, my dear friends, as we draw deeply from the well of God's presence, we may find greater strength for the journey, deeper peace in our hearts, more love for the world, and a clearer vision of how to love our neighbor. Distraction and excessive worry rob us of the energy we need to be present for others. But Lent calls us back—to God, to ourselves, and to one another.

This is our invitation for Lent: that in letting go, we are filled, that when we stop talking, we can listen, and then the mystery of love unfolds. Amen

Pastor John Smithies



Waves Outreach: Emergency Phone Tree

We have been working on an Emergency Communication Plan to ensure we can stay connected and support one another in times of crisis.

Whether it's a county-wide emergency or a church-specific situation—like last year's ice storm that forced us to postpone worship—we want to be able to share information quickly and check in on each other's well-being.

With that in mind, we have developed a **phone tree system** to help us communicate effectively. Brenda has been instrumental in creating this plan, working closely with Raynette to put everything in place.

How It Works

Think of the phone tree like an actual tree:

- **The trunk** represents the church as a whole.
- **The branches** represent different geographical areas where members live—South Beach, Toledo, Newport, Agate Beach, Depoe Bay, Lincoln City, and beyond.

The limbs are individual members within each area.

In the event of an emergency, Pastor John will contact Brenda, who will then reach out to the designated point person for each geographic branch. These point persons will then check in with the members in their area. If any urgent needs arise, they will be passed back up the tree to Pastor John, allowing us to coordinate help where it's needed.

By structuring the system geographically, we also hope to support one another in practical ways. If power or phone service goes out, those in the same area may still be able to check on each other and share resources. Last year's ice storm reminded us how easily we can become isolated, and we want to be prepared to care for our whole church community.

How You Can Help

This system won't be perfect, and we expect to make adjustments as we learn what works best. But one important step you can take is **updating the church with your physical address** (rather than a P.O. box) so we can include you in the right branch of the tree. Of course, participation is completely voluntary, and we respect everyone's personal space and boundaries.

Practicing Connection

In the coming year, we plan to test the phone tree in fun and meaningful ways. You might even receive an occasional message reminding you: **"You are loved, and God is with you."** Or some such playful message. We might even have operation "Candy cane." Our hope is that this becomes more than just an emergency plan—it's a way to strengthen our care for one another as a church family.

Thank you for being part of this effort! Amen

Outreach Committee



Hello from the Library Committee

by Bonnie Powell

A note here to say the hello from our committee. It was a special and wonderful Library Sunday on February 16th. Thank You all for participating in bingo and sharing our treats. Also, all our donations will be used to purchase new books.



Book Reviews ... by Bonnie Powell

Title: Homestead Author: Jane Kirkpatrick

Jane Kirkpatrick is an award winning Oregon Author. She has written several books including : A Land of Sheltered Promise, All Together in One Place, A Gathering of Finches and A Simple Gift of Comfort as well as several others.

Her writing is easy to read—a comfortable, sometimes surprising narrative of life.

In this novel, she and her husband purchase a large portion of land on both sides of the John Day River. So with an adventurous spirit , they pursue building a ranch taking them through tremendous life experiences of hopes, dreams and accomplishments.

We have several of her books in our Library that can be found in the Fiction Section.



Men's Breakfast Group by Pastor John Smithies

We meet weekly on Thursday morning for breakfast meal at Pig n the Pancake at 8am. If you are looking for an invitation to join deeper into our community, there is no such better way than to break bread together. The invitation is always open to grab some food, enjoy the friendly banter and participate in the community.



WELCA will meet on the 2nd Wednesday of the month. This month is March 12th at 12:30pm. Join us in person or Zoom in the Church Narthex for a time of fellowship and discussion.

All are welcome to participate.



Flower Chart... signup for Sunday Altar Flowers—Birthdays, anniversaries, in remembrance or just because you want to. Located on the Bulletin Board next to the upper meeting room. Thank You!



ALC Book Club ... by Pastor John Smithies

For this month, as we journey in Lent, we are going to read a little Spiritual work by the renowned writer Henri Nouwen called "Can you Drink this cup?" This is a deeply personal exploration of Jesus' question in Matthew 20:22, "Can you drink the cup that I am going to drink?" It explores the symbols of holding, lifting and drinking. Holding invites us to truly embrace our lives. Lifting invites us to share our lives with others. Drinking invites us to live into who we truly are. Nouwen shows that drinking the cup means fully participating in life with vulnerability, gratitude, and trust in God. The book is a meditation on suffering, love, and what it means to follow Christ in a world marked by brokenness and grace. May this work help to deepen our lives and center us in Lent. Book club will meet on the 4th Tuesday at 11, and Thursday at 5pm. You're welcome to attend either or both, to come having read the book or not

Tuesday, March 25th @ 11:00am and Thursday March 27th @ 5:00pm.

Next Month's Selection

April: The Seven last words of Christ by Judith Marrison



Youth Symphony Concerts

Mission: The Festival's mission is to enhance the quality of life for Oregon's youth by providing the opportunity to learn and perform orchestra music together in a non-competitive and collaborative environment.

Youth Groups will be performing here in the Sanctuary @ 2:00pm on the following date: Sunday: March 16th



BEJEWELED ... by Sally Jennings

We will be collecting costume jewelry, broken jewelry, watches, jewelry boxes, buttons, and jewelry making supplies at Atonement through the end of March.

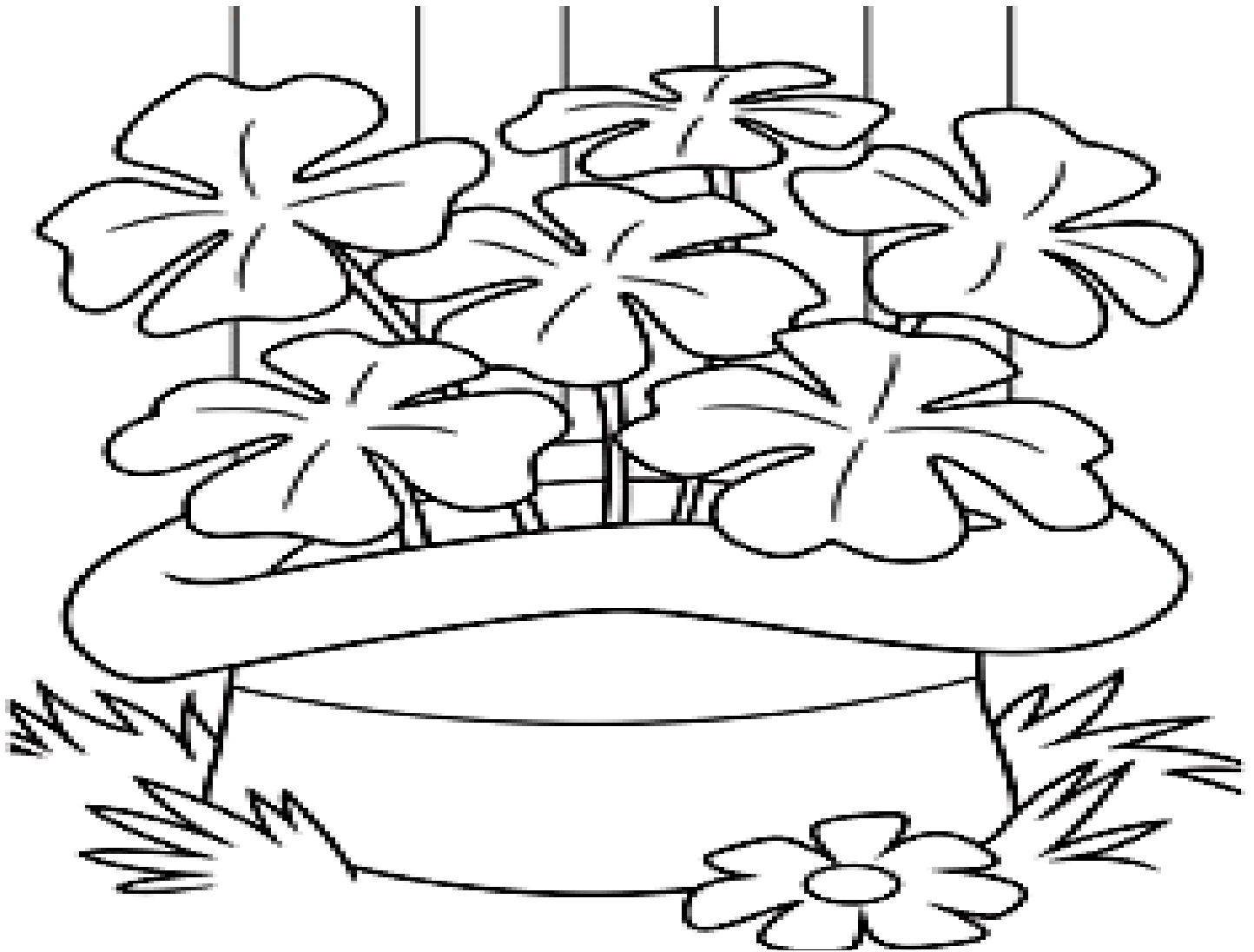
We will donate what we collect to Food Share of Lincoln County for their Bejeweled fundraiser. Money from this major fundraiser is used to purchase food for those in need. Please put your donations in the basket in the Narthex.



Kid's Page



Color me



The *first* Sunday will be a teaching Sunday and the *third* will be a project Sunday for the youth led by our committees. If you would like to participate in this program, please talk to us.

Youth in Worship . . . by Pastor John Smithies

We are encouraging our youth to assist in various ways on Sunday morning! We invite parents and youth to sign up on our sign up board and or show up early and let us know that you would like to assist. Our ushers are more than happy to assist you in everything! Our youth are a part of our service!



March 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 9:00am Adult Forum 10:00am Worship In-Person & Zoom Sunday School 11:30am Choir	3 Office closed 9:30am Library Mtg	4	5 Ash Wednesday 12:00pm Service 7:00pm Service	6 8:00am Men's Brft @ Pig N Pancake	7 	8
9 9:00am Adult Forum 10:00am Worship In-person & Zoom 11:30am Choir 11:15 Outreach Mtg 12:15am Worship & Music Mtg	10 Office closed 	11 9:00am Property Mtg	12 12:00pm Contem- plative Prayer 12:30pm WELCA 3:30pm Finance Mtg 6:00pm Soup & Bread 7:00pm Lenten Evening Prayer	13 8:00am Men's Brft @ Pig N Pancake 11:00am OCQG Mtg (F/H) 3:30pm S/M Mtg	14 8-4pm OCQG Workshop (F/H) 	15
16 9:00am Adult Forum 10:00am Worship In-person & Zoom Sunday School 2:00pm Youth Symphony 1-4pm Earth Summit	17 Office closed 	18 	19 12:00pm Contem- plative Prayer 6:00pm Soup & Bread 7:00pm Lenten Evening Prayer	20 8:00am Men's Brft @ Pig N Pancake 	21 WAVES Deadline	22
23 9:00am Adult Forum 10:00am Worship In-person & Zoom 12:00pm Council	24 Office closed 5:00pm Stone Soup@ St Stephen	25 11:00am ALC Book Club Mtg	26 12:00pm Contem- plative Prayer 6:00pm Soup & Bread 7:00pm Lenten Evening Prayer	27 8:00am Men's Brft @ Pig N Pancake 5:00am ALC Book Club Mtg	28	29
30 9:00am Adult Forum 10:00am Worship In-person & Zoom	31					



Worship Page

<u>Worship</u>	<u>Readers</u>	<u>Altar Guild</u>	<u>Musicians</u>	<u>Recorder</u>
2 10:00 am	Darcy de la Rosa	Marian Brown/ Darcy de la Rosa	Marian Brown	Arnie Anderson
9 10:00 am	David Cramer	Marian Brown	Tami Johnson	Arnie Anderson
16 10:00 am	_____	Marian Brown	Marian Brown	Arnie Anderson
23 10:00 am	Sandy Cramer	Marian Brown	Tami Johnson	Arnie Anderson
30 10:00 am	_____	Marian Brown	Marian Brown	Arnie Anderson

	<u>Ushers</u>	<u>Greeters</u>	<u>Counters</u>	<u>Zoom Host</u>
2 10:00 am	_____	Mike Rawles/ Barb Ward	Cathy Deveraux/ Pete Kraack	Susan Painter
9 10:00 am	_____	Jeanne Innis/ Patty Fox	Peggy Gilman / Bob Olson	Susan Painter
16 10:00 am	_____	Maryellen Murphy/ Barb Ward	Bob Olson/ Travis Fox	Travis Fox
23 10:00 am	_____	Karen Johnson/ Jerryann Olson	Travis Fox/ Cathy Devereaux	Travis Fox
29 10:00 am	_____	Brenda Grall/ Mike Rawles	Cathy Devereaux/ Peggy Gilman	Barb Ward



Sarah Black	3/3
Ed Milliken	3/5
Jaya Lapham	3/7
Terri McCulley	3/8
Renee Andrews	3/10
Carol Duvall	3/14
Rhonda Harman	3/20
Bennett Mann	3/21
Vo Newell	3/25
Sabine Maresco	3/25
Tecia Ezzell	3/29



Pete & Beverly Kraack	3/5
Rhonda Harman & Cathy Devereaux	3/7
John & Jennifer Smithies	3/11



2	Jeanne & Bill Innis
9	_____
16	_____
23	_____
30	_____



Social Ministry ...

Food Pantry Program - Black Barrel



Here is a list of the typical items that the Pantry would really appreciate receiving as food items: Canned Tuna, Chicken, Vegetables, Fruit. Ready to eat items: Spaghetti o's/Ravioli, Chili, Baked Beans, Soups (Vegetable, Tomato, Mushroom, Chicken Noodle). Almond Milk, Individual Juices, Peanut Butter, Jam in plastic containers, Crackers, Cereals, Fruit Bars, Dry Pasta (Spaghetti, Egg Noodle, Macaroni), Top Ramens, Mac & Cheese, Rice, Dried Beans (Pinto) & Tortillas (Corn & Flour).



Stone Soup ... Team Atonement will be serving Stone Soup at St.

Stephens Episcopal Church on Monday, March 24th at 5:00pm. We are asking for Dry Pet Dog Food donations to give out. Please leave in container under Office window.



Donations of Dry Dog food for Stone Soup, would be greatly appreciated. Please bring into church leave on table in front of office.

If you would like to help: please call Sally Jennings @541 444-2687

It is much easier to plan how everyone can help.



Agape Respite Center ... by Patty Fox

Agape is a nonprofit organization in Newport that provides basic needs & offers a range of vital services to support individuals experiencing homelessness or facing transitional challenges. For the month of March, they are extending their request for liquid laundry soap for front load washers and canned meats.



Donating to Dedicated Funds

If you would like to contribute to the following programs and be part of Atonement's efforts and receive a tax deduction for your money – please make a donation to Atonement Lutheran Church. You can do this simply by indicating it on the "memo" portion of your check what fund you would like to support such as Agape, Samaritan House, Pet food for Stone Soup, Ukraine Refugees etc...

Oregon Interfaith Earth Summit

Climate Safety & Health

Sunday, March 16, 2025
1-4 p.m. at local hubs across Oregon

Learn more & register at emoregon.org/events



ECUMENICAL
MINISTRIES
OF OREGON



We are the local host for the 12th annual [Oregon Interfaith Earth Summit](https://emoregon.org/events), in partnership with Ecumenical Ministries of Oregon (EMO) and Oregon Interfaith Power & Light (OIPL).

Atonement will join 17 other community hubs for this statewide gathering, which will focus on the theme of “climate safety and health.” Participants will learn about what is happening with Oregon’s climate and hear the responses of faith leaders, youth leaders, scientists and state officials. Those attending will be able to connect with community organizations and local agencies as they explore how to protect themselves and their neighbors from fires, smoke, extreme weather and other effects.

The Summit will occur on Sunday, March 16, 2025, from 1 - 4 p.m. in the Fellowship Hall.

The Rev. Richenda Fairhurst, chair of the EMO Creation Justice Committee says, “The Earth Summit is a valuable opportunity to revitalize our community connections and raise up local leadership as together we take faithful action in response to climate change.”

The event will begin with a statewide Zoom plenary session, with remarks from faith and youth leaders . Practical workshops will follow, both in person and on Zoom. Prominent authors of the Oregon Climate Assessment will make presentations. They include Dr. Erica Fleischman, director of Oregon Climate Change Research Institute, and Dr. Larry O’Neill, director of the Oregon Climate Service. Jonna Papaefthimiou, state resilience officer and advisor to the governor, will discuss the state of Oregon’s climate resilience. The workshops will provide pathways for Summit participants to support local and statewide efforts to prepare for climate change-related disasters.

A representative from our local Yakona Nature Preserve and Learning Center will be available to discuss the work of the Preserve in fostering climate resilience, education and sustainability in this permanent conservation location on the ancestral home of the Yaqo’n people.

Additional hub locations include Baker City, Beaverton, Bend, Corvallis, Cottage Grove, Dallas, Eugene, Gresham, Lake Oswego, La Grande, Medford, Pendleton, Portland and Salem.

Registration is by donation but is encouraged in advance. Further information is available at emoregon.org/events.