

The Good News

“To know the love of God in Jesus Christ, and to share that love through word and action.”
March 2025

Welcome to the Season of Lent

The number 40 has held great significance for God’s people, both in the Old and New Testament. Moses fasted on Mount Sinai for 40 days in preparation of receiving God’s commandments on behalf of the Hebrew people (Exodus 24:18); the prophet Elijah later walked for 40 days and nights to Mount Horeb (1 Kings 19:8); and of course Jesus fasted and prayed for 40 days in the desert for his public ministry (Mark 1:13). The early church seemed to think it fitting that our communal preparation for Easter also last 40 days. Over the centuries, culture and customary practices adjusted so that the most common Lenten practices include some sort of fast, beginning on a day called Ash Wednesday and lasting until Easter, as well as two other disciplines: almsgiving and prayer.

Ash Wednesday??

On the 46th day before Easter, always a Wednesday (because Easter is always a Sunday), many Christians recognize this start to Lent with ashes either sprinkled on the head or smudged as a cross on the forehead. As the clergy do this they say, “Remember that you are dust, and to just you shall return”. Ashes symbolize both our repentant posture toward our sin and the temporal nature of our earthly bodies. We’re saying: *This life on earth, fraught with the nature of sin, is not all there is.*

Holy Week??

Holy Week begins on Palm Sunday when we remember Jesus’ arrival in Jerusalem with his disciples for the Passover feast. He entered riding on a donkey to a welcoming crowd. Spy Wednesday we remember that Jesus was betrayed by Judas, someone who knew him well and was one of the 12 disciples. The final three days of Holy Week are known as the *triduum* (meaning three days in Latin), starting the evening of Maundy Thursday. This day is a

commemoration of the Last Supper and Jesus washing the feet of his disciples. We then move into Good Friday where we recognize Jesus’ sacrifice for all by allowing himself to be crucified. Next is Holy Saturday, which is quiet, with His body in the tomb, we keep silent because it seems as though all is lost. This vigil continues until dusk on Easter Sunday, where we breathe a sigh of relief and rejoice that Christ has been raised from the dead! We are free and He is alive. Truly the best news of all eternity! These are considered the most significant days in the entire Church calendar, the other 362 days point to this pivotal moment.

Lent is Good for Us!

In a world that celebrates indulging our whims whenever we want, practicing the traditions of Lent is countercultural. Welcoming the temporary suffering of Lent is swimming upstream in a culture that prefers to go with the flow. We can choose to live the paradoxical Christian life because we’ve been given a new life in Christ, which gives us the faith, hope and strength to do so.

You are Invited!

You are personally invited this season to dive deeply into the traditions of fasting, almsgiving and prayer. You are personally invited to practice the ancient Hawaiian spiritual practice of Ho’oponopono - radical reconciliation every Wednesday evening at noon and 5:30 pm. You are personally invited to come and re-charge each Sunday at the Lord’s Table and with your beloved community of faith.

[\(Details on page 2\)](#)

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Ash Wednesday - March 5

Noon - Ashes Prayer Service
5:30 pm Full Ash Wednesday Service
with Communion and Music

Lenten Wednesday's Evening Prayer Service

Noon and 5:30 pm
Ho'oponopono -

The Ancient Hawaiian practice of Forgiveness and Healing.

Schedule -

3/12 - Learning the Practice

I am Sorry...

3/19 - Reconciling with self

Please forgive me...

3/26 - Reconciling with each other

Thank you...

4/2 - Reconciling with the Church

I love you...

4/9 - Reconciling with the World

2025 Synod Assembly!

We will be electing two voting members to attend the 2025 Oregon Synod Assembly at the Annual Meeting on April 6, 2025.

Synod Assembly is an opportunity to gather together to worship, open our hearts, connect in a space of friendship, care for the business of our synod, and ground ourselves and the world in God's love.

This year our event theme is "Anam Cara: Soul Friends in the Spirit of Jesus." We will be exploring and inviting Spirit in as we explore deep friendship with the land and the water, the saints and ancestors, and our neighbors. We will be joined by ELCA Churchwide representative and Vice President Imran Siddiqui, who will be facilitating this year's bishop election.

If you are interested in attending as a voting member, please contact Council Vice President Annie Sakaguchi, (mcsak@comcast.net or 503-305-5479) by March 15, 2025.

**Special Pastoral
Hours
Every
Wednesday
Noon - 2 pm
March 5th thru
April 9th.**

Altar Guild & Sunday Servant Training

Sunday, March 23

Following Worship at 10:45 am to Noon
For those currently serving and those curious about serving as Sunday Servant and/or Altar Guild members.

Fill the Altar For Lent

Here at Prince of Life it has become our custom during Lent, to fill our altar with food for our local food bank:

2023 - 1,155 pounds * 2024 - 718 pounds
2025 - ?

Your contributions of boxed, canned and packaged foods around our altar during Lent help feed our neighbors in need.

Please bring your contributions to church on Sundays in Lent, March 5 through April 13 (Palm Sunday).

Let's work together to help our neighbors.

Annual Congregational Meeting April 6 after Worship

We're brought together for the Annual Meeting to share the condition of the church. We give progress reports on all corners of the church. We also elect members to leadership positions.

The Nominating Committee has been working hard. We have been searching for nominees to fill many positions.

Mary Jo Tyler has finished her term. Sarah Wheeler has agreed to run for the Council Secretary position.

Kay O'Dea has completed 2 terms as Treasurer. Cherry Harris and Kristen Paschall have agreed to run for Treasurer.

We need to elect 3 Council members to serve a 3-year terms.

Lori Downs, Karen Steiner, and Kurt Torgerson have completed their Council terms. Kurt Torgerson decided to run for a 2nd term. Melissa Martenson and Kathy Metzger will run also.

Mission Endowment Fund Committee is looking for 2 new members; to serve a 2-year terms. Rebecca Harms and Lyle Wiese are running for re-election.

Nominating Committee has the same need. John Mohlis and Linda Wiese will run for re-election.

Our constitution encourages us to have more than one candidate for each empty position. Please prayerfully consider being Secretary, Treasurer, a Council Member or on the Mission Endowment Fund Committee or Nominating Committee.

There is a list of leaders in your directory and on the bulletin board so you can see who you will be working with if you decide to become a nominee and are elected. Speak to anyone in any of these positions to see what's involved. Much of the "work" is done on Zoom or by email.

Speak to someone on the Nominating Committee with questions or to become a nominee.

Annie Sakaguchi, John Mohlis, Janet Mann, Linda Garrett or Linda Wiese



Church Life Photos Wanted!

With the Annual Meeting scheduled for April 6th this year, work on the Annual Report has already begun. If you have photos of our congregation "being the family of God," during the past year, won't you please share them with us?

Email digital photos to PLLC@PrinceofLife.org

Printed images from your film camera may be placed in the bin on the office door. They will be scanned and returned to you. (Be sure to include your name on such photos.)



The SON (Supporting Our Neighbors) program has started again. Prince of Life and three other area churches provide hot meals three times a week to four homeless families in area motels for two week periods through April. It's our turn again starting on March 24th and continuing through April 4th. .

We need volunteers to make meals or deliver meals. Look for the sign-up sheet on Sundays in the narthex.

Thank you for helping; the families are always very grateful.

Questions?
Call Karen Steiner, 503 657 4534.

March 2nd: Disaster and Climate Resilience

Kurt Torgerson will be presenting information on how to prepare for natural disasters such as heatwaves, earthquakes, power outages, strong storms and other events.

All are invited to this event following the worship service on March 2nd.

Kurt will share information on making a go-kit, as well as things you can do to help stay safe in your home.

Stay for coffee hour on March 2nd to hear this important presentation.

Child, Youth, & Family Service Committee

We held our first Social Justice Childcare Forum on February 23rd after the worship service. About a dozen people attended. We discussed an overview of the Childcare Coalition of Clackamas County's White Paper "Solving the Child Care Crisis in Oregon" and how it was developed over the past 4 years. We also decided what our next steps will be. **An overarching goal is to spread the word, first in our congregation, then out in the community.**

We agreed to meet monthly on the 3rd Sunday after church in the Fellowship Hall through January of 2026 with in person meetings. At the next meeting on March 16th, we'll talk more specifically on how to gain support. Several people agreed to bring information to share that they thought would be helpful to share with to encourage individuals this was a doable endeavor and others agreed to talk with one additional person in the congregation about it.

Anyone can join us. There are printed Executive Summaries on the Narthex counter that include information about how to find the full report online.

Janet Mann & Peggy Vermaas

Memory Booster:

Take more pictures with your mind. Don't pull out your phone every time you see a beautiful sunset or want to post your meal on Facebook. Take time to savor what you see. See it as an emotional highpoint you don't want to forget.

This is one of six "Memory Boosters" published by AARP and shared by Linda Wiese. See our narthex bulletin board for the full list!

Fun and Fellowship

March 9

All-Church Potluck,

A monthly event following worship on the 2nd Sunday of the month.

This month we honor Pastor Sharon on her final Sunday with us at Prince of Life.

March 21

Family Game Night

Bring a potluck dish to share and your favorite board game. We gather at 6:30 pm.

March 18

Men's Lunch

On the third Tuesday of each month, the men in the congregation are invited to meet in Oregon City's Wichita Pub at noon for food and fellowship. If you need a ride, call Harlow Jacobson at 503-656-1616.



Green Planet

In our technologically advanced era, electronic devices have become an integral part of our lives. However, with the relentless pace of technological advancements, the disposal of obsolete gadgets poses a significant challenge. These devices often accumulate, consuming substantial storage space. While it may be tempting to discard them indiscriminately, improper disposal of electronic waste (e-waste) can have substantial environmental consequences.

E-waste encompasses electronic devices that have become obsolete or no longer serve a purpose. This category includes various devices such as computers, laptops, smartphones, tablets, printers, cameras, televisions, and more.

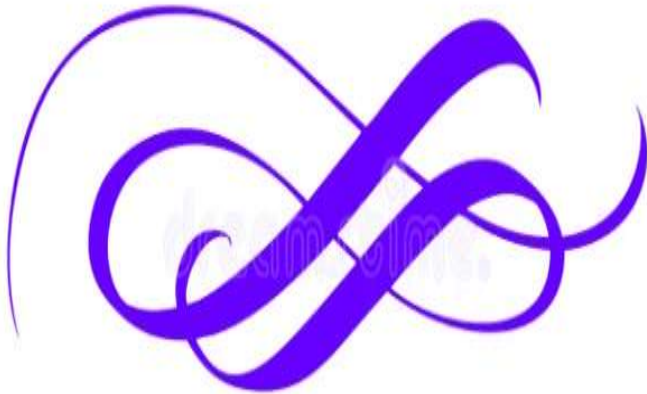
E-waste often contains hazardous materials, including lead, mercury, cadmium, and brominated flame retardants. These substances can pose risks to both the environment and human health if not disposed of responsibly.

This video explains further the problems of e-waste as well as what to do about it.

<https://youtu.be/r-diBr0-Ky8?si=HBslllyxm6s8FLiu3>

Take care of yourselves, each other and our planet.

Peace, Carol Bresky



Prayer Requests?

We love to pray. We believe in the power of prayer. We believe that prayer is one of our primary responsibilities as a congregation.

Each Sunday in worship we invite you to share your prayer concerns with our community. You may also submit a prayer request by emailing the office at PLLC@PrinceofLife.org.

Sermon Scriptures

March 2025

Revised Common Lectionary Year C

March 2

Exodus 34:29-35, Psalm 99, 2
Corinthians 3:12—4:2
and Luke 9:28-36 [37-43a]

March 9

Deuteronomy 26:1-11, Psalm 91:1-2, 9-16,
Romans 10:8b-13 and Luke 4:1-13

March 16

Genesis 15:1-12, 17-18, Psalm 27,
Philippians 3:17—4:1 and Luke 13:31-35

March 23

Isaiah 55:1-9, Psalm 63:1-8,
1 Corinthians 10:1-13 and Luke 13:1-9

March 30

Joshua 5:9-12, Psalm 32, 2
Corinthians 5:16-21 and Luke 15:1-3, 11b-32

Wednesday Morning Bible Study:

Join us each Wednesday morning at 10 am,
to examine the scripture for the coming week.

Red Cross Blood Drives

Red Cross Blood has a continuous need for blood, platelet and other blood products . Even if the Blood Drive at POL doesn't work for you, there are many other times and locations.

It's very easy to sign up by going to [redcrossblood.org](https://www.redcrossblood.org). You can sign up and fill out all the information quickly and easily. Use this link to sign-up on line:

<https://www.redcrossblood.org/give.html/find-drive> .

March Celebrations!

Birthdays

01 Marsha Guthrie-Williams
03 Carl Wiese
06 Rachel Warner,
15 Nicholas Wheeler
16 Aubree Costa, Ben Warner
17 Kathleen Wood
20 Jim Wasson
21 Jerry Cook
22 Skyler Fray, Linda Greiser
31 Ethan Fulop

Anniversaries

9 – Denny & Kathy Metzger
13 – Tom & Susan Rodway
15 – Joe & Yvonne Sawtell

God's Blessings on your special day!



Currently the most needed items at our local Food Pantry are:

Boxed Mac & Cheese
Prepared meals
Canned or boxed
Main Dishes

Many clients do not have access to a kitchen, so pre-packaged meals are always welcomed.

Please bring your food donations to church and put them in our shopping cart, next to the lift.

Prince of Life Lutheran Church March 2025

Sun	Mon	Tues	Wed.	Thurs	Fri	Sat
<p>For the most up-to-date calendar information, visit our website: https://princeoflife.org/</p> <p>Please submit your articles for the April 2025 newsletter by March 15.</p>						1
<p>2</p> <p>9:30 am Worship Sanctuary & Zoom Recording Available after noon 10:30 Sunday School 10:30 Coffee Hour.</p>	3	<p>4</p> <p>6 pm <i>Private Event</i> 7:30 pm Worship Committee (Zoom)</p>	<p>5</p> <p>Ash Wednesday Noon Worship 4 pm Music Rehearsal 5:30 pm Worship 6:30 pm <i>Addiction Recovery</i></p>	<p>6</p> <p>9 am Peace by Piece Quilters 6:30 pm <i>Cub Scouts</i></p>	7	8
<p>9</p> <p>Daylight Saving Time Begins 9:30 am Worship Sanctuary & Zoom Recording Available after noon 10:30 Sunday School 10:30 am All Church Potluck Pastor Sharon's Last Sunday</p>	10	<p>11</p> <p>6 pm <i>Private Event</i> 6 pm Property Committee Mtg. 7 Council Mtg.*</p>	<p>12</p> <p>Noon Lenten Prayer 4 pm Music Rehearsal 5:30 pm Lenten Service 6:30 pm <i>Addiction Recovery</i></p>	<p>13</p> <p>9 am Peace by Piece Quilters 9 am Social Justice & Learning Meeting 12:30 pm <i>OC Women's Club</i> 6:30 pm <i>Cub Scouts</i></p>	14	<p>15</p> <p>9:30 am <i>DAR</i></p>
<p>16</p> <p>9:30 am Worship Sanctuary & Zoom Recording Available after noon 10:30 Sunday School 10:30 Coffee Hour 10:45 Altar Guild training 10:45 Child Care Forum</p>	17	<p>18</p> <p>10 am <i>Material Girls</i> Noon Men's Lunch @ Wichita Pub 6 pm <i>Private Event</i></p>	<p>19</p> <p>Noon Lenten Prayer 4 pm Music Rehearsal 5:30 pm Lenten Service 6:30 pm <i>Addiction Recovery</i></p>	<p>20</p> <p>9 am Peace by Piece Quilters 6:30 pm <i>Cub Scouts</i></p>	<p>21</p> <p>6:30 Family Game Night</p>	<p>22</p> <p>4 pm <i>Addiction Recovery Event</i></p>
<p>23</p> <p>9:30 am Worship Sanctuary & Zoom Recording Available after noon 10:30 Sunday School 10:30 am Coffee Hour</p>	24	<p>25</p> <p>6 pm <i>Private Event</i></p>	<p>26</p> <p>Noon Lenten Prayer 4 pm Music Rehearsal 5:30 pm Lenten Service 6:30 pm <i>Addiction Recovery</i></p>	<p>27</p> <p>9 am Peace by Piece Quilters 6:30 pm <i>Cub Scouts</i></p>	28	29
<p>30</p> <p>9:30 am Worship Sanctuary & Zoom Recording Available after noon 10:30 Sunday School 10:30 am Coffee Hour</p>	31	<p>* The Council meeting minutes are available on the narthex bulletin board.</p>				

Looking Ahead

April 6 Annual Congregational Meeting (early this year)

Agenda to include:

Ratify Synod Approved Constitution / Approve Annual Reports / Conduct Elections

Holy Week April 13-20

April 13 Palm Sunday

April 18 Good Friday

April 20 Easter/Resurrection Sunday

April 27 - Pastor Sena Norton's installation

Prince of Life
Lutheran Church
PO Box 264
Oregon City, OR 97045



PRINCE OF LIFE LUTHERAN CHURCH

ALL ARE WELCOME! We are a Reconciling
in Christ congregation.

*To know the love of God in Jesus Christ, and to
share that love through word and action*



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PO Box 264
Oregon City, OR 97045
Phone: 503-657-3100
Website: www.princeoflife.org
E-mail: pllc@princeoflife.org
Pastor: Sena Norton
Director of Music Ministry: OPEN
Parish Administrator:
Edith Sanguinetti Alben
Council President: Bryan Bowyer

Prince of Life's Welcoming Statement:

The love and mercy of God move us to welcome all people,
including those who have ever felt excluded because of race,
sex, age, sexual orientation, gender identity or expression,
physical or mental challenges, addictions, imprisonment,
economic status, family status,
or anything that might divide us.

Whatever your country of origin or ancestry,
wherever you are on your journey of faith,
we welcome you.

Our unity is in Christ.