Greetings Friends,

I am writing this on a Thursday morning while it is -7 degrees outside. Tuesday morning I left Memphis in 61 degree weather with jonquils blooming and a light spring rain falling. I actually like Minnesota winter, but I have to admit that when it comes to the end of winter, I get a little more impatient each year.

Our fruit this month is patience. One definition for patience that strikes me is “waiting without worrying.” In the New Testament, the word “patience” has a verb form that we normally translate “endure.” Patience and endurance—they go hand in hand.

Hebrews 12:1 tells us to "run with endurance" the race set before us. George Matheson wrote, "We commonly associate patience with lying down. We think of it as the angel that guards the couch of the invalid. Yet there is a patience that I believe to be harder -- the patience that can run. To lie down in the time of grief, to be quiet under the stroke of adverse fortune, implies a great strength; but I know of something that implies a strength greater still: it is the power to work under stress; to have a great weight at your heart and still run; to have a deep anguish in your spirit and still perform the daily tasks. It is a Christ-like thing! The hardest thing is that most of us are called to exercise our patience, not in the sickbed but in the street.” To wait is hard, to do it with "good courage" is harder! We need this fruit of patience.

One more quick illustration—a favorite of mine that I have probably used before: The purposes of God often develop slowly because His grand designs are never hurried. The great New England preacher Phillips Brooks was noted for his poise and quiet manner. At times, however, even he suffered moments of frustration and irritability. One day a friend saw him feverishly pacing the floor like a caged lion. "What's the trouble, Mr. Brooks?" he asked. "The trouble is that I'm in a hurry, but God isn't!"

Haven't we felt the same way many times? Let's let God cultivate this fruit of patience in us.

Grace and Peace,

Pastor Bill Hugo
“42ND STREET” UPDATE! Last month, I reported that we were in the midst of auditions for our musical. Never in our wildest dreams did we imagine that 73 people would want to be a part of this show! After call backs and a few other scheduling difficulties for some auditioners, we’ve gotten our cast numbers down to 55 very excited kids and adults! By the time you read this newsletter, we will have had five entire-cast singing rehearsals, two choreography rehearsals, and the first two of our set building evenings. Our group is looking forward to presenting eight performances of this show to you, complete with lots of great tap dance numbers, on:

Tickets will go on sale the first weekend in April. And don’t forget about volunteer opportunities that are available for building, painting, ticket selling, ushering, greeting, intermission snack selling, moving set pieces, shepherding children, etc. Contact me if you’d like to know more about how you can help.

* * *

Our Lenten season has already begun and musicians are hard at work preparing for weekend worship and for the “bigger” singing opportunities of Good Friday and Easter. When you have a moment, please say “thank you” to these hard-working volunteers for the way they communicate God’s Word to us through their music!

PLAY AN INSTRUMENT? I am again recruiting for the St. Matthew Easter Band, the group that helps to lead hymns for the 8:00 & 9:30 a.m. Easter services (April 12). The music is workable for late-middle schoolers and beyond. There is one rehearsal: Saturday, April 11, 10:00 a.m. in the balcony at church. Please let me know of your interest soon so that proper parts can be prepared.

THE FRUIT OF CHRIST’S RESURRECTION VERSE for the month of March is patience. Some of my favorite “sayings” about patience, outside of Scripture, are: Teach us, O Lord, the disciplines of patience, for to wait is often harder than to work…Maybe that’s why life is so precious: No rewind or fast forward; just patience and faith…We could never learn to be brave and patient, if there were only joy in the world. I pray that this gift of waiting in hope rather than in anger or despair is growing in you daily, by the power of the Holy Spirit.

To God be the glory!

Carol Blase, music coordinator
763-788-9427
carol.blase@stmatthew-ch.org
carolblase@juno.com

“For the fruits of Christ’s resurrection are love, joy, peace, patience, kindness, goodness, faithfulness and self-control: for such there is no law…. Trusting You to act in Your good time, I calmly wait for you.”
February Break-Out Classes (for Rotation SS)  
and Sojourner Classes  
(Photos were taken on Feb. 16 – several students absent)

---

**Intro to the Bible**

**God and Me**

Faith Play/Early Learners  
(taught by Teresa Anderson)

PreK/Kind. – Intro to The Lord’s Prayer  
(taught by Candy Nelson)

Gr. 1 & 2 – God and Me  
(taught by Mary Nehring)

Gr. 3 & 4 – Intro to the Bible  
(taught by Karyn Naber)

**Sojourners (Grade 5 & 6)** -  
(taught by Mike Alm and Shepherd, Makayla Feely)
March Sunday School

Upcoming lessons will focus on Jesus welcoming important members of the Kingdom of God – the children! Following that will be lessons about Jesus’ Triumphal entry into Jerusalem. Rotation workshops based on these lessons will include, Bible Skills, Games, Art, Paper Making, Creative Writing (and Drawing). Through use of the Visual Bible and some Bible digging, the Sojourners will be studying the book of Matthew, chapters 19-23, which include the stories covered by the younger children.

Wednesday Schedule Change!!

Set 2 of our regular schedule of Wednesday afternoon/evening classes and activities concluded on Wednesday, Feb. 19. Ash Wednesday and mid-week Lenten worship began on Feb 26. The Lenten message theme will be the ‘Streets of the Bible’ and ‘Hiking Henrietta (Hattie)’ will be making an appearance on Wed. evenings. Worship is at 4:30 and 7:00, with a meal between services (also Children’s choir rehearsals and rehearsals for the Good Friday Family event). Set 3 will resume in a modified form after Easter.

Vacation Bible School: June 28 – July 2, evenings!

Volunteer applications are now being taken for this event! Find info and a list of filled/remaining positions on a bulletin board across from the main office. Let’s get ready for a journey on the Rocky Railway where we learn how Jesus’ power pulls us through!

Support: Included in this Newscape is a special sponsorship envelope, giving you the opportunity to help fund this VBS mission event. To make this a true mission outreach, we charge no one to volunteer or participate in this event, however it does cost us about $3000-$3500 to host. The funds cover things like teaching materials, craft materials, advertising banners, a biffy, some Bible costuming, set decoration, snacks, bringing in a petting zoo, sound/lights rental, Event Wagon rental, etc. Thank you for your support.
What Happened?? Good Friday Family Event,  
Apr. 10
We are planning to host an interactive event for families with young children, moving through events of Holy Week – different scenes than those performed last year! This event will involve hosts, set preparers, actors and more. Contact Brenda if you would like to be involved.  
(Brenda.hugo@stmatthew-ch.org)

Thanks for those who served in Children’s Ministries in February!  
Sundays: Teresa Anderson, Candy Nelson, Mary Nehring, Karyn Naber, Makayla Feely, Mike Alm  
Wednesdays: Lisa Neaderhiser, Sarai Kretschman, Vanessa Eames, Ben Hugo, Karyn Naber, Teresa Anderson, Mary Nehring, Pastor Bill Hugo

Missions: Sunday School & St. Matthew Congregation  
‘Feed My Starving Children’  
Bring in quarters (to place into mini-M&M tubes) or purchase a tube of mini-M&M’s to fill at home and bring to St. Matthew. All monies will be turned into FMSC. One tube of quarters feeds a meal to 63 children! (Mini M&M’s are available for sale during the Sunday school opening session - $2 per tube)  
(You may also volunteer to pack food via their website: fmsc.org)

The St. Matthew community is invited to augment the Sunday school mission offerings.

Jesus said, “Let the little children come to Me, and do not hinder them, for the kingdom of heaven belongs to such as these.  
— Matthew 19:14
PARISH NURSE MINISTRY:
Kathy Rosenberg, RN, Parish Nurse, continues to be available each week for 1:1 Parish Nurse Visits with you and your family, and mainly works now each Tuesday from 9am to 5pm. Please call the church office if you wish to arrange a Parish Nurse visit from Kathy.

As a review, Parish Nursing is a specialty practice of nursing meant to help carry out the caring and healing ministry of the church, working in partnership with the Pastor, Church Staff, Befrienders, and resources in the community. The focus on Parish Nurse Ministry is on health promotion, wellness and preventative care. The role of the Parish Nurse blends our faith and our health by providing:

Personal Health Counseling: addressing health issues with members and makes 1:1 home, hospital, senior living, nursing home, or phone visits as needed.
Referral Source/Advocacy: Uses knowledge of community services and agencies to help people access resources and referrals.
Health Educator: Through a variety of formats, educates to promote self-care and improve the understanding between lifestyle, personal habits, attitudes, faith, and wellness.
Coordinator of Groups and Volunteers: Recruits and coordinates volunteers to help carry out the Health and Wellness ministries and other caring ministries of the church.
Relationship Builder between Faith and Health and Healing: In all activities, and through 1:1 Parish Nurse Visits, provides a spiritual dimension of care and fosters an understanding that even in the presence of illness it is possible to experience a sense of healing and wholeness.

GOLDEN AGERS: Support for ALL St. Matthew Seniors and their friends!
All SENIORS - are all strongly encouraged to join together 4 times a year in the months of: October, Jan, Apr, July for a 12 noon meal, devotion, special program, fellowship, and fun, led by Parish Nurse Kathy Rosenberg. We encourage you to bring a friend along if you wish!
Our next gathering is **Tuesday April 14th at 12 Noon** in the Fellowship Hall.
Lunch will be provided with a special guest speaker presentation entitled “THE AGING BRAIN”. We invite ALL to attend and **sign up will be required by April 1st**. See Flyer in this Newscene!
For any questions contact Ruth or Kathy at church or Kathy’s VM at 763-788-9427
If you would like a 1:1 Parish Nurse visit on the months we are not gathering, please contact Kathy.

END OF LIFE CHOICES:
Give your loved ones a gift of “having the conversation” and filling out your Health Care Directive: It is never too early to plan and communicate your end of life wishes with your loved ones, knowing there may be a time when you cannot speak for yourself - it is a wonderful gift to give your family - to have your end of life wishes made known ahead of a crisis and complete your Health Care Directive.
If you are interested in learning more about this and discussing your wishes and choices for starting or completing your health care directive, Parish Nurse Kathy Rosenberg is a trained facilitator and has the resources to help you make your end of life wishes known. She can help you understand what is needed as you write out your Health Care Directive. Please call Kathy in the church office or leave her a voicemail to set up a Tuesday afternoon appointment in your home or at the church.
Care Ministries

BeFriender Ministry - A Listening Presence

“...when we honestly ask ourselves which persons in our lives mean the most to us, we often find that it is those who, instead of giving much advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a gentle and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not-knowing, not-curing, not-healing and face with us the reality of our powerlessness, that is the friend who cares.” – Henri J.M. Nouwen, Out of Solitude

It takes a lot of patience to truly care for someone. This is what our BeFrienders do on a monthly basis. If you would like to learn more about the BeFriender Ministry, please contact Sarai Kretschman (sarai.kretschman@stmatthew-ch.org).

If you, or someone you know, could benefit from having a trained BeFriender make visits, please contact Sarai Kretschman (sarai.kretschman@stmatthew-ch.org) or another member of the BeFriender Leadership Team: Pastor Bill Hugo, Louise Roberts, Kathy Rosenberg, and Jane Gergen.

Fiber Ministry

The Fiber Ministry is still working on our first project of hats, mittens, and scarves that can either be placed in blessings bags or donated to a shelter.

Please feel free to make some of these items at home to bring along to our next meeting on Wednesday, March 18th at 5:30 pm. We will grab a table in the corner of the Fellowship Hall to talk about our next steps and knit/crochet. Feel free to grab your dinner and bring it to the table while we talk. If you would like to make and donate some hats/scarves/mittens but are not able to come to the meeting, you can drop items off in the church office for Sarai to collect.

If you have any questions, email Andrew Wagner (oneformusic00@gmail.com) or Sarai Kretschman (sarai.kretschman@stmatthew-ch.org).
HEALTH AND WELLNESS MINISTRY
RESOURCES AND OPPORTUNITIES:

Along with March focusing on Patience in our bible readings, March is also National Nutrition Month. It requires a lot of patience to eat well and make healthy choices in our daily eating. Here are 20 Health Tips for 2020 from “Eat Right – Bite by Bite” - tips to help treat our bodies well, as it is a gift from God:

1. Eat Breakfast
2. Make Half your Plate Fruits and Vegetables
3. Watch Portion Sizes
4. Be Active
5. Get to Know Food Labels
6. Fix Healthy Snacks
7. Consult with a Registered Dietician
8. Follow Food Safety Guidelines
9. Drink More Water
10. Get Cooking at home
11. Dine out without Ditching Goals
12. Enact Family Meal Time
13. Banish Brown Bag Boredom
14. Reduce Added Sugars
15. Eat Seafood Twice a Week
16. Explore New Foods and Flavors
17. Experiment with Plant Based Meals
18. Make Effort to Reduce Food Waste
19. Slow Down at Mealtime
20. Supplement with Caution

*For more details on each of these, see handout on Health and Wellness Bulletin Board

DIABETES EDUCATION: CALL KATHY IF YOU ARE INTERESTED

Plans are formulating for a Diabetic Educator to provide a dynamic, educational session on understanding diabetes, prevention, management and healthy eating.

If you have interest to attend, please contact Kathy, possible date will be Tuesday July 14th at 1pm.

If you’d like to be assessed for whether or not you have pre-diabetes and are at risk for developing diabetes, there is a simple 5 minute questionnaire screen Kathy can do with you over the phone or in person. Contact Kathy if interested in setting up a Tuesday appointment to discuss.

TRY SOME HEALTHY SNACKS

Watch for an alternative of a HEALTHY treat being offered once a month during the second Sunday of the month 9:30 fellowship time. (If you’d like to assist Kathy in shopping for the specified treat each month, serving it in the fellowship hall between 9 to 10:30, or if you want to get involved in more health and wellness activities, education, and health promotion, let Kathy know!)

This month in March, we study the fruit of Patience - which if they were actual fruits- Patience shows up as a pomegranate for the simple reason that pomegranates take forever to eat.

YouTube has a plethora of instructional how to videos because it really is that complicated. Pomegranates require patience and even purchasing one requires patience as well! Pomegranates are full of important nutrients like Vitamin C, Vitamin K, Potassium, Protein, Fiber and Folate!

This month on Sunday, March 8th is HEALTHY TREAT SUNDAY - Enjoy the bowl of Pomegranate Seeds, or Pomegranate juice or whatever shows up J - compliments of the Health and Wellness/Parish Nurse Ministry.

In the bible patience is a matter of trust. Patience means we are trusting God to act in his own time. Patience is trusting God’s timing above our own. This month we want God to raise up the fruit of patience in us.
The Aging BRAIN

TUESDAY, APRIL 14 • 12:00 P.M.

St. Matthew Lutheran Church
4101 WASHINGTON ST. NE., COLUMBIA HEIGHTS, MN 55421

As we age, changes in our brain start to affect our memory. During this presentation we will explore the differences between normal versus not normal aging, teach you how to identify changes that may be concerning as well as how to slow the effects of aging.

Presented by

Interim HEALTHCARE
HOME CARE AND HOSPICE

Light lunch and refreshments will be provided.

Please register by April 10 through the church office at 763-788-9427
or kathy.rosenberg@stmatthew-ch.org

EVENT SPONSORED BY

CHANDLER PLACE
Senior Living

ST. ANTHONY
Health & Rehabilitation

3701 Chandler Drive | St. Anthony, MN 55421 | 612-788-7321 | chandlerplacesenior.com

MANAGED BY The Goodman Group
The Streets of the Bible—a Midweek Lenten Series

Lent begins Feb. 26. This year we will be walking some of the streets of the Bible and seeing what lessons God has for us there as we make our way to the Cross. More information will be coming about worship times and meals.

STEWARDSHIP MOMENT by Brian Maxwell, President, Discipleship Vision Board

A couple of things have been brought up in recent Bible studies regarding Jesus thought provoking words that have to do with what is in one’s heart, not what is written as right or wrong.

Earlier this week some of us were discussing Matthew 5 where Jesus talks about going beyond the written letter of the law and commandments, but to examine what we think and what is truly in our hearts. And, again, in Luke 18, where Jesus addresses the rich young ruler who thinks he has followed all the laws and therefore earned eternal life. He’s disappointed to find he cannot.

Applying this to stewardship of my time, talents, and resources; I thought I was giving for all the right reasons. I thought, “well God so blessed me so I want to give back; of my time and money, be at his service in helping with the needs of our congregation”. Doesn’t that sound right? Don’t I have it down correctly?

It dawned on me I do not. When I search down deep, I want to give because I am so happy, so filled with joy, at what God has done for me and for which I have no way to repay. That is it; nothing more. I can’t earn eternal life by tithing and serving any more than the rich ruler could by following all the commandments from his youth.

I pray that your joy is also overwhelming, and may you also be richly blessed.

Yours in His name,
Brian

Thank you to everyone for supporting our Youth’s mission trip to Leech Lake by buying chili and to help us raise funds!
RISE!

The most current St. Matthew news and calendar are online at www.stmatthew-ch.org

<table>
<thead>
<tr>
<th>Discipleship Vision Board</th>
<th>Discipleship Vision Board</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mike Alm</td>
<td>Brian Maxwell (President)</td>
</tr>
<tr>
<td><a href="mailto:perfectkids2@hotmail.com">perfectkids2@hotmail.com</a></td>
<td><a href="mailto:bcmx5@comcast.net">bcmx5@comcast.net</a></td>
</tr>
<tr>
<td>Teresa Anderson</td>
<td>Lisa Neaderhiser</td>
</tr>
</tbody>
</table>
tjeje5@comcast.net         | lisaneaderhiser@yahoo.com |
| Brad Cornelius            | Jason Zemke               |
| C3L1CA94@gmail.com        | jasonzemke@gmail.com      |
| Karrie Kikeh              | Pastor Bill Hugo          |
karriekiekeh@gmail.com     | bill.hugo@stmatthew-ch.org |

Church Staff

Bill Hugo, Pastor
bill.hugo@stmatthew-ch.org

Carol Blase, Music Coordinator
carol.blase@stmatthew-ch.org

Brenda Hugo, Director of Children’s Ministries
brenda.hugo@stmatthew-ch.org

Sarai Kretschman, Pastoral Care Assistant
sarai.kretschman@stmatthew-ch.org

Kathy Rosenberg, Parish Nurse
kathy.rosenberg@stmatthew-ch.org

Faustina Allen, Director of Teen Ministry
faustina.allen@stmatthew-ch.org

Julie Allen, Office Manager
julie.allen@stmatthew-ch.org

Julie Sventek, DCLC Director
julie.sventek@stmatthew-ch.org