



## +Christian Symbol+

### ANKH, OR ANSATE CROSS

Originating in Egyptian hieroglyphics, this symbol represented life and regeneration. The shape and meaning made perfect sense to ancient Christians, who appropriated it as a sign of eternal life.

# CHAPEL NEWS

Return Service Requested

CHRIST LUTHERAN CHURCH  
337 Farview Avenue  
Paramus, New Jersey 07652

MARCH 2025

# CHAPEL NEWS

CHRIST LUTHERAN CHURCH MONTHLY NEWSLETTER

OF ONE THING  
I AM PERFECTLY  
SURE: GOD'S  
STORY NEVER  
ENDS WITH  
ASHES.

— ELISABETH ELLIOT

## JOIN US FOR THE WESTERLUND *Baby Shower*



MARCH 16<sup>TH</sup>

♥ 12PM ♥

*Church Family Room*



*Courtney and Pastor Jonathan have registered at Target.*

*(If you'd like to give money towards a group gift,  
please see Carrie or contact her at [carrieralston@gmail.com](mailto:carrieralston@gmail.com).)*



## Rev. Stover Crouthamel and Dolly Crouthamel Vander Plaat Memorial Scholarship



If you are an active member of Christ Lutheran Church and are planning to attend college or an advanced training program this fall, you may be eligible to apply for the Rev. Stover Crouthamel and Dolly Crouthamel Vander Plaat Memorial Scholarship. Please contact the Church Office at 201-262-0138 for the application (due by May 12, 2025). Applicants will be considered based on church activity, community activity, and academic achievement.

### CHRIST EVANGELICAL LUTHERAN CHURCH

337 Farview Avenue Paramus, New Jersey 07652  
201-262-0138 • [christinparamus@hotmail.com](mailto:christinparamus@hotmail.com) • [christparamus.org](http://christparamus.org)

# SERMON NOTES FROM PASTOR JONATHAN



**T**he song of Simeon, is also called in Latin, the “Nunc Dimittis” literally meaning “Now you let depart.” This scriptural song occurred when Jesus was presented at the temple for a rite of ritual purification, which is traditionally understood to have happened forty days after Jesus’ birth following the Old Testament patterns and laws.

On this day Mary and Joseph took Jesus to the temple for this holy tradition, but encounter these two people: Simeon and Anna. Simeon was a devout follower of God who was filled with the Holy Spirit. He had been guided by the spirit to know that he would see the Messiah in his lifetime, and Anna was a prophet of God who praised God for the redemption we would know through Christ — a prophet and preacher called by God when Jesus was just a young child. Two important people, called by God to share God’s word of grace and love.

When Simeon realized that this was indeed the Messiah, a child less than 2 months old, he sang this song to God: “Master, now you are dismissing your servant in peace, according to your word, for my eyes have seen your salvation, which you have prepared in the presence of all peoples, a light for revelation to the gentiles and for glory to your people Israel.” Simeon sings to God in the presence of infant Jesus, Mary and Joseph that this little one would be the salvation of all people — not just the Jewish people, but also a light for the gentiles, the non-Jewish people of the world. This child was to be the savior of all people.

This is a song of joy, of hope, of promise — a song that God has done great things in this world and promises

salvation to us, and that our God is a God of all people, not just a small subset be it a family, an ethnic group, a country, but the whole world. God’s love is for all of humanity and all of creation — God’s love and God’s mercy is for all people, just as God’s call to love others is for all people, especially those who suffer and fear most in our world. This is a song that can still speak to us today, reminding us that God’s love is for the diversity of creation. It is a calling and reminder that God’s love is for all, far beyond any door or barrier.

Simeon was instructed by the Holy Spirit that he was going to meet the Messiah, the savior, the lord of lords, Jesus before he died — but we don’t know when he was told that prophecy. How many years did he wait for this moment? How did he prepare to meet the Messiah? Did he go to the temple to pray every day just in case this was the day? I like to imagine that he was waiting for much of his life — maybe at least 30 years with this knowledge. He knew he was going to meet the Messiah, and waited every day knowing it was going to be the most important thing he would ever be a part of. And then this miraculous day happened. What did he do next? “You are dismissing your servant in peace.” He knew he had fulfilled his lifelong wish, dream, and goal and finally met the Messiah as God had promised him. He finally was finished and felt he was dismissed from this duty. But I wonder what he did next. What would you do in preparation to meet the Messiah, the Lord? What would you do after this miraculous moment?

In many ways, I like to think the answer is the same for Simeon, both before that day and after, and that the answer is the same for us too, whether in preparation or after we experience God in our lives: We give thanks to God; we pray that we might experience God’s presence this day; and we seek the ways to become closer to God.

Yes, as Christians, I think we are called to live like Simeon constantly looking for the Messiah, the Lord. We are called to look for the Messiah in the faces of everyone we meet, knowing that they too were made in God’s image no matter how similar or different they are from us. We are called to look for the Messiah as we share a word of hope, of mercy, of love without bounds especially with those grieving, hurting or fearful. We are called to constantly look for the Messiah because God is present and at work in our world and in our lives. We are dismissed in peace but when we do leave today, we are dismissed in peace, with God’s peace on our hearts so we can share God’s love with all people.



Patrick, Noyes "Bart"  
Bartholomew, Dolores  
Brickman, Charlie Brown, Tony  
Calise, Karin Carlough, Mike  
Chapman, John Claehsen, John  
Cutler, Carol Daley, Carol  
Doyle, Krista Fuchs, Mary  
Carolyn Harrison, Dorothy  
Hendricks, Fred Hesse, Pat  
Kelly, Dennis & Jennifer Kruk,  
Walter Kruk, Kaitlyn Kruk, Hugh  
Lally, Dolores & Jack Lowack,  
Marie Lupinski, Linda McFate,  
Doris Robinson, Danny Rojas,  
Cathy & Roger Schramm,  
Michelle Seals, Tina Smith &  
Family, Dave Splieth, Marge  
Tomaselli, Lenny van Dam, the  
Vega Family, Janice & Dave  
Wedderman and Peter Zingaro

## SOUP & PRAYERS

Soup & Prayers is one of those unique experiences that combines fellowship, Lenten reflection, and super duper soups!

Lent — the season of waiting, a season of self reflection, a season of learning, a season where perhaps "less" extravagant food is really "more". Our Soup & Prayers program wraps all these things up in a nice, neat little package. If you've not joined us before, then this is the year you should, and if you have come before, come back again!

Join us on the following Tuesdays in the Church Family Room from 6:30 pm – 8:00 pm:

**March 11 • March 18 • March 25 • April 1 • April 8**

Come and prepare your heart and soul for Easter.



### Those serving in the military...

Bryant Rodriguez Cyriax, Devin Vega and Rachel Zarnke

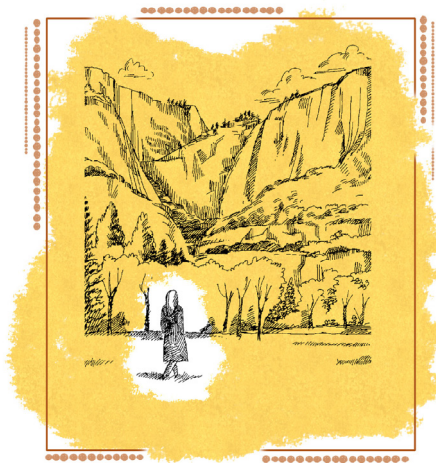
### Those who can't be with us...

Carol DeMott, Al & Barbara Frielink and Irma Weishaupt

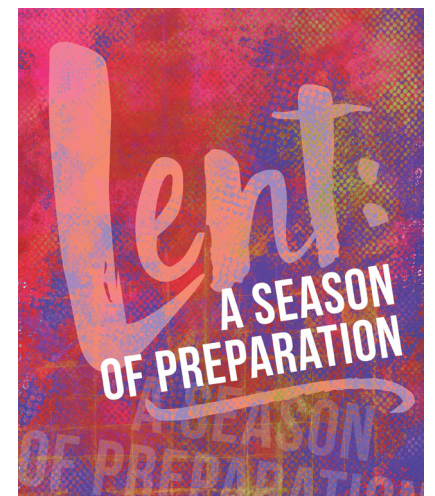
## BIBLE QUIZ

Complete this sentence which introduces a well-known Bible story: "The hand of the Lord was on me, and he brought me out by the Spirit of the Lord and set me in the middle of a valley; it was full of \_\_\_\_."

- A. flowers
- B. sheep
- C. rocks
- D. bones



Answer: D (See Ezekiel 37:1, NIV.)



## CORINNE'S CUPBOARD

This year during Lent we are again collecting food items for the Snack Pack Program started by Corinne Sakala years ago.

Many Bergen County school children who receive free or reduced priced school meals are left without adequate nutrition on the weekends and during holiday breaks. The program helps to fill this void by providing healthy, kid-friendly foods to these children. The snack packs are discreetly given to these kids by the classroom teacher on Friday afternoons or before school breaks.

We will collect the following food items for the Snack Packs:

Nutri-Grain Snack Bars – 1.3 oz. (no chocolate or nuts)



2% Milk Boxes – 8 oz., non-flavored, shelf stable



Chef Boyardee Microwavable Bowls – 7.5 oz.



100% Juice Boxes – 6.75 oz.



Cold Cereal Boxes – 1 oz. individual serving size



Macaroni & Cheese – 7.25 oz. boxes

At the end of Lent, we will assemble the items in bags and deliver them to the Center For Food Action who will then deliver them to the Bergen County schools in the program. Last year we assembled 250 bags!

If you'd like to help with this effort but would rather make a monetary donation, that's great also. We will use these funds to buy items to complete the packs. If you have any questions, please see Jan Behnke or Rosemary Chandra. Thanks for your help!

## THE LENTEN DESERT

During the Lenten season, which begins on Ash Wednesday (March 5 this year), Christians figuratively follow Jesus into the desert. Just as our Savior spent 40 days fasting and facing temptation, we focus on self-reflection and contrition.

In an 1873 hymn, Claudia Hernaman wrote, "O Lord, throughout these forty days, you prayed and kept the fast. Inspire repentance for our sin, and free us from our past."

The desert experience of Lent serves a clear purpose, filling us up rather than depleting us. "This is what Lent is meant to be," writes theologian Ron Rolheiser. "Time in the desert to courageously face the chaos and the demons within us and to let God do battle with them through us. The result is that we are purified, made ready, so the intoxicating joy of Easter might then bind us more closely to God and each other."

## MARCH

### Lay Assistant | Usher Altar Guild | Counter Schedule

**MAR 2** 10:00am  
Lay Assistant Bob Denicola  
Usher Linda Polise  
Altar Guild Lore Braun

**MAR 5** 8:00pm  
Lay Assistant Bill Jaichner  
Usher Lori Mercer  
Altar Guild Gina Lally

**MAR 9** 10:00am  
Lay Assistant Chris Nilsen  
Usher Anne Carman  
Altar Guild Marge Tomaselli

**MAR 16** 10:00am  
Lay Assistant Pat Berinato  
Usher Linda Comery  
Altar Guild Linda Polise

**MAR 23** 10:00am  
Lay Assistant Pam Sakala  
Usher Margarete Denicola  
Altar Guild Lore Braun

**MAR 30** 10:00am  
Lay Assistant Carrie Ralston  
Usher Linda Polise  
Altar Guild Gina Lally

Counter Chuck Young

## BIRTHDAYS

Monica Prabudoss 3/6  
David Bandila 3/8  
Phil Keller 3/13  
Ben Bandila 3/24  
Jennifer vanDam 3/29

# BIBLE READING PLAN: *From Death to Life*

During Lent, Christians observe 40 days of confession, prayer and renewal. Just as our Savior fasted and faced temptation in the desert for 40 days, we use this season to grow our faith and prepare to minister.

Use this Bible Reading Plan to follow Jesus to the cross and then rejoice at his empty tomb on Easter. Travel through Scripture to reflect on who Jesus is and what he lovingly endured to give us life.



## The Dry Desert

- Joel 2:1-2, 12-17 [Ash Wednesday]
- Genesis 3
- Psalm 63:1-8
- Matthew 4:1-11

Sunday: Hebrews 4:14-16



## Hope on the Horizon

- Numbers 21:4-9
- 2 Samuel 7:1-16
- Job 19:23-27
- Isaiah 42:1-9
- Daniel 7:13-14
- Zechariah 9:9-17

Sunday: Romans 8:22-30



## Our Sacrificial Lamb

- Genesis 22:1-18
- Exodus 12:1-17
- Psalm 23
- John 1:1-34
- John 10:1-18
- 1 Peter 1:18-23

Sunday: Revelation 5



## Hatred & Persecution

- Psalm 22
- Jeremiah 20:7-13
- Matthew 24:1-31
- John 11:45-57
- John 15:18-25
- 2 Timothy 3:10-17

Sunday: 2 Corinthians 4



## Hosannas for a King

- Psalm 24:7-10
- Jeremiah 23:5-6
- Matthew 21:1-11
- John 18:33-40
- John 19:1-16
- Hebrews 1:1-12

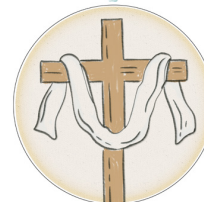
Sunday: Revelation 7:9-17



## Journey to the Cross

- John 2:13-22
- Mark 14:1-11
- John 13:1-17
- Matthew 26:26-30
- Luke 22:39-46
- Mark 14:27-31, 66-72

Palm Sunday: Ephesians 1:18-23



## Victory Through Christ

- Isaiah 53
- Matthew 26:47-56
- Mark 15:16-20
- John 6:47-58 [Maundy Thursday]
- Matthew 27:32-54 [Good Friday]
- Psalm 16:5-11 [Holy Saturday]

Easter Sunday: Luke 24:1-8;  
1 Corinthians 15:47-57

Note: Sundays, known as "mini-Easters," are excluded from Lent's 40 days. But this reading plan includes verses for each day from Ash Wednesday through Easter Sunday.

# MARCH 2025

Church (CH)  
Fellowship Hall (FH)  
Family Room (FR)  
Office Building (OB)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>30</b> Worship Service (CH) 10:00am	<b>31</b>					<b>1</b> Crafty Ladies (OB) 10:00am
<b>2</b> Worship Service (CH) 10:00am	<b>3</b>	<b>4</b> Canoe/Kayak Club Meeting (FR) 6:30 - 9:00 pm	<b>5</b> Ash Wednesday Ashes "to Go" (OB Lot) 8 - 10:00am Worship Service (CH) 8:00pm	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b> Daylight saving time begins Worship Service (CH) 10:00am	<b>10</b>	<b>11</b> Soup & Prayers (FR) 6:30pm	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> Crafty Ladies (OB) 10:00am
<b>16</b> Worship Service (CH) 10:00am Westerlund Baby Shower (FR) 12:00pm	<b>17</b>	<b>18</b> Soup & Prayers (FR) 6:30pm	<b>19</b>	<b>20</b> First day of spring	<b>21</b>	<b>22</b>
<b>23</b> Worship Service (CH) 10:00am	<b>24</b>	<b>25</b> Soup & Prayers (FR) 6:30pm	<b>26</b>	<b>27</b>	<b>28</b>	<b>28</b>

## CHRIST LUTHERAN CHURCH STAFF AND COUNCIL

**Pastor**  
**Office Administrator**  
**Sexton**  
**Director of Music Ministries**  
**President**  
**Vice President**  
**Council Secretary**  
**Treasurer**  
**Recording Financial Secretary**  
**Financial Secretary**

Rev. Jonathan Westerlund  
Debbie Geerlof  
Bob Sakala  
Michael Wittenburg  
Chris Nilsen  
Bill Jaichner  
Pam Sakala  
Chuck Young  
Pat Berinato  
Marge Tomaselli

### Inward Ministry Team

**Christian Education** Pam Sakala  
**Shepherd**  
**Worship** Marge Tomaselli

### Administrative Team

**Financial** Chuck Young  
**Property** Bill Jaichner  
Chris Nilsen

### Outward Ministry Team

**Servant** Jan Behnke  
Rosemary Chandra