CHRIST THE SERVANT LUTHERAN CHURCH

From the Pastor – March 2026 – Article 2 of 3

We continue our journey into the LBW, the Green Book, to discover what and how to use it. We continue with looking at the Brief Order for Confession and Forgiveness. Important to note: the red letters give additional instructions or explain some of what we do. For example...note that the sign of the cross may be made by all who are baptized, in response to hearing the speaking of the Father, and of the Son, and of the Holy Spirit. Some may think that this is only to be done by Catholics, but that is not the case, each of us are encouraged to make the sign as a time of remembering our baptism.

You will also notice that the red (Ruberics) tell us when to stand, who is to speak the parts, and gives options for some of the sections. Example: Go down to the Absolution, the Forgiveness of Sins, you will notice there are two options....one is for the ordained, and one is for the lay person to share with the congregation.

Next we find the service for Holy Communion, Setting One. There are also two other Settings, which give us options as to music. We typically use Setting One. Again, please note the Ruberics, which describes how to use and how to change it when you have no communion.

You will notice that the parts are labeled P for Pastor, A for Assisting Minister, C for Congregation. As we move through the service, there are times that parts are excluded. That is dictated by which season we are in. Much of that information was covered in the pieces on the seasons of the church.

During Advent – we will do the Kyrie, but not the Hymn of Praise

Christmas through Baptism of Our Lord – we do the Kyrie, and the Glory to God

Sundays after the Epiphany – no Kyrie, and the Glory to God

Transfiguration – Kyrie, and Glory to God

Lent – Kyrie, NO Glory to God

Sunday of the Passion (Palm Sunday) – NO Kyrie, NO Glory to God

Easter including Pentecost – Kyrie, and Worthy is Christ

Trinity Sunday – Kyrie, and Worthy is Christ

Sundays after Pentecost – NO Kyrie, and Glory to God

All Saints and Lesser Festivals – NO Kyrie, and Worthy is Christ

Christ the King – Kyrie, and Worthy is Christ

Non-festival weekdays – NO Kyrie, and NO Glory to God or Worthy is Christ

HEART HEALTH

The American Heart Association guidelines focus on reducing cardiovascular disease risks. This is best done through lifestyle changes: eating a diet rich in fruits, vegetables and lean protein; limit sodium (salt), sugar and alcohol; and getting at least 150 minutes of moderate exercise per week. Key measures to manage heart disease include managing weight, blood pressure, cholesterol and blood sugar.

Key dietary and lifestyle recommendations include:

Diet: adopt a diet focusing on vegetables, fruits, whole grains, nuts and fish. Limit saturated fats, red meat and sugary drinks.

Exercise: aim for 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity aerobic activity per week, plus muscle strengthening activities.

Life's Essential 8: smoking cessation, sleep (7-9 hours for adults), healthy weight and managing cholesterol, blood pressure, blood sugar and stress reduction.

Weight Management: maintain a healthy weight through balancing calorie intake and regular physical activity.

Clinical guidelines and risk management:

- Prevention is key through lifestyle changes as the first line of defense before medications.
- Treatment: guidelines address specific conditions like high blood pressure, cholesterol management and stroke prevention. Heart disease is the number one killer of women.

Remember that it is the overall pattern of your choices that counts. Make the simple steps above part of your life for long-term benefits to your health and your heart.

Donna Young

MARCH VOLUNTEER SCHEDULE

	GREETERS	USHERS	LECTOR	COMMUNION	FELLOWSHIP	OFFERINGS
1	Connie	Ron Al	Charlie		Sau Man	Doug & Pat
8	Donna	Warren Doug	Lu	Brenda Sau Man		Charlie & Louise
15	Al & Sharon	Ron Greg	Brenda			Doug & Pat
22	Connie	Warren Doug	Greg	Linda Megan		Charlie & Louise
29	Donna	Ron Al	Charlie	Sau Man Mary		Doug & Pat

Membership Care: Rhonda Beed Altar Guild:

Please trade with someone if you are unable to serve when scheduled

VOLUNTEER OPPORTUNITIES

Altar Guild, coffee/fellowship, communion assistants, greeters, lectors, Membership Care, usher, offering counters, sound booth. Please sign up, call, or e-mail the office. Training will be provided.

SERVANTS are needed in all areas.

HAPPY BIRTHDAY

March 7 Carol Olson
March 16 Colin Broders
March 16 Mona Jean Roberts, 100
March 22 Dee Bailey
March 23 Ellery Seagren, 6
March 30 Ron Cone

Change of Address

Lori Ingram, c/o St. Joseph's Care Center
401 North 18th St. #112B, Norfolk, NE

In Our Prayers

Spirit of Peace Lutheran in Hooper and
Pastors Michael and Cathey Hanus

Membership Transfer Out

Mike and JaNell Finkral

January Financial Report

Income $ 9,298.11
Expenses $10,864.08
Net -$1,565.97

March 2026

Daylight Saving Time begins Sunday, March 8

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 *Lent 2* 9 Sunday school Confirmation 10 Worship	2 7 Bible study	3	4	5 7 Scouts roundtable	6 630 Girl Scouts	*7*
8 *Lent 3* 9 Sunday school Confirmation 10 Communion Potluck	*9* 7 Bible study	*10*	*11* *Kathy vacation* 11 Rejoicing Spirits 6 study of Ruth	*12*	*13*	*14*
15 *Lent 4* 9 Sunday school Confirmation 10 Worship	*16* 7 Bible study	*17* Pastor in Ashland 6 MOPS	*18* 6 study of Ruth	*19* 930 Bible study Madison House 630 Council	*20* 630 Girl Scouts	*21*
22 *Lent 5* 9 Sunday school Confirmation 10 Communion	*23* 7 Bible study	*24*	*25* 6 study of Ruth	*26*	*27*	*28*
29 *Palm Sunday* 9 Sunday school 10 Communion, Affirmation of Baptism *Food Pantry*	*30* 7 Bible study	*31*	*4/1* 6 study of Ruth	Maundy Thursday	Good Friday	