



## From Pastor Bill

This year March brings us Easter, a day when we remember that God's involvement in life involves bodies and the movement of bodies. On Easter, God is said to have raised Jesus. And what he raised was a real body, not some disembodied spirit or soul.

Easter is a good time to remember that we don't *have* bodies but are bodies. We don't do life apart from our physicality. Of course, body is not all that we are. There is more to us than our skin, muscles, and bones. We process life through cognition, our emotions, our relationships, our sense of belonging to something bigger than embodied life.

But being a body is not insignificant to our being human. Without bodies, we don't exist, at least in this earthly life. Bodies matter greatly.

One of our goals for this year is this: "In 2024 we will continue to emphasize physical health and physical movement as integral to the journey of discipleship." In the last Chimes article, I highlighted the significance of our dealing with obesity and choosing healthy eating. This month I want to highlight the importance of movement. Healthy people move.

Now I know that what that means is dependent upon our health and age. Often as we age, we can't move as much as we used to. I am no longer able to run, which is how I moved a lot in days gone by. I must say that I greatly miss running. When I watch people run on the trails or on the streets, I have a sadness that comes over me because I know I can no longer do what they are doing. But that doesn't mean I can't move. I continue to ride a bike in cold and warm weather. I swim. I walk a lot. For me to feel healthy, I need to move.

I want to urge all of us to consider how we get our bodies moving. Pickleball, yoga, and cardio drumming are offered here at the church and are marvelous means to get our bodies moving. How about identifying a group of folks who could become your walking group? I regularly see several of you use our facility to walk, especially during the winter. We would love to have more of you do so.

I am interested in getting a group of folks who would like to ride their bikes for short distances (8-10 miles) or long distances (25 or more miles). Let me know, if this might be of interest to you. Our bodies are too important for us to allow them to remain stagnant. For me, in many ways, literally and figuratively, life is about movement. To follow Jesus requires movement.



## From Pastoral Assistant Paula

I am struggling. I was struggling in October when I wrote my article for the November Chimes. I am still struggling today for much of the same reason as in November: war. The disturbing, horrific, dark, soul-wrenching, hopeless, bleak, hard, sad, depressing, bloody, violent, oppressive, never-ending, scary, monstrous, overwhelming, inhuman, disheartening, chilling, godless. . . realities of war. But this time it's different. I know there are *just wars* and the reasoning behind the principles of a *just war* and I am grateful, I think, that we have guidelines when it comes to killing. A *just war* has to be the last resort. What's the cause? What's the reason for going to war? And is it *just*?

While I'm not a military strategist, a member of any Senate oversight committee, or a politician, I cannot fathom that everything about the war in Gaza is just. I have to wonder how we, even in all our humanity, can kill so many people and drive them into starvation - especially the astronomical number of women and children, and justify it. I also wonder how we, as a church, can stand in the gap for those who are oppressed, starving and dying by the thousands. I know, people say unrest and conflict have been going on for years in the Holy Land, and it has. Jesus was born into an empire where death, destruction and exploitation were rampant. In fact, his mission from the onset was to walk in solidarity with those who were marginalized. We, too, are living in a world where oppression is real. And for me, and I don't know about you, but the constant graphic imagery projected in the media along with my personal experience of witnessing oppression firsthand, is hard to fathom.

Pastor Munther Isaac, pastor of Christmas Lutheran Church in Bethlehem, spoke to the people in the UK on February 18, 2024. In his sermon he stated: "It has been more than 130 days since the war on Gaza began. It is beyond my comprehension to believe that this war is still going on; 28,000 killed - including 12,500 children, and 8,300 women; thousands more still missing under the rubble; 68,000 injured; 1.7 million displaced, trapped and starved. It is a time of repentance. It is a time of fasting, and such a time to reflect on the meaning of true piety. It is a time to reflect on the mystery of suffering and how the road to glory goes through the Cross."

As we, you and me, journey towards the cross, may we reflect on the meaning of this season. This year, I find myself reflecting on these words from the prophet Isaiah:

*Is not this the fast that I choose:  
to loose the bonds of injustice,  
to undo the straps of the yoke,  
to let the oppressed go free,  
and to break every yoke? (Isaiah 58:6)*

I know some of you are fasting in many different ways, but will you join me in the fast that we, as Christians, are called to? Will you join me in the call to seek justice, love kindness and walk humbly with God? Will you join me in solidarity with those who are suffering due to poverty, racism, oppression; those suffering at borders and refugee camps and those... under the rubble.

*Sumud.*

Trusting in God's *steadfast* love and grace,  
Paula

# Confirmation



The Confirmation students hosted Wednesday night dinner on February 14 for part of their service project. They were gracious hosts and spread the love and joy around the room. The students earned money for students at Dar Al-Kalima School in Bethlehem, Palestine.

Thank you to everyone for their generous donations! We are working towards a healthier world when we lend a hand to those who need it most.



We are worshipping with people of different denominations in the next few months. The goal of this is to teach tolerance and respect for those who worship, speak and look different. This was a highlight for the students of last year's class. We will keep you posted!



## ***HIGH SCHOOL YOUTH EVENTS***



**New Orleans Parents and Youth Meeting**  
 March 10  
 7:00 p.m.



**Middle School and High School Youth**  
 March 23  
 7:00 p.m. - 9:00 p.m.

## ***PRE-K TO MIDDLE SCHOOL YOUTH EVENTS***



**March 16** there will be a youth event for PK-5<sup>th</sup> grade; more information coming in the bulletin!

### **Kids Triathlon**

One of the goals established for the church for 2024 was to emphasize physical health and physical movement, and with that in mind, we would like to introduce the Youth Triathlon Club.

The First Lutheran Triathlon is open to anybody. It occurs on the fourth Sunday of August, and involves a 400-meter swim, an 11-mile bike, and a 2-mile run. We want to extend this opportunity to our youth. This year, we'll have three children's divisions:

Age	Swim	Bike	Run
4-6	25 meters	½ mile	1/8 mile (200 meters)
7-10	50 meters	1 mile	¼ mile (400 meters)
10-14	100 meters	2 miles	½ mile (800 meters)

To help get excited and feel ready, we will have monthly Triathlon Club gatherings beginning in March. The meetings will be a chance for people to learn about triathlon, get moving, and have some fun while gearing up for the August race. Our March meeting will be held in the gym on Saturday, March 9, at 2pm. We will learn about triathlons, do some relay races to move our bodies and practice triathlon transitions, and have a triathlon-themed snack. The event is geared towards children ages 4-14, but everyone (young and old!) is welcome to join.

# Lent and Holy Week Schedule

## Getting Healthier: Lent and the Disciplines

Wednesday at 6:05 p.m.

- March 6 **Journaling: A Healthy Discipline** led by Paula Dusseljee
- March 13 *No class*
- March 20 **Music and Poetry: Preparing for the Crucifixion** led by Joel Westerholm

## Lenten Services

Wednesday 7:00 p.m.

- March 6 **Prayer for the Nations**
- March 13 **Taize Service**
- March 20 **Service of Lament**

## Holy Week

- March 28 **Maundy Thursday Service**  
Community United Methodist Church  
7:00 p.m.
- March 29 **Good Friday Service**  
12:00 p.m. *and* 7:00 p.m.
- March 31 **Easter**
  - 7:30 a.m. Sunrise Worship Service - **Note Time Change**
  - 8:45 a.m. Breakfast
  - 9:30 a.m. Easter Village
  - 10:30 a.m. Worship Service





## Vacation Bible School

Who: Kids going into PK-5<sup>th</sup> grades  
What: Four Bible Stories about Water  
When: June 17-20, 2024, 5:30-8:00pm  
Where: First Lutheran Church



## Masjid al-Tawheed Visit

Join us as we visit the Masjid at-Tawheed mosque in Grand Rapids on Saturday, April 13. Taking the church bus, we will leave at 9:30 a.m., visit the mosque, then have lunch at the Pita House in East Town.



Summer camp registration is open with Living Water Ministries! July 7-12 is the week, and kids going into grades 1-12 can go. We would love to get a big group from First Lutheran there! They are offering their "Welcome to All" pricing again this year, meaning you choose how much you pay for the week: full price, half price, or nothing—they want to make sure cost is not a barrier!

Who: Kids going into grades 1-12  
What: Living Water Ministries Summer Camp  
When: The Week of July 7-12  
Where: Stony Lake Camp, New Era, MI

To register or for more information:



<https://www.elcalivingwater.com/campprograms/>

Questions? Talk to Emma!  
emma@firstlutheranmuskegon.org  
712-395-0502



## John Ball Zoo Trip Friday, May 10

Fellowship Board will be sponsoring a dinner before we go to the John Ball Zoo Lantern Festival at night.

More details to follow. Limited seating and first come, first serve. This event sold out last year, so please call Deb Roest at 231-744-1936 or Diane Kroll at 231-557-4637 for reservations.

# 160<sup>TH</sup> ANNIVERSARY!

First Lutheran Church was started in 1864. This year we are celebrating 160 years as a congregation. Our theme for the year is "Find us Faithful." The 160th committee, plus Shar, have planned a few events.

We hope to have Max and Ruth Bloomquist perform in May, a dinner/variety show in June with a sneak peak of the skit, concert series August 7, 14, and 21, coffee hour with cake and a skit on August 11, anniversary celebration on September 8 with a meal and skit.

The historical banner was updated and is up in the Family Life Center. We plan on selling First Lutheran apparel and Christmas ornaments.

We have invited our members to give us interviews that will run before worship services, We hope to have a former pastor or intern preach on August 11 and hopefully have greetings from many of the others.

We hope you will participate in these events.

## Dollar-a-Day Fund



You might have noticed in the worship bulletin or perhaps during worship that on the first Sunday of each month, the Noisy Offering collected by the children goes to "Dollar-a-Day." Many of us have wondered what that means. So, what is a "Dollar-a-Day," and what happens to the money donated? (Hint: no, it's not how Pastor Bill funds his cycling adventures)

Dollar-a-Day was started many years ago to provide funding for special projects at our church. This has included paying off the mortgage, buying the new church bus, and installing a new sign in front of the church. The idea is that we can each set aside a small amount of money (for example -- you guessed it -- \$1 each day), to be used to further the mission of the church. Over time, these small amounts accumulate and can fund exciting enhancements to our building and programming.

**Beginning the first Sunday of March**, we'll have a new Dollar-a-Day project. Funds raised will go toward improvements to the Family Life Center to enhance our educational, social, and entertainment activities. The project includes a new sound board, a drop-down screen, and a curtain for the stage. The Stewardship Committee invites you to join us in donating the first Sunday of each month to the Dollar a Day fund, in addition to your regular offerings. Funds can be contributed in cash, by check, or via e-giving, whatever is most convenient for you (please make sure to designate to Dollar-a-Day).

We are excited to see this new project develop and appreciate your support!

Kathryn Hall for the Stewardship Committee

## Calling First Lutheran Members!

In celebration of First Lutheran's 160th celebration, we need interviews from our members to play in our worship services from January to August 2024. We need you to record your interview on your phone and send it to Lisa Ziemelis at [lisa@firstlutheranmuskegon.org](mailto:lisa@firstlutheranmuskegon.org) as soon as possible. We are asking you to answer 2 questions.

What brought you to First Lutheran?  
What do you enjoy about First Lutheran?

The interview should be 1-2 minutes.

We need all ages of members to be involved with this event. If you do not know how to record on your phone, Carl Luther or another person will be at the church to do this in the Fellowship Hall on the first Sunday of the month, starting in January. If you can not do this after worship, please call Carl Luther at 231-750-6737 to set up a specific time you could meet.

Please join us in honoring our memories here at First Lutheran with your videos. If you have any questions, please call Deb Roest at 231-744-1936. Thank you.



## St. Patrick's Day Wednesday Night Dinner

Wednesday, March 13 5:15 p.m.

### *Menu*

Corn Beef and Cabbage  
Beef Stew  
Salad Bar  
Rolls  
Desserts

### *Entertainment*

Mona Shores Fiddlers  
Stephs Steps - Lumbertown Cloggers

Wear your Irish duds and come for fun, food, fellowship and Irish music

*Sponsored by the Fellowship Board*  
*For more info, call Deb Roest at 231-744-1936*







*Thanks to Joe Labiak, Robbin Dibble and Ellen Bisson who assembled the February Chimes.*

## Reminder!

**Last date for Ski Club is March 1st  
5:00 p.m. - 9:00 p.m. (close)**

Please contact Amy Badley to register

Email: [abadley40@gmail.com](mailto:abadley40@gmail.com)

Call: 231.730.4149

Location: Caberfae Peaks in Cadillac



## Official Acts



### Deaths

*Ted Wierenga*

Born: 03/04/1947

Died: 01/30/2024

## Weekly Offerings

### Week ending 01/07/2024

General Fund: \$10,057.23

Building Enhancement Fund: \$415.00

Dollar-A-Day (for new sign): \$389.64

Building Rent: \$303.00

### Week ending 01/14/2024

General Fund: \$5,657.25

Building Enhancement: \$170.00

Building Rent: \$313.00

Noisy Offering (for Kids' Food Basket): \$106.03

Dollar-A-Day (for new sign): \$62.00

### Week ending 01/21/2024

General Fund: \$25,722.89

Building Enhancement: \$150.00

Building Rent: \$325.00

Noisy Offering (for Kid's Food Basket): \$212.58

Dollar-A-Day (for new sign): \$30.00

### Week ending 01/28/2024

General Fund: \$7,338.56

Building Enhancement: \$220.00

Building Rent: \$537.00

Noisy Offering (for Kid's Food Basket): \$208.33

Abiding Memorial: \$70.00

Dollar-A-Day (for new sign): \$31.00

Chili Cook-Off (for ELCA World Hunger Relief):  
\$476.15

### Sunday

### Weekly Scripture Readings

3/3

Exod 20:1-17, Ps 19  
1 Cor 1:18-25, John 2:13-22

3/10

Num 21:4-9, Ps 107:1-3, 17-22  
Eph 2:1-10, John 3:14-23

3/17

Jer 31:31-34, Ps 51:1-12  
Heb 5:5-10, John 12:20-33

3/24

Isa 50:4-9a, Ps 31:9-16  
Phil 2:5-11, Mark 15:1-39 [40-47]

3/31

Isa 25:6-9, Ps 118:1-2, 14-24  
Acts 10:34-43, John 20:1-18

## Chimes Articles

Articles and information for the Chimes should be submitted via email to Rhonda Smith at [rhondak33@comcast.net](mailto:rhondak33@comcast.net) or placed in her mail box next to the church offices no later than the **15th of the month.**



## March Birthdays!

1	Lisa Le Daniel Tanis Pat Robinson	20	Joyce Jamerson Gregory Sharlow Lexie Livingston	29	Brenda Endelman Warren Robinson John Robinson Kami Kral
4	Jessica Neumann Ken Newman	21	Dennis Loughrige Jean Becker	30	Sandy Baker Suzette Mattson Paul Bowen Anna Frietsch Elizabeth Frietsch Pam Smith
5	Madison Freeland	23	Evie DiPiazza Alice Habina Greyson Alger	31	John Policka Karen Golden
8	Nancy Mackey Janice Sharlow	24	Jordis Hutchins Marilyn Fiser Payten Bleich Elise McDonald Leonard Pruitt		
9	Dan Horton	25	Eloise Cihos Alyssa Freeland		
10	Phil Sielski Jack Parker	26	Jeffrey Anderson Cory Daniell		
13	Joellen Hildebrand Grey Gabriel	27	Marti McDonnell Andrea Simerick Richard Elliott		
14	Abigail Righter	28	Paul Petersen Luke Rop		
16	Tina Trulsen				
17	Jerry Dibble				
19	Kelly O'Connor				



## Keepers

### Gerald and Betty Crenno

1740 Village Dr Apt 318  
Village at the Oaks  
Muskegon, MI 49442-4288

### Theresa Hansen

Robbinswood-Northcrest Campus  
2650 Ruddiman Dr  
North Muskegon, MI 49445

### Nancy Hazekamp

1350 W Hackley Apt. 215  
Muskegon, MI 49441

### David Kleis

Overon House—Room 48  
9160 W 64th Ave  
Arvada, CO 80004

### Pat Mullinex

*Mailing Address:*  
2284 Riverwood Drive  
Twin Lake, MI 49457  
*Home Address:*

Sanctuary at McAuley  
1380 Sherman Blvd  
Muskegon, MI 49444

### Warren Robinson

1845 Moulton Ave  
Muskegon, MI 494445-3127

### Linda Sahlhoff

Christian Care Nursing Center  
2053 Sheridan Dr  
Muskegon, MI 49442

### Keith Stapel

1228 Lawrence St  
Muskegon, MI 49442

### Dave Walborn

18552 W Spring Lake Rd  
Spring Lake, MI 49456

### Mary Warden

1740 Village Dr. Apt 222  
Muskegon, MI 49442-4283

# First Lutheran Church

# March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Dollar-A-Day Weekend</b> 9:30AM-Faith Formation 10:30AM-In-Person Worship 10:30AM-Online Worship 12:00PM-Bells 6:00PM-Listening for the Word 7:00PM-AA Meeting	10:00AM-Paula's Book Group 12:00PM-Quilters' Group 3:00PM-Sons of Norway Board Meeting 5:45PM-Chair Yoga 6:00PM-Overeaters Anonymous 7:00PM-AA Meeting 7:00PM-Cardio Drumming 7:15PM-Gentle Soul Yoga	<b>Bulletin Deadline</b> 9:00AM-Pickleball 9:00AM-Seniors Helping Our Parish (SHOP) 3:00PM-Burnished Brass Rehearsal 6:00PM-Lion's Club Meeting 6:30PM-Choir 7:30PM-New Year, New Healthy You 9:00PM-Compline	9:00AM-Pickleball 12:00PM-Staff Meeting 5:30PM-Wed Night Dinner 6:00PM-Kid's Music 6:05PM-Bible Study 7:00PM-Confirmation 7:00PM-Lenten Worship	12:00PM-Lectinary Bible Study 6:00PM-In-Person Worship 7:00PM-Cardio Drumming	5:00PM-Ski Club 6:00PM-Baton Class 7:00PM-AA Meeting	8:30AM-Stephen Ministry 1:00PM-Rental 2:00PM-Triathlon Club
9:30AM-Faith Formation 10:30AM-In-Person Worship 10:30AM-Online Worship 12:00PM-Bells 7:00PM-AA Meeting	<b>Bulletin Deadline</b> 9:00AM-Pickleball 9:00AM-Seniors Helping Our Parish (SHOP) 9:30AM-1st on 2nd Quilt Bee 3:00PM-Burnished Brass Rehearsal 6:00PM-Lion's Club Officers 6:30PM-Choir 7:30PM-New Year, New Healthy You 9:00PM-Compline	<b>Bulletin Deadline</b> 9:00AM-Pickleball 9:00AM-Seniors Helping Our Parish (SHOP) 11:30AM-Muskegon city Garden Club 3:00PM-Burnished Brass Rehearsal 6:00PM-Lions Club 6:30PM-Choir 7:30PM-Band 9:00PM-Compline	9:00AM-Pickleball 12:00PM-Staff Meeting 5:30PM-St. Patty's Dinner 6:00PM-Kid's Music 6:05PM-Bible Study 7:00PM-Lenten Worship 7:00PM-Confirmation	12:00PM-Lectinary Bible Study 6:00PM-Rental 6:00PM-In-Person Worship 6:30PM-Scouts Meeting 7:00PM-Cardio Drumming	<b>Chimes Deadline</b> 6:00PM-Crafty Group 6:00PM-Baton Class 7:00PM-AA Meeting	10:15AM-Worship & Music Meeting
9:30AM-Faith Formation 10:30AM-In-Person Worship 10:30AM-Online Worship 6:00PM-Listening for the Word 7:00PM-AA Meeting	12:00PM-Quilters' Group 5:45PM-Chair Yoga 6:00PM-Overeaters Anonymous 7:00PM-AA Meeting 7:00PM-Cardio Drumming 7:15PM-Gentle Soul Yoga	<b>Bulletin Deadline</b> 9:00AM-Pickleball 9:00AM-Seniors Helping Our Parish (SHOP) 3:00PM-Burnished Brass Rehearsal 6:00PM-Lions Club 6:30PM-Choir 7:30PM-Band 9:00PM-Compline	9:00AM-Pickleball 12:00PM-Staff Meeting 5:30PM-Wed Night Dinner 6:00PM-Kid's Music 6:05PM-Bible Study 7:00PM-Lenten Service 7:00PM-Confirmation	12:00PM-Lectinary Bible Study 6:00PM-Restorative Yoga 6:00PM-Worship 7:00PM-Cardio Drumming	6:00PM-Baton Class 7:00PM-AA Meeting	23
9:30AM-Faith Formation 10:30AM-In-Person Worship 10:30AM-Online Worship 12:00PM-Bells 7:00PM-AA Meeting	12:00PM-Quilter's Group 5:45PM-Chair Yoga 6:00PM-Overeaters Anonymous 7:00PM-AA Meeting 7:00PM-Cardio Drumming 7:15PM-Gentle Soul Yoga	<b>Bulletin Deadline</b> 9:00AM-Pickleball 9:00AM-Seniors Helping Our Parish (SHOP) 3:00PM-Burnished Brass Rehearsal 7:00PM-Cardio Drumming 7:15PM-Gentle Soul Yoga	9:00AM-Pickleball 12:00PM-Staff Meeting 5:30PM-Wed Night Dinner 6:00PM-Kid's Music 6:05PM-Bible Study 7:00PM-Confirmation	12:00PM-Lectinary Bible Study 6:00PM-Rental 6:00PM-Maundy Thursday Worship **NOTE: Held at Community Methodist Church ** 7:00PM-Cardio Drumming	12:00PM-Good Friday Worship 6:00PM-Baton Class 7:00PM-AA Meeting 7:00PM-Good Friday Worship	30
7:30AM-Sunrise Worship *NOTE NEW TIME 8:45AM-Easter Breakfast 9:30AM-Easter Village 10:30AM-In-Person Worship 10:30AM-Online Worship 6:00PM-Listening for the Word 7:00PM-AA Meeting						