



# Midweek Message

## FIFTH SUNDAY IN LENT

*Sunday, March 17<sup>th</sup> at 9:30 a.m.*

Join us in-person or livestream on our Facebook page. In honor of St. Patrick's Day, our worship service will feature hymns and music from the Irish tradition. Everyone is invited to wear green!



## COFFEE HOUR/ADULT FORUM

*Sunday, March 17<sup>th</sup> following worship*

Join us as we hear from Mike Pitts of Foodlink, a regional food bank that also addresses the root causes of hunger: food access, literacy, and career empowerment.

## HEALTHY HEARTS FOOD COLLECTION FOR LENT

*This Sunday, March 17<sup>th</sup> is the last Sunday we are collecting items.*

Join us in collecting 'Heart Healthy' food items for the Pittsford Food Cupboard. Some suggested items are:



Lower salt canned vegetables  
Low sugar/no syrup canned fruit  
Brown rice

Oatmeal, plain  
Tuna packed in water

## WEDNESDAY EVE WORSHIP IN LENT: "Hearts of Flesh"

*Wednesdays at 7:00pm March 13, 20*

Gather with us during Lent for a half-hour midweek service of renewal and reflection through prayer, hymns, scripture and candle lighting.

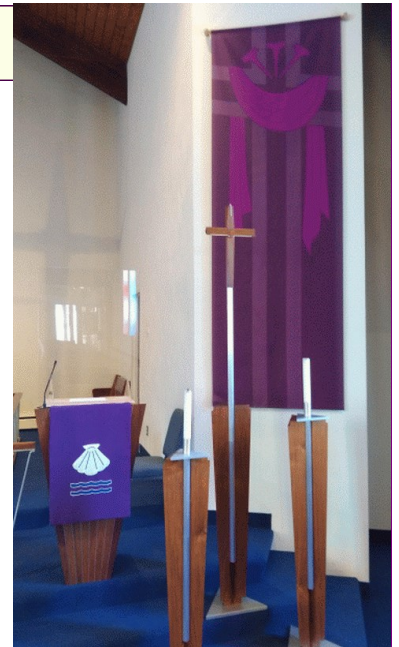
*"A new heart I will give you...and I will remove from your body a heart of stone  
and give you a heart of flesh." (Ezek.36:26 -27)*

## HOLY WEEK AT ATONEMENT

*Palm Sunday/Passion Sunday*

*March 24<sup>th</sup> at 9:30 a.m.*

Beginning with Jesus' entry into Jerusalem with the Procession of Palms, join us as our order of worship follows the order of events in the Passion Reading from the Gospel of Mark: The Last Supper (*Communion*), Jesus Prays in the Garden of Gethsemane (*Prayers of the Church*), Jesus is arrested (*Time for Reflection*), Jesus Before Pilate (*Confession and Forgiveness*), Jesus on the Cross (*Music for Meditation*), Jesus' Body is Placed in the Tomb (*Benediction*).



## Atonement Lutheran Church

### All Are Welcome

Join us for in-person worship in our Sanctuary, or Livestream via our Facebook page on Sunday mornings.

Livestream Sunday mornings at 9:30 a.m. by going to the Atonement Facebook page at [fb.com/atonementlutheranchurch/](https://fb.com/atonementlutheranchurch/)

A worship bulletin with hymns is also posted weekly on our web site at [www.atonementrochester.org](http://www.atonementrochester.org)

## Confirmation Class

### *Meeting*

Our Confirmation Class will be meeting this Sunday, March 17<sup>th</sup> at 10:45 a.m. in the Conference Room.

## Board of Ministries

### *Meeting*

The Board of Ministries will be meeting on Tuesday, March 19<sup>th</sup> at 6:00 p.m. in the Conference Room.

## HOLY WEEK AT ATONEMENT

*Maundy Thursday*

*March 28<sup>th</sup> at 7:00 p.m.*

Holy Communion and Stripping of the Altar.

*Good Friday*

*March 29<sup>th</sup> at 7:00 p.m.*

Service of Readings, Hymns, and Special Music

## EASTER DAY: THE RESURRECTION OF OUR LORD

*Festival Service of Holy Communion*

*March 31<sup>st</sup> at 9:30 a.m.*

*Followed by Easter Coffee Hour in Reissig Hall*



## EASTER DAY COFFEE HOUR: FOOD SIGNUP

Volunteers are needed to donate fruit trays, coffee cakes, kuchen, Danish pastries, mini muffins, banana breads, and orange & apple juice for the coffee hour following our Easter Day Service. There is a signup sheet on the table in the narthex.

## SAVE THE DATE! SATURDAY, APRIL 13TH



You can skip cooking dinner! Come to our easy, drive-through Chicken Barbecue and get a full, delicious meal for just \$15. We'll start serving at 4:30 p.m. and continue until we sell out. All proceeds will benefit the Brighton Habitat Coalition of Churches.

There is a sign up sheet in the narthex if you would like to volunteer at this event.



### IT'S TIME TO ORDER EASTER FLOWERS!

Easter flowers are available to order in honor or in memory of a loved one. The plants will decorate the altar area on Easter morning and may be taken home following worship.

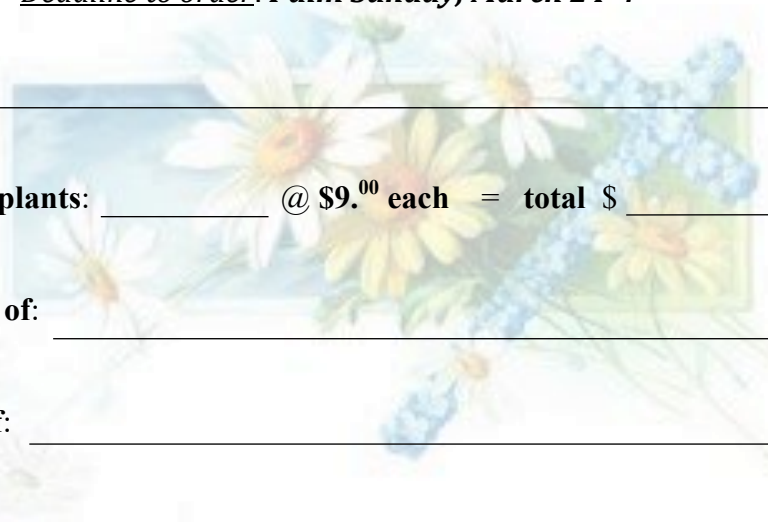
Deadline to order: Palm Sunday, March 24<sup>th</sup>.

Given By: \_\_\_\_\_

Number of plants: \_\_\_\_\_ @ \$9.<sup>00</sup> each = total \$ \_\_\_\_\_

In Memory of: \_\_\_\_\_

In Honor of: \_\_\_\_\_



# — FIFTH SUNDAY of LENT —

## READ

### Scripture

Jeremiah 31:27-34

I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people.

+ Jeremiah 31:33

### Poem

Mary Oliver, "Mindful," (see page 4)

### Prayer

God of wonder and delight, help us notice the miraculous, today and every day. Write your law on our hearts. Amen.



## MEDITATE

What if God's law were "written on our hearts"? Instruction would no longer be needed, since genuine joy and praise, compassion and justice would all be second nature. The prophet Jeremiah declares that such days "are surely coming;" in the meantime, we may learn from the Spirit through a thousand teachers all around us. To walk with Oliver is to join her in this kind of mindful day-to-day learning, all for the sake of that day when instruction is no longer necessary.

## CLICK ON OUR MUSIC LINKS

*"Next to the Word of God, Music Deserves the Highest Praise" -Martin Luther*

[Swallowtail Jig - Irish Fiddle Tune!](#) It's St. Patrick's on Sunday, so what better way to celebrate than with the Swallowtail Jig? It's a classic fiddling tune. Jigs are usually dances in a compound meter, meaning that each beat is subdivided into 3 parts, rather than 2, which is more common (and called "simple").

[I Bind Unto Myself This Day \(Tune: St Patrick's Breastplate - Ilvv\) \[with lyrics for congregations\]](#) And of course this hymn, said to have been written by Patrick himself. There's some good background in the description under the video. The words are quite dense, and it's one of the longest hymns (11 verses, with two different melodies), so I'd make a cup of tea, maybe a fire if you have some peat around, and settle in.

## Prayers

### And Sympathy

We extend our sympathy to Amy Irish upon the death of her brother, Richard, on March 4<sup>th</sup>.

*"Rest eternal, grant him, O Lord;  
And let light perpetual  
shine upon him."*

## R.I.T.

### Lutheran Campus Ministry Meal

*Sunday, April 7<sup>th</sup> at 6:30 p.m.*

Help us provide 'Breakfast for Dinner' for Lutheran and Episcopalian students involved with Lutheran Campus Ministry at R.I.T. Signup sheets for food donations and volunteer help are in the church narthex.

***Atonement  
Lutheran Church***

1900 Westfall Road  
Rochester NY 14618  
(585) 442-1018

The Rev. Gail Swanson,  
Pastor

***Email:***

office@atonementrochester.org

***Website:***

www.atonementrochester.org

***Facebook:***

fb.com/  
atonementlutheranchurch

***Worship***

9:30 a.m. Sundays  
in our Sanctuary

***Livestream Worship***

9:30 a.m. Sundays via the  
Atonement Facebook page.

***Church Office Hours***

9:00 a.m.-2:30 p.m.  
Tuesday  
Wednesday  
Thursday

***Mindful***

Everyday  
I see or hear  
something  
that more or less

kills me  
with delight,  
that leaves me  
like a needle

in the haystack  
of light.

It was what I was born for —  
to look, to listen,

to lose myself  
inside this soft world —  
to instruct myself  
over and over

in joy,  
and acclamation.  
Nor am I talking  
about the exceptional,

the fearful, the dreadful,  
the very extravagant —  
but of the ordinary,  
the common, the very drab,

the daily presentations.

Oh, good scholar,  
I say to myself,  
how can you help

but grow wise  
with such teachings  
as these —  
the untrimmable light

of the world,  
the ocean's shine,  
the prayers that are made  
out of grass?

-Mary Oliver

