

# Community Press

A PUBLICATION OF COMMUNITY PRESBYTERIAN CHURCH  
ROCHESTER, MN



## *Lent 2022* *Full to the Brim*

The scriptures for this Lenten season are filled with parables and promises of God's abundant and expansive grace. Jesus as a mother hen, a prodigal son welcomed home, a fig tree nurtured with care and hope, precious oil poured out lovingly and freely, stones shouting out with praise — these sacred texts are brimming with a gospel of grace. We've done



nothing to deserve or earn this grace, and yet, like water, it spills over. Full to the Brim is an invitation—into a radically different Lent, into a full life. It's an invitation to be authentically who you are, to counter scarcity and injustice at every turn, to pour out even more grace wherever it is needed. It disrupts the scarcity mentality that capitalism, oppression, or hierarchy can plant inside of us. When we allow ourselves to be filled to the brim with God's lavish love, that love spills over. It reaches beyond ourselves; like water, it rushes and flows, touching everything in its path.

We recognize that traditional iterations of Lent often emphasize restraint, confession, and piety. The origins of Lent were that one was to leave their old life behind to fast and prepare to be baptized into a new way of living. In essence, this was a practice of stepping away from the rat race, corrupt power, scarcity mentality, and empty rituals in order to live a more expansive and full life of faith. And so, Full to the Brim trusts the promise of our baptisms—God has already claimed us as God's own and nothing we can do will ever change or erase that.

Full to the Brim doesn't ignore or deny sin and suffering. It doesn't absolve accountability for wrongdoing. Instead it contextualizes our faith. If love is our beginning, how can we live our lives led by love's promises? It reminds us to live fully—as we pursue justice and hope, or express grief and gratitude. And so, this Lent, let us trust—fully—that we belong to God. Let us increase our capacity to receive and give grace. Let us discover the expansive life God dreams for us.

- SanctifiedArt.com

MARCH 2022

# COMMUNITY PRESBYTERIAN CHURCH LEADERSHIP

## Session

The Session is the governing board of the church. It consists of six ruling elders, elected for three years. Much of the business of the church is conducted through committees. Each ruling elder chairs one of the committees. The Pastor, who is a teaching elder and moderator of Session, is an ex-officio member of every committee.

|                      |   |  |
|----------------------|---|--|
| <u>Class of 2022</u> | Gene Kopecky<br>Sue Chipman                 | Building and Grounds<br>Christian Education            |
| <u>Class of 2023</u> | Ivy Pillers<br>Kim Nickander                | Worship and Music<br>Finance and Stewardship           |
| <u>Class of 2024</u> | Amanda Ross<br>Sherrie Wilson               | Personnel and Nominating<br>Mission                    |
| <u>Officers:</u>     | Mary Meyer<br>Mark Pillers<br>Joanne Powell | Clerk (Non-voting)<br>Financial Secretary<br>Treasurer |

### 2022 Nominating Committee

Amanda Ross, Mark Neville, Bruce Felger, Dave Copeland, Mary Alice Richardson

Membership (a sub committee of Christian Education) Chairperson: Amanda Ross

## Deacons

The Board of Deacons is responsible for ministering to all those who are in need, to the sick, to the friendless, and to all those who may be in distress. Deacons provide meals and transportation, among other requested needs. They maintain the Prayer Chain. Deacons are elected in classes of two and serve a three year term.

|                      |                      |                      |
|----------------------|----------------------|----------------------|
| <u>Class of 2022</u> | <u>Class of 2023</u> | <u>Class of 2024</u> |
| Kari Streff          | Margie Petersen      | Dave Copeland        |
| Ron Murray           | Peggy McCarty        | Aaron Simms          |

## Staff

|                       |                  |
|-----------------------|------------------|
| Pastor/ Head of Staff | Rev. Jan Wiersma |
| Choir Director        | Meg Cain         |
| Pianist               | Glenna Muir      |
| Bell Choir Director   | Judy Kereakos    |
| Custodian             | Nancy Sanford    |
| Office Manager        | Stephanie Pasch  |

**Ministers to the world**

**Congregation Members**

## A WORD FROM THE PASTOR'S DESK

A recent *On Being* show where Krista Tippett interviews Trabian Shorters really caught my attention. If you aren't familiar with this public radio show, now's a great time to introduce yourself. Krista interviews writers, artists, thinkers, doers from all walks of life who have a positive impact on how we humans live and relate in our world. Trabian Shorters is a visionary who "named a task that is necessary for all healing and building, for every vision and plan, whether in a family or a world, to flourish. It's called Asset Framing." Asset Framing, as opposed to Deficit Framing, looks at individuals, groups, communities first in terms of all that's right with them, not what's wrong. This is important to us in our mission work. We can meet people on the basis of who they are and what they have to offer, and how we can facilitate that, and not in terms of their need and our generosity.\*

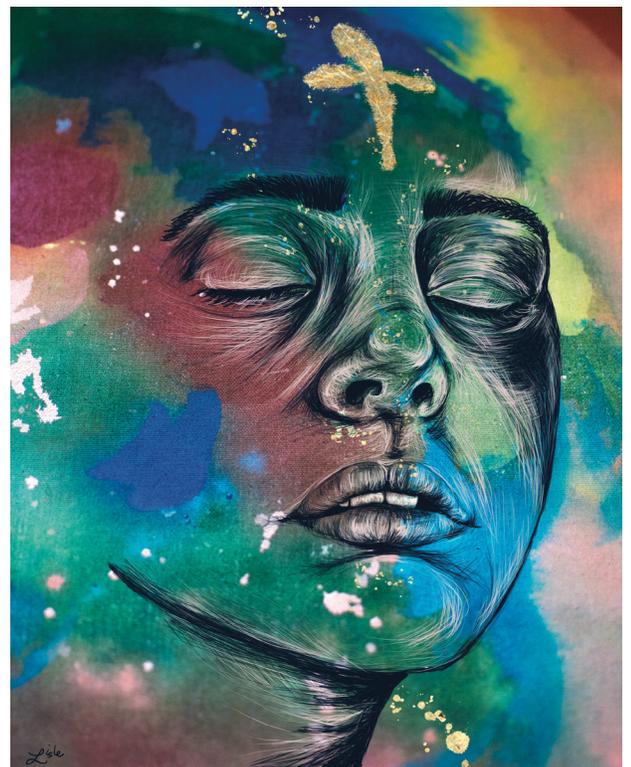
But it also reminds me of the special emphasis of our Lenten journey this year: "Full to the Brim." Often, Lent is framed in terms of our poverty, our abasement, our failure. If we're fully into this pessimistic (dare I say masochistic?) vein, we "give up" something we enjoy: chocolate is a favorite. Every time we go without, we remind ourselves of our deprivation. This strategy, however, ignores the initial reason behind self-sacrifice: to take our excess and share it with others instead of spending it on ourselves.

"Full to the Brim" sees us more as vessels, created for life in beauty and in God, who desires only to fill our emptiness with goodness and grace until we overflow. Our task is not to beat ourselves up for our inadequacy, but to rejoice in the multitude of ways God completes us, renews us, and fits us for the goodness in store for us, and already offered to us.

Art, music, new experiences in worship, words of blessing and hope all contribute to this thoughtful passage toward the day of resurrection, at Easter. One of the key pieces is what's called the "Wellness Wheel" (available with this newsletter at church and online). The simple self-reflection tool invites us to look at our lives from every angle, not only spiritual but emotional, environmental, social, financial, occupational, physical, and mental. After pondering the qualities we bring into Lent and searching our hearts for how we desire to change in each area, we settle on "three small things you want to focus on this Lent to help you draw closer to God and the wildly beautiful life God invites you to lead."

Our greatest asset as Christians is the grace of God who is with us daily, moment by moment, calling us into an ever-expanding life full of faith and joy and service. We are reminded, as this season begins, that not only are we made from the dust of the earth, but of the same elements as the stars: "From stardust you came, to stardust you will return." Thanks be to God!

\*The podcast for listening or transcript for reading are available here: <https://onbeing.org/programs/trabian-shorters-a-cognitive-skill-to-magnify-humanity/>



# FULL TO THE BRIM



## A REFLECTIVE ASSESSMENT TOOL for Expansive Living

by Rev. Sarah A. Speed

### About this Resource

Lent is a season that invites us deeper into intentional living. This tool is designed to help you do just that. Use this worksheet to help you reflect on where you are in your life and how you hope to grow throughout this Lenten season.

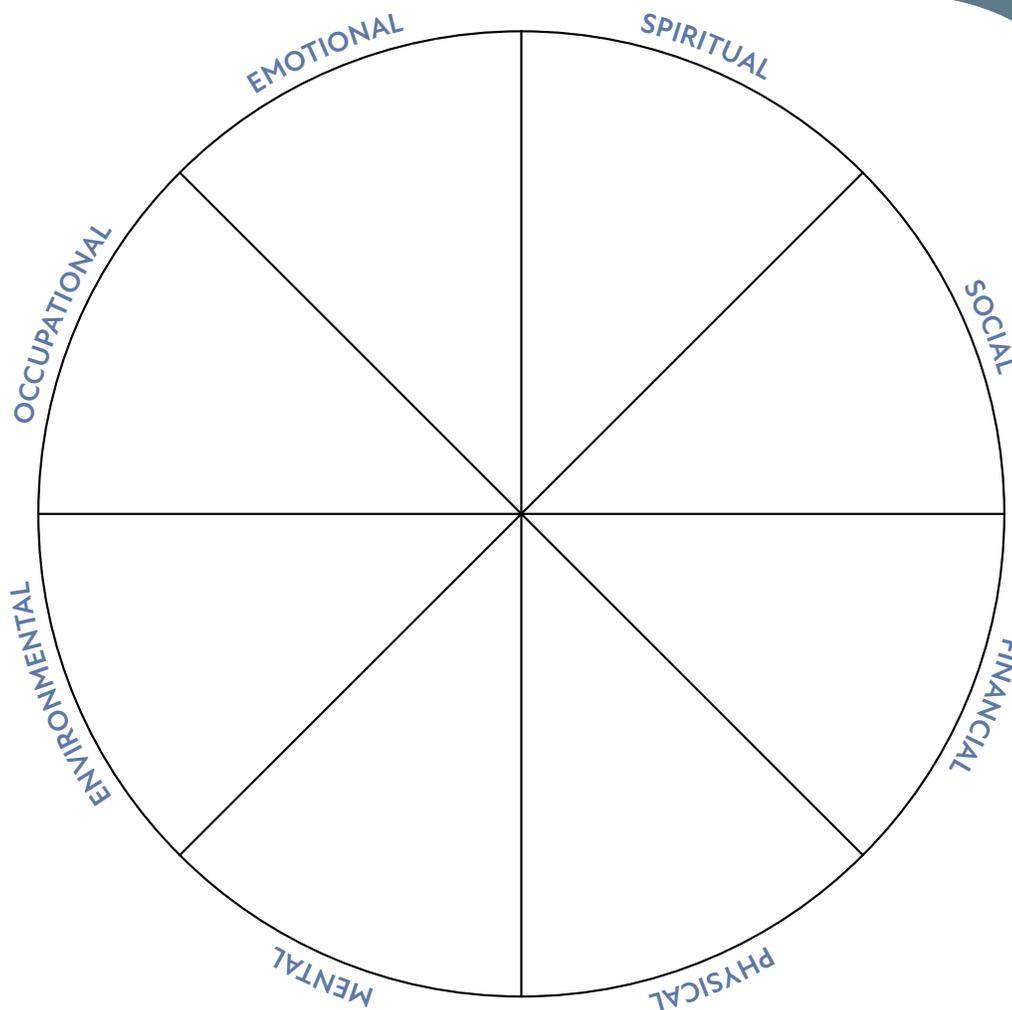
### What is an Expansive Life?

*ex·pan·sive*

The formal definition of expansive is extensive or wide-ranging, spacious and all-embracing. From a spiritual standpoint, we add to that definition. Expansive living is a life that reflects the fullness that comes from right relationships with God, yourself, and others. This will look different for everyone, but might be marked by awe and gratitude, a sense of self-worth rooted in God's love, meaning and purpose in one's life, loving relationships, and joy that comes from using your God-given gifts.

## Wellness Wheel

Wellness wheels have been used as a meaningful reflective tool for years. By inviting ourselves to reflect on individual components of our life, we see a more holistic image of ourselves, which allows us to live more intentionally.



Within each section of the wheel, respond to the following prompts:

- **EMOTIONAL:** What emotions do you feel day to day? Which are prominent?
- **SPIRITUAL:** Where are you in your faith journey? Do you have practices nurturing your faith? How are you living from your values?
- **SOCIAL:** What are the positive and healthy relationships in your life? Where would you like to grow? Where do you need to draw boundaries?
- **FINANCIAL:** What is your current financial state, and what emotions or desires does that bring up?
- **PHYSICAL:** How are you taking care of your body? What does your body need?
- **MENTAL:** Are you mentally stimulated? Learning new things? Honing new skills? Curating the information you take in from social media or the news?
- **ENVIRONMENTAL:** Does your home and/or work environment allow you to thrive? Does where you live feel like home?
- **OCCUPATIONAL:** How does your current work use your gifts? How satisfied are you with your vocation? What is your calling?

### Takeaway Reflections

1. What did you learn about yourself in this process?
2. What are you bringing with you into this Lenten season?
3. What areas of your wellness wheel feel expansive and beautiful, and what areas do you want to focus on in the future?

## Expansive Life

You've filled out the wellness wheel. You have a picture of what your life looks like currently. Now, imagine how your life might become more expansive. What does a "full to the brim" life filled with meaning, purpose, faith, awe, beauty, and relationships look like for you? How would you describe a life that full of goodness? In order to live an expansive life, what needs to change? What do you need to take on? What do you need to let go of? Draw or write your reflections below.

## Next Steps

Name three small things you want to focus on this Lent to help you draw closer to God and the wildly beautiful life God invites you to lead:

## Closing Prayer

God of new life,

We know that you want more for us than the rat race of work-sleep-eat-repeat.

In our fiercely independent and competitive world, living a life any other way feels almost impossible.

Remind us that you ate meals around tables.

Remind us that you demonstrated radical generosity.

Remind us that you took quiet time on the mountainside by yourself.

Remind us that you opened doors and said, "Come on in!"

Remind us that you created friendships that transformed.

*This is the life you modeled, and it's the life we long to lead.*

Holy God, help us tap into this deeper and more expansive way of living.

Help us use this season of Lent as an intentional one.

Starting today, help us build a life not measured by to-do lists, but measured by love.

With hope we pray, amen.

# BIRTHDAY WISHES

*Birthdays and Anniversaries are listed in the print edition of the newsletter - pick one up at church!*



**Per Capita**

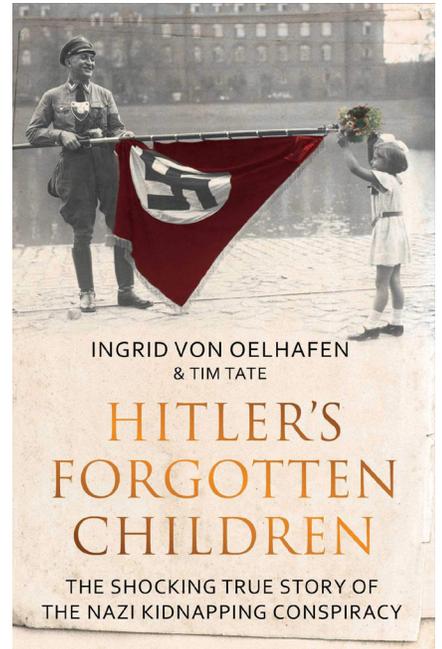
Providing the means to strengthen the connections of our work, and build lasting relationships to help all Presbyterians share God's love through mission and ministry.

**2022 Per Capita**

|                         |                |
|-------------------------|----------------|
| General Assembly        | \$8.98         |
| Synod                   | 5.50           |
| Presbytery              | 22.02          |
| <b>Total Per Member</b> | <b>\$36.50</b> |

The **Book Discussion Group** meets on **March 27 at 10:30 am**, following worship. This month, the discussion will be on *Hitler's Forgotten Children: A True Story of the Lebensborn Program and One Woman's Search for Her Real Identity* by Ingrid von Oelhafen and Tim Tate.

From the Amazon description: *Hitler's Forgotten Children*



is both a harrowing personal memoir and a devastating investigation into the awful crimes and monstrous scope of the Lebensborn program in World War 2.

Created by Heinrich Himmler, the Lebensborn program abducted as many as half a million children from across Europe. Through a process called Germanization, they were to become the next generation of the Aryan master race in the second phase of the Final Solution.

In the summer of 1942, parents across Nazi-occupied Yugoslavia were required to submit their children to medical checks designed to assess racial purity. One such child, Erika Matko, was nine months old when Nazi doctors declared her fit to be a "Child of Hitler." Taken to Germany and placed with politically vetted foster parents, Erika was renamed Ingrid von Oelhafen. Many years later, Ingrid began to uncover the truth of her identity.

Though the Nazis destroyed many Lebensborn records, Ingrid unearthed rare documents, including Nuremberg trial testimony about her own abduction. Following the evidence back to her place of birth, Ingrid discovered an even more shocking secret: a woman named Erika Matko, who as an infant had been given to Ingrid's mother as a replacement child.

# Community Presbyterian's Calendar

March 2022

| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday                                     | Friday                                       | Saturday                                     |
|--|--|---|--|--|--|--|
| <p style="text-align: center;"><b>27</b></p> <p>9:30am Online and Onsite Worship<br/>10:30am Book Discussion Group</p>   | <p style="text-align: center;"><b>28</b></p>                     | <p style="text-align: center;"><b>1</b></p> <p>12:00pm Online Conference Call<br/>12:00pm Bulletin info due<br/>6:00pm Worship and Music Committee Meeting<br/>7:00pm Christian Education Committee meeting</p> | <p style="text-align: center;"><b>2</b></p> <p><b>Ash Wednesday</b><br/>6:30am Prayer Group<br/>7:00pm Onsite and Online Worship</p>         | <p style="text-align: center;"><b>3</b></p>  | <p style="text-align: center;"><b>4</b></p>  | <p style="text-align: center;"><b>5</b></p>  |
| <p style="text-align: center;"><b>6</b></p> <p>9:30am Online and Onsite Worship with Communion</p>   | <p style="text-align: center;"><b>7</b></p> <p>Office Closed</p> | <p style="text-align: center;"><b>8</b></p> <p>10:00am PW Bible Study<br/>12:00pm Online Conference Call<br/>12:00pm Bulletin info due<br/>6:30pm Building and Grounds Meeting</p>                              | <p style="text-align: center;"><b>9</b></p> <p>6:30am Prayer Group<br/>6:30pm Jubellation Handbell Rehearsal<br/>7:15pm Choir Rehearsal</p>  | <p style="text-align: center;"><b>10</b></p> | <p style="text-align: center;"><b>11</b></p> | <p style="text-align: center;"><b>12</b></p> |
| <p style="text-align: center;"><b>13</b></p> <p>9:30am Online and Onsite Worship<br/>10:45am Jubellation Handbell Rehearsal</p>                                    | <p style="text-align: center;"><b>14</b></p>                     | <p style="text-align: center;"><b>15</b></p> <p>12:00pm Online Conference Call<br/>12:00pm Bulletin info due<br/>5:30pm Finance &amp; Stewardship Meeting</p>   | <p style="text-align: center;"><b>16</b></p> <p>6:30am Prayer Group<br/>6:30pm Jubellation Handbell Rehearsal<br/>7:15pm Choir Rehearsal</p> | <p style="text-align: center;"><b>17</b></p> | <p style="text-align: center;"><b>18</b></p> | <p style="text-align: center;"><b>19</b></p> |
| <p style="text-align: center;"><b>20</b></p> <p>8:30am Jubellation Handbell Rehearsal<br/>9:30am Online and Onsite Worship<br/>12:00pm Newsletter articles due</p> | <p style="text-align: center;"><b>21</b></p>                     | <p style="text-align: center;"><b>22</b></p> <p>10:00am PW Bible Study<br/>12:00pm Online Conference Call<br/>12:00pm Bulletin info due<br/>6:30pm Session Meeting</p>  | <p style="text-align: center;"><b>23</b></p> <p>6:30am Prayer Group<br/>7:00pm Choir Rehearsal</p>   | <p style="text-align: center;"><b>24</b></p> | <p style="text-align: center;"><b>25</b></p> | <p style="text-align: center;"><b>26</b></p> |
| <p style="text-align: center;"><b>27</b></p> <p>9:30am Online and Onsite Worship<br/>10:30am Book Discussion Group</p>   | <p style="text-align: center;"><b>28</b></p>                     | <p style="text-align: center;"><b>29</b></p> <p>12:00pm Online Conference Call<br/>12:00pm Bulletin info due</p>  | <p style="text-align: center;"><b>30</b></p> <p>6:30am Prayer Group<br/>7:00pm Choir Rehearsal</p>   | <p style="text-align: center;"><b>31</b></p> | <p style="text-align: center;"><b>1</b></p>  | <p style="text-align: center;"><b>2</b></p>  |

Community Presbyterian Church  
3705 Fairway Place NW  
Rochester, MN 55901



Celebrate St. Patrick's Day with our friends at Gage East! We have three opportunities to be involved:

1. Make St. Patty's Day themed snacks at home. Recipes and ingredients will be supplied.
2. Get together at church to pre-cut crafts for kids 5-15, and make prizes for a St. Patty's Day treasure hunt. As many as can attend will be welcome! Gage East staff Bel Pool will provide supplies and come in person to help. Time and date tbd.
3. Volunteer at the party, Thursday, March 17, 4:30-5:30.

**CPC worships at 9:30 each Sunday  
both onsite and online!**

**Online Worship, Sundays 9:30 am**  
**<https://meet.google.com/vao-wjef-cbe>**  
**+1 575-305-4527 PIN: 652 821 468 #**

**Bulletins for worship can be found  
on the homepage of our website.**  
**[www.cpcrochester.org](http://www.cpcrochester.org)**

**Tuesday's Conference Call - 12:00 noon**  
**<https://meet.google.com/kee-rcys-sdh>**  
**+1 413-889-2244 PIN: 433 818 991#**