



Do Lutherans Fast During Lent?

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

pietrafitness.com



Yes and no. For almost 2000 years Christians of all traditions have used the season of Lent to reflect on their lives and their relationship to God. Giving up something, for some people, helps give them space in their minds and hearts to reconnect with God. Some people equate fasting from something – a food, coffee, stress or something else as a form of sacrifice. A way of connecting with the sacrifices of Jesus for us.

Many also add to their life – a spiritual practice – devotions, meditation, etc.

The important part of our Lenten discipline is not so much the “what” but the “why.” Why are we adding spiritual disciplines or fasting? If the answer is that it helps us connect or reconnect with our deepest selves and our Creator, Savior, Comforter then it is well worth the effort.

This season search your heart, ask forgiveness for your sins, and prepare for a deeper, more joy-filled experience of God.

Karen Stetind, Pastor



Easter Services

9:45 a.m. & 11:45 a.m.



We are praying for...

Our members:

Kedrin Armenta, Judith Eckhart, Lynn Hallahan, Jim Hanser and family, Pamela Lyons, Karen Mullin, Cheryl Rasmussen, and Josephine Lord-Traugher.

Our homebound:

Sylvia Buringrud, Bev Duncan, Anita East, Bob Evans, Alice Freeman, Margaret Heins, Barbara Patterson, Nina Pfiefer, Roger & Shirley Quinn, Norm Skoglund, Doris Trean.

Our friends and loved ones:

Erik Andrin, Jerry Aperans, Victoria and Ron Armenta Sr., Adrian Butler, Curtis & Stephanie Deschaine, Karen Digman, Beverly & Randy Elrod, Marianne Falkner, Rhonda Francis, Tori Francis, Brian Hanson, Pam Houghton, Danielle Neuner, Wayne Poulsen, Marcy Rush, Ron Vang, Mary Vigliezone, Robert Williamson and family, Tom Wood.

Those who are mourning:

The family of Rene & Dale Puskas. Rene's mother died the week of February 9.

The family of Jodea Foster, Attorney (Jeff Thoma's partner).

Please help us keep our prayer list up to date. Especially the friends list. If you asked us to put a friend on the list, please update the church office as soon as possible.

If a someone is doing well, please let us know. If you would like to add someone, please call the office (707) 422-4741 or email office@stmarksfairfield.org.



We wish you a Happy Birthday!!!

03/01 Larry Nelson

03/06 Donna Zaier

03/12 Cindy deRosier

03/16 Carole Greeley

03/16 Lukas Barnum

03/17 Barbara Patterson

03/20 Marilyn Nelson

03/23 Dale Puskas

03/25 Rene Puskas

03/25 Donald Eager



03/28 Chris & Linda Lindauer



Celebrate...

We give thanks to God for the new life given to Rene and Tammy Bojorquez. Their grandson, Benjamin, was born on February 9.

Lenten Sunday Fellowship Time at St. Mark's Lutheran



The Hospitality Group met on February 23, 2020. They agreed to use only the food that members donate for fellowship according to the chart below and not

provide extra except for the Birthday Cake on the 4th Sunday.

SET-UP HELPERS Linda Frogget, Diane Metz and Karen Spengler have agreed to come early to make coffee and set up the Fellowship food. Others may assist as you feel called to serve.

CLEAN UP HELPERS are still needed to clean and put the food away once the 11:45 a.m. service has started. As Luther's catechism might say, 'what does this mean?' It means cleaning the tables, putting the leftover food away and cleaning and putting away the coffee pots.

Fellowship food can be snacks, fruits and veggies, pastries, cheese and crackers, cookies, etc. It was suggested by the Hospitality Group to keep food simple during the season of Lent.

Collectively, WE are the Church. Let's work together to be welcoming and hospitable.

WEEKLY HELPER SCHEDULE:

1st Sunday: Last names beginning with A through E

2nd Sunday: Last names beginning with F through K

3rd Sunday: Last Names beginning with L through Q

4th Sunday: Last Names beginning with R and ending with Z

5th Sunday: If you missed bringing food or helping to set or clean up, help.

Fellowship Offerings will go to Manna Food Pantry or another food related organization during the season of Lent as decided by the Congregational Council at their **March 12th** meeting.

Lenten Noon Worship with Soup

If you're interested in attending noon soup Lenten services in the Narthex on Wednesdays, contact Diane Metz to organize.



Join us for worship as we begin our Lenten journey.

Each Wednesday night we will talk about the power, gift and grace of Confession and Forgiveness. Lent is a time of reflection and to admit that we are not always the person God would like us to be. Our Wednesday evening gathering will include Holden Evening Prayer, scripture reading and a time for conversation.



Lent Series

By My Hand – For My Sake

For the five weeks of Lent, this Lenten

worship series asks, "What is your role in the suffering and death of Christ?" Week by week, this question is addressed— through homilies and monologs by biblical characters who actually did have a hand in the crucifixion of Christ.

Characters include Adam (or Eve), Nicodemus, Judas, Barabbas, Pilate, the father of the Thief on the Right, Peter, the Centurion, and Mary Magdalene. If you would like to portray a character please see Pastor Karen.

Join us at 9:45 a.m. and 11:45 a.m. each Sunday to explore together.



St. Mark's 6th Annual Chili Cook-off

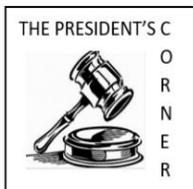
March 8, 2020

Tasting Begins At 10:45 a.m.

FREE TO ENTER PRIZES FOR:

The Best Chili and The HoTTEST Chili!!!

For more information contact Ron Armenta at 707-
290-0233 or email: ron@stmarksfairfield.org



Friends in Christ:

By now you have probably deduced that I somehow survived my first St. Mark's council meeting. To be totally

accurate, "*survive*" is a gross misnomer. During my research into this assignment, I heard over and over what an incredible council I would be a part of. At this point I can assure you that, if anything, the reports were UNDER-stated. You (we) have an incredible, proficient, and committed council!

As you might guess, most of the first meeting was spent with the veterans graciously spoon-feeding me life-giving information pabulum while simultaneously, graciously, and deftly, dragging me up to speed. In addition to the issues, we negotiated and hammered out the *mechanics* of how we will operate as a council this year. As the dust from all that motion subsided, several conclusions started to coalesce and clarify. Some of the more noteworthy agreements included:

1. The mechanics of council meetings will be orderly and by the book, but we refuse to

let protocol override positive action. We went so far as to endorse a shortened but still rigorous version of Robert's Rules of Order. We call it *Rob's Rules of Order*.

2. Everyone is *welcome*, actually *invited*, to join council meetings anytime you are curious or have creative ideas to present. You can call or check the St. Mark's newsletters or council members for specific dates and times.
3. We all appreciate the sad reality that most churches in the United States are, in general, floundering. The good news is that this is hardly the case at St. Mark's. As you probably already know, parishioners' commitment here is extremely high, and our service to the community and each other is exceptional. Realizing that our strength comes from our Congregation, the council agreed to make it a high priority to constantly encourage each of you to come forth with your thoughts, ideas, suggestions, creativity, and yes, commitment to serve at whatever level you feel the Lord has called you.
4. And, of course, significant time was spent focused time on the staff, mechanics, economics, and corporate requirements of the organization and physical plant. As time progresses, I assure you that you will hear much more about specifics as well as our dreams and wishes.

What I hope I've properly emphasized at this early stage of our new council is the paramount importance that each and every one of you are to St. Mark's and, therefore, to us. We will be good stewards of the physical resources we have been entrusted to maintain, but we will not forget that your welfare and Spiritual Growth will *always* be our primary focus!

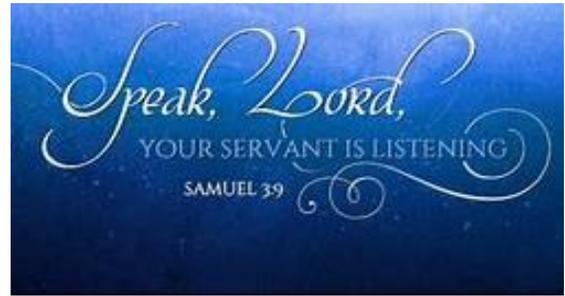
Michael Chernock



The Spirit of Life Our Stained Glass Window

How long has it been since you heard about our beautiful stained-glass window? As the sun shines through it each Sunday morning we are reminded of the beautiful gift it is.

The window measures 10' x 30'. It is made with mouth blown glasses and tiffany reproduction glasses, including special drapery glasses. The design includes an angel of the Lord at the top right announcing the risen Christ, symbolized by the empty crystal cross. The tree of life that ascends up the left side of the window, upon further meditation, reveals a descending dove. The cobalt blues are symbolic of the New Creation we have in Christ. There is a crown of thorns at the base of the cross, sprinkled with the waters of baptism that have five red faceted jewels, the jewels themselves a symbol of Christ's five wounds and precious blood. The rocks below are a symbol of four foundation in Christ. Even the leaves of the tree transition into crystal, a reflection of our new life in Christ. The magentas and lavenders call us to the passion of Christ.



Upcoming Scripture readings

March 1– Nicodemus

Isaiah 41:8-13
Psalm 16
Romans 3:19-26
John 7:37-52

March 8–Judas

Isaiah 24:17-25:1
Psalm 55
Romans 1:16-25
Matthew 26:14-25

March 15– Barabbas

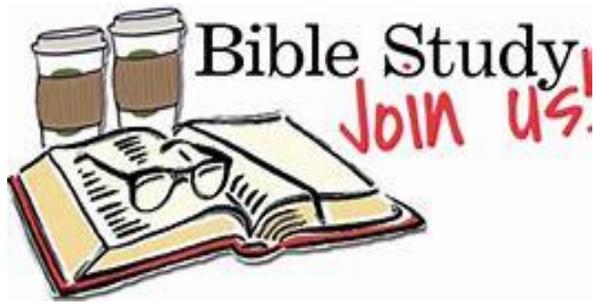
Isaiah 12:1-6
Psalm 38
Romans 5:6-11, 18-19
Mark 15:6-15

March 22 – Pilate

Isaiah 2:2-5
Psalm 46
Romans 8:1-4, 12-18
Matthew 27:15-26

March 29-The Thief's Father

Isaiah 55:6-11
Psalm 25
Romans 8:26-30
Matthew 27:27-44



Adult Bible studies

Tuesday morning Bible Study

Jesus: Divine and Human

Every Tuesday at 10:30 a.m. Bible Study will look at the Gospel of Matthew and how it is we understand Jesus as fully divine and fully human. How can that be?? Come and see!

Seeker's Circle

Second Thursday at 9:30 a.m. The Seeker's Circle meets in the Digerud Room for fellowship, bible study and service project. Join them any time.



Amazon Smile

Remember to support St. Mark's Lutheran Church every time you order from Amazon! Sign up for Amazon Smile at <https://smile.amazon.com/ch/94-2635284>. Let them know that you want .5% of qualifying purchases to be given to St. Mark's. This is a great way to support our ministry and doesn't cost you a cent!



With grateful hearts...

We give thanks to Pat McKillips for all her work as Hospitality Team chair over these last years. Pat is stepping back to take care of her health. We are in need of someone to coordinate hospitality. If you think this might be an area of ministry that God is calling you to, please speak with Pastor Karen.



Volunteer Income Tax Association

Location: St. Mark's Lutheran Church
1600 Union Ave, Fairfield, CA 94533 (Bethel room)
You may qualify for more than \$6,000 in refunds from the California and Federal Earned Income Tax Credits!

Bring Your:

- Photo ID and Social Security Card or
- ITIN for each person on your tax return
- W-2 for all jobs
- All 1099s, 1098s and any other tax forms
- Last year's tax return
- Savings and checking account and routing numbers for direct deposit

For an appointment call (800) 273-6222 (**Open: Feb 8- April 18**)



Second mile giving – March 2020 Lutheran Campus Ministries

Expanding minds, deepening faith, and inspiring service – thank you for your partnership in this dynamic and creative ministry to which God has called us!

ELCA campus ministry is a Lutheran ministry for students, faculty, staff and others on campus, not just a ministry for Lutherans. It provides an ELCA presence at more than 180 state and private colleges and universities with cooperating congregations in campus ministry at an additional 400 campuses nationwide. Through worship, study, fellowship and service, members of the academic community taste the fullness of God’s grace. As expansive as Christ’s love, campus ministry reaches out to all who teach and learn, inviting them to experience the challenge of following Jesus.

The Belfry: Lutheran Episcopal Campus Ministry at UC Davis

Jocelynn Jurkovich-Hughes: Campus Pastor
thebelfry.org facebook.com/thebelfry

Lutheran Episcopal Campus Ministry at CSU Monterey Bay

Clark Brown: Campus Pastor
Graceroom.org

Lutheran Campus Ministry of Fresno

Paul Clark: Campus Pastor
lcmoffresno.org facebook.com/fresnolcm/

University Lutheran Church

The Rev. Greg Schaefer, Pastor
www.UniLu.Church

University Lutheran Chapel of Berkeley

Lutheran Campus Ministry at CAL

Pr. Jeff Johnson — Lutheran Campus Pastor

March 2020

pastor@ulcberkeley.org

www.ulcberkeley.org

Lutheran Campus Ministry at UC Santa Cruz

Inese Dahl: Campus Minister

<http://www.messiah-lutheran.us>

Sacramento Area Campus Ministry

Mike Walton: Campus Pastor

www.sacacmin.com [facebook.com/Sac Campus-Ministry](https://www.facebook.com/Sac-Campus-Ministry)



Council Highlights

February 13, 2020

We began our meeting with words of welcome and hopes from our new president, Michael Chernock. Mike brought many new ideas to our conversation. Mike will share his thoughts with the conversation in each month’s newsletter.

- Council members heard a report on the progress of the Search Committee for a new Youth Director. The search team consists of: Ann Hefner Gravink, Chair, Jeff Thoma, Mike Chernock, Maddie Sciortino, Jordan Jackson, and Pastor Karen.
- Council will appoint a committee to review safety in and around the church.
- The President officially appointed Linda Frogget to serve a one-year term as Financial Secretary and Lew Broschard to a one-year term as Treasurer.
- We discussed a council retreat. President Chernock will begin the planning.
- Gave Worship & Music Committee permission to raise funds for special musicians on Easter and Christmas.

Our next meeting is Thursday, March 12, 2020 at 5:00 p.m.



Welcome New Members

We were delighted to officially welcome to our community of faith:

Margaret Falkner (February 2, 2020). Margaret lives in Suisun City and has been worshipping at St. Mark's for a number of months. She has joined the choir and sharing her gift of music with us. She joined us by Affirmation of Baptism. Please add her address to your directory:

320 Merganser Dr., #51
Suisun City, CA 94585
805-459-5203

Jason, Barbara, Jack and Logan Torres (February 9, 2020). The Torres family started worshipping with us this fall after their son, Jack, started attending our Preschool. We had the pleasure of witnessing the baptism of Barbara, Jack and Logan and the Affirmation of Baptism of Jason. Please add their address to your directory:

2748 Toland Dr
Fairfield, CA 94534

Brett Breeding (February 16). Brett has been a part of the life and ministry of St. Mark's for a long time. However, he was never officially a member until his baptism on February 16. We rejoice with Brett at this new step in his faith journey. Please add his address to your directory:

2055 Pennsylvania Avenue
Fairfield, CA 94533

Mohandass Venkateswaran, Malati Subba, and Tarani Mohandass (February 26). We are delighted to have Mohan and Malati join us by Affirmation of Baptism along with their daughter Tarani. They have been worshipping at the Contemporary Service for a number of months. Please add them to your directory:

1620 Travion Ct., #3
Fairfield, CA 94533

Preschool Fiesta – April 5



Join St. Mark's Preschool families for a day of worship, food, and fun. We will begin at 9:45 with our traditional worship service joined by

Preschool families. After worship everyone is invited to have lunch and a fun-filled afternoon of games and entertainment.



St. Mark's Preschool open Teacher position

St. Mark's Preschool is currently looking for a qualified Early Childhood Education preschool teacher to join our staff. St. Mark's is a well-established part-time program in the community and has been teaching young children for over 40 years.

Job Responsibilities: Supervision of twelve children (3 and 4-year old), 5 days per week. Create lesson plans to coordinate with the center's monthly themes. Prepare and clean up classroom and other areas of the school as needed. Must be happy, energetic, creative, loving, playful, polite, and reliable! Work cooperatively with parents and staff.

Will need all of the following job requirements:
Transcripts with a minimum of 12 ECE core units
Fingerprint clearance; Health screening; Current T.B. test.

Position is for 25 hours per week.

Contact:

St. Mark's Preschool

Lucille Bowers

1600 Union Avenue Fairfield, CA 94533

(707) 422-4742

preschool@stmarksfairfield.org

stmarkspreschool@sbcglobal.net



2020 Synod High School Retreat

This past weekend (February 21-23, 2020) 15 Youth and 2 Adults attended the 2020 Synod High School Retreat. This year's theme at the retreat was Love + Trust over Fear equals Faith. We shared stories of great faith, we talked about our fears that hold us back and how God's love & our trust in God help us to be brave!

Our guest speaker was The Rev. Hazel Salazar-Davidson who immigrated from Costa Rica at the age of three. She was raised and educated here in California. Pastor Hazel shared the deeply moving and inspiring story of how her children and her faced the sudden death of her husband and their father in the midst of her journey to finish seminary and become a pastor.

In her moving words she impressed upon our youth that it was the cloud of witnesses (her community) that surrounded her with love and lifted her up when she didn't want to get out of bed let alone complete Theological Education for Emerging Ministries (TEEM). When, because of her grief, she decided to quit; it was her daughters that grounded her and reminded her why all these people in the wilderness of Alaska had fed them, visited them and cared for them in this time of tragedy. It was because she was their pastor. Pastor Hazel had cared and lifted up these people in the wilderness, in the darkness that lasted months and now they were being the light and love of Christ to the one who introduced them to this beautiful love that is Christ.

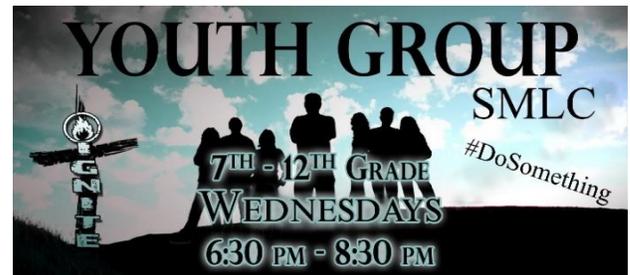
The words of Pastor Hazel impacted our youth and
March 2020

even helped some of them step out in faith and service. These retreats are planned and led each year by the Sierra Pacific Synod Youth Committee (SPSYC). They work on various synod level youth events and serve as the voice of our youth during the Synod Assembly. This year Maddie Sciortino and Charlie Thoma applied and were elected to represent the Capitol Valley Conference and St. Mark's as members of the Sierra Pacific Synod Youth Committee. We look forward to their work to share God's love for our region's youth and beyond.

We again thank all those who sponsored our youth this year. We could not grant our youth this amazing opportunity without your continued generosity.

Respectfully,

Ronald S. Armenta Jr.





Genesis

Every Wednesday 5:00 p.m. -6:15 p.m. Youth Group
for Elementary Students

Location: St. Mark's Lutheran Church
1600 Union Ave
Fairfield, CA 94533

For more information contact Ron Armenta at
707-290-0233 or email: ron@stmarksfairfield.org



Manna Food Pantry

The Pantry is in need of paper bags and canned
fruit, please feel free to drop off bags during office
hours Monday-Friday from 9:00 a.m. to 12:00 p.m.

Holy Family Old Catholic Church Food Pantry

Every 2nd Saturday
9:30 a.m. -10:30 a.m.
(distributed from the Manna Food Pantry at St.
Mark's)



Solano County Food Bank

St. Mark's is pleased to host the Contra Costa &
Solano County Food Bank on our campus. Food is
distributed from the Manna Food Pantry door on
our campus. Here are more details:

Fairfield Senior Food Program Distribution Schedule for 2020 at St. Mark's, Fairfield

1st & 3rd Wednesday
9:30 a.m. -10:30 a.m.

March 4 & 18
April 1 & 15
May 6 & 20
June 3 & 17
July 1 & 15
August 5 & 19
September 2 & 16
October 7 & 21
November 4 & 18
December 2 & 16

Food Assistance Program
Second Wednesday
9:30 a.m. to 10:30 a.m.

St. Mark's - March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>9:45am - Worship 11am - Pentecost 11:45am - Worship 2:30pm - Ministerios</p>	<p>12pm - Al-Anon</p>	<p>10:30am - Bible 3:30pm - Manna 7pm - Choir Practice</p>	<p>9:30am - Solano 10am - Staff 11:30am - Al-Anon 12pm - Lent Lunch 5pm - Genesis @ 6:30pm - Youth</p>	<p>7pm - Music Team</p>		<p>8:30am - Tax Prep 5pm - Holy Family</p>
<p>9:45am - Worship 10:45am - Chili 11am - Pentecost 11:45am - Worship 2:30pm - Ministerios</p>	<p>11am - Solano 12pm - Al-Anon</p>	<p>10:30am - Bible 3:30pm - Manna 5:30pm - Worship 7pm - Choir Practice</p>	<p>9:30am - Solano 11:30am - Al-Anon 12pm - Lent Lunch 5pm - Genesis @ 6:30pm - Youth 7pm - Midweek 7pm - Solano</p>	<p>9:30am - Seeker's 5pm - Council 7pm - Music Team</p>		<p>8:30am - Tax Prep 9am - Holy Family 5pm - Holy Family</p>
<p>9:45am - Worship 11am - Pentecost 11:45am - Worship 2:30pm - Ministerios</p>	<p>12pm - Al-Anon</p>	<p>10:30am - Bible 3:30pm - Manna 7pm - Choir Practice</p>	<p>9:30am - Solano 10am - Staff 11:30am - Al-Anon 12pm - Lent Lunch 5pm - Genesis @ 6:30pm - Youth 7pm - Midweek</p>	<p>9:15am - Preschool 7pm - Music Team</p>		<p>8:30am - Tax Prep 5pm - Holy Family</p>
<p>9:45am - Worship 11am - Pentecost 11:45am - Worship 2:30pm - Ministerios</p>	<p>12pm - Al-Anon</p>	<p>10:30am - Bible 3:30pm - Manna 7pm - Choir Practice</p>	<p>11:30am - Al-Anon 12pm - Lent Lunch 5pm - Genesis @ 6:30pm - Youth 7pm - Midweek</p>	<p>7pm - Music Team</p>		<p>8:30am - Tax Prep 9am - Holy 5pm - Holy Family</p>
<p>9:45am - Worship 11am - Pentecost 11:45am - Worship 1pm - Capital 2:30pm - Ministerios</p>	<p>12pm - Al-Anon</p>	<p>10:30am - Bible 3:30pm - Manna 7pm - Choir Practice</p>				

Join us for worship on Sundays...
9:45 a.m. Traditional Service with Children's Church
10:45 a.m. Fellowship
11:15 Adult Education Hour
11:45 a.m. Contemporary Service

St. Mark's Mission: To Nurture Discipleship, Communicate the Gospel and Serve the Community.

St. Mark's Vision: To transform each church member into Christ-led disciples, nurtured and equipped by God's Word, whose purpose is to build up the Body of Christ in Solano County and the world.

St. Mark's Welcoming Statement: Adopted January 19, 2020

"We are St. Mark's Lutheran Church where everyone is welcomed and everyone is loved. We invite all into the grace, love and acceptance we have from God. We welcome YOU: who you are, as you are.



- All who are single, married, partnered, divorced, with or without children
- All sexual orientations, gender identities and gender expressions
- All racial, ethnic, and social backgrounds
- All who are homed or homeless
- All who are struggling with addictions or other personal hardships
- All ages and levels of physical and mental health and abilities
- All faith backgrounds, those questioning their faith and those new to faith

We invite you to fully participate in the life and ministry of St. Mark's Lutheran Church where we seek to share God's love and grace through word and action."

St. Mark's Lutheran Church



Evangelical Lutheran Church in America

God's work. Our hands.

1600 Union Avenue, Fairfield, CA 94533

707-422-4741

office@stmarksfairfield.org; www.stmarksfairfield.org

Rev. Karen Stetins, Senior Pastor

Ron Armenta, Director of Youth and Children's Ministries

Semyon Lohss, Accompanist, Choral Director

Roland Lubin, Contemporary Music Director

Alicia Henderson, Office Administrator

Lucille Bowers, Preschool Director

Michelle Aas, SMLC's bookkeeper

Council Members

Michael Chernock (President), June Johnsen (Vice President), Janelle Jolley (Secretary),

Nancy Huston (Finance Chair), Dave McCallum & Ruth Sweatt (Members at Large),

Linda Frogget (Financial Secretary), Lew Broschard (Treasurer)