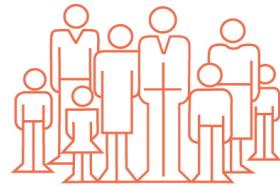


IMMANUEL

Broken and Loved, Saved by Jesus, Freed to Live



PRAYING THE EXAMEN THIS LENT

One ancient form of prayer is called the Examen.

It's a gentle way to end the day and a way to pray that might be new to you — something to explore during the season of Lent. For more reflections and resources, check out Jerusalem Greer's website: www.jerusalemgreer.com This is where she blogs about faith, family and her farm.

Praying The Examen

A Simply Sacred Everyday Practice

1. Become aware of God's presence in and around and through all things.
2. Review the day with gratitude. Use the *Thank you, Thank you, Thank you*, prayer if needed.
3. Pay attention to, and name the emotions from the day.
4. Choose one hard truth from the day and pray from it. Ask to see God's presence in the midst of it, then release it to the work of the Holy Spirit.
5. Look toward tomorrow with freedom and hope.

This Week

IMMANUEL

205 Pine Street PO Box 185
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TODAY

9:00 Worship
10:00 Coffee & Conversation

MONDAY

1:00 Quilters

TUESDAY

2:30 Staff Meeting

WEDNESDAY

2:15 Text Study
3:45 Living Faith & Faith Adventures
5:30 Soup Supper
6:30 MidWeek Lenten Service

THURSDAY

10 & 5 Food Pantry

SATURDAY

10:00 Visitation
11:30 Darlene Jahnke Memorial Service

SUNDAY

9:00 Worship
Boras Baptism
10:00 Coffee & Conversation

Announcements



Calling all Cooks :)
Would you like to
serve soup supper
for Midweek Lent?
Thanks for sharing your gifts!

March 27 &
Someone to help Stuffi on
April 10



Food for Thought Cafe
April 9th at 10:00 am
Our guest speaker is
Carol Hinderlie who will
discuss the Feldenkrais
Method to help improve your
flexibility, coordination,
comfort and overall
functioning. Welcome.



Morning of Renewal

Women of the ELCA
Wed, April 17 at Our Saviors
in Whitehall. Registration
begins at 8:30 and lunch will
be served. The Guest Speaker
will be Moira Kneer presenting:
**Life Lessons from
The Peanuts Gang.**
Register on the clipboard at
church or by contacting Sara C.
Cost: \$8 / Advance Registration



Maundy Thursday Tableau

April 18, 2019
Lights! Camera! Action!
Sign-up to be a part of this
year's tableau. You could be a
disciple or even Jesus. It's fun
and there are no lines
to memorize.

Thank you for ...

SERVING IN WORSHIP

THIS SUNDAY MARCH 24: TEAM FIVE

Randy Mueller, Carol Hinderlie,
Pat & Greg Sandstrom

THIS WEDNESDAY MARCH 27: TEAM SIX

Pamm Mercer,
Karen & Sam Schroeder

NEXT SUNDAY MARCH 31 TEAM SEVEN

Jeannine Tulip, Steve Marks,
Cora Komisar, Lona Sandberg,
Diane & Lundyn Carlson,
Doug & Gayla Earney



**Sunday April 7th
9:00 am**

There are so many voices that
make the Good News come alive
for us! On Sunday the 7th we
welcome a special guest – Bishop
Laurie Skow-Anderson. Laurie was
elected on June 3rd to serve a six
year term as the bishop of our
synod – the Northwest Synod of
Wisconsin. She will preach the
sermon and we will have time to
visit after the service. One meaning
of the word “synod” is to “walk
together” as we listen to God’s call
to be a church engaged with
neighbors near and far. Join us for
a morning full of joy and surprises!

PRAYERS OF THE CHURCH

PRAYERS OF THANKSGIVING
for Lent — and Jesus walking with us

PRAYERS OF CHRISTIAN SYMPATHY
for the family and friends of Darlene Jahnke
and the family and friends of Pat Breitung

PRAYERS OF HEALING

Ray, Bob, Kathy, Curt D, Bob J, Tom C, John N, Jackie G, Cory S, Brenda B, Bruce O, Darlene S, Mike, Mary B, Jim S, Jax, Wade, Adam, Bonnie, Caitlin, Joel W, Janice, Leah, Corey K, Erna, Sue, James, Cheryl, Michelle, Diane, David B, Vinn S, Mike S, Johan, Shirley, David, Naomi M, Steve D, John, Linda K, Mark D, Kirsten E, Evan H, Randy

PRAYERS FOR CARE CENTER FRIENDS
Ann B, Barb S, Pearl B, Carol, Alfred, Irene, Janeane