

**M**y God, my God, why have you forsaken me?" Those words spoken by Jesus from the cross haunt me. Did God really forsake Jesus by letting him die on the cross? If God abandoned his One and Only Son, does that mean that God would forsake us as well? As we enter into the season of Lent, I invite you to explore that question with me and with other members of St. Timothy in our Discussions after worship during Coffee Time. We will study and discuss Psalm 22 from which Jesus' words came. **In such a**

**time as this, this is the season for Christians to prepare themselves to stand with those who feel abandoned and forgotten and assure them that God has not and will not forsake us.**

Throughout Epiphany we learned that people believed that Jesus was the Holy One of God, beginning with the three Magi from the East who gave up their livelihoods to find this king that their holy books promised. We discovered how Jesus' first disciples - Nathanael, Andrew and Peter, James and John - dropped what they were doing to follow Jesus. **That may be the purpose of Lent, to drop what we are doing and to follow Jesus.**

Most of us have grown up with the notion that Lent means giving up or sacrificing something during Lent. In high school I remember my Roman Catholic friends telling me that they were giving up chocolates or French fries for Lent. But, **now, I have grown to think that Lent is not about giving up something but giving something to God.** That's why I think St. Timothy's idea of **using Lent as an opportunity to give one of our most precious gifts back to God - TIME- by taking the time to volunteer at Cultivate Initiatives for our mid-week Lenten worship.** We will be given several ministry opportunities to serve the houseless community in East Portland to show how much we love God by serving our houseless neighbors.

I know that everyone can't give time at church during the week because many of you are working. **But, there are so many other ways that you can give time to love God by serving.**

Of course, you can always give money, maybe one dollar a week during Lent (\$6). Or, maybe ten minutes a day praying for those listed in our Sun-



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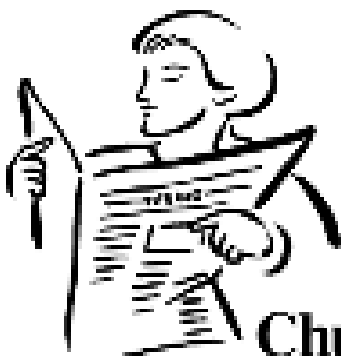
Newsletter Deadline is the Wednesday before the last Sunday of the month.

St. Timothy Web Site  
[sainttimothypdx.org](http://sainttimothypdx.org)

day bulletin, or maybe attending our Sunday Coffee Hour Bible study on Psalm 22. Those are just a few ideas, but **the idea is that this Lent every member of St. Timothy will be willing to give one of our most precious gifts from God, TIME, back to God** - not because we have to, but because we want to - otherwise, it wouldn't be a gift.

When more and more of the Christian community can give this gift to God, people will see God's kingdom becoming a reality - that it's here - but, not yet, because there are still Christians who are not serving God by serving others. And, that may be why **so many in this world are crying out, "My God, my God, why have you forsaken me!"** I am praying that our family here at St. Timothy will be the Body of Christ and touch those who are despairing and show that God has not forsaken them. **In such a time like this, may this Lent be when the members of St. Timothy bring light and hope into the darkness and futility.**

By Pastor Yukio Hamada



## Notes from your council:

Due to the delay of our annual meeting your council has not

met since November officially. We will be meeting Tuesday, 30th, following the election of President, Financial Secretary and at large members. Planning for 2024 will build on our goals for 2023. The Call Committee will be meeting with Bishop Laurie soon—it was rescheduled

due to the weather.

We look forward to joint worship and fellowship with our partners at East County Ministry Alliance on Fat Tuesday/Shrove Tuesday, Ash Wednesday and mid-week Lenten services.

I personally am blessed by all of you.

Sherry Willmschen

## Social Concerns

### Food Pantry:

We continue to have people come by who are in need: neighbors, houseless people, etc. After the 2 week snow storm the week of January 22nd was busy with 18 people served in one week. We are now having to purchase items until we pick up food again on February 10th from the Portland Food Project. We will once again need to have volunteers to work on-site and to help to bring the food in to St. Timothy. Those wishing to purchase food until then are welcome.

### Snow-Cap:

We continue to give clothes and egg cartons to them as items accumulate. The benefit planned for Fat Tuesday will be a nice way to provide support.

### Cultivate Initiatives:

Our Advent making sandwiches for C.I. at St Tims was very successful and plans for Lent will be similar and on-site at Cultivate.

Sherry

## Social Ministry and Health Ministry

Sometimes the fruits of the seeds we sow come back in unexpected ways from the least expected persons.

For about a year Health Ministry has been sending regular note cards and seasonal holiday cards with notes to our homebound members or members who cannot regularly worship with us in person. Most of the time we do not hear from these folks because they are unable to respond or may be in sheltered living situations. Occasionally a family member will comment on the mailing and express thanks that their family member is remembered by their church family. So imagine the pleasant surprise when a card and note of thanks arrived in my



mailbox expressing thanks and saying that each card brings a smile when received and a small token of stamps (no small gift!) to help keep "spreading love".

This is one small example of being blessed to be a blessing. Often we do not know how we have blessed others but we continue to bless because we are blessed. We just never know how the seeds of care and kindness that are sown will flourish.

Blessing to all who "sow" and leave it with God to do the growing!  
Karen Olomua, Parish Nurse

## February Worship Services

If you are unable to make your scheduled Sunday, please contact another person to take your place.

|                          | February 4                     | February 11                    | February 21                 | February 28                    |
|--------------------------|--------------------------------|--------------------------------|-----------------------------|--------------------------------|
| <b>Preacher</b>          | <b>Pastor Yukio Hamada</b>     | <b>Pastor Yukio Hamada</b>     | <b>Pastor Yukio Hamada</b>  | <b>Pastor Yukio Hamada</b>     |
| <b>Assistant</b>         | <b>Tim H.</b>                  | <b>Sherry W.</b>               | <b>Ray W.</b>               | <b>Tim H.</b>                  |
| <b>Lector</b>            | <b>Tim H.</b>                  | <b>Sherry W.</b>               | <b>Lisa S.</b>              | <b>Tim H.</b>                  |
| <b>Usher</b>             | <b>Ernie R. &amp; Allen P.</b> | <b>Gladys K. &amp; Greta C</b> | <b>Steve &amp; LeAnn T.</b> | <b>Gladys K. &amp; Greta C</b> |
| <b>Communion</b>         | <b>Elaine S., Karen O.</b>     | <b>Candace O., Gladys K.</b>   | <b>Elaine S., Karen O</b>   | <b>Candace O., Gladys K.</b>   |
| <b>Tiny Tims</b>         |                                |                                |                             |                                |
| <b>Video &amp; Sound</b> | <b>Ray</b>                     | <b>Ray</b>                     | <b>Ray</b>                  | <b>Ray</b>                     |
| <b>Counters</b>          | <b>Elaine &amp; ?</b>          | <b>Jean &amp; Ernie</b>        | <b>Ray &amp; ?</b>          | <b>Ernie &amp; Candace</b>     |
| <b>Music</b>             | <b>Gary S.</b>                 | <b>Gary S.</b>                 | <b>Gary S.</b>              | <b>Gary S.</b>                 |
| <b>Care Coordinator</b>  | <b>Karen O.</b>                | <b>Karen O.</b>                | <b>Karen O.</b>             | <b>Karen O.</b>                |

## OBSERVING A HOLY LENT TOGETHER Events and Worship Around East County

**Tues, Feb 13 MARDI GRAS** (Fat Tuesday/  
Shrove Tuesday) Potluck Dinner and fundraiser for  
SnowCap at Resurrection  
Lutheran Church  
(1700 NE 132nd Ave.)  
Time: 6-8pm

## Wed, Feb 14 ASH WEDNESDAY

11:30 am St. Timothy,  
*Imposition of Ashes*  
12 pm Trinity (SHARED  
service with Gethsemane)  
6 pm Parkrose UCC  
"Love & Ashes: A Musical  
Meditation on Life,  
Love, and Death."  
Evening Church Services  
-TBD by individual  
Congregations

## LENTEN MIDWEEK SERVICES

11:30am-1:30pm - SHARED service at  
*Cultivate Initiatives 14625 SE Stark St.*  
Potluck lunch, worship around *The Suf-*  
*frages & service project with Cultivate*  
*Initiatives. Feb 21, 28, Mar 6, 13, 20*  
Midweek Evening - TBD by individual  
Congregations

## HOLY WEEK

Sun, March 24 PALM SUNDAY TBD by  
individual Congregations)  
10 am St. Timothy, PALM/PASSION SUNDAY

## THE THREE DAYS

Thu, March 28 Maundy Thursday  
12pm SHARED service, Gethsemane  
6:30 pm *Service of Three Days (Maundy Thurs-*  
*day), St. Timothy. Stripping of the Altar*  
7pm SHARED service @ Gethsemane

Fri, March 29 Good Friday  
12pm SHARED service @ Resur-  
rection

6:30 pm *Service of Three Days*  
*(Good Friday), St. Timothy. Rev-*  
*erencing the Cross*

7pm SHARED Jazz Good Fri-  
day, Resurrection

Sat, March 30 EASTER JU-  
BILEE, St. Timothy 1-3 pm  
*Easter Egg Hunt, Games,*  
*Storytime, Face-painting*

## THE RESURRECTION OF OUR LORD (EASTER)

Sun, March 31 Worship at indi-  
vidual Churches  
9-9:45 am *Continental Break-*  
*fast at St. Tim*  
10 am St. Timothy, *Festival*  
*Worship*

Easter Monday, April 1 WORSHIP  
AT ST. MATTRESS


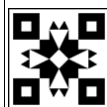
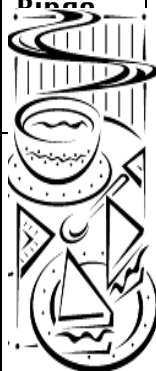


Tamatoa Sam  
Steve Tobias  
Barb Vecsi  
Leslie McCartney  
Shannon Holley  
Jeff Sanders

Tia Sam  
Mary Markwart  
Emily Strutz  
Derek Henderson  
Linda Decker Wabs

# February 2024

St. Timothy News February 2024

| Sunday  | Mon   | Tue  | Wed   | Thu  | Fri  | Sat   |
|---|---|--|---|--|--|---|
| <p>Feb. 14 Ash Wednesday at 11:30 am Imposition of Ashes at St. Tim<br/>Feb. 21, 28, March 6, 13, 20 11:30 am to 1:30 pm Midweek Lenten Worship &amp; potluck lunch &amp; Work Project at Cultivate Initiatives, 14625 SE Stark St.</p>  <p><b>Lenten</b><br/>SCHEDULE</p> |   |  |   | <p>1<br/>10am-1 pm Food Pantry<br/><b>6pm Centennial Community Assoc. at St. Tim</b></p> | <p>2<br/>10 am—1:30 pm Pr. Hamada's office hrs</p>   | <p>3<br/>9—noon Property Work Party if weather permits</p>  |
| <p>4 Epiphany 5<br/>9:20 am Choir practice<br/><b>10 am Worship</b><br/>Zoom available<br/>Coffee Time After church</p>   | <p>5<br/>10 am—1 pm Office &amp; Food Pantry</p>  | <p>6<br/>11 am-1 pm Food Pantry</p>  | <p>7<br/>10 am—1 Office &amp; Food Pantry<br/>10 am—1:30 pm Pr. Hamada's office hrs<br/> 10 am to 12 Craft Gathering</p> | <p>8<br/>10am-1 pm Food Pantry<br/><b>7 pm—8:30 Choir Practice</b></p>                   | <p>9<br/>10 am—1:30 pm Pr. Hamada's office hrs</p>   | <p>10<br/>9—noon Property Work Party if weather permits<br/>12:30 pm PDX Food Project: bags from cars to pantry</p> |
| <p>11 Transfiguration<br/>9:20am Choir practice<br/><b>10 am Worship</b><br/>Zoom available<br/>Coffee Time After church</p>  | <p>12<br/>10 am—1 pm Office &amp; Food Pantry</p> | <p>13<br/>11 am-1 pm Food Pantry<br/><b>6-8pm Mardi Gras at Resurrection</b></p> | <p>14 Ash Wednesday<br/>10 am—1 Office &amp; Food Pantry<br/>10 am—1:30 pm Pr. Hamada's office hrs<br/><b>11:30 AM IMPOSITION OF ASHES</b></p>  | <p>15<br/>10am-1 pm Food Pantry<br/><b>7 pm—8:30 Choir Practice</b></p>                  | <p>16<br/>10 am—1:30 pm Pr. Hamada's office hrs</p>  | <p>17<br/>9—noon Property Work Party if weather permits</p>   |
| <p>18 Lent 1<br/>9:20am Choir practice<br/><b>10 am Worship</b><br/>Zoom available<br/>Coffee Time After church<br/>Bible Study Time</p>  | <p>19<br/>10 am—1 pm Office &amp; Food Pantry</p> | <p>20<br/>11 am-1 pm Food Pantry<br/><b>6:30 pm Council meets</b></p>            | <p>21<br/>10 am—11 Office &amp; Food Pantry<br/>10—11 am Pr. Hamada's office hrs<br/><b>11:30—1:30pm Lenten worship, potluck lunch, work project at CULTIVATE INITIATIVES</b></p>                         | <p>22<br/>10am-1 pm Food Pantry<br/><b>7 pm—8:30 Choir Practice</b></p>                  | <p>23<br/>11 am Fourth Friday Potluck Lunch, Bingo</p>  | <p>24<br/>9—noon Property Work Party if weather permits</p>   |
| <p>25 Lent 2<br/>9:20 am Choir practice<br/><b>10 am Worship</b><br/>Zoom available<br/>Coffee Time After church<br/>Bible Study Time</p>   | <p>26<br/>10 am—1 pm Office &amp; Food Pantry</p> | <p>27<br/>11 am-1 pm Food Pantry</p>   | <p>28<br/>10 am—11 Office &amp; Food Pantry<br/>10—11 am Pr. Hamada<br/><b>11:30—1:30pm Lenten worship, potluck lunch, work project at CULTIVATE INITIATIVES</b></p>                                      | <p>29<br/>10am-1 pm Food Pantry<br/><b>7 pm—8:30 Choir Practice</b></p>                  |  |   |

# February is Heart Health Month

During the month of February Health Ministry Team will be offering information on:

- \* **Heart Health**
- \* **Healthy and Tasty recipes**
- \* **Blood pressure information handouts**
- \* **Blood pressure screening at coffee hour**

## 10 Ways to Improve Your Heart Health

1. Balance calories with physical activity
2. Reach for a variety of fruits and vegetables
3. Choose whole grain breads
4. Include healthy proteins and plants and seafood
5. Use liquid non-tropical plant oils
6. Choose minimally processed foods
7. Subtract added sugars
8. Cut down on salt
9. Limit alcohol
10. Do all this whenever you eat



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**St. Timothy Lutheran Church**  
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x

**Address Correction Requested**

**February**  
**2024**