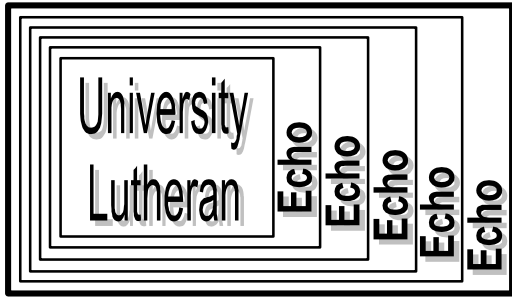


March 2025



The Echo

UNIVERSITY LUTHERAN CHURCH

2122 University Avenue

Grand Forks, North Dakota 58203

Is prayer an important part of your life? It's a very personal question. When I ask confirmation students this, I get all sorts of answers. Some say they don't pray much or at all. Some say they pray before meals, especially the evening meal. Some say they pray before tests, concerts, musicals, and all sorts of sporting events. Some say they pray when they are struggling at difficult times in their lives. I imagine if I asked a group of adults the same question the answers might be more similar than different. One thing for sure, prayer is a habit and discipline that if we don't practice it, we won't do it.

Jesus is recorded as praying about 25 times in the New Testament. There are many situations where we see him praying. Here are some examples: We see him praying at special occasions like his baptism. We see him praying in times of great emotional distress like in the Garden of Gethsemane. We see him praying before making a big decision like the night before he chose his 12 disciples. We see him praying before a big miracle like he did at the raising of Lazarus. We see him praying for other people like in John 17 when he prayed first for the disciples, and second for people of all times and places.

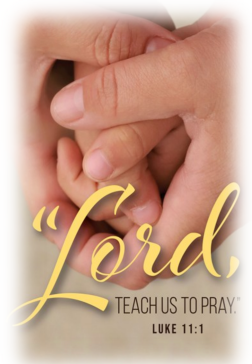
But I treasure this verse from Mark 1:35 most: "Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." Here we get a fascinating glimpse of the prayer life of our Lord Jesus Christ. Jesus obviously prayed with others, but there were times when he needed to get away to a quiet place to be alone with God and pray. This is why I chose, "Be Still & Know That I Am God," for our Lenten theme this year. It is my hope our six-week series on the Lord's Prayer will tempt you to slow down and seek God in quiet places through prayer.

What about the Lord's prayer? Well, it seems like Jesus' disciples saw his habit of seeking quiet places to pray to God, and they wanted to know more about what he was doing. Being naturally curious, they asked him to teach them how to pray. It's possible that Jesus said a lot of things to his disciples about prayer, but the response to their request that is recorded in Matthew (6: 9-13) and Luke (11:2-4), are the words of what we call the Lord's Prayer. Apparently, Jesus felt the words of this form prayer were good for teaching both his disciples and people in general, the best practices when it comes to prayer.

Form prayers are made up of predetermined words and phrases that are meant to be easy to remember, so they can be spoken to God throughout a person's day. For example, one such form prayer is, "Come, Lord Jesus, be our guest, and let these gifts to us be blessed. Amen." This is an easy to remember prayer that can be spoken to God out loud or under your breath anytime and anywhere you are eating. While other prayers may be spontaneous and informal, form prayers are structured and formal. They rarely ever change, and so they make great tools for teaching people how to pray.

We will study the Lord's Prayer this way during our Wednesday Lenten services. Since Jesus offered this form prayer as a way of teaching his disciples to pray, we will examine it as way to teach us how to pray, or equally important, to refresh our understanding of what it means to pray. This prayer is from the mouth of our Lord Jesus Christ, Son of God, so it seems wise to pray it often, perhaps even twice a day, and to study it for the purpose of increasing our understanding of prayer. Hopefully this study will help us all to be still before God our Father with our own spontaneous prayers.

In the end, prayer is simply our day-to-day conversation with the Lord. It is the time we spend speaking and listening to the God who loves us. As we move through Lent, why don't you consider spending ten minutes a day in a quiet place with the Lord, focusing on such conversations. Ten minutes may seem like a lot to some and not enough for others, but however much time you spend alone with the Lord, I believe you will be blessed because you did. Speak freely to the Lord, both the good things and the hard things of your life, and don't forget to listen too. You just never know what God might say.



You are in my prayers, *Peter Pan*

Lent

Wednesdays in Lent

Wednesday Lenten Theme - *"Be Still & Know That I Am God"*

Wednesday midweek worship this Lenten season will focus on the Lord's Prayer in a series entitled, "Be Still & Know That I Am God". In this series, we will remember Jesus' disciples asked him to teach them how to pray. Jesus responded to their request by sharing the words of what we call, "The Lord's Prayer". So, on the six Wednesday evenings in the season of Lent, we will focus our attention on six ideas about prayer from the Lord's Prayer that Jesus likely considered very important. At the same time, we will encourage each other to take time in our lives to seek quiet places where we can "be still" in the presence of God and pray.

Each Wednesday worship in Lent will also include parts of Marty Haugen's Holden Evening Prayer liturgy, **fun take homes for children**, a sung version of the Lord's Prayer, Holy Communion, as well as a suggestion of food items for you to bring for the Salvation Army Food Pantry.

Week 1 – Ash Wednesday: March 5

"Talking With Your Abba"

Our Father who art in heaven

Bring canned fruit for the Food Pantry

Week 2: March 12

"Someone to Treasure"

Hallowed be thy name

Bring canned vegetables for the Food Pantry

Week 3: March 19

"Help Us! It's Bad Down Here"

Thy kingdom come; thy will be done on earth as it is in heaven

Bring canned soup for the Food Pantry

Week 4: March 26

"God Will Take Care of You"

Give us this day our daily bread

Bring spaghetti sauce and noodles and/or macaroni and cheese for the Food Pantry

Week 5: April 2

"Christians and the Confessional"

And forgive us our trespasses as we forgive those who trespass against us

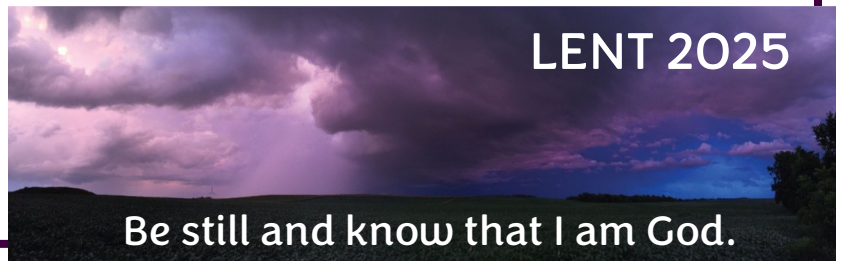
Bring boxed cereals for the Food Pantry

Week 6: April 9

"Jesus Versus Evil"

Lead us not into temptation, but deliver us from evil

Bring boxed desserts for the Food Pantry



LENT 2025

Be still and know that I am God.



Ash Wednesday- March 5

Ash Wednesday is the start of the Lenten Season. It is one of those most significant days of the Church year. On this day, we begin by repenting, confessing our sin, and turning back to the Lord our God. We receive ash crosses on our foreheads. These crosses are a reminder of our sin and mortality. We also receive Holy Communion. Through this sacrament we experience the presence and love of Christ, who forgives our sin and give us new and eternal life.

Sundays in Lent

Sunday Lenten Theme - *"In God We Trust"*

Sunday worship this Lent will focus on the theme, "In God We Trust". Of course, this "trust" is inscribed on our US currency, whether Americans believe it or not. However, as followers of the Lord Jesus Christ, we believe God has inscribed this trust on our hearts. So, Lent is not a time we seek to climb our way to heaven or prove to God how good and moral we are. Instead, Lent is a season to remember even though we are broken people who are at times far removed from God, that God through worship, community, and prayer, can awaken the trust he has inscribed on our hearts. Then once again, our sins are forgiven, and our lives are renewed.



In God We Trust

Lent 2025

Week 1: March 9

"Trusting God in the Wilderness"

Sometimes the world is a really scary place
Bring a bar of soap for LWR Baskets of Promise

Week 2: March 16

"Trusting God Under the Stars"

When life just doesn't seem to be going your way
Bring a bath towel (max 52" x 27") for LWR Baskets of Promise

Week 3: March 23

"Trusting God Amidst Our Suffering"

Bad things happen to good people, bad people, and all people
Bring a toothbrush for LWR Baskets of Promise

Week 4: March 30

"Trusting God When Completely Lost"

Not even sin separates us from the love of God
Bring a comb for LWR Baskets of Promise

Week 5: April 6

"Trusting God's Amazing, Extravagant, Grace"

Isn't God a little reckless, even wasteful with grace?
Bring metal fingernail clippers for LWR Baskets of Promise

Love Your Neighbor in Lent

Here are several ways for you to serve and love your neighbors this Lenten season. Yes, there are a number of choices for you. There is no pressure for you to do everything!

- On Wednesdays, we will collect food for the Salvation Army Food Pantry (canned fruit, canned vegetables, canned soup, spaghetti sauce and noodles, macaroni and cheese, boxed cereal, and boxed desserts).
- On Sundays, we will collect items for Lutheran World Relief (bars of soap, 52x27 bath towels, toothbrushes, combs, and fingernail clippers).
- On both Sundays and Wednesdays, we have our Noisy Offerings which will fund Feed My Starving Children.
- Lenten coin folders are available, and all the money collected through them, a quarter a day, will go to fund ELCA World Hunger.



Care For

Your Neighbor

Lenten Suppers

Each week of Lent we gather for supper at 5:00pm for a delicious meal served by a group from our congregation. Here is what we will serve this year:



March 5:	Taco-in-a-Bag (Confirmation Youth and Parents)
March 12:	Baked Potato Bar (WELCA)
March 19:	Chicken Casserole (Seanne and Friends)
March 26:	Hamburgers and Ice Cream (Calling All Men)
April 2:	Cheesy Potatoes with Ham (Jen and Church Council)
April 9:	Pizza from Marco's! (High School Youth and Parents)

Resources for Lent 2025

We will have a number of resources for you to take with you through the season of Lent. There will be:

- **Wooden neck crosses** to wear or hang in your car
- Lord's Prayer **bookmarks** to enhance your reading pleasure
- Lenten **coin folders** for you to set aside one quarter a day to support ELCA World Hunger
- Lenten **devotion book for children** to use with their families at home
- Our **ULC Lenten Devotion Book** to read throughout the season.



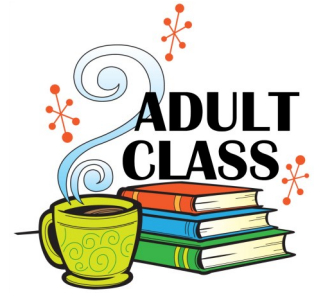
This is our 12th devotion book in 12 years! We are excited for both our first time writers and our longtime writers. It will be a great resource for you this Lenten season.

ULC Adult Education in March

Sunday Morning Adult Class Two Opportunities

"Jewish Journey Through the Ages"

Ken Dawes will finish his class on the "Jewish Journey Through the Ages" in early March. He will particularly be focusing on "Israel and Judaism Today", in light of everything else he has been teaching. After Ken has finished his class, then we will begin a new course:



"Luke and its Historical Context"

This year at worship, we are reading from the Gospel of Luke. During the season of Lent, Pastor Gary Graff will be leading us in an adult class called, "Luke in its Historical Context". This is a fantastic way to prepare for this year of Luke. Please join Ken Dawes and Pastor Gary at 8:45 in the lounge each week at 8:45am. The coffee pot is always hot and ready to go.

Thursday Morning Bible Study *"Revelation and the End of All Things"*

March is the final month of our study of Revelation. It's not too late to start and even learn a lot from this study on one of the most famous yet misunderstood books of the New Testament. Please join us for what might be considered a Lutheran Christian approach to studying Revelation. Together we will understand the heart of what the book proclaims, that Jesus, the Lamb who was slain in order to save us, will come again, to rid the world of all sin, evil, and death. **Please join us Thursday mornings at 9:30am** in the fellowship hall.



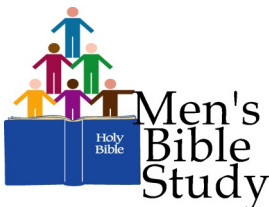
WELCA Bible Study *"Faithfulness"*

We are in month three of our series called "Faithfulness" by Denise Rector. This series has examined what faithfulness looks like in some of life's hardest circumstances. In this session, we have a new faith adventure: Peter and Cornelius. Here we discover that even though we may not always see eye-to-eye with our neighbor, that we are still called to love our neighbor. Peter's experience with someone different gives the Holy Spirit an opportunity to teach Peter, the church, and us, to see others as God sees them. All ULC women and friends are invited to join us on March 14, 10:00am, in the fellowship hall.



Calling All Men *"The Book of James"*

We are in the last month of our series on biblical book known as the Book of James. Our theme this month is, "Suffering and Prayer". In the fifth and final chapter of James, we enjoy a famous passage about healing and prayer. We are Calling All Men to join us for breakfast pizza, prayer, conversation, and this Bible study at 8:30am, March 15, in the fellowship hall.



Youth News

When I was a teen, we spent every Wednesday evening in Lent at church. We ate supper there, went to worship, and then gathered for our Wednesday youth group. It was a great time in life. There was so much fellowship with my friends, plus we had a great hour of worship in which we were learning about our Lord Jesus Christ and the journey to the cross.

I invite all ULC youth in middle school and high school to consider doing the same this Lenten season. Come have supper with us. Attend Lenten Wednesday worship and learn about prayer. Then after worship, join us for ice cream sundaes and other fun at 8:00pm. Of course, you can always come with your friends. Peace be with you! Pastor Tom ☺.

Sundaes on Wednesday

Grades 7-12, please join us each Wednesday evening in March at 8:00pm for "Sundaes on Wednesday". After worship from 7:00-8:00, you may spend time in the youth room. Then at 8:00pm, we serve ice cream sundaes, discuss a topic or play a game, and then close with our flashlight devotions. As much as possible, we try to wrap up by 9:30pm.



Bowling and Pizza Ranch "Jesus Bowled a Perfect 300"



Middle school and high school youth, please join us on Friday, March 14, at 3:30pm at Red Ray Lanes. We will bowl for 90 minutes and then head to Pizza Ranch for supper. At Pizza Ranch we will eat, have our program "Jesus Bowled a Perfect 300", and then hit the arcade. All this fun should be done around 7:30pm. All you have to bring is \$10, as well as your own money for the arcade. Please bring your friends.

Buddy Saturday for Grades K-12

Here is something new to ULC! On our first "Buddy Saturday" older youth and younger youth will be paired together for certain special activities. Perhaps they will find themselves sharing a story, or playing board, trivia, or group games. Maybe there will be a scavenger hunt or a movie with snacks. Or have you ever heard of "Buddy Hide and Seek"? If you want to know what we will be doing, then you will have to join us. Youth of all ages are invited to come and see what fun we will have on Saturday, March 29, from 10:00am-1:00pm.



No Church School on Sunday, March 9
or Wednesday with Jesus on March 12.

This is due to spring break in the local school system.

Have a safe and fun filled break!

Confirmation

Confirmation has a different feeling to it during Lent. Please read this carefully as we will have a variety of experiences for our classes:

March 5 is **ASH WEDNESDAY**. All ULC confirmation students, Sunday and Wednesday, are to attend worship at 6pm on Ash Wednesday, as well as the rest of the Wednesdays in Lent (March 12, 19, 26, April 2, April 9), and fill out their Lenten packets.

CONFIRMATION LENTEN PACKS are to be completed each Wednesday in Lent at our 6:00pm worship service. This begins Ash Wednesday, March 5, and continues through Wednesday, April 9. Both Wednesday and Sunday students should attend Wednesday Lenten services and fill out their Lent Packs. Please let Pastor Tom know if you have a conflict.

Wednesday, March 12, is the beginning of our **MENTOR PROGRAM**. Students in grades 7-9 should pick out a faith mentor and bring them and at least one parent to our faith mentor orientation meeting that evening at 7:15pm in the fellowship hall.

There are no regular confirmation classes during the Lenten season. Once Lent starts, the next regular classes will meet Wednesday, April 23, and Sunday April 27.

First Communion Class

It's time for First Communion instruction!
Here are the dates of this year's 5th grade instruction for their first Holy Communion.

Sunday, March 23, 6:30pm, Session 1 (Parents and Students)

Thursday, March 27, 3:45pm, Session 2 (Students)

Thursday, April 3, 3:45pm, Session 3 (Students)

Thursday, March 10, 3:45pm, Session 4 (Students)

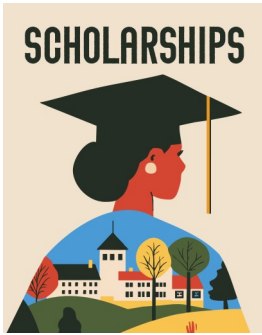
Sunday, April 13, 6:30pm, Session 5 (Parents and Students)

Thursday, April 17, 7:00pm, is First Communion on Maundy Thursday

If your student missed this class in the last couple of years and you want them to attend, older students are certainly welcome!



First Communion



Paul and Bonnie Cox Scholarship

We are now receiving applications for our fifth annual Paul and Bonnie Cox Scholarships. These scholarships are awarded to any person seeking any sort of post-secondary education. The deadline for applications is May 1. We hope to offer 2 \$500 scholarships, although some years we have awarded a few more. Applications are available in the church office and will eventually be mailed out to our 12th grade students. The scholarship committee will meet and hope to have an announcement to be made by June 1.

ULC Visitation Team

The ULC Visitation Team will meet on Friday, March 14, at 1:00pm. This month we will write St. Patrick's Day cards to our homebound and nursing home members and friends.



Wheels to Worship

Can We Give You a Lift?



Rides Available

We are looking for people who would like rides to church in our church van, plus about 4-5 volunteers to give rides. We are committed to providing rides to worship for those who may need them. **So, we are advertising Sundays, March 16 and 23 as days we are offering rides.** If you would like a ride to Sunday worship on either of these two dates or both, would you please call the church office at 775-4745 to make your reservation. We are asking that you call church by Friday, March 14, or Friday, March 21, by 4:00pm. Please let us know if you would like a ride to church!



Feed My Starving Children - Mission of the Month

During January, February, and March, ULC is raising funds for our community's FMSC MobilePack event on April 10-12. Our Mission Endowment has already set aside \$2,000, and the coins and dollars given at our Noisy Offering in January was \$579. We are continuing to designate our Noisy Offerings in February and March for our FMSC packing event as well.

It is our goal as a community to pack 400,000 meals, and we have already raised \$67,369 of the \$117,500 that we need to pay for the event. Each 29 cents raised provides a meal for a hungry child. That means a gift of \$30 pays for 103 meals, a gift of \$50 pays for 172 meals, and a gift of \$100 pays for 344 meals. What a wonderful way to serve hungry children!

Fun fact: Did you know that Feed My Starving Children has prepared 4,428,925,866 for hungry and starving children in our world.



MARCH WELCA NEWS

A general WELCA meeting and program will be held Saturday, March 1st from 10 am to 11:30 pm. The program will be about aprons and the meaning they convey to ourselves and others.

The monthly board meeting is on Monday, March 10th at 6:00pm. Planning for the salad luncheon is on the agenda.

March 12th, WELCA will be serving the Lenten Supper. The menu will be baked potatoes, chili and bars.

Saturday, March 15th, is National Quilting Day. We invite anyone who would like to participate to join us from 10am to 2pm in the fellowship hall. We are thinking of making square prayer patches in honor of our 75th anniversary to give away. No experience is necessary and lunch will be provided.

An invitation to participate in a survey is being distributed during Wednesday and Sunday services. The intent is to make sure everyone feels welcome to participate in WELCA events. You can sign up for only a one time event or multiple events. Your presence is needed and appreciated.

April 5th will be our first big event, our salad luncheon. Later this month, there will be a sign-up sheet in the narthex to let us know what salad or salads you will be bringing or what kind of bars you are bringing. A raffle will be held and well as a bake sale. We are know looking for raffle items. If you can help, let Pauline Lileng know.

Pauline Lileng, Co-President

WOMEN OF THE ELCA Purpose Statement

As a community of women created in the image of God, called to discipleship in Jesus Christ, and empowered by the Holy Spirit,

We commit ourselves to grow in faith, affirm our gifts, support one another in our callings, engage in ministry and action, and promote healing and wholeness in the Church, the society, and the world.

Aprons: The Ties That Bind

2025 WELCA General Meeting and Program

Date: March 1, 2025

Time: 10:00 am to 11:30 am

Where: ULC Fellowship Hall

Who: ULC women and guest(s) – can be all ages

Bring: An apron or aprons that have a special meaning to you (there will be time to share your apron story with the group), no fee to attend.

Sign-up: A sheet is available in the narthex so we know how many to plan for.

Event includes:

Door prizes

General meeting with offering

Coffee and treats

A program that includes an apron fashion show

Time to share the aprons people brought

Everyone gets a bookmark

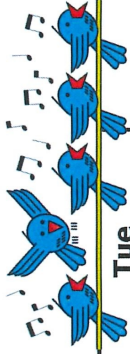




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Holy Thursday
 Ash Wednesday
 Washing Feet
 Crucifixion
 Last Supper
 Good Friday
 Palm Sunday
 forgiveness
 almsgiving
 forty days
 Rejection
 Disciples
 Jerusalem
 Holy Week
 Betrayal
 Example
 penance
 fasting
 Arrest
 Denial
 Garden
 desert
 prayer
 Cross
 Peter
 Ashes
 Jesus

March 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 10:00 WELCA Apron Event and Meeting
2 8:45 Adult Class 9:00 Church School 10:00 WORSHIP 11:00 Fellowship 4:00 Pentecostal Worship 8:00 Narcotics Anonymous	3 6:30 Game Fellowship 7:00 AI-Anon 7:00 Girl Scouts 8:00 Narcotics Anonymous	4 10:00 Staff Meeting 5:30 Quilters	5 Ash Wednesday 11:00 TOPS 5:00 Supper - Taco-in-a-bag Youth Serve 6:00 WORSHIP & WWJ 8:00 Sundaes on Wednesday 8:00 Narcotics Anonymous	6 9:30 Bible Study 1:00 Quilting 6:30 MOMCO	7 10:00 Prayer Group 6:30 Pentecostal Worship	8 1:00 Funeral for Helen Murphy
9 8:45 Adult Class 10:00 WORSHIP 11:00 Fellowship 4:00 Pentecostal Worship 8:00 Narcotics Anonymous	10 6:00 WELCA Board Mtg. 6:30 Game Fellowship 7:00 AI-Anon 8:00 Narcotics Anonymous	11 10:00 Staff Meeting 5:30 Quilters	12 11:00 TOPS 5:00 Supper - Baked Potato Bar WELCA serve 6:00 WORSHIP 7:15 Confirmation Mentor Mtg. - 8:00 Sundaes on Wednesday 8:00 Narcotics Anonymous	13 9:30 Bible Study 1:00 Quilting	14 10:00 Prayer Group 10:00 WELCA Bible Study 1:00 Visitation Team 3:30-7:30 Youth Bowling & Pizza Ranch 6:30 Pentecostal Worship	15 8:30 Calling All Men 10:00-2:00 Congregational Quilting Day
16 8:45 Adult Class 9:00 Church School 10:00 WORSHIP 11:00 Fellowship 4:00 Pentecostal Worship 8:00 Narcotics Anonymous	17 6:30 Game Fellowship 7:00 AI-Anon 7:00 Girl Scouts 8:00 Narcotics Anonymous	18 10:00 Staff Meeting 5:30 Quilters 5:30 Worship Ministry 7:00 Church Council	19 11:00 TOPS 5:00 Supper-Chicken Casserole Seanne & Friends 6:00 WORSHIP & WWJ 7:00 Choir Rehearsal 8:00 Sundaes on Wednesday 8:00 Narcotics Anonymous	20 9:30 Bible Study 1:00 Quilting 7:00 Franklin Club	21 10:00 Prayer Group 6:30 Pentecostal Worship	22
23 8:45 Adult Class 9:00 Church School 10:00 WORSHIP 11:00 Fellowship 4:00 Pentecostal Worship 6:30 First Communion Class 8:00 Students and Parents Narcotics Anonymous	24 6:30 Game Fellowship 7:00 AI-Anon 8:00 Narcotics Anonymous	25 10:00 Staff Meeting 5:30 Quilters	26 11:00 TOPS 5:00 Supper - Hamburgers & Ice Cream 6:00 Men's Group Serve WORSHIP & WWJ 7:00 Choir Rehearsal 8:00 Sundaes on Wednesday 8:00 Narcotics Anonymous	27 9:30 Bible Study 1:00 Quilting 1:30 Edgewood Worship 3:45 First Communion Class (Students)	28 10:00 Prayer Group 6:30 Pentecostal Worship	29 10:00-1:00 Buddy Saturday for Grades K-12
30 8:45 Adult Class 9:00 Church School 10:00 WORSHIP 11:00 Fellowship 4:00 Pentecostal Worship 8:00 Narcotics Anonymous	31 6:30 Game Fellowship 7:00 AI-Anon 7:00 Girl Scouts 8:00 Narcotics Anonymous					

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**WORSHIP & EVENT
SCHEDULE**

**SUNDAY WORSHIP
& EDUCATION**

8:45am Adult Class
9:00am Church School
10:00am WORSHIP
11:00am Fellowship

WEDNESDAY WITH JESUS

5:00pm Supper
6:00pm WORSHIP & WWJ
7:00pm Chapel Choir
7:15pm Confirmation
8:15pm Sundaes on Wednesdays

**LENTEN SEASON BEGINS
ASH WEDNESDAY MARCH 5**
Supper 5:00pm Worship 6:00pm

WELCA Apron Event & Meeting
Saturday, March 1 10:00am

Lenten Supper and Worship
Wednesdays March 5, 12, 19, 26
Supper 5:00pm and Worship 6:00pm

WELCA Bible Study
Friday, March 14 10:00am

YOUTH Sundaes on Wednesday
March 5, 12, 19, 26 8:00pm

Calling All Men
Saturday, March 15 8:30am

Congregational Quilting Day
Saturday, March 15 10:00am -2:00pm

First Communion Class
(Students & Parents)
Sunday, March 23 6:30pm

YOUTH Buddy Saturday for Grades K - 12
Saturday, March 29 10:00am-1:00pm

See inside for much more!

ULC STAFF

Ministers: Every Member of the Congregation
Missionaries: Willie and Anne Langdji
Pastor: Thomas W. Colenso
Education Coordinator: Jen Cummings
Administrative Assistant: Seanne Voracek
Custodian: Harold Stoller

Choir Director: Mary Splichal
Organists: Lauri Shimpa and Jane Traub
Stephen Ministry Leaders:
Evelyn Clark, Wayde Anderson,
Jane Traub

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