



Pastor's Column: It Takes Practice

Maya Angelou once remarked, "I'm always amazed . . . when [people] walk up to me and say, 'I'm a Christian.' I think, 'Already? You've already got it? My goodness, you're fast.' The truth is, all day long you try to do it, try to be it. And then in the evening, if you're honest and have a little courage, you look at yourself and say, 'Hmmm. I only blew it 86 times. Not bad.'"

Being a disciple of Jesus is on one level as simple as responding to his invitation: "follow me." But following isn't always easy. So we are all works in progress. It takes practice to be a person of faith.

Fortunately, we can benefit from the experience of generations before us. Saints of every age have practiced their faith through prayer and Scripture study, for instance, and through acts of simplicity, generosity, and service. What are the spiritual practices that have been most formative and transformative in your life? Have you perhaps been searching for something to deepen or strengthen your faith? Are you interested in trying out a new spiritual practice during the season of Lent this year?

Sermons this spring will focus on a handful of spiritual practices that have been particularly meaningful to me; I hope they will prompt conversation so that we can all learn from one another.

Let's embrace our status as works in progress. There's much to be said for admitting this life of faith takes practice!

Grace and peace,
Pastor Deb

CALENDAR

March 6th

Ash Wednesday

March 7th

Afternoon Bible Study

March 10th

Lent begins

March 17th

Guest Speaker Aneelah Afzali

March 17th

Soup & Sandwich Lunch

March 25th

Evening Bible Study

March 31st

Guest Preacher Rev. Rick Reynolds
of Operation Nightwatch



Ash Wednesday
— Lent Begins

Lent Begins

The season of Lent, a 40-day period of preparation for Holy Week and Easter, begins on Ash Wednesday, March 6th. Here at MPC our observance of Lent will begin on the first Sunday of Lent, March 10th.



Front: Sally King, Tina Leighton, Vicki Ross
Back: Dave Bowman, Mardell Smith, Greg Kelly, Jeff Tyler, Mona Owen
Not pictured: Sandra Gorhoff

2019 Deacons

We are grateful to our Deacons for stepping up to serve as point people in the following areas this year. Feel free to contact the individuals below with any questions or ideas. (Contact information is available in the church directory.)

Moderator: Greg Kelly
Vice Moderator: Dave Bowman
Treasurer: Jeff Tyler
Secretary: Tina Leighton
Sandwich Sunday Coordinators:
Tina Leighton & Vicki Ross
Hospitality: Sally King
(with Sharlene Bathum from Session)
Operation Nightwatch: Dave Bowman
Tiny Cabins: Jeff Tyler
Card Ministry: Sally King
Mayor's Day Food Drive:
Greg Kelly & Dave Bowman

Giving Tree: Mardell Smith & Sandra Gorhoff
Poinsettias / Lilies: Greg Kelly
Care Packages: Mona Owen
Red Barrel: Sandra Gorhoff & Mardell Smith
Meal Ministry: Vicki Ross
Visit Team: Sally King, Mona Owen, Vicki Ross



Guest Speaker Aneelah Afzali Rescheduled for March 17th

Aneelah Afzali, Director of the Muslim American Empowerment Network, will be our guest in worship on Sunday, March 17th. Our sermon that morning will take the form

of an interfaith dialogue between Aneelah and Pastor Deb Sunoo. Our kids will have a chance to meet Aneelah during Children's Time, and she will remain for a time of questions and answers as well. Join us in offering her a warm MPC welcome!



Soup & Sandwich Lunch March 17th

Also on Sunday March 17th a soup and sandwich lunch

will be served following worship. The menu will feature homemade soups, sandwich makings, and desserts. If you are able to contribute to the lunch please let Sharlene Bathum or Sally King know what you would like to bring. Note that our interfaith guest speaker Aneelah Afzali will offer time for questions and answers once we've eaten.



Operation Nightwatch Director Coming March 31st

We are delighted to report that the Executive Director of Operation Nightwatch, Rev. Rick Reynolds, will be returning to preach here at MPC on Sunday, March 31st. Rick is a fantastic storyteller with a wealth of experience to share from his 25 years of ministry with those experiencing homelessness here in Seattle. You won't want to miss this opportunity to hear from him first-hand.



Brayden Kelly in World Special Olympics

MPC member Brayden Kelly is off to Abu Dhabi in the United Arab Emirates to compete as part of Team USA in the World Special Olympics. Ten thousand athletes from 122 countries will be competing in 22 sports. Brayden and his soccer team will meet other athletes in New York on March 5th before flying to Abu Dhabi for the March 14th competition. Way to go, Brayden! We will all be cheering you on from afar!

Children's Ministry Updates

Our Big BLAST class (grades 2-5) continues learning stories from the Old Testament. In March we'll be learning about Moses, the Exodus of the Israelites from Egypt, and the 10 Commandments. The kids have been very engaged in discussing these important OT stories as they were with stories from Joseph's life in the book of Genesis earlier this winter.

Meanwhile, our BLAST Junior class (grades preK – 1) continues with New Testament stories. They have just finished learning about Paul's journeys and are now starting on Jesus' life.

Each week all of our kids gather to sing before moving to our respective classrooms. We are learning a couple new songs that we'll most likely sing for the congregation during the Easter season.

As always, it has been wonderful to have a strong team of volunteer teachers in BLAST Junior! I am also very thankful for many more adult helpers in these kids' classes! It is super important for us to always have 2 adults per classroom for safety and for a better learning experience for the kids. I have enjoyed getting to know some of you more through this partnership, and I hope that more of you will come and check out our lessons downstairs.

Thank you,
Liina-Ly Roos, Children's Ministry Director

Youth Ministry Updates & Souper Bowl Thanks

The Connect Youth class thanks everyone who contributed money and canned food for the Souper Bowl of Caring offering on Sunday, February 17th. We were able to deliver \$365 and 8 pounds of canned food to Ballard Food Bank this year.

Our Connect class (grades 6-12) continues our series on Parables, and we're also looking forward to joining the adult congregation in worship to hear guest speakers Aneelah Afzali and Rick Reynolds later this month.

I'd like to give a special thank you to everyone who's been an adult buddy and joined us for class so far this year. If you're able to help in this way on a Sunday morning, be sure to let me know.

Thanks!
Justin Beatty, Youth Pastor



Supper Club Prize Winner

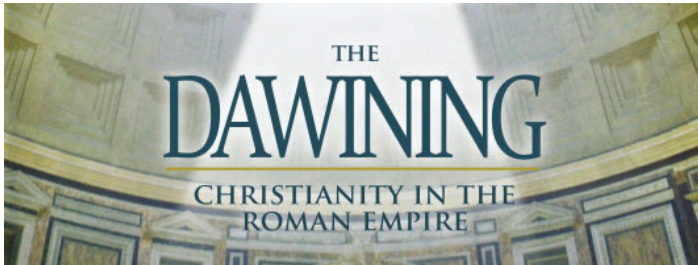
Congratulations go to Steve Meginniss who answered 15 out of 21 trivia questions to win a panini maker for his wife Robin Maddox at the February 16th Supper Club. The group met at the home of Dave and Lisa Bowman.

Thursday Men's Fellowship

Join us at Caffé Appassionato at 8:30 am on Thursdays for our weekly Men's Fellowship. We enjoy conversation and an exchange of ideas around faith, work integration, community building and fellowship.

Evening Bible Study March 25th

God's plan of grace for the world as written in Romans 10:1-15 will be the subject for the Evening Bible Study on Monday, March 25th. We'll meet at 7 pm in the Mount Rainier Room for treats followed by the lesson led this month by Marion Wright.



Afternoon Bible Study March 7th

The Afternoon Bible Study will continue our video series The Dawning: Christianity in the Roman Empire at 1:30 pm Thursday March 7th. Questions? E-mail Janet Friedrich at philipf@comcast.net