

A
COMMUNITY OF
FAITH
STRIVING
TO

THE SEASON OF LENT

KNOW
CHRIST
PERSONALLY

Many years ago, I read of a priest who, at the beginning of Lent, asked his congregation the difference between a stick in the mud and a flute. He went on to say, "The stick in the mud is full of itself. The flute has been emptied of itself so it can make music."

GROW
WITH CHRIST
INTIMATELY

We are approaching the season of Lent, the 40 days (plus six Sundays) leading up to Easter. Lent is a time of repentance and contemplation, a time of emptying ourselves so that our lives can be part of God's song, so that we can make better music. Lent gives us time to reflect on how we think and live, to practice delayed gratification, to give up things that are sucking the life out of us so we can be filled with love, with God.

SHOW
CHRIST
PASSIONATELY

Sometimes, Lent can feel oppressive; this most often happens when we focus only on what we are giving up, rather than on the Savior who longs to fill our lives with love – so much so that he was willing to die to demonstrate that love. If we understand that our fasting from something is making space to feast on something better, this Lenten season, while solemn, can also be a joyful remembrance of the one who created us and calls us beloved children.

This year, our Lenten theme is "I Am." Each week in worship, our focus will be on one of the "I Am" statements of Jesus in John's Gospel. My prayer is that as we consider who Jesus says he is, we will understand more deeply who Jesus is to each of us personally, and that we will respond to who Jesus is by thinking about who we are in Christ. Inside this newsletter, you will find some of the ways our church is offering to help you connect more fully with God, our church family, and our community during Lent.

May this Lenten season be a time of reflection and celebration, silence and music, fasting and feasting as we remember who Jesus is – and who we are as followers of Christ.

Blessings,
Pastor Melissa

Our Mission
Making disciples of Jesus Christ for the transformation of the world

Our Vision
To **Know** Christ personally, **Grow** with Christ intimately, and **Show** Christ passionately



Finances

Total Budget Income for 2022:	\$	9,414.77
Jan. Budget:	\$	9,414.77
Feb. Budget:	\$	
March Budget:	\$	
April Budget:	\$	
May Budget:	\$	
June Budget:	\$	
July Budget:	\$	
August Budget:	\$	
September Budget:	\$	
October Budget:	\$	
November Budget:	\$	
December Budget:	\$	

March Birthdays

Joe Durrer Jr	March 1
Jenna Dillon	March 6
Jacob Sloan	March 9
Vicki Wray	March 9
Bob Crawford	March 9
Barbara Kern	March 14
Barbara Beck	March 20
John Pruitt	March 26
Susan McFaden	March 28
Kallie Coleman	March 31
Nancy Vest	March 31



Prayer Concerns

- Those who are homebound or in retirement and nursing homes: Madaline Brown, Lois Burge, Jane Byrum, Mary Durrer, Freda Guill, Evelyn Hutcherson, Yvonne Metz, Nadine Minnix, Shirley Moore, Betty Obenchain, Bill Parker, Louise Parris, Betty Payne, Evelyn Ragland, Alice Scogin, Katie Wood
- Those with cancer including Alison Ziegelmeir (Ric Scott's cousin), Barbara Kern, Jack Cooper, Brian Britt, Paula (Reatha Linkenhoker's daughter), & Susan Wimmer (friend of Ginny Smith)
- Buck Conner • Doug Heptinstall
- Margaret Jones' granddaughter, Amanda, awaiting a heart valve replacement
- Jeanne Duddy, dealing with high blood pressure
- Jeanne Duddy's friend, Glenn Asher, in the hospital in Indian Land, SC, with kidney failure
- Bill Parker, in the death of his wife, Liz

Children

As COVID numbers are decreasing, we plan to re-open our **PrayGround** space this month! You may remember this special space where children ages three and older and their families are invited to participate fully in worship, in ways that are child-friendly. During the sermon, they will work on "pew projects" that will relate to the sermon theme and will help them focus. It will be wonderful to see our children up front in the sanctuary again!

Youth

Sunday Evening Dinner & Discipleship

- 5:00-6:00 5th-7th grade Bible Study
- 6:00-6:30 Snack supper for all youth
- 6:30-7:30 8th-12th grade Bible study



****If you would like to provide a snack supper for our youth on Sunday evenings, sign up here: <https://bit.ly/pbjouthsupper> or let Pastor Melissa know. We suggest you prepare for 10.**

Face to Face" Spring Retreat, March 18-20

• Youth are invited to join us as we head to Ward Haven for a weekend of outdoor fun, Bible study, and relaxation. There's a creek to explore, a basketball court, fire pit, a playground, lots of trails to hike, and so much natural beauty! We'll meet at CABC at 5:00 p.m. on Friday to carpool to Ward Haven, and we'll return to CABC at 9:00 a.m. on Sunday. The cost is \$40. Please let Pastor Melissa know by Sunday, Mar. 6 if you will be attending.

Adults, if you are available to provide rides to and from Ward Haven or to chaperone one or both nights of the retreat, please let Pastor Melissa know.

Youth Sunday at CABC & Fundraiser Lunch/Dessert Auction, March 20

• We are excited to be led in worship by our youth on Sunday, March 20, as they read scripture, lead singing, preach, and pray, as well as serve as ushers and greeters. Following worship, our youth and children invite you to a potato and salad bar lunch (donations accepted), followed by our dessert auction. After taking a break from this event last year because of COVID, we are so excited to have some delicious fun together! If you would like to provide a dessert for the auction, please make two of the same dessert (we slice one and sell samples, and the second is auctioned off). All proceeds will help send our children and youth to Passport Camp this summer.

Youth Missions Madness, Bristol, VA, April 22-24

• We'll join other Cooperative Baptist Fellowship youth groups for a weekend of worship and mission work. We'll have two worship services and spend Saturday doing mission work in Bristol. The cost is \$100, and the deadline to sign up is March 6. \$50 is due then, and \$50 is due April 22. Youth will also be responsible for one meal out.

Lent at CABC

Lent, the 40 day period leading up to Easter, begins this Wednesday. We want to help you connect with God, each other, and our community during this holy season. Here are some opportunities for us to prepare our hearts for Christ's death and resurrection.

Ash Wednesday

We are pleased to be joining Colonial Presbyterian & Calvary Baptist Churches for an Ash Wednesday service here at CABC on **March 2 at 7 pm**. If you would prefer, you may come by the church parking lot between **12-1 pm** on Wednesday to receive "Ashes to Go."

Lenten Practices

Traditionally, Lenten practices are focused on prayer, giving, and fasting. Each week, we will provide a suggested prayer, a list of daily scripture readings, a suggestion for fasting, and a way to give or serve.

As one of those practices, we invite you to consider who Jesus is to you. Please pick up a mosaic cross from the table in the foyer (or let the church office know if you would like one to be mailed to you). Each day, beginning Ash Wednesday, Mar. 2, write, draw, doodle, or color in one of the sections as you consider this: "Jesus is _____ to/for me."

We also have Lenten devotion books available for you in the foyer. Feel free to pick one up if you would like additional devotional reading during this season.

Bible Study

Join us for Brown Bag Bible study on **Wednesdays at noon**. Rev. Steven Harris, our minister-in-residence, will be leading a Lenten study. You may attend this study in person in the fellowship hall or on Zoom. Feel free to bring your lunch if you'd like! The Zoom link is <https://bit.ly/cabciblestudy>.

Online Devotions for Children and their Families

During Lent, Pastor Melissa will lead a special online Lenten devotion time for our children and their families. That devotion time, which will be 15-20 minutes, will be on **Wednesdays at 7 pm, beginning March 9**. The link to join us is <https://bit.ly/cabcfamilylent>.

Local Missions During Lent

During the Lenten and Easter seasons, we highlight our local missions efforts and connections with ministry partners in our community. **During March**, we will be collecting food items for Keystone Community Center's Easter food boxes. A list of needed items is available on the table in the sanctuary foyer. You may also contact the church office to receive an e-mailed list.

**Colonial Ave.
Baptist Church**

4165 Colonial Ave.
Roanoke, VA 24018-4097
540-774-2084
www.cabc.us

Our Church Staff:

Rev. Melissa Scott
Pastor

Rev. Steven Harris
Minister in Residence

Karen Viele
Church Administrator

Bill Lininger
Music Director

Loneliness A Spiritual Crisis

For many, the Lenten journey is a spiritual exercise in reflection, contemplation, commitment, and renewal that involves connecting to the interior self. People shy away from the interior self because it can be dark and spooky. Living in the exterior self, that is going about the daily task of life and having that be the focus, keeps one busy enough to keep the interior from surfacing. You, like I, have heard and have said statements as these. "I am just so busy." "Where would I find the time." "I am on the go from the moment I get up till I go to bed." "My days are exhausting." Statements like these inform me that one has no room for attending to the interior life. Loneliness lives in the interior. Many attempt to avoid feeling lonely by being busy and around others. Neither of those are cures for loneliness. If one doesn't face interior feelings of loneliness, there can be health-damaging exterior consequences. Unhealthy methods of dealing with loneliness can be habit forming and detrimental both to health and relationships.

There is a difference between being alone and being lonely. After all, some choose to live a single life rather than have a partner, to work alone, or to engage in solitary activities. Think for a moment about times and places in your life when you have desired to be alone. Perhaps you have said, "I wish I could just have a few minutes by myself." Everyone needs time alone; we can see this even in the life of Jesus. Jesus knew the health and spiritual benefits of time alone. He also knew the pain of loneliness. In Jesus' parable of the prodigal son, we can see the pain of loneliness in the spiritual and psychological life of the prodigal son. His return home was to address his interior self and return to community and feel and express love. The prodigal story has so many layers.

In my work, I understand loneliness as a spiritual crisis. I listen for clues to see if loneliness is part of one's therapeutic concerns. What do I listen for? Is a person getting sick often, which may mean their immune system is being impacted? Has one become a "couch potato," spending hours just setting or looking at the television or scrolling through social media? Is one depressed or anxious? Has one gained -or lost - an excessive amount of weight? Has sleeping become difficult? Is one eating unhealthy foods or snacking in excess? One may address their loneliness with alcohol or drugs. These examples illustrate how loneliness moves one to health issues. Each of the examples also point to avoiding the interior self.

One does not have to be lonely. There are some things to look at to address this interior feeling. Where are you still in the pain of loss? How are you dealing with grief? Are you engaging with close friends or family in a way that brings you alive? How are you creative? Do you have a hobby that connects you with others? Do you have someone who you can talk to about your loneliness that will listen rather than try to "fix" you? Perhaps you would find discussing your loneliness with a therapist helpful.

I invite you to look into the interior self and see if loneliness is part of your life. Use these days of Lent to address this spiritual and psychological issue so that when you get to Easter Sunday you, too, will be alive and feel the joy that Easter brings. If I can help you in this work of moving out of loneliness, please let me know. I am available to talk with you, and together we can explore the loneliness and ways past it to a more fulfilled life.

Steven Harris, Minister-In-Residence