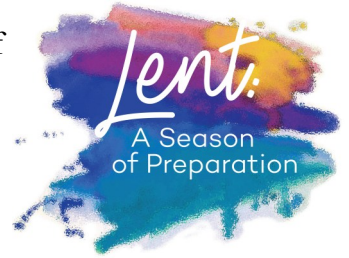


The Season of Lent

When I think about Lent I think about fasting and Friday fish fries. The area of Western Pennsylvania that I grew up in has a very large Italian-American population, and a very large Irish-American population, so the Catholic Churches were quite prolific and you could find an excellent Friday Fish Fry every mile or so. Most of my friends in school were Catholic, and we would all always discuss what we were going to give up each year for those 40 days. One year I gave up candy, another year I gave up meat altogether. I've given up social media, and snacking after 8 PM. My friends and I would compare how we were faring, and there was often an unspoken competition about whose chosen fasting item was more challenging. And while that's not the intended spirit of fasting during Lent, I do have fond memories of those connections. And, as I got older, I spent more time reflecting on the discomfort that came along with the fast, however mild it may have been.

In recent years, however, I've shifted my ideas around fasting during Lent. Instead of giving something up, I've started trying to take something on instead. A few years ago, I tried to journal every day during the season as journaling was something I used to regularly do as I spent time with God, but I had gotten away from it. Adopting a new practice throughout this season is a wonderful opportunity to explore more deeply how we are waiting and preparing throughout these forty days. It allows us to take on new habits and to unpack areas of our lives where there may be grief or pain or uncertainty. God meets us in these practices, and Lent is a great season to try and take on a new discipline. Whether you are a give something up every year person or not, I encourage you to find a practice you can take on this year. Maybe you want to take on daily prayer, or reading through a particular book in Scripture. Maybe you want to take on a practice that encourages creativity, or allows you to spend time in solitude. Wherever you are feeling led, I encourage you to try something new this upcoming season of Lent.



Blessings on the journey ahead,

Rev. Marissa Carver

Rend Your Heart An Ash Wednesday blessing by Jan Richardson

To receive this blessing, all you have to do is let your heart break. Let it crack open. Let it fall apart so you can see its secret chambers, the hidden spaces where you have hesitated to go.

Your entire life is here, inscribed whole upon your heart's walls: every path taken or left behind, every face you turned toward or turned away, every word spoken in love or in rage, every line of your life you would prefer to leave in shadow, every story that shimmers with treasures known and those you have yet to find.

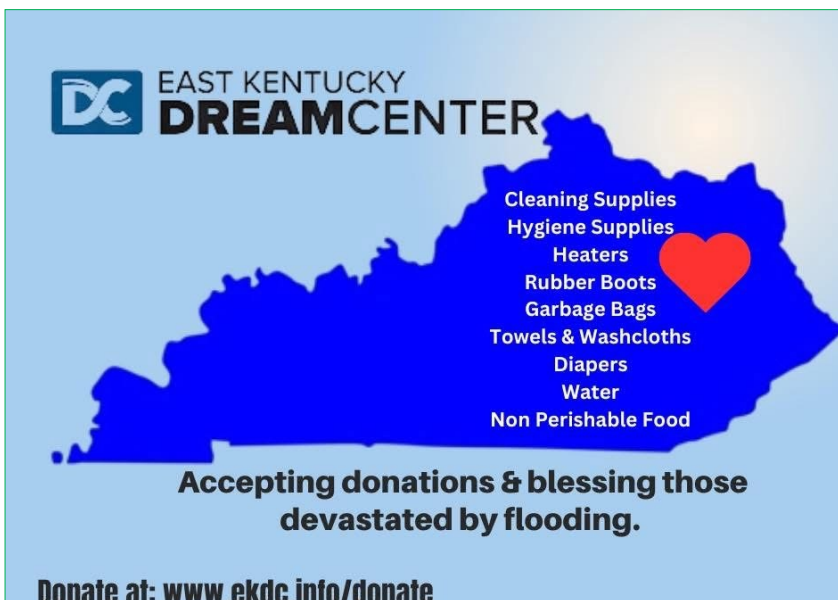
It could take you days to wander these rooms. Forty, at least.

And so let this be a season for wandering, for trusting the breaking, for tracing the rupture that will return you to the One who waits, who watches, who works within the rending to make your heart whole.

Earth - Shaking Victory

On Ash Wednesday in 2001, a 6.8 magnitude earthquake shook the Seattle area. Charlie and Ann Lewis, co-pastors in Snohomish, Washington, reflected on the timing: "While most years we prefer to think of Lent as a contemplative journey of faith as we walk with Jesus toward Jerusalem and the cross, this year we are thinking of how God turned the world upside down at Calvary. From the cross, Jesus cried out with a loud voice, and his life was finished. Then the earth shook violently, the curtain in the temple was torn in two and rocks were split apart. The God who identified with us in our humanity in the incarnation of Jesus Christ demonstrated in that moment the depth of divine love for us — a love that leads God to choose the path of suffering and sacrifice.

"Three days later, the earth shook again — another violent earthquake, and the stone in front of the tomb was rolled away. Then the crucified Christ threw aside the burial cloths, emerging from the darkness of the tomb to walk in the dew of the grass as dawn was breaking across the sky. God had declared victory over sin and death itself. That victory was for us. ... God has given us a glorious life that extends into eternity."



EAST KENTUCKY DREAMCENTER

- Cleaning Supplies
- Hygiene Supplies
- Heaters
- Rubber Boots
- Garbage Bags
- Towels & Washcloths
- Diapers
- Water
- Non Perishable Food

Accepting donations & blessing those devastated by flooding.

Donate at: www.ekdc.info/donate

We are asking for donations for the non-profit, charitable organization, *Dream Center*, in Eastern Ky. They are working hard on flood relief and are requesting:

Non perishable food items, cereals, canned food, chips, children's snacks, water
 Cleaning supplies, bleach, new pillows, blankets.

Shovels, rakes, garbage bags, heaters
 Hygiene products, soap, shampoo, feminine items

New underwear, socks, gloves, rubber boots
 Towels, washcloths, diapers

These items may be placed in the Fellowship Hall.

You may also give a monetary donation at this website: www.ekdc.info/donate.

Additionally, this is the Amazon Wishlist from First Presbyterian Church Pikeville if people prefer that way to donate: https://www.amazon.com/hz/wishlist/ls/26NYLBIKB440X/ref=hz_ls_biz_ex

South Frankfort Presbyterian Church 224 Steele Street, Frankfort, KY 40601

Minister: Rev. Marissa Carver Music Director: Emily Barclay Organist: Roland Herzel
 Church Office: 502-227-7401, cyndysusan.sfp@gmail.com Please note the two ys.
 Church Office Hours: 10:00 a.m.-2:00 p.m. on M&W, until 3:00 p.m. on T&TH Closed Fridays.



Meetings and Activities

Tuesday, March 4

12:00 ... Circle 3, Susan Quarles' Home
 5:30 ... Circle 2, Chris Richards' Home

Wednesday, March 5 Ash Wednesday Service

6:00 ... SFPC, Combined Service with First Presbyterian

Friday, March 7 World Day of Prayer

10:30 ... Church Women United at Capital Christian Church

Sunday, March 9

Daylight saving time begins.



10:00 ... Counterpoints & Faith in Action Adult classes
 10:00 ... Children's & Mid-School Sunday School Classes
 11:00 ... In person & Facebook Worship Service, Rev. Marissa Carver
 5:00 ... Concert, Good Shepherd Catholic Church

Monday, March 10

2:00 ... Bridge
 4:30 ... Knitting

Tuesday, March 11

12:00 ... ROSM Board Meeting

Tuesday Lent Combined Bible Studies March 11-April 15

5:00 ... March 11, 18, 25 at SFPC - A light meal will be served.
 5:00 ... April 1, 8, 15 at FPC - A light meal will be served.



Sunday, March 16

10:00 ... Counterpoints & Faith in Action Adult classes
 10:00 ... Children's & Mid-School Sunday School Classes
 11:00 ... In person & Facebook Worship Service, Rev. Marissa Carver
 12:00 ... Session Meeting
 3:00 ... **VBS Pop UP**



Worship Sunday

Attendance: **March 2, 2024**
 SFPC in person Worship: 77

Join us Sundays- 11:00 a.m., also online service.

During our live streaming time, you can go to

YouTube: [youtube.com/@southfrankfortpresbyterian8198.com](https://www.youtube.com/@southfrankfortpresbyterian8198.com) or to

Facebook: [facebook.com/sfpchurch](https://www.facebook.com/sfpchurch)

The next week, you may go to www.sfpky.org, the church's website and click "YouTube" or "Facebook" at the bottom right corner of the website to view the service.

If not in the service please consider

donating one of two ways:

1. Mail a check to: South Frankfort Presbyterian Church 224 Steele Street, Frankfort, KY 40601.
2. Click the green "Give Now" button on our website at sfpky.org. You can start and manage your account, and even set up repeating donations.

March 2, 2024 Offering: \$2,072.00

Prayer List

- | | |
|-------------------------|------------------|
| Lilly Ann Brooks | Glenda Harned |
| Mattie Baker Scott | Dottie Herzel |
| Jackie Hensley's Family | Jane Wilson |
| Nancey Belle Smith | Pam Orcutt |
| Tammy Stanley | Mark Tucker |
| Shirley White | Chris Mason |
| Bill Whitaker | Jennifer Grisham |

Names remain on the Prayer List for four weeks unless the request is long term. To add or retain people with their permission, email or call the church office.

Memorial Donations

In Memory of Jennifer Cheek
 Patricia Greer



"On **Sunday, March 9, 5:00 PM** Good Shepherd Catholic Church at 72 Shepherd Lane, Frankfort, will be hosting a joint concert of the Thomas More University and Franklin County High School Chamber Choirs.

This is a wonderful opportunity to enjoy beautiful choral music in our sanctuary, performed by dedicated and talented young people, directed by Dr. Joseph Taff and Ms. Raye Hurley, FCHS's widely lauded choral director.

Come, and invite your friends and neighbors, and especially children and teenagers who probably have never heard the extraordinary beauty of live choral music. Please come and experience artistry that endeavors to bring hope and peace to our ever more troubled world."

Tim Mallard, organist at Good Shepherd Church

GOOD DAY LADIES,

We are looking forward to our 2025 celebrations and support from churches, faith communities, and individuals. Thank you for your presence at our programs and your financial support for our missions. Both are vital to keep Church Women United in Franklin County alive and well.

Membership donations for a Ladies Group or Circle or Faith community range from \$25- \$50. Individual membership donations are \$10.00 Please mail to Carol Rawlings, 107 Edgemont Rd. Frankfort, KY 40601. Please call Beth Avent if you have questions. We appreciate your membership.

Our first program is **World Day of Prayer on Friday, March 7** at Capital City Christian Church in Frankfort. The program is at 10:30-Noon in their Youth Chapel. The theme is "Simply Pray" presented by Cap City Ladies. Donations of women's deodorant appreciated and will be given to Cinderella's Closet.

It is an exciting time when women get together to pray, share acts of kindness and joy! Looking forward to seeing you on March 7th.

Blessings,
Beth Avent, President



Volume 8 of The New Interpreter's Bible is missing from the library shelf in the Third Street foyer of the church. If you borrowed it, please return it. The volumes are black with turquoise on the spine cover. Thank you!

SPRING GATHERING PRESBYTERIAN WOMEN OF MID-KENTUCKY "Thrive in 2025" March 15, 2025

9:15 a.m. Coffee and Fellowship
 10:00 a.m. Gathering and Worship
 12 Noon Luncheon - \$10.00 with Registration.
 Westwood Presbyterian Church
 4432 Greenwood Avenue,
 Louisville, KY 40211

- March ... 3 Robert Bryan
- March ... 3 Peter Crosswell
- March ... 3 R. J. Wideman
- March ... 5 Dorothy Herzel
- March ... 9 Chase Sweger
- March ... 9 Jonathan Philpot-son
- March ... 11 Sarah Tharpe
- March ... 12 Fred Bebe
- March ... 17 Ann Crosswell
- March ... 17 Colleen Pomper
- March ... 17 Diana Andrews
- March ... 18 Mary Cheek
- March ... 18 George Perry
- March ... 19 Robert Walker Hall
- March ... 21 Brenda Duvall
- March ... 26 Kendall Brown
- March ... 26 Hannah Metzger
- March ... 29 Jonathan Philpot
- March ... 29 Corianna Wideman

Happy Birthday!