



The **CORNERSTONE**
Columbus Community Congregational Church
Ephesians 2:20

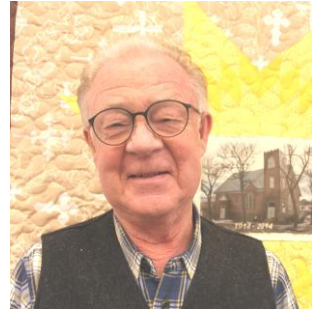
March 2025 Issue
Worship “plus”

- 1) Sunday Worship 10:30am *in person* and also on <https://www.facebook.com/Columbus-Community-Congregational-United-Church-of-Christ-109813516270/>
- 2) Pastor Kelly’s schedule during the week:
Wednesday - Worship team 10am, Lunch at Senior Center 12 pm.
Saturday - in office: 10:00 am-1pm, starting with Coffee w/ Kelly 10 am; rest of **Saturday** making calls in the community, attending sports events, etc. Kelly is available to meet with folks on **Wed., Fri., Sat. by appointment and at other times** for special needs, hospital visits, etc. as needed.

From Pastor Kelly

A Season of New Life

The word “lent” comes from the Anglo Saxon “lencten” which means spring. It is a time new life begins again.



It was originally the season that those who wanted to become Christians went through a long time of denying themselves comforts to through fasting, study and preparation for baptism as new followers of Jesus in the world.

Our church will once again join our friends at St. James in midweek gatherings devoted to remembering all that Christ denied himself so that we might have new hope, in this life and in the life to come.

Ash Wednesday, bread and soup suppers, Maundy Thursday and Good Friday will give us times when we can enter into Christ’s story being tempted in the desert, triumphantly entering into Jerusalem, gathering his disciples for a last Passover meal together, his betrayal by a trusted follower, denial by another and abandonment by all of them.

And each year, we remember that this is all just preparation for a final revelation of who he was and the one to whom we owe our life in this world, and to reclaim our eternal hope, for ourselves and those we love.

It is an act of faith, not only because of what we give up, but also of what we have been given – and what we can give of ourselves, in spirit and body – because we, too, are loved.

The old proverb puts it this way. ‘I see and I forget. I hear and I forget. I do and I remember.’ Each year Christians are given this season for doing and remembering.

And so we begin again another spring, another season of Lent, of doing and remembering.

Onward and upward, Kelly



Lenten Season Schedule

(shared by our CCC church & St. James Lutheran)

Mar. 5	Ash Wed. service	7:00 pm	St. James
Mar.12	Soup & Bread	5:30 pm	CCC
Mar.19	Soup & Bread	5:30 pm	St. James
Mar.26	Soup & Bread	5:30 pm	CCC
Apr. 2	Soup & Bread	5:30 pm	St. James
Apr. 9	Soup & Bread	5:30 pm	CCC
Apr.13	Palm Sunday	Each church reg. time	
Apr.17	Maundy Thursday	7:00 pm	CCC
Apr.18	Good Friday	7:00 pm	St. James
Apr.20	Easter Sunday	Each church reg. time	

Each church provides 2 soups & 2 breads for *each* Soup & Bread supper we share. **We really need more volunteers to bring soup and bread on these Wednesdays!** Please add your name to sign-up sheets in East room (light beige sheet.)

Moderator Musings

At our worship team meeting we discussed lent and the idea of giving up something and taking up something. We seemed to agree that giving up something isn't about the item given up. The item represents a time to reflect and consider where one is and where one is going. Perhaps consider the item and realize there are folks who don't have the luxury of having the same.

Taking up something can be a bit more intentional. It can be a new start to a healthy habit. From my long-ago psychology course – and possibly mis-remembered – the science was the mind requires three weeks to create or break a habit. Fortuitously, as often happens, the Mayo clinic health letter had the following article. I hate to admit it, but they may be a better source than I am.

7 ways to create a new habit

Forget about willpower. Here's what really works to make healthy choices the easy choices.

1. Set yourself up. Put the pill bottle next to the coffee maker. Put your running shoes in your work bag.

2. Say it out loud. And be specific: Instead of watching TV, I'll read for 30 minutes before bed.

3. Picture it. Realistically. Don't just imagine yourself thinner. See yourself choosing between the burger and the salad.

4. Keep practicing. Experts say it can take 18 to 200 repetitions form a habit.

5. Find a fun way to keep track. And make it social by exercising with a friend or sharing online. The high fives will spur you on.

6. Pair an old habit with a new one. Want to be more mindful? Take 5 deep breaths every time you buckle your seatbelt.

7. Stick with it. You can condition your taste buds to expect fruit for your after-dinner treat.

All the best as you give up and take up whatever you choose. Reminder that each Wednesday during Lent at 5:30 p.m. we share soup and bread with the good St. James folks. Please join us as we engage the Lenten season. (Schedule on preceding page.)

Maurie Petterson

We Remember in Prayer: Dan & Carol Hofferber, Thelma Black's son Bob Harper, prayers for a Parkinson's cure, Bill & Janice Goodman, Karen Brewer, Vicky Unger, Donna McFarland, Dick Henry, Dennis Henderson, Kris Delzer, Tristan Voller, Kate Stulce, Chuck Denison, Drew Maki, Sam Spano, Cindy Jackson, Gordon Nye, Una Kay DeCock, Abby & Joe Cassidy, Devin Matthews commuting for grad school, the laid-off mine employees, people affected by fires, harsh weather, travel.

The residents/staff of Meadowlark and Beartooth Rehab & Nursing. All affected by mental illness, loss or pain. All caregivers. All in harm's way, feeling grief over loss, or struggling to make sense of a new reality.

Prayer Chain

Contact Mary to have your name added or have contact info corrected or changed. If you know of someone in need of prayers, please tell Pastor Kelly, and then call the lead name on all four prayer chains.

Kelly Addy 406-591-6777

Chain One

Mary Kuehn 406-322-5912
or 406-321-4049

Judy Bondo 775-340-1299
Karen Conor 406-545-8458
Jerry Nye 406-322-8587

Chain Two

Viv Gerke 406-855-0137
Karen Brewer 406-516-0470
Theresa Wiegand 406-223-4989
Dot Gallagher 406-780-1754
Cheryl Rasmussen 406-551-0775

Chain Three

Sherry Aschim 406-321-2266
or 406-322-4316

Beth Damm 406-321-1119
Paulette Northup 406-322-8641
Charlotte VanOosten 406-326-2112
or 406-780-1530
Bonnie Kinsfather 406-656-3287
or 406-698-2146

Chain Four

Trish Goddard 406-321-1101
Linda Acharya 406-321-0693
Amy Drain 406-780-1240
Joan Nye 406-321-0591
Pattv Edwards 406-780-1031

If the person you are calling doesn't answer, leave a message and call the next person on the list.