



Pleasant View Lutheran Church
801 West 73rd Street
Indianapolis, IN 46260
P: 317.253.0872
pvlcelca.org



March 2023 Newsletter

PVLC Community-wide
Lenten mission:
25 Baby Care Kits
for
Lutheran World Relief

Claim a tag in the
Narthex to donate
towards our goal.
Thank you!



Greetings from Pastor Sarah & Pastor Bob Nowak

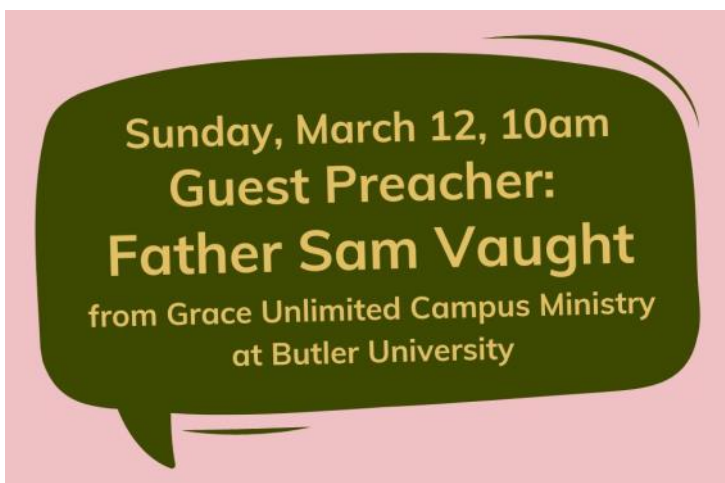
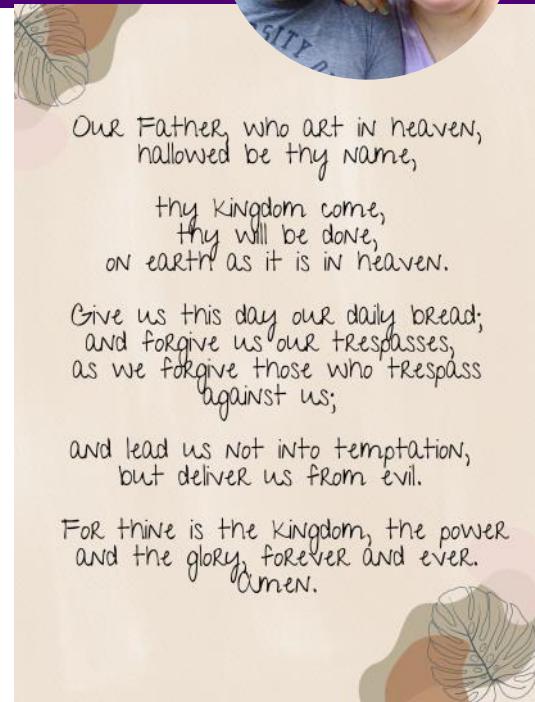


Currently in Confirmation class we're focusing on the Lord's Prayer, and, for the season of Lent, we're also focusing our children's messages on different parts of the Lord's Prayer each week – with the hope of helping the youngest among us learn this prayer together, as their parents and sponsors promised at their baptism (and give a brief refresher for the “big kids” too!) For Lent, we have also been encouraging taking more ownership of what happens in our worship through writing your own orders of confession and forgiveness and prayers. We are so thankful for the brave souls who took this invitation, and we look forward to using your words in worship soon!

But, generally, the Lord's Prayer is one of the pieces of our service that doesn't change – ever. We're not sure if any of you remember, but not long after we arrived here as your pastors, we took the risk of putting a different version of the prayer in our worship services. That was a fascinating experiment! On the first Sunday, some folks said the prayer as printed, some said the familiar version from memory (not reading along or noticing it was different), and some said the familiar version defiantly – noticing it was printed differently, but choosing to say the old familiar words anyway.

Sometimes it is these things that are most familiar and most dear to us that we must risk touching. One of the exercises in the confirmation lessons is for the student to re-write the prayer in their own words at the conclusion of the unit. And, that is what we invite those reading our words here to do as well. Just as some of you have taken the risk to write other parts of our worship service yourselves, what would the Lord's Prayer sound like in your own words? These kinds of exercises help us to see past the repetition of the words we know so well and better see the spirit that they were given to us in. Who knows, maybe we'll use your version during worship someday too—just think how much that would throw us all off, but for the better!

- Pastor Sarah & Pastor Bob



I haven't given up anything for Lent for several years. Both of my parents died in February, and it can be a hard month. It's difficult to think of giving something up when you are grieving. And then in 2020, COVID hit during Lent. I mean, how much more did we have to give up?

So this year, instead of giving up an indulgence, I've been thinking about what I can do to help my brothers and sisters. I can commit myself to faith-filled service.

I intend this to take the form of a phone call. An 8-minute phone call to be specific. In January, the New York Times published a series called the 7-Day Happiness Challenge. It included an article on the power of an 8-minute phone call. The reporter interviewed Dr. Bob Waldinger, a professor of psychiatry at Harvard Medical School and the author of the book "The Good Life: Lessons From the World's Longest Scientific Study of Happiness." His studies found that most busy people "tend to think that in some unspecified future, we'll have a 'time surplus,' where we'll be able to connect with old friends." But we all know we can't count on that happening.

In his book, Waldinger cited a 2021 study of 240 adults that found that when participants received brief phone calls a few times a week, their levels of depression, loneliness and anxiety were "rapidly reduced" compared with people who didn't receive a call.

I know there have been many times where I have felt the urge to reach out to someone but then thought, "I don't have time (or energy) for a long conversation." The New York Times article suggests telling people up front that you don't have long to talk but you really wanted to hear a person's voice.

How are you observing Lent? I'd love to hear. Maybe during an 8-minute phone call!

- Jennifer

Thank You Madelin!

We are sad to say farewell to our organist of the past 6 years, but are grateful for the ways Madelin has enriched our worship with her musical gifts.

We wish her all the best in her new job!



Join Us For Worship!

Sundays at 10am
Sanctuary and on Zoom

Meeting ID: 217 197 4317

Password: 02261844

Join by Phone: 1 929 205 6099

(Audio Only)

Zoom Link: <https://zoom.us/j/2171974317?pwd=c0V2TExzQWlmd09PQkxhOE1ZUEZmdz09>

- **Intergenerational Sundays**

- February Intergenerational Sunday was held on the 19th. Pastor Sarah provided guides for writing prayers of intercession and brief orders of confession and forgiveness for use in our worship services. Several statements were prepared; some were shared. Pastor Sarah will collate these and include them during Sundays in Lent.

- Margaret has created a Lenten Giving Tree and placed this in the Narthex. It has “onesies” hanging as “ornaments”. Each ornament has items on it that can be donated. During upcoming Intergenerational Sundays, we will assemble “baby kits” from the items donated. These kits will then be sent to Lutheran World Relief in support of mothers and their babies in countries where they are best needed. The goal is to assemble 25 such baby kits. (More info on next page.)

- Your ideas for future God’s Work, Our Hands (Intergenerational Sundays) activities are also welcomed and appreciated.

- The adult class continues with its study of Luther’s Small Catechism.

- Diaper donations for the Indiana Diaper Bank continue to be accepted at the church building.

- Elementary Age Group Teaching - Please find below the current calendar and openings.

| Sunday | | LESSON | | Teacher(s) |
|----------|--------------------------------|--|------------------------|------------|
| March 5 | 2 nd Sunday in Lent | WOMAN AT THE WELL John 4: 5-42 | Spring A lectionary | Amber |
| March 12 | 3 rd Sunday in Lent | POOLS AT SILOAM John 9:1-41 | Spring A lectionary | Amber |
| March 19 | 4 th Sunday in Lent | Intergenerational Sunday School | *Baby Care Kits* | Margaret |
| March 26 | 5 th Sunday in Lent | LAZARUS John 11: 1-45 | Spring A lectionary | Susan |
| April 2 | HOLY WEEK | HOLY WEEK Matthew 21:1-22; 26:14-27:66 | Spring A lectionary | |
| April 9 | EASTER | No Sunday School | | |
| April 16 | | DOUBTING THOMAS John 20:19-31 | Spring A lectionary | Amber |
| April 23 | | THE ROAD TO EMMAUS Luke 24:13-35 | Spring A lectionary | |
| April 30 | | EARLY BELIEVERS Acts 2:43-47; 4:32-37 | Spring A lectionary | Susan |



LUTHERAN WORLD RELIEF



BABY CARE KITS

SOME IMPORTANT GUIDELINES TO REMEMBER

- Please include sizes between 6 and 24 months. Varying the sizes of the clothing items included will make the Baby Care Kit useful as the baby grows.
- Sweaters may be knitted or crocheted from leftover yarn, or made from heavy double knits or fleece. Select a pattern that suits your skill level. Preferred styles have buttons or ties down the front.
- Diapers can be made from flannel or even by recycling t-shirts. Download a Diaper Tip Sheet from our website.
- If knitting or crocheting receiving blankets, including one knitted/crocheted blanket and one flannel blanket will provide maximum versatility.
- Onesies can be cut and hemmed or serged to make a simple t-shirt.
- Gowns, rompers or top/pants sets can be substituted for sleepers.
- Gently used, clean clothing and blankets (no stains or tears) may be substituted for new ones. It is especially important that the items be in excellent condition, as used clothing is increasingly difficult to get through customs in many countries. Even one item that looks worn or stained to local officials can jeopardize the status of a whole shipment. All other items (diapers, towel, soap) in the Kit must be new.
- Please do not donate items with any religious symbols, messages or your group's name.
- Please do not donate any items decorated with a U.S. flag, patriotic or military symbols, or references to the armed forces, including camouflage.
- Do not add other items or leave out any of the items listed.
- Do not enclose the Kit or any of its contents in plastic bags.

INCLUDE THE FOLLOWING IN EACH BABY CARE KIT

- TWO** lightweight cotton t-shirts (no Onesies ®)
- TWO** long- or short-sleeved gowns or sleepers (without feet)
- TWO** receiving blankets, medium-weight cotton or flannel, or crocheted or knitted with lightweight yarn, between 36" and 52" square
- FOUR** cloth diapers, flat fold preferred
- ONE** jacket, sweater or sweatshirt with a hood, or include a baby cap
- TWO** pairs of socks
- ONE** hand towel, dark color recommended
- TWO** or three bath-size bars of gentle soap equaling 8 to 9 oz., any brand, in original wrapping; no mini or hotel size bars
- TWO** diaper pins or large safety pins

HOW TO PACK YOUR PROJECT PROMISE KITS

- Wrap items in one of the receiving blankets and secure with diaper pins.
- Pack completed Kits, like items together, in boxes. Label contents in **LARGE, BLOCK LETTERS** on the outside of the boxes.
- Use strong cartons secured with packing tape, not to exceed 40 pounds.
- Do not use plastic or paper bags to pack donations.
- Include the name and address of your group or congregation on each box and label the contents

Faith and Activism through Revolutionary Love

Featuring
Valarie Kaur

PRODUCED by the
CENTER FOR FAITH and VOCATION

MONDAY, MARCH 20, 2023

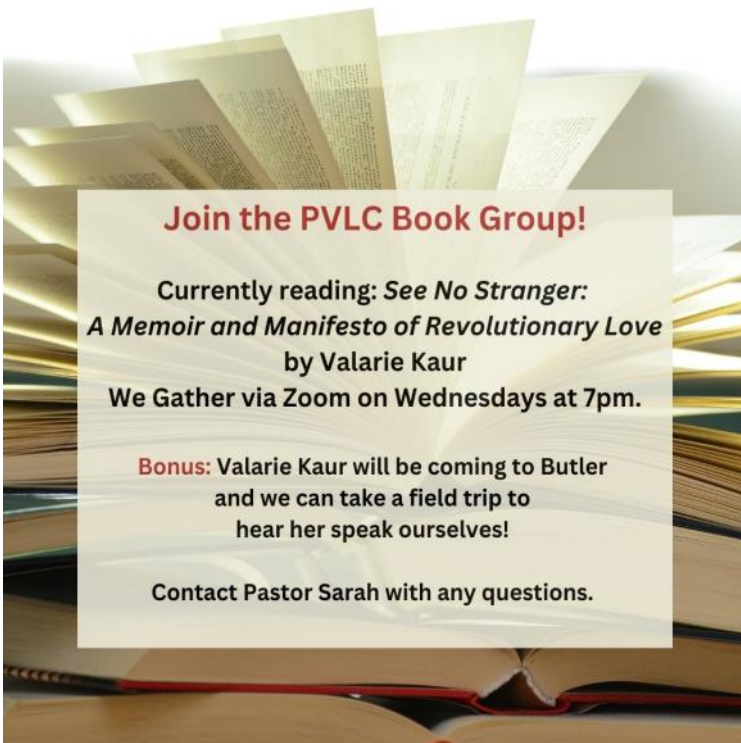
FREE AND OPEN TO THE PUBLIC

MORE INFORMATION AT
BUTLERARTSCENTER.ORG

Photo by: Amber Castro



BUTLER CENTER for FAITH and VOCATION



Join the PVLC Book Group!

Currently reading: *See No Stranger: A Memoir and Manifesto of Revolutionary Love* by Valarie Kaur
We Gather via Zoom on Wednesdays at 7pm.

Bonus: Valarie Kaur will be coming to Butler and we can take a field trip to hear her speak ourselves!

Contact Pastor Sarah with any questions.



Did you know...

You can help our neighbors in need by donating to Wheeler Mission. Please consider purchasing some of their most urgently needed items during these winter months. You can support and donate at the following link:

<http://wheelermission.galaxydigital.com/urgent-needs>