



# Messenger

March  
2024

## Pastor Al's Message

**“Jesus’ story is our own: new life through death is God’s design.”**

(excerpt from the hymn, “Three Holy Days Enfold Us Now,” from the All Creation Sings hymnal)

“New life through death is God’s design.” That is a jarring statement, but it is what Jesus’ life reveals to us. Jesus came to life as he entered into the death, the pain and the suffering of individuals and the world.

Jesus doesn’t do this simply out of a sense of responsibility. He learned that this is the path to a life that is full and worth living. It is what he, and we, were created for. It doesn’t look like it from the outside, but this is exactly where our lives take on meaning and purpose, and so, joy; right in the midst of all the death-dealing realities of life.

We are mid-way through our Lenten journey, and so, Holy Week is drawing near. I do believe it’s true that I cannot really celebrate Easter, unless I make the whole journey of Holy Week. It’s hard to know what we are celebrating on Easter, unless I make the Holy Week journey together with you. It is equally hard to know what will truly bring joy to any day of my life without this journey.

There is a book, entitled, “The Three Day Feast.” The goal of this short book is meant to help us consider why we gather as we do for Holy Week: Palm Sunday, Maundy Thursday, Good Friday and Easter.

The first chapter is entitled, “Keeping the Feast,” and I want to share a brief thought from this book as we prepare for our journey again this year. We can say that we celebrate Thanksgiving. We remember the date of our baptism. We hold a birthday party. We observe the anniversary of a death.

But, we also can say that we **keep** anniversaries, holidays and birthdays. I believe there is deep truth in this use of the word “keep.” To keep something is to retain it, to hold it close, to preserve and protect it.

Because our lives are complicated and our energies are spent on so many necessities with new interest daily competing for our attention, we must intentionally strive to keep alive remembrance of what we value; those things that will shape and guide us. Festivals like Holy Week (Palm Sunday, Maundy Thursday, Good Friday and Easter) need to be **kept**, or their influence over our lives will cease.

The events of Holy Week are not somehow different from how Jesus lived out the whole of his life, but in these few days, all that Jesus did and all that Jesus was is captured for us.

Holy week helps us to experience all that Jesus is in a unique way. Our journey together throughout Holy Week helps us to keep alive these moments in our hearts and minds. Walking together through the whole journey of this week, it moves us to claim again what we value most.

The impact of Holy Week is not just on a few days at the end of our Lenten journey. As we keep these days, as we make the journey together again this year, the truth of who Jesus is gets inside of us, and can move us to see: Jesus’ story is our own: new life through death is God’s design.


I know these words do not always make sense to me, or I want to ignore their truth at times. If the same is true for you, it might be a sign that we need to make the Holy Week journey together again. I look forward to joining you! Peace,

*Pastor Al*

*Sinai Lutheran Church welcomes, challenges, and nurtures disciples to serve the church and love God's world.*

Holden Evening Prayer services will be held on Wednesdays in Lent now through March 20 at 7:00pm with Jesus stories to reflect on who he is and where we find Jesus. Copies of daily Lenten Devotions from Luther Seminary, *Lord Jesus, You Shall Be My Song*, and other resources are also available in the narthex. **We will also gather for about 30-45 min after Holden worship in the narthex to discuss that evening's story** about who is Jesus, where is he in the world and how he uses his power and authority, time, energy, gifts talents and passions.

 **FOODBANK** *To support Social Ministry's Lenten collection, an envelope is in the bulletins now through March 24 for Food Bank of the Heartland.*

 **Daylight Saving time—spring forward one hour the night before Sunday, March 10 so you are not late to worship!**



You can help adorn our sanctuary on Easter with **Spring Flowers!** A sign up is in the narthex for you to contribute \$10 a plant. In memory of or in honor of a loved one can be noted on the sheet and we will note that in the Easter bulletin, March 31st. Pick up after 10:30 service on Easter. **Deadline is March 14.**

Copies of daily Lenten Devotions from Luther Seminary, *Lord Jesus, You Shall Be My Song*, and other resources are available in the narthex.



**Lenten Meals are held on Wednesdays through March 20 from 5:30-6:30pm with Holden Evening Prayer worship to follow at 7:00pm.** The dinner schedule continues with the following:

- March 6** Chicken Noodle and Ham & Potato Soups
- March 13** Ham & Bean and Chicken Noodle Soups served by Social Ministry
- March 20** Variety of Soups served by Fellowship

A donation will be taken to support the HS Youth Gathering trip this summer.

**Thanks to those who offered to help make soup the first three weeks!**

**Pr. Al will have surgery on March 6<sup>th</sup>.** He will be recovering and out of the office until March 16<sup>th</sup>. We welcome presiding minister Pr. Jim Melang on Sunday, March 10<sup>th</sup>

Join Bryce and Kay Exstrom Sunday, March 3 after the 10:30am worship service for a celebration of their 50<sup>th</sup> wedding anniversary. A cake reception will be held in the fellowship hall and they would love it if you joined them!

**The Living Lutheran has ceased printing publications.** This free to you printed subscription will not arrive at your home any longer. **You may sign up for e-digest stories, blogs, Voices of Faith on social media or delivered to your email at [livinglutheran.org/subscribe](http://livinglutheran.org/subscribe)**

**Sinai Festival Sounds** welcomes returning artists Ann Marie Rigler and Eric T. Williams on **Sunday, March 17, at 3:00 p.m.** with reception to follow. The varied program will feature works for organ and violin as well as works for solo organ and will be drawn from different seasons of the church year. Sinai Festival Sounds programs are free and are supported by donations. (flyer on Bulletin board)

**Ann Marie Rigler** is Professor of Music and College Organist at William Jewell College in Liberty, Missouri, where she teaches courses in music history, Christian worship practices, and keyboard skills. She also serves as organist for College events and for Jewell's critically acclaimed Concert Choir. An active church musician, she is currently organist for Central Presbyterian Church in Kansas City, Missouri.

**Eric T. Williams** is a freelance violinist and violist, performing at many musical events throughout the Kansas City area. He is especially devoted to Baroque music and plays a Charles & Samuel Thompson violin dating from ca. 1780. Williams is manager of grants for the Kansas City Symphony, also serving as staff photographer and program annotator.

**Reminder:** Michael Bauer, our organ consultant, recorded a CD at Sinai featuring some of the music from his dedicatory recital. These CDs are available for a donation of \$10 to the concert series.

The Messenger is also available on our website: [www.sinailutheran.com](http://www.sinailutheran.com)



PRUDENCE-NAOMI CIRCLE will meet **Monday, March 25 (date change) at 7:00 pm** at the home of Gail Barth as Gail Barth leads the Bible Study from the Gather Magazine Session 3: Scripture and Nature: Teachers of faith, Rivers

RUTH CIRCLE AND CHARITY CIRCLES meet on the third Wednesdays in Sinai's narthex. **There will NOT be Circle in March.**

**Adult Faith Formation**

is held between services from 9:15-10:15 in the fellowship hall. Join us for fellowship with a treat and drinks and is open to all ages where little ones are welcome.

**March 3** Lisa Kramme will share the Open Hands spiritual practice and Praying with Imagination.

**March 10** Diane Harpster will share Zentangle. This mindful, creative practice can be a way to quiet and listen, one mark at a time.

**March 17** David Pinkston, the NE Synod Seeking the Spirit Within Director, will be teaching on the sustainability of *daily* Sabbath practices.

**March 24** Table Tents to deepen conversations and relationships with each other.

**March 31**, Easter, No AFF, but join in breakfast as the youth serve!

Saint Benedict Center will host a time to explore the richness of blessings in your own life...and how patient waiting can help us with our burdens and blessings. Check out the flyer for more information on the one day program, *Exploring the Blessings in your Life* on Saturday, March 16, 10am-4pm. Register at [www.stbenedictcenter.com](http://www.stbenedictcenter.com)

*Deepest Sympathy*

We pray for the family and friends of:  
**Diana Gray**  
grandma to Kyle Von Seggern  
died 2/3/24

**Loretta Klebe**  
died 2/17/24

**Sheila Exstrom**  
sister to Bryce Exstrom  
died 2/20/24

**Lee Vampola**  
family friend to the Navarrettes

*"So you have pain now: but I will see you again, and your hearts will rejoice, and no one will take your joy from you"*  
John 16:22

**Maundy Thursday,**  
**March 28 7 pm**

First communicants: Rowen Ruether & Moxen Kucera



**Good Friday, March 29**

**Noon**—Stations of the Cross  
**7:00pm** Adoration of the Crucified

**Easter Sunday, March 31**

8:00 & 10:30am services

**9:00-10:00am Easter Brunch.** Please join us for breakfast casseroles, fruit, bakery items, drinks & CELEBRATION hosted by the Youth with your donation designated to sending our HS youth the 2024 Summer Gathering in New Orleans.



The annual Fremont Area Leadership Prayer Breakfast will be held on **Good Friday, March 29 at 7:00am** at Midland Event Center. Josh Dotzler, CEO of Abide Omaha, will be the speaker with a hot breakfast. **Tickets are available for \$25 at the Fremont Chamber [www.fremontne.org](http://www.fremontne.org)** (A flyer is on the bulletin board.)



Would you like enjoy a night out with Sinai friends and support **Fremont Area Habitat for Humanity?** Their annual fundraiser, *Habitat Heros*, will be at Midland's Hopkins Arena on March 23. Social hour starts at 5:30pm and supper begins at 7pm.

\*Tickets are \$93.75 per person to sponsor a Sinai Lutheran Church table with 8 people. \*Tickets are \$65.00 per person if you purchase individual tickets. Folks purchasing individual tickets wouldn't necessarily be seated together.

If you're interested in attending, please contact Keith or Lisa Kramme by March 12. If there's enough interest for one or more Sinai tables, Krammes will ask you to write a check for \$93.75 per person, made out to Fremont Area Habitat for Humanity, and will get the table(s) reserved. They'll also turn in your checks for individual tickets at \$65 each if you prefer attending that way. Thanks!

MARCH 2024 Serving in Worship

March 24 and Holy Week continued on page 7

March 3, 2024	8:00	10:30
Presiding Minister	Pr. Al Duminy	Pr. Al Duminy
Organist	Claire Bushong	Claire Bushong
Asst Minister	-----	Chris Bogenreif
Prayer Minister	-----	Joyce Myers
Lector	Mike Winterfeld	Jennifer Wulf
Worship Host	Leroy Ostransky	Carrie Paper
Acolyte	Shannon Ostransky	Macy Livasy
Children's Word	Pr. Al Duminy	Pr. Al Duminy
Communion Asst.	Nancy Strong	Lindy Hoyer, Emily Wageman
Communion helper	Miles Ostransky	Jasmine Navrude
Ushers	Brett Harris, Michael Winterfeld	Keith Kramme, Tyler Mensik
Choir/Cantor	Julie Riecken	Bell Choir, Adult Choir
Altar Guild	-----	Richard & Joyce Myers
Fellowship	Jan Kruse, Bev Recoy	-----
Eucharist Bread	Eldene Thomsen	-----
March 10, 2024	8:00	10:30
Presiding Minister	Pr. Jim Melang	Pr. Jim Melang
Organist	Claire Bushong	Claire Bushong
Asst Minister	-----	Diane Harpster
Prayer Minister	-----	Cheri Anderson
Lector	Paul Peterson	Helmut Yurk
Worship Host	Nancy Strong	Ron Johnson
Acolyte	Madison Ostransky	Ava Lamprecht
Children's Word	Doyle Schwaninger	Doyle Schwaninger
Communion Asst.	Mike Winterfeld	Aaron Wulf, Zac Berry
Communion helper	-----	Max Lamprecht
Ushers	Isaac Harris, Shirley Harris	Richard & Joyce Myers
Cantor	Doyle Schwaninger	Doyle Schwaninger
Altar Guild	-----	Bev Recoy
Fellowship	Jan O, Karen G, Jan O	-----
March 17, 2024	8:00	10:30
Asst Minister	-----	Paul Peterson
Prayer Minister	-----	Helmut Yurk
Lector	David Bentley	Steve Navarrette
Worship Host	Mike Winterfeld	Richard & Joyce Myers
Acolyte	Isaac Harris	Max Berry
Children's Word	Pr. Al Duminy	Pr. Al Duminy
Communion Asst.	Renee Coates	Stacie Radford, Chris Bogenreif
Communion helper	-----	Charlie Paper
Ushers	Leroy & Jan Ostransky	Gary Overfield, Aaron Wulf
Cantor	Lynn Lamprecht	Lynn Lamprecht
Altar Guild	-----	Ron & Diane Harpster
Fellowship	Emily W, Renee C, Derek P	-----
Eucharist Bread	Carolyn Grasmick	-----

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Youth Payment Due 8 & 10:30am Worship 9:15am SS/ Adult Faith formation- Lisa Kramme 11:30am Exstrom 50th Wedding cake	4	5 Recycle Pickup Pr. Al Surgery—out of office until March 16 7pm Synod Listening Session	6 3pm Lent meal prep 4:30pm Bell Choir 5:30pm Lenten meal 6:00pm Social Ministry Meeting 7:00pm Lenten worship 7:30pm Adult Choir	7	1 Spiritual Direction Retreat-CJH ***** 8	2 Spiritual Direction Retreat-CJH ***** 9
10 SPRING FORWARD 8 & 10:30am Worship 9:15am SS/ Adult Faith formation-Diane Harpster	11	12	13 8:30am Financials 1:30pm Quilters 4:30pm Bell Choir 5:30pm Lenten meal 7:00pm Lenten worship 7:30pm Adult Choir	14	15 Organ Rehearsal 10:00am Nye Bible Study	16 Organ Rehearsal
17 8 & 10:30am Worship 9:15am SS, Adult Faith Formation-David Pinkston 3:00pm SFS Concert-Reception	18	19 Recycle Pickup 9:45am Staff mtg	20 Comm Reports due NO Circle 4:30pm Bell Choir 5:30pm Lenten meal 7:00pm Lenten worship 7:30pm Adult Choir	21 6:30pm Communion Instruction	22	23
24 Palm Sunday— Start in Narthex with palms 8 & 10:30am Worship 9:15am SS, Table Tents	25 7:00pm Prudence Naomi Circle	26 9:45am Staff mtg 7:00pm Council meeting	27 No Choirs	28 7pm Maundy Thurs—Worship	29 12pm Good Friday Worship 7pm Good Friday Worship	30
31 EASTER 8 & 10:30am Worship 9:15am NO SS, AFF 9-10am Youth Break-fast—join us!	APRIL 1 Office closed	APRIL 2 Recycle Pickup 9:45am Staff mtg	APRIL 3 4:30pm Bell Choir 7:00pm Adult Choir	APRIL 4 LFS Fremont Family event at Woodcliff	APRIL 5	APRIL 6

March 2024

*Sinai Lutheran Church welcomes, challenges, and nurtures disciples to serve the church and love God's world.*

**March Birthdays**

1 Connie Barron	11 Keith Workman
3 Kerstin O'Connor	12 Robert Johnson
3 Vickie Ruether	16 Ann Knippelmeir
6 Charles Westergren	16 Janet Lack
6 Alan Naughton	17 Al Duminy
6 Shelly Neill	17 Keith Radford
6 Jerry Navrude	18 Shirley Harris
6 Abigail Huberty	19 Diane Vyhlidal
6 Oaklie Huberty	20 Charlotte O'Reilly
6 Beckett Kohmetscher	23 Max Berry
6 Carter Kohmetscher	24 Sheryl Bergstrom
8 Gary Ehmcke	27 Brett Harris
8 Adam Kronberg	29 Diane Harpster
8 Hazel Pry	30 Gloria Naughton
10 Sadie Paper	31 Hadley Mendlik

**March Anniversaries**

- 3 Paul & Dolores Watson
- 4 Troy & Deann Berry
- 4 Dennis & Nan Rix
- 20 Charles & Mary Westergren

Congratulations to Bryce & Kay Exstrom on 50 years of marriage on February 23rd!  
**\*\*Join them in a cake reception on Sunday, March 3rd after the 10:30am worship in the fellowship hall**



The newly elected council elected and assigned the following:

- President:** Aaron Wulf
- Vice President:** Carrie Paper
- Secretary:** Janet Lack
- Treasurer:** Renee Coates
- Financial & Memorial Secretary:** Kathy Overfield

**Summer camp** –*We get it. Parenting is hard. Choosing a summer camp experience is more than just filling your child's schedule and keeping them busy. You want safe, affordable options that support your values and help your children to grow in character, faith and friendships. Plus, it must be fun!*

Camps Carol Joy Holling in Ashland and Camp Fontanelle in Nickerson are inviting youth and families to consider spending time at camp this summer. Weekly summer camp for adult/children happen this summer from June to end of July at both camps. Each have day camps too for daily attendance or just a day to get a taste of camp. CJH has first time camp rates on certain weeks. Contact Emily if need more information. Camp is a wonderful faith forming experience and hope it is considered for your family!

[www.caroljoyholling.org](http://www.caroljoyholling.org)    [www.campfontanelle.com](http://www.campfontanelle.com)

**Ministry Team assignments:**

- Faith Formation:** Carrie Paper, Lisa Kramme
- Fellowship:** Diane Harpster
- Property:** Aaron Wulf
- Social Ministry:** Keith Baughman, Janet Lack, Doyle Schwaninger, Jodeen Yurk
- Worship & Music:** Cheri Anderson, Gary Overfield



**Calling all Quilters!** Carol Joy Holling has set the date for their 36th annual quilt auction for July 27th. Quilts of all sizes are welcome, but buyers usually look for standard-size quilts. If you want to prepare for a donation, you have between June 3 and July 22 to deliver the quilts with a color photo of the quilt with the name and city of individual donating. There are additional instructions and if you need more information, please contact the office. If you have donated in the past, you most likely received the mailing. Happy quilting!



**Kiwanis pancake day will be held on Thursday, April 4th from 7am-7pm** at Good Shepherd Lutheran Community Center. Cost is \$7 with Jim Holtam or Emily in the office (\$8 at the door) for the pancake and sausage meal with proceeds to support one of many local programs including Head Start programs in Dodge County.

## Caring for and Helping Others



**The food pantry collection basket will offer a change in recipient from month to month. The items needed are typically the same, but we will collect for **LifeHouse pantry** in March, **Midland's cupboard** in April, and continue then every other month. Any pantry or non-perishable items accepted and a special list for the Cupboard is posted near the basket and on the bulletin board.**

March 24, 2024	8:00 Palm Sunday	10:30 Palm Sunday
Asst Minister	-----	Kathy Overfield
Prayer Minister	-----	Karen Gay
Lector/reader	Jan Ostransky	Doyle Schwaninger
Worship Hosts	Carolyn Grasmick	Aaron Wulf
Acolyte	Nancy Strong	Teagan Curtis
Children's Word	Emily Wageman	Emily Wageman
Communion Asst.	Julie Kavan	Ron Harpster, Diane Harpster
Communion helper	-----	Jasmine Navrude
Ushers		Rachel Wageman, Kylee Baughman
Choir/Cantor	Paul Peterson	Adult Choir
Altar Guild	-----	Julie Navarrette
Fellowship	Faith Formation	-----
Holy Week	7:00pm Maundy Thursday 3/28	7:00pm Good Friday 3/29
Assisting Minister	Karen Melang	-----
Lector/Readers	Nancy Strong	<i>Pastor will contact</i>
Communion helper	Rachel Wageman	Cross Bearer: Ron Harpster
Ushers	Shirley Harris, Jan Ostransky	Tolling of the Bell: Gary Overfield
Choir/Cantor	Adult Choir	Adult Choir
Altar Guild	Bev Recoy, Joyce Myers	-----
Eucharist Bread	Cheri Anderson	-----
March 31, 2024	8:00 Easter	10:30 Easter
Asst Minister	-----	Diane Harpster
Prayer Minister	-----	Kathy Overfield
Lector/Bible Bearer	Shannon Ostransky	Deb McCord
Worship Host	Jim Grasmick	Steve & Julie Navarrette
Acolyte	Julie Kavan	Ava Lamprecht
Children's Word	Pr. Al Duminy	Pr. Al Duminy
Comm Asst.-Torches	Leroy Ostransky, Mark Ostransky	Karen Gay, Ron Harpster
Torchbearers	Renee Coates, Kevin Kavan	Aaron & Jen Wulf
Communion helper	-----	Rachel Wageman
Ushers	Brett Harris, Isaac Harris	Chris & Kristin Bogenreif
Choirs/Cantor	Bell Choir, Adult Choir	Bell Choir, Adult Choir
Altar Guild	-----	Karen Gay
Fellowship	Youth Breakfast	-----



Serving in Worship cont' from page 4



## SINAI LUTHERAN CHURCH

950 E. 8<sup>th</sup> St. • Fremont, NE 68025

*Address Service Requested*

Sinai Lutheran Church  
950 E 8th Street  
Fremont NE 68025

### Lives Under Construction....

**Thank you** Thank you to the Fellowship team for hosting a great pancake meal on Transfiguration Sunday, February 11th! Tasty!

I was given the beautiful, soft shawl that was made by someone in your church. I would just like to say thank you for your thoughtfulness, I really appreciate it.

**Pam Wakeman, sister to Rebecca Winterfeld**

Many thanks to all those who participated in our recent hymn festival and who supported the program in so many ways. Presentations like this are challenging even for those of us who have made the preparation and performance of music our life's work, so we would especially like to commend our volunteer musicians for their performance and all their work leading up to it. Kudos to the choir, recorder ensemble, and percussionists for a job well done!

**Claire & Cindi**



### SINAI MIDWEEK LENTEN AND HOLY WEEK SERVICES

***Wednesdays, March 6, 13, 20, at 7:00pm with a meal from 5:30-6:30pm.***

***Maundy Thursday, March 28 service at 7:00pm***

***Good Friday, March 29 Stations of the Cross 12:00pm***

***Good Friday, March 29 Adoration of the Crucified 7:00pm***

***Easter, March 31 Worship at 8:00 and 10:30am with Youth Breakfast 9-10am***