

The Spirit

of Atonement

MARCH 2025

“Reflecting on Lent” — *By Cathy Hohl*

One day in early January, Pastor Delaney asked me to write the “lead” article for this newsletter and to focus on Lent. I’m not sure if she knew Lent is my favorite season of the church year, and I’m certain she didn’t know I’ve always felt a little odd about that. Certainly there are cheerier seasons . . . the anticipation of Advent, the joy of Christmas, the celebratory days of Easter. Yet, for me, it’s Lent.

Lent lets me dwell matter-of-factly in the reality that I live in an imperfect world - and I am part of that imperfection. It’s personal. But this season of the church year also bring peace as it focuses on what will ultimately heal that brokenness. During worship, we sing wonderfully contemplative hymns that, through their poetry, guide me through the sad reality of my sin to the incredibly selfless Jesus who loved enough to heal me (and you) through his life, death, and resurrection.

In our hymnal, hymn numbers 319 through 359 are appointed for Lent and Holy Week. Here are excerpts from a few of my favorites:

Jesus, I will ponder now on your holy passion; let your Spirit now endow me for meditation. Grant that I in love and faith may the image cherish of your suffering, pain, and death, that I may not perish. (ELW 345)

My song is love unknown, my Savior’s love to me, love to the loveless shown that they might lovely be. Oh, who am I that for my sake my Lord should take frail flesh and die? (ELW 343)

I heard the voice of Jesus say, “Come unto me and rest; lay down, O weary one, lay down your head upon my breast.” I came to Jesus as I was, so weary, worn, and sad. I found in him a resting place, and he has made me glad. (ELW 332)

Your only Son, no sin to hide, but you have sent him from your side to walk upon this guilty sod and to become the Lamb of God. I was so lost, I should have died, but you have brought me to your side to be led by your staff and rod and to be called a lamb of God. (ELW 336)

During this Lenten season, I invite you to visit these Lenten hymns and let them draw you in. Let them lead you to peace in the midst of a broken world.

Seniors Alive

(subject to change or cancellation)



Monthly Meetings

Seniors (age 50 and over) are invited to monthly meetings in Fellowship Hall. The next meeting will be on Monday, March 24, at 1:30 p.m. Dan Fuller

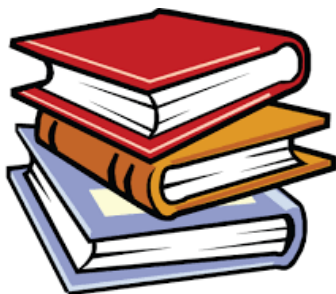
will give historic information about Civil War leaders buried at Bellefontaine Cemetery.

Tours

- Wed., March 12 - Tour the Audubon Bird Sanctuary in Alton (indoors and outdoors). Followed by lunch at Old Bakery Beer Company, visit the Mississippi Mud Pottery Workshop. We will end with pie at My Just Desserts. Bus leaves at 9:30 a.m. and returns by 5:00 p.m. Cost is \$105 per person.

- Wed., April 16 - Tour the Excel Bottling Company in Breese, IL, home of old-fashioned soda. We will lunch at PJ's Diner, then return to St. Louis to visit Crown Candy. Bus leaves at 8:00 a.m. and returns by 4:30 p.m. Cost is \$110 per person.
- Wed., May 21 - Explore the Lewis and Clark House Museum in St. Charles. Feast at Tuscanos Brazilian Grill, then enjoy the Soda Machine Museum. Bus leaves at 9:30 a.m. and returns by 4:00 p.m. Cost is \$130 per person.

For more information on tours contact Pat Furlong at (636) 447-5040.



Atonement Book Club

We would like to welcome you to our group of book lovers for fun and interesting discussions of a new book each month. We have selected a new group of varied and interesting books to read and discuss throughout 2025.

We meet on the second Sunday of the month—in the Family Room beginning at 1:30 p.m. Please enter through the back parking lot door.

Our next meeting will be Sunday, March 9. We will discuss “Black Cake” by Charmaine Wilkerson. In present-day California, Eleanor Bennett’s death leaves behind a puzzling inheritance for her two children, Byron and Benny: a black cake, made from a family recipe with a long history, and a voice recording. In her message, Eleanor shares a tumultuous story about a headstrong young swimmer who escapes her island home under suspicion of murder. The heartbreaking tale Eleanor unfolds, the secrets she still holds back, and the mystery of a long-lost child challenge everything the siblings thought they knew about their lineage and themselves. —*Amazon*

Please join us! For more information or questions, please contact Jan Koch at njkoch@aol.com.



From the Parish Nurse Cathie Lehr, R.N.



March is National National Kidney Awareness Month •• March 11 is World Kidney Day

Chronic Kidney Disease (CKD) is a progressive condition in which kidneys don't work as well as they should to filter waste, toxins, and fluids from your body – which can cause serious health problems.

Kidney Disease Statistics:

37 million Americans have kidney disease.

Kidney disease is growing at an alarming rate. It currently affects more than 1 in 7 (15% of American adults).

Black Americans are 3.4 times more likely to develop kidney failure.

9 out of 10 people with kidney disease are unaware they have it.

Diabetes is the top cause of kidney failure. About 1 in 3 adults with diabetes have kidney disease.

Nearly 570,000 Americans are on dialysis.

Nearly 240,000 Americans are living with a kidney transplant.

The symptoms of kidney disease:

Symptoms may vary depending on what stage you are in, many people don't experience symptoms until the later stages when kidney failure occurs. It is beneficial to be aware of and look out for the following symptoms of early-stage kidney disease:

- High blood pressure
- Swelling in legs
- Foamy urine
- Frequent urination
- Swelling in hands/feet
- Weakness or fatigue
- Dry itchy skin
- Muscle cramps

Diabetes can lead to damaged or weakened blood vessels, preventing the kidneys from filtering waste and toxins from your blood.

High blood pressure can damage your blood vessels over time, including hardening and narrowing of arteries around the kidneys, preventing them from functioning as they should.

Cardiovascular disease can lead to narrow or blocked blood vessels, reducing the supply of oxygen-rich blood supplied to the kidneys, which may lead to kidney disease.

If you have a **family history** of kidney disease, you may be at higher risk for developing CKD.

Can early-stage kidney disease be reversed?

Unfortunately, most early-stage kidney disease cannot be reversed. However, taking action early to protect your kidney health can help you slow the progression of the disease. Take control of your health by making healthy lifestyle choices and speaking with your health care provider frequently to identify any changes in your health.



Creation Care News

Everyone is welcome to attend the Central States Synod Lutherans Restoring Creation Event in Kansas City, “*Honoring Earth, Honoring Self.*” Several members of St. Louis congregations along with some members of Atonement's Creation Care Team will be attending. The main event program will be Saturday, March 22, but accommodations are available for overnight Friday and Saturday. The link below provides detailed information, schedule, and registration. For additional information or questions, contact Jane Meyerkord, jmeyerkord@aol.com. See the posted flyer on the bulletin board on in N&N and weekly email.

<https://lrc-css.square.site/lrc-retreat>

Electronics Recycling Event in Florissant

Saturday, April 5, 2025 from 9:00 AM to 1:00 PM at St. Ferdinand Park.

Last month we learned about items that should not be donated to charities or resale shops, and the item that headed the list was broken electronics.

Good News!! On Saturday, April 5, 2025, Florissant and Midwest Recycling Center (MRC) will host an electronic recycling event - a perfect opportunity to get rid of broken and no longer used electronics.

MRC professionally recycles almost anything that uses a power cord or battery!

Acceptable items include, but are not limited to: Computers, Printers, Keyboards, Laptops, Hard Drives, Monitors*, Cell Phones, Pagers, Radios, Scanners, Speakers, VCRs, DVD Players, Fax Machines, Answering Machines, Televisions*, Stereos, Furnaces, Water Heaters, Air Conditioners*, Microwaves, Power Tools, Kitchen Appliances, Lawn and Garden Equipment**, etc.

*Fees may apply for Televisions, and some Computer Monitors and for devices containing Freon, such as Air Conditioners, Refrigerators, and Dehumidifiers.

See <https://mrcrecycling.net/electronics-recycling-events/florissant-mo-04-05-2024> for pricing and additional details.

**Lawn & Garden Equipment must have oil & gas removed. Only cash or checks will be accepted.

Garden Work Day



Saturday, March 15, 8 a.m. will be a garden workday. Projects will include cleaning plots, pulling weeds, cleaning the shed and more to prepare for the 2025 growing season. This year we are pleased that two school classes will have plots in the garden. We will be working with them on choosing what to grow and how to care for their plots.



Properties Workday

Saturday, April 12, 8 a.m. will be a workday for front landscaping and inside projects. The properties team is preparing a list of projects. Outside projects will include sweeping and collecting broken pieces around the islands, planting in the large pots, and mulching areas as needed. Inside projects will include painting, replacing damaged ceiling tiles, installing motion switches, changing light bulbs and other minor repair/maintenance jobs. If you are willing to help us that day, please mark your calendar and sign up on the attendance form. For more information, contact Don Meier, dwm236@yahoo.com.



News from Atonement Lutheran School

“Make every effort to keep the unity of the Spirit through the bond of peace.” -Ephesians 4:3

Exciting things are happening as we enter the last leg of the school year.

Congratulations to the A-Team Boys Basketball Eagles! who brought home a spectacular win in the City Playoffs, receiving the 2025 Boys Championship Consolation! They, along with the Cheer squad traveled to Jefferson City, where they participated in the LSAM State Tournament with some hard played games garnering two wins. Go Eagles!!

We will be celebrating Lutheran Schools Week March 3rd through 6th, as well as hosting the annual Scholastic Book Fair.

The third quarter is drawing to a close with parent-teacher conferences on March 13th and 14th.

We ask that you keep our students, staff, families, and church community in your prayers as we continue through 2025 together. May God’s love and shalom wrap around us all as we step forward in faith and as a community in unity grounded in Christ Jesus our Light, Comforter, and Savior.

Blessings and unity in Christ, Principal J



- Ash Wednesday, March 5 - 7 p.m.
- Midweek Lenten services , 7 p.m. - (Beginning March 12)
- NEW! Wednesday Prayer Vigils During Lent, 11 - Noon.
- Palm Sunday, April 13*
- Maundy Thursday, April 17 - 7 p.m.
- Good Friday, April 18 - 7 p.m.
- Easter Sunday, April 20*

*Times to be determined

If you would like to be a dramatic sketch reader during the Midweek Lenten Services please, contact the church office or sign up on the attendance form. No memorization required!



Have a question about your phone, tablet, computer, or other device? Are you fifty years of age or older? If so, the Oasis Technology team can help you at one of our FREE Ask a Techie sessions. They’re held weekly at 1:00 pm at Northwest Plaza on Mondays and the Center of Clayton on Tuesdays. Ask a Techie sessions will also be held at Atonement at 10:00 am on March 14.

These sessions are led by Jordan Carr (Oasis Technology Director) and David Cole (Oasis Technology volunteer and Atonement member). Class size is limited, and registration is required. Please sign up by calling (314) 862-2933 or registering online at stloasis.org/tech.

Lutheran Church of the Atonement
1285 North New Florissant Road
Florissant, MO 63031

Return Service Requested

March 2025 Newsletter

***Deadline for the
April issue
12:00 Noon
Thursday, March 6***



Friday, March 21, 2025

Doors open 6:00 pm—First game starts at 6:30 pm

1285 N. New Florissant (Fellowship Hall)
\$20 per person for three bingo cards