

How do we Christians observe the season of Lent in this fast and accelerated time that we live?

I think pretty much everyone will agree that this time in which we live today is a fast-paced, often pressure-cooked era. After all, what is possibly the most common response that we hear – and also that we give, to the question, “How are you doing?” Inevitably people say, “Oh, I’m so busy! I’m barely able to keep up with everything.” Or “I’m so overwhelmed that I just can’t seem to catch up.”

Ironically, numerous researchers agree, that this feeling of “being busy” is not because we are working more hours than people did in the past. In fact, today’s technology and automation means that people are working less hours per week, on average (up to 10-12 hours less), than people used to.

What overwhelms us and makes us feel so much busier is actually the result of a number of different forces and activities that we have brought upon ourselves. Take young families for example: where it used to be viewed as “too much” for parents to allow each child to always have one extracurricular activity (athletics, drama, scouting, etc.) on their schedules, now parents succumb to the pressure by their children and other parents not “to limit” their “child’s potential” by saying “no” to any extra activities at all. This kind of over-commitment puts a tremendous amount of stress on a family’s schedule and parent and child alike.

But it’s not only young families that face this busyness problem. The same technology that makes it possible for us to work less hours per week, is now what drives our constant obsession with staying in touch with all of the information that bombards us through our phones, computers, TVs and more. As soon as that email or text or alert chimes on your phone, what happens? Our hands instinctively reach to look at the screen, or answer the call. Why? Because it makes us feel important and needed and “in touch.” And

those few who are not dependent upon the screen in their hand or pocket, often spend just as much time and also feel the same “important connection” to the TV in their living room, bedroom, kitchen, garage, etc. Some have suggested that there is a correlation between this addiction to connection and how many screens there are in our home.

So now, how are we Christians to react to this season of Lent that we have just entered into on the Church calendar? If we think of Lent as a time when things just get that much busier, I want to encourage you, as your pastor, to stop for a moment, and reconsider the very premise and intention of the season of Lent.

It may be true that the world is not slowing down, but now in Lent, the Church is – or at least it is supposed

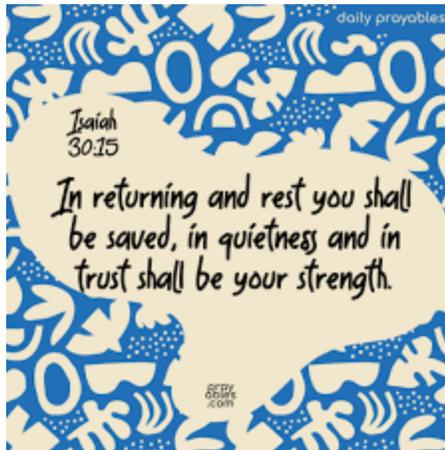
to be slowing down. Lent has never been about religious intensity, but instead a time to intentionally get away from as many of the pressures and worldly distractions that so easily end up taking over our schedules, our priorities, our feelings and our attention, as we possibly can. And what does Lent intend for us to do instead?

Well, for these 40 days of Lent (at least), it’s best for us to take our cue from our Lord Jesus Himself. Whenever He found Himself overwhelmed with the pressures of the ministry and all of the people vying for His attention, He intentionally took the time to get away from those distractions so that He could quietly reflect and pray and connect with His Father. Luke 5:16 says that Jesus “would withdraw to desolate places and pray.” And this was nothing new for God’s people. Psalm 46 addresses believers who face a world filled with trouble and fear; a time when “nations rage” and “kingdoms totter” and it gives us this important instruction: “Be still (“cease striving” in the Hebrew) and know that I am God” (v.10).



Yes, the season of Lent offers us an intentional time of peace for us to quietly reflect upon: 1) the gravity of our sinful attraction to this world and subsequent separation from God; 2) the need for us to humbly be in prayer and repentant conversation with our heavenly Father; 3) the severity of Jesus' suffering and death that our sins caused; and 4) the wondrous love that He showed for us in paying for our guilt and gaining for us eternal victory with Him in heaven.

But, many people still balk at this call to separate from the world and intentionally slow things down. "We just can't do it." "If we do, our commitments will just back up." "What will people think?" "That we're being lazy and irresponsible." Isaiah 30:15-16 addresses this flawed approach of thinking that our earthly lives are too important to disconnect from them so that we can reconnect with our Lord. It says, "Thus said the Lord Yahweh, the Holy One of Israel, 'In returning (to Me) and rest you shall be saved; in quietness and in trust shall be your strength.' But you were unwilling, and you said, 'No!



We will flee upon horses'...". Look at that again. What I have underlined above is God's call for His people to slow down so that we can "rest" in Him. But the people, like so many today, refused to heed His invitation to come back into His saving arms; back into a time of quiet reflection in order to be strengthened by Him and His Word and Sacrament gifts so that they could more effectively and joyfully live as He desires.

Look, this world; its technology and information and pressure, is not going to slow down, that's for sure. So how can you and I best be equipped to handle it in a healthy and god-pleasing way? Let Lent be our teacher. Be intentional about carving time away from this world, so that you can reconnect to Jesus in His Word; in worship; in fellowship with your family of believers and in His love and grace each and every day. You will not regret it.

In the quiet joy of Jesus,

Pastor Keith Beed

Lenten Sermon Series -

(Ash Wednesday through Holy Week and Easter)

"THE GREAT I AM"

The Light of the World The Good Shepherd The Door
 Before Abraham was I AM The Way, The Truth, The Life
 The Bread of Life and The True Vine The Alpha and Omega
 The Resurrection and The Life

**Maundy Thursday,
 April 2nd, 7pm**

**Good Friday,
 April 3rd, 7:30pm**

**Easter Sunday,
 April 5th
 6:30am & 9:00am**

Wednesday Nights:

March 4, 11, 18, 25

*Wednesdays
 During Lent*
 6:00 pm. Dinner
 6:45 pm. Hymn Sing
 7:00 pm. Worship

Holy Week Schedule



EASTER Sunrise Service 6:30 am.





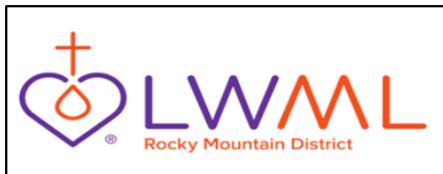
CELEBRATING OUR BLESSINGS!

It's easy for us to find things to gripe about, but God's blessings abound!

- ✦ Fire fighters who are trained to put out fires and keep us safe during this dry season.
- ✦ For faithful Pastors and teachers who are there to guide us and teach us in God's ways.
- ✦ The addition of a new son-in-law and the great blessing of a loving family.
- ✦ Opportunities to watch fellow Christians grow in their faith as we do.
- ✦ A circuit of Faithful pastors to share God's Word in the Midweek services.
- ✦ A "little bit" more sun each day.
- ✦ Great food in our Midweek suppers.
- ✦ Hymn sings on Wednesdays during Lent.
- ✦ For the last few weeks of Winter.

These are just a few of the MANY blessings bestowed on us at Mt. Calvary. Instead of counting our complaints, let's try counting our blessings from God!

Count Your Blessings



Lutheran Women's Missionary League

**Redeemer Lutheran School
Grant amount: \$5,000**

This grant will provide a scholarship for one to two students to attend Redeemer Lutheran School.

Lent
Midweek
6:00pm Dinner
6:45pm Hymn Sing
7:00pm Worship Service

The following Wednesdays: **March 4, 11, 18, 25** will be our Lenten dinners (soup/chil), followed by a hymn sing and Worship service.

The Altar Guild is requesting members to purchase an Easter lily (as we did the poinsettias) at a retailer of your choice and donate it to the church for use during Easter. We will have labels to put on your plant; if you would like to have it after the Easter services. You have the option to spend as little or as much as you like - it's totally in your control. The only stipulation is that it be **at the church by April 4th** for Easter. We ask, that you leave your plants until after the Easter 9am worship service. **A sign up sheet** will be posted in the narthex to help you plan for making your purchase/s. We would like a minimum of 12 plants.



March is a 5-Sunday Month!
You know what that means?.....

5th Sunday POTLUCK!

On Sunday March, 29th 12:00pm
Bring your favorite dish to pass around and enjoy some food and fun with your church family!

On Saturday, March 28th, at 8:30am, the Altar Guild will be cleaning the sanctuary for Easter. Please come and help to clean windows and pews and various other jobs.

Let's help beautify the church for Holy Week and Easter!





The Board of Education and Board of Youth met recently to map out our plans for 2026. Get your calendars ready to mark some fun

events! Our goal for the year is to have at least one activity every quarter and to highly encourage everyone, of all ages, to bring a friend to these events. Starting on **Sunday, March 15th**, we will host a movie night for all ages at the church at 5pm. We hope to be watching "The Jesus Film". Bring snacks to share and join us for the movie and discussion after! Mark your calendar for **May 23rd**, as well, when we are planning a fishing outing. Vacation Bible School will take place on **July 9-11th** in the evenings, and July 12th we will have a Bible class presentation. In August look for a picnic and kickball. November will bring a painting activity, with more information to come! We plan to have another game night/Advent event in December.

We will also be having an Easter Egg Hunt on Easter day from 8:20-8:45 (during the Easter Breakfast). We invite children, younger than confirmation age, to participate. Our wonderful confirmands will be helping to tell the story of the Resurrection! We also ask any confirmation age youth to help hide the eggs. If you will be bringing guests for the egg hunt, **please** let Tracy T. or Corinne Gabel know so we have an idea of how many we should plan for. We want to make sure we have enough eggs!

Warm regards,
Corinne Gabel

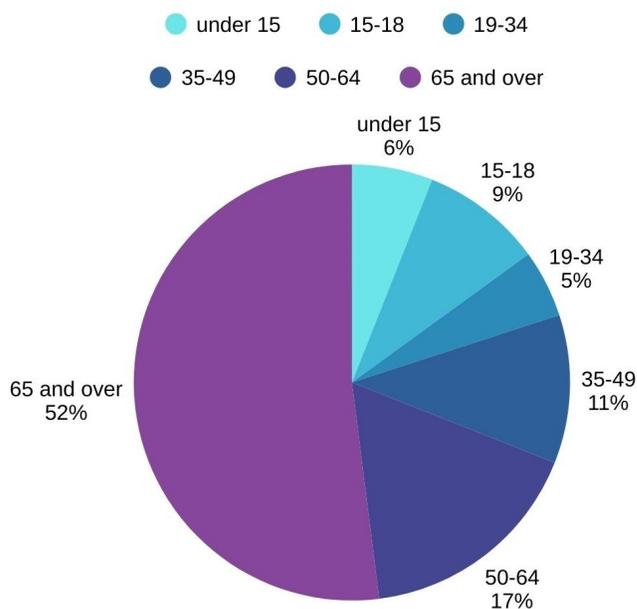
Please remember that we cannot be a Youth Group without YOU! All school age kids are welcome:



Currently we have at least 12 kids in Middle and High School that need both leadership and guidance. What are we doing to encourage them to continue coming to church? Unfortunately, **we need Adults** to plan everything. Presently there are only 2 Youth Board members (one—a parent of 2) Please prayerfully consider joining them in planning activities and meetings!

Yours In Christ's Service, Tracy Tiscareño

Church demographics 2/24/26



Statistics submitted to the Synod for 2025:

This includes attendance information. **(Please fill out the red pew book EVERY Sunday!)**

For 2025 we reported: 111 baptized members and 100 confirmed. Our average attendance was 55 people per week, with an average of 6 visitors! Looking at the chart you can see the estimated percentages for each age group. The actual numbers are as follows: **7** are under 15, **10** are 15-18, **5** are 19-34, **12** are 35-49, **19** are 50-64, and **58** are 65 and over.

We need to take these statistics seriously. Ask yourself, what are you doing to encourage our young people to stay in church? Who will take the place of the older generation? We need everyone to help teach the younger people. Use your experience to help nurture the younger generations. Ask the Board of Youth or Sunday School how you can help. Take notice of the young people by saying something when you see them. Help them see and feel the love of Jesus and the congregation's encouragement. **AND PRAY!!!!**

Tracy Tiscareño



In our Men's Bible
Breakfast in February

we read a verse in John 16:33, "These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world."

The verse reminded me of Martin Luther's last letter to his mother (from a book in German which Pastor Besel lent to me), written on May 20, 1531, the Saturday after the Lord's Ascension. Here is my translation of the middle part of this letter:

"Firstly, dear Mother, you know well from the grace of God that your sickness is his fatherly, gracious rod and quite a small rod compared with those that He uses for the ungodly and often even for His own dear children, when one is beheaded, another burned to death, the third one drowned, and so on, so that we all must sing, 'But for Your sake we are killed all day long; we are considered as sheep to be slaughtered.' (Psalm 44:22, Romans 8:36). Therefore such sickness shall not make you sad or grieved, but you shall accept it with thanksgiving as sent by His grace and see how small of a suffering it is - even if it may come to death or dying - compared with the suffering of His own dear Son, our Lord Jesus Christ, which He has suffered not for Himself, but for us and for our sin.

And secondly you know, dear Mother, the right center part and foundation of your salvation, on which you shall place your comfort in this and in all distress, namely the Corner Stone, Jesus Christ (1 Peter 2:6), who will not allow us to waver or fall and will not let us sink or go under. For He is the Savior and is called the Savior of all poor sinners and of all that are caught in distress and in death, when they rely on Him and call on His name.

Jesus says, 'Be of good cheer; I have

overcome the world.' If He has overcome the world, then He certainly has overcome the prince of this world with all of his might. But what is the devil's might but the death by which he has thrown us under himself and has imprisoned us because of our sin? But as now this death and sin have been overcome, we may cheerfully and with comfort hear the sweet word, 'Be of good cheer; I have overcome the world.' And we shall not doubt that it is certainly true, and not only that, but we are also commanded that we must accept such comfort with joy and all thanksgiving. And whoever will not let himself be comforted with such a word does the dear Comforter wrong and pays Him the greatest disrespect as if it were not true that He calls us to be of good cheer and as if it were not true that He has overcome the world. Whoever rejects God's comfort strengthens the already defeated devil, sin, and death to become a tyrant against our dear Savior.

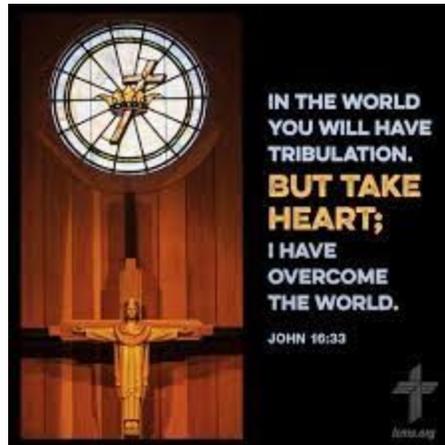
May God protect us from this!

Instead, may we rejoice with all security and joy. And if any thought of sin or death wants to frighten us, we raise our heart against it and say: Look, dear soul, how are you doing? Dear death, dear sin, why are you alive and do frighten me? Do you not know that you are overcome and that you, death, are very dead? Do you not know One who says of you, 'I have overcome the world?' I am not

bound to hear and to accept your terror, but instead the comforting words of my Savior, 'Be of good cheer; I have overcome the world.' He is the Victor, the right Warrior, who gives and makes me own His victory: 'Be of good cheer!' On this I stay, to this word and comfort I hold fast. Whether I remain here or leave, He does not lie to me. Your false fright wants to deceive me and with lying thoughts to tear me away from such Victor and Savior. But this is all lies, and it is true that Jesus has overcome you and has commanded us to be of good cheer. ..."

Reference: Letter by Martin Luther to his mother Margarethe, May 20, 1531, in Weimarer Ausgabe, Briefwechsel, vol. 6, no. 1820.

Michael Kraemer, Elder





Mt. Calvary's Ministry Plan – Monthly Update



Target Group #3 – Elders and Stewardship

Our Target: Every member of Mt. Calvary is participating in the ministry of Mt. Calvary.

- ✦ God has blessed each of us to be a part of His family of believers and the family needs each member to contribute to the family's success.
- ✦ Each member participates by using the gifts and talents God has given them.

Please note the new video board on the south wall next to the library. If anyone would like to post something, please talk to Tracy or any Target #3 group member for further information.

We are currently working on presenting a guidebook that can hopefully assist you and your group in ways to encourage participation in your various projects and activities.



At our Quarterly Voters' Meeting in January, we voted that for the first half of the year our **"green" mission envelope** donations will be divided between the Fort Lupton Food & Clothing Bank and Hope First Family Resource Center. **If you do not receive envelopes** and would like to contribute to these donations, "green" envelopes can be found in the lower right corner of the mailboxes or talk to Tracy T. Please help yourself! Read more about these organizations on these websites:

<https://www.fifcb.org/>

<https://www.hopefirstfrcpartners.com/>



HOPE FIRST
FAMILY RESOURCE
CENTER



There are lots of ways for you to help everyone have an enjoyable Easter Breakfast. We will need several volunteers to help things go smoothly.

First, we need people to **donate food**. The list of needs will be available on the bulletin board soon.

We also need people who plan to attend the 9am Easter service to help in the kitchen from **6:30am – 8:30am**. We need people to warm up food, cook eggs, and make coffee among other things under the advisement of Dede Haiar. For those who are attending the 6:30am service, we would love for you to sign-up to help after breakfast at **8:30am** to clean-up, both in the kitchen and to reset the tables and chairs. With everyone's help we can take the burden off of others and still be able to enjoy an Easter service. A **"Helper Sign-up"** sheet will be on the Bulletin Board, as well.



**Easter Breakfast
8-8:45 am.**

As a reminder, the Easter Egg Hunt will be at 8:20am—8:45am.

Thank you! Dede Haiar