



Crosswinds

A Congregation of the Presbyterian Church (USA)



March

2011

Ash Wednesday Service

Wednesday, March 9, 6:45 p.m.

For centuries the church has designated the time before Easter as Lent. The word Lent comes from the Greek and means fortieth day. The forty days of lent reminds us of the forty days that Jesus spent in the wilderness. For Christians, lent should be a time of prayer and reflection to help prepare us for the Good News of Easter.

There will be no WaC classes on Ash Wednesday, but there will still be a dinner at 6:00. Everyone, including children, are encouraged to attend the Ash Wednesday Service.



Lenten Soup Suppers

March 9– April 13, 6:00 p.m.

Join us in a simple meal during Lent. All proceeds will go to the One Great Hour of Sharing offering.

WaC During Lent

Except for the Ash Wednesday Service, WaC will continue as normal. The evening will begin with the soup supper at 6:00, and children and youth will have their classes at 6:30. The adult study will join Jesus on his "Journey to Jerusalem."

Lenten Prayer Service 9:00 a.m. Sundays, March 13– April 10

Have you ever thought, "Gee, I need to pray more," or "I would like to learn more about prayer," or "What the world really needs is more people praying." Well Crosswinds is offering an opportunity for the community to come together in prayer.

*In the prayer service,
we will pray for ourselves,
our friends and loved ones,
our church,
the country,
and for people though out the world.*

Prayer Candles

Have you ever wondered why some people light candles when they pray? The smoke of the candles symbolizes our prayers going up to God. We will have candles to light at our prayer service.

There will be time for silent mediation and sharing the joys and concerns of those gathered. If you cannot attend but have some special prayers you wish included, please fill out a prayer card before Sunday or email the church at mailbox@crosswindspc.com.

Message From Michael

Historically Lent is a season of personal reflection and self examination; a season of penitence. A time to acknowledge our shortcomings and come clean before God. Often some people, myself included, give up something for lent as a reminder of the season. Not this year, but sometimes I give up Coke. Then at every meal I am reminded that it is Lent—and supposedly I spend a little more time in prayer. I still think it is a good practice, but it is not always as beneficial as I hoped, as reflected in the illustration below.

Debra Farrington has authored the book, *Living Faith Day by Day: How the Sacred Rules of Monastic Traditions Can Help You Live Spiritually in the Modern World* (Perigee, 2000). She writes, “What most of us neglect — with more regularity than we might care to admit — is God,” So Farrington suggests, “Don’t give up chocolate for Lent this year. Or rather, give up chocolate — or whatever else you give up — if it helps you think about God more

often. But if all it does is make you think about chocolate, then let me suggest some other Lenten practices to you.

She makes a good point. I probably think more about Coke than Lent, but the objective is good. Lent is a time where we really should try and think more about God. It is a good thing to add some new discipline during this time.

It doesn’t have to be giving something up. It could be an additional time of prayer or service to the community. Or it could be to take advantage of the Lenten activities at Crosswinds. Consider joining us on Wednesday evenings for the Lenten Soup Supper. It will be a light meal with all proceeds going to the One Great Hour of Sharing Offering collected on Palm Sunday. Or attend the Sunday Morning Prayer Service. We will sing a few songs, hear some scripture and close with communion, although most of the time will be spent in different forms of prayer.

Whatever you do, I encourage you to spend a little more time with God as we prepare for Easter.

Journey to Jerusalem

Join Jesus on his journey to Jerusalem this Lenten Season. In the 8th chapter, the Gospel of Mark places Jesus in Bethsaida, just north of the Sea of Galilee. From there Jesus begins his journey to Jerusalem; his journey to the cross. I find Mark 8:27-10:52 to be one of the most exciting, demanding, revealing and engaging sections of the Bible. I encourage you to join us on this Journey to Jerusalem, the journey to the cross, but also the journey to the resurrection.

Sunday 10:30 Worship

March 13, Mark 1:
The Rainbow Connection

March 20, Mark 8:27-20
Who Do you Say That I Am?

March 27, Mark 9:2-8
The Transfiguration

April 3, Mark 9:30-37
They Were Afraid to Ask

April 10, Mark 10:17-31
True Rewards

WaC Adult Bible Study

March 16, Mark 8:22-26
Jesus Heals the Blind, Sort of

March 23, Mark 8:31-91
Do You Really Want to Follow Jesus?

March 30, Mark 9:14-29
Help My Unbelief

April 6, 9:38-41
A Cup of Water to Drink

April 13, Mark 10:32-45
True Discipleship

New Crosswinds Mission Project **The Treasure Box™** A Week of Food. A World of Savings.

Crosswinds is now a host site for The Treasure Box

What is the Treasure Box?

Once a month The Treasure Box provides a box of quality food for about half the normal cost. Each month a variety of boxes are available. (See the March Menu to the right)

How does someone participate?

Anyone can order boxes by paying online at thetreasurebox.com and choosing where to pick up their box(es). Or you can place a cash order in person at Crosswinds. Orders need to be made by the 15th of the month and boxes are available for pick up normally the last Saturday of the month.

Why is Crosswinds doing this?

For the community. Many families in our neighborhood will benefit by purchasing these boxes for their families.

Are there income restrictions to participate?

No. Anyone can purchase a box (or two, or three!). If you would like to purchase a Treasure Box, we highly encourage you to do so.

Can I purchase a box for someone else?

Yes. You can purchase it, pick it up and give it to them, or else have them pick it up.

Does it benefit Crosswinds if I purchase a box from them?

It benefits us most in the sense that we know we are providing a worthwhile service to the community. The Treasure Box does give each partner a small stipend that some organizations use to make delivery day easier. The mission committee will decide how the money will be used, but we do not view this as a fundraiser. Please order from whichever delivery site is most convenient for you.

Can I purchase a box and have it go to a family in need?

Yes! Crosswinds' Mission Committee will gladly accept such donations and see that they get to those in need.

How can I help?

Volunteers are needed during delivery days in a variety of ways, from greeting the public, lifting boxes or making calls. Please see one of the committee members for details.

Order by March 15; Pick up day is March 26

March Menu

Order by March 15, Pick up March 26

Each of our boxes brings savings and quality food catered to the needs of families

The Treasure Box (Monthly Menu)-

\$32 provides local families and individuals with a great tool to assist in stretching monthly food budgets – a pre-assembled box of popular and nutritious grocery food items that can be purchased for only \$32. This box always contains 21-25 pounds of high quality, frozen foods including chicken, pork, beef or seafood, in addition to vegetables, fruit, a side dish and a dessert. A family of four can eat these delicious foods for nearly a week, while an individual dine on these fares for nearly a month!

Hearty Meat Protein Box-\$32 contains 12-15 lbs of protein and is a great supplement to your regular monthly Treasure Box.

Quick & Healthy Meal Box-\$32 contains 10 individually packaged 3 compartment meals. Each meal provides 1/3 of the daily nutritional requirements and includes the nutritional equivalent of 3 oz of meat/protein and either two ½ cup vegetable servings or one vegetable and one fruit serving. Low in fat and cholesterol and ready to eat in minutes. These meals are especially good for senior citizens, those with dietary restrictions, and anyone who is looking for a healthier choice.

Kids Box- \$32 Kid friendly, quick & easy to prepare meals and snacks for kids and kids-at-heart.

Seafood Value Box- \$32 For seafood lovers and those interested in adding another healthy component to their meals, The Seafood Box is a 7-8 lb assortment of fish fillets at a great value. Each variety of fish will come in 6 oz. individual portions.

Go to thetreasurebox.com for more information

Happy Birthday!



Cheryl Burton	March 11
Evan Eckhoff	March 12
Joyce West	March 24
LeAnn Haley	March 28
Perry Wilson	March 28
Michael McCoy	March 28

March Food Drive

This month's focus for our ongoing food drive is meat and potatoes ... and tuna, peas, corn, etc. And yes, stew counts also. All donations are cheerfully accepted by Operation Care Food Bank.

The Presbytery Invites You

To the retirement dinner honoring Dick Coffelt on March 25, 2011. Dick is retiring after serving 18 years as the Stated Clerk of the Presbytery of the Grand Canyon. The dinner is \$15 per person, and reservations need to be made by March 12. Call the church or presbytery office for more details.

Looking Ahead to Holy Week

Maundy Thursday—April 21 6:30 p.m.
Will include a dinner theater production of "Beneath the Upper Room."

Good Friday Service—April 22 7:00 pm
This will be a joint service with Sunrise United Methodist Church and held at Crosswinds

Easter Sunrise —April 24 Sunrise Service 5:30 am
Celebration of the Resurrection, 10:30 am

Crosswinds Book Club

Our next meeting is March 20, 3 p.m., at Pat & Jim Gates home. We'll be discussing two books this month! You choose which one to read: At Home, by Bill Bryson, or My Life as an Experiment, by A.J. Jacobs. As always, first we discuss the book(s), then we have dinner. Join us!



Start Saving Your Stuff—the next Crosswinds' Yard Sale is April 8 & 9!

CROSSWINDS PRESBYTERIAN CHURCH



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