

Keynotes

News for the spiritual family and friends of St. Armands Key Lutheran Church

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www.starmandschurch.com

Church office hours: 8:30 - 4:30 Monday thru Friday

Parish Nurse office hours: 9:00 – 5:00 Monday thru Thursday

From Reverend Mark A. Bernthal....

In one corner of the Garden of Gethsemane (read Mark 14:32-42), Jesus falls to the ground in agony, saying *“My soul is exceedingly troubled.”* He pours his heart’s desire out to the Father; *“If it be possible, take this cup of suffering from me. But your will, not mine be done.”*

In another corner of the garden, the disciples sleep. Peter, James and John were invited to be near in that moment, but they drifted off. Were they tired, insensitive, or just unaware? Regardless, Jesus must have felt let down. He awakens the disciples with these words: *“Watch and pray, lest you enter into temptation.”*

Watch. Pay attention. Stay alert. Be sensitive to all that is happening around you. Who loves you, who needs you, and what does the Lord ask of you? Look in the mirror. Know your weaknesses, confess your vulnerabilities. Above all, keep your eyes on Jesus. He won’t fall asleep on you. Far from it, he’ll do anything for you. He’ll even die for you.

Pray. Talk to God. Use Jesus’ name. Nothing you can say will surprise him. He already knows your secrets so open up. Ask for advice. Seek council. Thank him for the good, trust him through the bad.

“Watch and pray.” It’s a wake-up call from our Savior. It’s an instructive invitation to sleepy disciples of every age. And for us it comes at an appropriate time, as Lent moves into Holy Week and leads us to Easter.

St. Armands Key Lutheran Church Staff

Rev. Mark A. Bernthal
Senior Pastor

Pamela Becker
Administrative Assistant

Debbie Leslie-Minier
Director of Youth Ministries

Tracey Rzepka
Parish Nurse

Jane Lautner
Choir Director

Lois Mellor
Church Organist

Becky Taylor
Media A/V Coordinator

Lou Rippo
Church Custodian



Set your Clocks ahead 1 hour
on Saturday night, March 13th!

MARCH 2010

Each **Wednesday, at 5:30 pm**, gather with the community of faith at St. Armands Key for special worship. A simple Lenten meal of soup and bread will follow worship.

A word about Lent: Just as the Israelites spent 40 years in the wilderness before entering the Promised Land – and as Jesus spent 40 days in the wilderness being tempted by the Satan before his ministry began – so Christians spend 40 days (plus Sundays) before Easter in special reflection as we focus upon the meaning of the cross and discipleship.

Be encouraged in your own Lenten journey this year!

MID-WEEK LENTEN WORSHIP OPPORTUNITIES

“SILENT WITNESSES”

Wednesdays at 5:30pm

(a simple meal of soup and bread will follow worship)

The Robe, March 3
The Nail, March 10
The Spear, March 17
The Shroud, March 24



Palm Sunday Cantata – “Once Upon a Tree”
March 28 9 am & 11 am

This day will offer a meaningful beginning to Holy Week.

Maundy Thursday – April 1 – 5:30 p.m.
A service of Holy Communion & Stripping of the Altar

Good Friday – April 2 – 7:00 p.m.



He is Risen Indeed. Alleluia!

Easter Sunday – April 4

The Resurrection of our Lord and Savior, Jesus Christ

- 7:00 a.m. Sunrise Service**
- 9:00 a.m. Contemporary Service of Joy**
- 10:00 a.m. Fellowship & Children’s Egg Hunt**
- 11:00 a.m. Traditional Worship Celebration**



book of faith

Open Scripture. Join the Conversation.

Welcome to the conversation! “Book of Faith” is an initiative of the Evangelical Lutheran Church in America (ELCA) that invites “the whole church to become more fluent in the first language of faith, the language of Scripture, in order that we might live into our calling as a people renewed, enlivened, empowered, and sent by the Word.”

Like Scripture itself, the initiative calls out to adults and children alike to simply “open the scriptures and join in conversation.”

For Adults...

Daily Discipleship! The **Sunday School** gathers from **10:15am – 10:45am in the front of Fellowship Hall**. This lectionary Bible study is based on the appointed Gospel reading for each Sunday. Whether you worship at the early or late service, this Sunday morning conversation can enhance the faith and fellowship of all who gather on the Lord’s Day.

The **Thursday Morning Bible Study** is currently discussing **Ephesians: God’s Extraordinary Church**. “Are we building in love?” “Are we building without walls?” and “Are we built to withstand?” are just a few of the questions that will engage us as we study Paul’s letter to the Church in Ephesus. Join the conversation each week in **Ogram Hall at 10:30 am**.

For Children and Youth...

Sunday School for children and youth occurs each week between services in the classrooms surrounding Ogram Hall. Thanks to each leader for teaching the priceless and precious stories found in the Book of Faith to the youngest among us.



EASTER LILY ORDERS
will be taken the 2 Sundays prior to Easter –
March 21 & 28 in the Narthex. The lilies will
adorn the altar area on Easter Sunday, and you
may take yours home after the 11 am worship
or pick them up on Monday, April 5. Many
thanks to Betty Hendry for overseeing the
ordering & placement of the plants.

2010 Church Council Members

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The Church Council meets on the 2nd Thursday of each month at 7 pm

Keynotes Deadline

Please submit articles for the April edition of *Keynotes* to the Church Office on or before **March 15th**.

Thank you!

email: office@starmandschurch.com

GROUPS/MINISTRIES

Health Ministry



Tracey Rzepka, MS, ARNP,FCN

941-388-3764

parishnurse@starmandschurch.com

The Health Ministry at St. Armand's Key Lutheran Church has been very exciting this season with Healthy Cooking classes, our Weight Loss Support Group and most recently the seminars on Advanced Directives and Ethical Wills. If you missed any of the classes and would like information on any of the above feel free to give Tracey a call.

One of the scriptures we have reviewed in our Weight Loss Group is I Corinthians 6:12, "Everything is permissible for me – but not everything is beneficial." This same verse is repeated in I Corinthians 10:23. Though we have freedom in Christ who is merciful, there are certain freedoms that have consequences. Lent is a good time to think about what in our life is permissible but may not be beneficial for our bodies, minds or relationships. There may be habits in your life that would be good to abstain from for Lent and even for the rest of your life so you can still smile and ride your bicycle like a soon to be 90-year-old gentleman who is a member of our congregation!

Parish Nurse Consultations - Tracey is available in her office, by phone, or at your home or health facility for prayer, medical consultation, blood pressure screening, information about community resources, etc. We also have a team of Eucharistic Ministers who can visit to bring Holy Communion if you are unable to come to church. Call anytime to make an appointment or feel free to stop in if you are in the area. Her hours are flexible but she is generally in the office for appointments on Tuesday and Thursday afternoons and all day Wednesday, unless she is out for a visit.

Tracey will be away from the office March 5-15 on vacation. Please pray that she will have a safe and wonderful holiday downhill skiing in West Virginia.

Lifeline Screening

St. Armands Key Lutheran Church is hosting a **Life Line Screening** for the community on **Monday, March 15th**. Lifeline will perform ultrasound tests for stroke/carotid artery blockage, abdominal aortic aneurysm, peripheral arterial disease and osteoporosis risk. These non-invasive screenings are completely painless, take about 10 minutes each and are affordable. A new test is available for Atrial Fibrillation (irregular heartbeat). Screenings are recommended for anyone age 50 and older. Life Line Screening also offers simple finger-stick blood tests to identify risk factors for heart disease, diabetes, and liver disease. Space is limited and several people have already registered. Make your appointment **TODAY** by calling 1-800-324-1851– it may save your life.

Weekly Exercise Classes

Basic PILATES is a core strengthening and stretching exercise program meeting on **Monday evenings** at **4:00 pm**. Please bring a mat with you to be able to exercise on the floor.

GET FIT Is a cardiovascular exercise session that is meant for all abilities, you can adapt the class to your fitness level! We will meet in the Fellowship Hall from **9:00 - 9:30 am** on **Tuesdays and Thursdays** right before the 9:30 a.m. Thera-band class!

THERA-BAND is a low impact exercise class using elastic bands to strengthen and stretch. Classes are held on **Tuesday & Thursday mornings** from **9:30 – 10:30 am** in the Fellowship Hall.

Contact Debbie Leslie-Minier for more details at 726-9306 or
deborah.leslie@att.net

SOCIAL MINISTRY

Spring Drive to Help Local Children Begins March 7

Help Us Help Others

The Social Ministry Committee's annual spring drive for children and families in need will be held March 7-28. Your donations will be distributed to Mothers Helping Mothers, Cyesis, Dream Center Adopt-A-Block and the Sarasota Medical Pregnancy Center.

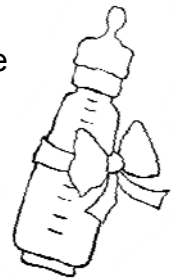
How you can help:

Choose a tag from our display in the Narthex that lists sizes and items to purchase (diapers, baby wipes and children's underwear and no show white socks).

Pick up a baby bottle and fill it with your spare change for a donation to the Sarasota Medical Pregnancy Center and return it to the playpen by March 28. We are applying for supplemental funding through Thrivent which last year made a gift based on the donations we collected.

All donations are due by March 28. Thank you for caring and sharing!

Contact Geri Nelson at 752-0871 if you have questions.



The ALL FAITHS FOOD BARREL will remain in the Narthex throughout the "season." Protein items are especially needed – canned meats, canned dinners, tuna, peanut butter, soups, & stews. Canned fruits & jellies are also needed – **Please, NO GLASS containers.**

Your support is much appreciated! Thank you!

Singles Ministry ... SAKLC Circle of Friends

All singles are invited to join us for our monthly luncheon on the second Sunday of each month after the 11 a.m. worship service.

This month, we will meet at **Patrick's** (1400 Main Street – downtown Sarasota)
on **March 14th** at **12:30 p.m.**

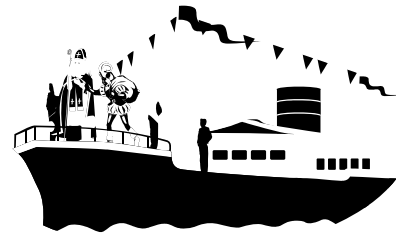
A sign-up sheet is available on the table under the bulletin board in the Narthex.

If you are interested in more information about the singles group at SAKLC, please contact Pastor Darwin Polesky 343-9354.

The Pairables ... that fun-loving couples group!

ALL ABOARD!

**With the Pairables March Event,
Friday, March 19 at 2 pm**



A fun-filled boat trip on Sarasota Bay on the “Le’Barge” boat for a sightseeing and nature watch trip from the inside or outside of the boat with music, snacks and drinks to purchase at \$20 each. See the flyer at the foyer table for sign up and more details or telephone Pat & Bruce Bing 955-8470

PLAY BRIDGE! GROUP

The Tuesday afternoon Bridge group will meet 2 more times in March -- **March 2 & March 23 at 1pm** before Carol Plummer, the group’s coordinator, leaves for the North. There have been up to 4 tables of Bridge players at the Tuesday gatherings this year, and we thank Carol for scheduling, setting up and preparing the refreshments. Call Carol (955-6818) if you would like to reserve a seat on March 2 or March 23.



MEN IN MISSION ... “Take Me Out To The BALL GAME!”

It’s major league baseball “Play Ball!” time again in Sarasota! The Baltimore Orioles will do their spring training here during March and will host several top teams including the Boston Red Sox! Our congregation’s Men in Mission group has reserved a block of premium seats for Saturday, March 27, when the Red Sox play the Orioles at 1:05 p.m. at Ed Smith Stadium.

The game will be preceded by a tasty, fun Bar-B-Q at 11 a.m. in the adjacent private picnic grove. Cost per ticket for the picnic and game combined is \$34. You can purchase your tickets in the Narthex after both Sunday services. Tom Fuorry, Paul Primamore or Crome Dollase can provide further details.

ALL MEN, WOMEN & CHILDREN ARE INVITED!

PLEASE JOIN IN THE FUN and SAVE THE DATE: SATURDAY, MARCH 27

WOMEN'S MINISTRY

By Cathy DeGeorge



Mobilizing women to act boldly on their faith in Jesus Christ

Ninety ladies enjoyed the **Fashion Show, sponsored by the St. Armands Key Lutheran Church Women of the ELCA**, which was held on February 3, 2010. Those attending brought toiletry items for our homeless brothers and sisters at the Salvation Army Homeless Shelter. The Salvation Army urgently needed sleeping bags to distribute to the homeless. Nine hundred dollars was raised and Christine Ortiz purchased sleeping bags and delivered them to the shelters in Manatee & Sarasota Counties. With the unusually cold weather, the sleeping bags were truly appreciated by the needy at the Salvation Army Homeless Shelters. A great event with such a wonderful outcome to benefit the community!

ALOA

The Association of Lutheran Older Adults (ALOA) is committed to identifying and serving the needs and interests of Lutheran older adults. Lutherhostel events at various sites foster opportunities for intellectual, social and spiritual growth.

This summer ALOA will offer their 7th annual Lutherhostel in conjunction with the culminating performances of Lutheran Summer Music. Lutheran Summer Music students worshiped and performed in concert at SAKLC in January. This will be an opportunity for adults to observe and participate in the LSM experience. Each day begins with music provided by LSM musicians, followed by Morning Devotions. Faculty and student recitals along with the Festival concerts for band, choir and orchestra take place throughout the week. An impressive line-up of presenters is offered, including Harley Refsal. Refsal is an internationally-recognized artist who specializes in Scandinavian-style flat plane figure carving. Each day ends with an Evening Prayer service for all LSM and ALOA participants.

The **Iowa Lutherhostel** takes place **July 14-18, 2010** (Wednesday –Sunday) on the campus of **Luther College, Decorah, Iowa**.

Pick up a brochure from the table in The Commons for further details and registration information.

Stewardship

The Stewardship Team at St. Armands Key Lutheran Church held a Time and Talent Fair on Sunday February 7, 2010. Members and friends of the church had the opportunity to speak with the various committees that provide guidance to our congregation and to the community. We are all responsible for being good stewards of what our dear Lord and Savior have provided for us. If you did not attend the Time and Talent Fair and would like to volunteer to assist with one of the committees please contact any member of the Stewardship Team. Thank you to all who attended and volunteered their time and talent.

Stewardship Members:

Cathy DeGeorge, Chair; John DeGeorge, Dave Lund, Sharon Lund

Youth Ministry



Debbie Leslie-Minier, Director of Youth Ministries

941-726-9306

deborah.leslie@att.net

YOUTH (all children through high school seniors)

PLEASE watch the Weekly Bulletin, Youth Emails (which if you are not receiving, please email me deborah.leslie@att.net) AND look for flyers in Ogram Hall!

****PLEASE Note: you are encouraged to bring a friend(s) to the events!*

FRIDAY, MARCH 12 – 6 pm

GAME NIGHT for all youth!

Please bring your favorite board games and we will meet in Fellowship Hall at 6:00pm for Game Time. Several other Lutheran Youth groups are going to join us for this night of FUN! I will provide dinner and beverages.

Please R.S.V.P. to Debbie by March 7, 2010

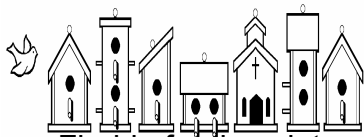
SUNDAY, MARCH 21

CROP WALK (Walk for Hunger) at 2:00pm

Please see Debbie for Donor Walk forms ASAP – you will want to try and get people to sponsor you now for the walk so you can earn a T-shirt! Meet on that Sunday at the church in the courtyard/fellowship hall area at 1:45pm. **FOR THOSE THAT WANT TO HELP and VOLUNTEER** for this event, please come at 1:00pm, thank you!

Hope everyone is doing well and hope to see you soon!

PARISH NOTES



WELCOME BACK... to those who are returning to

Florida for the winter. Please notify the church office by calling 388-1234 or email to office@starmandschurch.com to change your mailing address. Thanks!



Beverly L. Aaker passed from this part of life on February 18, 2010 in Stuart, Florida. Bev and Tuck Aaker were long-time, dedicated members of SAKLC before moving to Hobe Sound, FL 10 years ago. A memorial service was held at Immanuel Lutheran Church in Palm City, Florida on Saturday, February 27.

A service of interment was held on Sunday, February 28, in the Meditation Garden at SAKLC. Cards and letters may be sent to Tuck Aaker, 6212 SE Georgetown #301, Hobe Sound FL 33455

UPCOMING EVENTS

2010 Scholar in Residence Program at SAKLC A Wonderful Opportunity!

Three presentations on the parables by Dr. Audrey West will round out this year's Scholar's in Residence Program. Further detail on the March **SiR** opportunities are noted below. Consider taking part. You will be glad you did.

March

Dr. Audrey West, former Associate Professor of New Testament at the Lutheran School of Theology in Chicago now lives in Bethlehem, PA where her husband is Dean of the Moravian Seminary (in fellowship with the ELCA). Dr. West will preach at both services on Sunday, Feb. 28. The overall theme of her presentations is: *"Jesus' Parables, Ethics and the Gospel"*. Presentations on each of the following dates will be held from 10:00 to 11:30 AM, starting with coffee, etc. at 9:45 AM.

Wed., March 3 – *"What Are Parables and How Do They Work?"*

Wed., March 10 – *"What Are the 'Meanings' of Jesus Parables?"*

Wed., March 17 – *"How Do the Parables of Jesus Teach Us To Live?"*

Music Events



**Sunday, March 7 – 7 pm
15th Annual Choir Festival**

Established by our Choir Director, Jane Lautner, this interdenominational group of singers brings together 100 voices to sing God's praises. Please join us on Sunday March 7 at 7 pm at Pine Shores Presbyterian Church. Going South on Rt. 41, Pine Shores is located at 6135 Beechwood Avenue – just south of Phillippi Estate – take a right on Upper Beechwood and continue east. The church will be on your left.

SAKLC FOUNDATION

Dick and Sandi Carlson, along with Pastor Twila Schock, Director of Development for Global Missions for ELCA headquartered in Chicago are going to visit Suriname March 4 - 8, and meet with the Mission Developer Pastor Kevin Jacobsen. They will be observing progress being made in this Mission Development, which was supported by a \$4,000 grant from your SAKLC Foundation late last year.

2010 Foundation Trustees are: Ben Bates, Dennis Beckman, Jack Bill, Mickey Brunke, Dick Carlson, Audrey Ganzel, Jessica Patella, Lynette Salheiser, Ruth Veit, Bob Wenzel.

Meetings are at 5:30 p.m. on Tuesdays, on the following dates: May 11, September 14, and December 14.

March Calendar of Events

Every Sunday	9:00 a.m.	Service of Joy Contemporary Worship
	10:00 a.m.	Sunday School Classes
	10:00 a.m.	Fellowship Hour
	11:00 a.m.	Traditional Worship Celebration

Holy Communion is celebrated the 1st & 3rd Sundays of every month

Blood Pressures are taken the last Sunday of every month

Every Monday	9:30 a.m.	Quilting Group
	Noon	AA Meeting
	4:00 p.m.	Pilates
	7:00 p.m.	3-D Diet Plan
Every Tuesday	9:00 a.m.	Get FIT Exercise
	9:30 a.m.	Thera-Band Exercise
	10:45 a.m.	3-D Diet Plan
Every Wednesday	7:00 p.m.	AA Meeting
	Noon	AA Meeting
	6:00 p.m.	Team Spirit Rehearsal (No rehearsals during Lent)
Every Thursday	7:00 p.m.	Chancel Choir Rehearsal
	9:00 a.m.	Get FIT Exercise
Every Friday	9:30 a.m.	Thera-Band Exercise
	10:30 a.m.	Bible Study in Ogram Hall
	Noon	AA Meeting
Every Saturday	9:30 a.m.	Adopt-A-Block – Meet at the Dream Center

Monday, Mar. 1	10:00 a.m.	Outreach Committee Meeting
	2:00 p.m.	Ethical Will Seminar
Tuesday Mar. 2	1:00 p.m.	Play BRIDGE!
Wednesday, Mar. 3	10:00 a.m.	SiR Lecture – Dr. Audrey West
	4:30 p.m.	Puppet Rehearsal
	5:30 p.m.	Lenten Worship & Soup Supper
Thursday, Mar. 4	4:00 p.m.	Finance Committee Meeting
Sunday, Mar. 7	2:00 p.m.	Swedish Pea Soup Dinner – Swedish Club
	7:00 p.m.	15th Annual Choir Festival – Pine Shores Presbyterian
Tuesday, Mar. 9	10:30 a.m.	WELCA Board Meeting
Wednesday Mar. 10	10:00 a.m.	SiR Lecture – Dr. Audrey West
	4:30 p.m.	Puppet Rehearsal
	5:30 p.m.	Lenten Worship & Soup Supper
Thursday, Mar. 11	7:00 p.m.	Church Council Meeting
Friday, Mar. 12	6:00 p.m.	Youth Game Night
Sunday, Mar. 14	12:30 p.m.	Singles Luncheon – Patrick’s Downtown Main Street
Monday, Mar. 15		Life Line Screening – by Appointment Only
Tuesday, Mar. 16		ELECTION DAY – in Fellowship Hall 7 a.m. – 7 p.m.
Wednesday, Mar. 17	10:00 a.m.	SiR Lecture – Dr. Audrey West
	5:30 p.m.	Lenten Worship & Soup Supper
Thursday, Mar. 18	1:00 p.m.	Lydia Circle Meeting
Friday, Mar. 19	2:00 p.m.	The Pairables at Le’Barge
Sunday, Mar. 21	1:00 p.m.	CROP Walk for Hunger
	3:00 p.m.	Church In The Park – Dream Center
	1:00 p.m.	Play BRIDGE!
Tuesday, Mar. 23	5:30 p.m.	Lenten Worship & Soup Supper
Wednesday, Mar. 24	11 am --	MIM Picnic & Ball Game at 1 p.m.
Saturday, Mar. 27	4:00 p.m.	Service of Prayer for Healing
Sunday, Mar. 28		