As we begin the season of Lent in which we focus on renewal of life, I would like to share this piece from *Late to the Ball* by Gerald Marzorati. The book chronicles Marzorati’s work to become a much better tennis player at the age of 60. The following account is from his time with a world class coach.

“And that means running with your racquet up and back. Not running with your racquet just in your hand and sprinting with it like a baton.

“I tried running with my racquet up. I couldn’t get to the ball. One, two, three times, Brian’s shots passed me, clean winners. With my racquet up and ready, my speed dropped, I’d say, by as much as 20 percent.

“Brian came to the net again. ‘I know it’s hard,’ he said. ‘Your body does not want to move with the hands outside the torso. Interesting, isn’t it? Your body is telling your mind that. It feels awkward. It’s afraid of losing its balance. It thinks it knows something you don’t.’

“But here’s the deal: It’s why you are late to the ball when it’s a ball hit with pace. You have the quickness in your legs. That’s not the problem. You have got to train yourself—train your body to overrule those signals it’s getting. That preparation is something you can control. It has got to become automatic. By the time you position yourself to hit the ball, the only thing that should be left to do is swing and whack.”

It seems to me that following what Christ calls us to do is even more of a challenge than it was for Marzorati to run with his racquet up and back in the ready position. Jesus comes into our lives and gives us himself and with that grace, mercy, and call. He says, “Come and follow me.” To me that is where the rub comes.

Marzorati’s coach could do what he was asking that 60 year old to do because he had practiced it and done it for decades. He had taught his body such ways over time and his body did what was needed even if to Marzorati it seemed impossible.

Though our whole lives are times for following and practicing what Jesus teaches, Lent is set aside for us to be more intentional in our pursuit of the call we have received.

When Jesus asks us to do such actions as forgive others or love our enemies, it can feel not only awkward and that we will lose our balance, but even dangerous, if not impossible, to do. And yet, gentle Jesus, who comes to us in God’s love and with amazing forgiveness, continues to coach us in ways by which we are meant to share God’s grace with others.

It is Lent. Let’s listen to what our Coach has to say and then put in the time and practice to get better at what Jesus calls us to do!

In Christ,

Tom Dodd, pastor

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**KJAER & REINHARDT WEDDING**

Members of United are invited to the wedding of Eunice Kjaer and Charles Reinhardt at United Lutheran Church on Sunday, March 19th at 3:00 p.m. A reception will follow in the Fellowship Hall.
LENTEN SERVICES BEGIN MARCH 1

Ash Wednesday is March 1, which begins the 40 days of Lent. We will have worship with Imposition of Ashes at 7:00 p.m. Welcome to this somber but profound time of worship. We enter into Lent trusting in the God who created us from dust and claims us as his precious sons and daughters.

Worship continues at 7:00 p.m. on the following Wednesdays in Lent with Lenten Vespers. We use the Songs in the Night service written by Philip Bayles and Pastor Dodd, featuring a Faith Speaker each week. Those are: Intern Jessica Bakken, Katie Bode, Alison Dodd, Pastor Terry Moe, and the Mission Trip team, not necessarily in that order.

A Soup Supper is served each Wednesday of Lent (except Holy Week), at 6:15 p.m. The cost is $3.00 per person.

TELLING GOES TO SEATTLE

Thank you to everyone who donated, prayed, and supported the continued production of Telling: Adult Survivors of Child Sex Abuse Step Into the Light. We will be performing the play again in Seattle on March 31 and April 1-2 at Langston Hughes Performing Arts Institute at 104 17th Ave. South, Seattle, Washington 98144.

Thank you so much!
Carolee Horning

INTERN CHECK-IN

Hello to you all! As I write this, I cannot believe that we have hit my halfway point in this internship! The past six months have been better than I could have even imagined my internship experience to be, and I thank you all for that.

This past month, I was given the opportunity to lead you in a three-week Adult Forum class, The Forgotten Luther. I want to thank all of you who came and participated. It was a growing opportunity for me, and the support that I received was highly encouraging and much appreciated.

I have had a few people express an interest in starting up a women’s Bible-study group. At the moment I am planning for a 6-8 week class for later this spring and early summer. I would love to gather input from anyone who would be interested in attending such a class, (i.e. what days and times would work for those who are interested?) Please don’t hesitate to give me some ideas!

Again, thank you for being such a wonderful congregation, your encouragement and support are amazing! I am Looking forward to our next six months together!

Peace, Intern Jessica

GIVING UP GUILT

Rev. Greg Boyle, a Jesuit priest, and author of Tattoos on the Heart, ministers to high-risk youth in Los Angeles, once quipped, “I ... don’t do guilt. I gave it up for Lent years ago.” Many Christians give up something for Lent but usually not guilt! Rather, Lent is seen as a time to somberly examine our sinful nature.

Having witnessed sin’s tragic effects through addiction, violence and gang warfare, Father Boyle realizes that dwelling on guilt doesn’t lead to hope or healing. Instead, he helps young people discover their God-given strengths and their ability to make life-affirming choices. His nonprofit Homeboy Industries* provides positive alternatives for teenagers, who are reminded not of their guilt but of their identity as God’s beloved children.

On Good Friday Jesus conquered sin and death so we don’t have to wallow in guilt. Giving our lives to God frees us to live in the joy of forgiveness.

(*United’s youth went on a Mission Trip to Los Angeles several years ago that included time at Homeboy Industries.)

Q: St. Patrick was not actually born in Ireland. How did he end up there?
A: Answer on page 3.
A: St. Patrick was born in Britain but taken prisoner at the age of 16 by a group of Irish raiders who invaded his family’s estate. He was held hostage in Ireland for six years. Following his escape, he was later called to missionary work in the Church’s second missionary there.

UPDATE FROM THE FEBRUARY 5 MEETING

Members of United voted on an Amendment to the Bylaws, allowing the size of the council to be from eight to fifteen members. In addition, we heard reports, accepted the proposed budget, and elected new leadership teams.

Those elected are:
**Council:** Sue Bowers (2nd term), Becci Buenau, Paul Greene, Bob Johnson, and Marc Spence; replacing outgoing council members, Zach Buenau and Kim Weiherman.
**Trust Fund Committee:** Eileen Peterson
**Nominating Committee:** Zach Buenau, Trudi Diffendaffer, Jeff Krueger, Molly Phelps, and Kim Weiherman.
**Audit Committee:** John Gustafson, Lisa Sitton, Kyle Ward

Thank you to these members for sharing of their time and talents.

CELEBRATE SPRING AT OUR SPRING COLORS LUNCH

Everyone is invited to a congregational lunch on Sunday, March 12, following the second service. The Lunch will be a potluck so please bring a dish or two to share. Please join us as we celebrate the blooming colors of spring! Please speak to Crystal Miller if you have any questions.

Puzzle!

Are you getting “antsy” for spring? Using the clues provided, fill in the spaces to complete these words that end in A-N-T.

CLUES (from top row to bottom row):
- An 8-foot man would be one
- To take back one’s testimony
- Opposite of a master
- Pertaining to, germane
- A drug that heightens the senses

Answers: Agitant, recant, secureant, recantant, stimulant
TIME TO SPRING FORWARD!

Turn your clocks AHEAD one hour on Saturday night, March 11, as Daylight Saving Time begins on Sunday, March 12, at 2:00 a.m.

March 2017

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BIRTHDAYS

9 - Craig Chamberlain
12 - Zane Wilson
13 - Kari Van Orsdel
14 - Matthew Wilson
17 - Stuart Helikson
24 - Joan Wren
27 - Karen Wiant
31 - Sally Cairnes-Wurster, Candy Snook

ANNIVERSARIES

17 - Debbie & Paul Greene
19 - Mary & Harry Jahnke

BAPTISMAL ANNIVERSARIES

1 - John Henry Gustafson
7 - Jane Barta
9 - Susan Lunas
10 - Bink Drouet
12 - Maija Anstine, John Landon
13 - Paige Buenau
19 - Genevieve Brandt
25 - Peggy Johnson
26 - Randy Sullivan
28 - Carolee Horning
31 - Lee Langdon, Alex Snook

YOUR UNITED VOICE IS BROUGHT TO YOU BY:

Ellen Krueger and Bob and Sherlene Schmidt helped prepare the February United Voice for mailing. Thank you!

If you are interested in helping prepare the April UV to mail, we will meet at 2:00 p.m. in the community room on Thursday, March 24.

Questions? Talk to Gay Kramer-Dodd

United Voice March 2017– Page 4
**WOMEN OF UNITED NEWS**

**Bible Study Circles**

*Ruth Circle* will meet on Monday, March 13, 9:30 a.m. at a member’s home to be announced.

*Mary Magdalene Circle* will meet on Tuesday, March 14, at 6:30 p.m., at a member’s home to be announced.

The circles will be studying the *Gather Bible Study, “Galatians: Christian Faith and Christian Freedom,”* on page 26 in the March issue.

**Church Women United**

*United is hosting* the Church Women United World Day of Prayer Annual Celebration on Saturday, March 4, 9:00 a.m. Pastor Tom Dodd is the guest speaker.

World Day of Prayer USA promotes justice and equality for women through prayer, service, and celebration. The worship service for this year has been written by the women of the Philippines, lifting up their issues of justice and peace. The offering will fund grants focusing on justice and equality for women.

United women are encouraged to come. If you are able to help with refreshments, set-up, or clean-up, please contact Eunice Kjaer.

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**Time to Make Personal Care Kits**

We are now collecting hygiene items for the LWR Spring Ingathering. Each kit needs:
- Light-weight bath towels (20”x40” to 27”x52”) dark colors
- Wrapped bath-size bars of soap
- Adult size tooth brushes in original packaging
- Sturdy combs
- Metal nail clippers (with or without the file)

Please bring the items to the church at any time during the month of March. If you have any questions, please talk to Crystal Miller.

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**Oregon’s Energy Isn’t Always Green**

*By Dru Winters*

Statistics cited are from 2015.

Although Oregon produces a fair amount of renewable energy, we do not consume all the energy we produce. Much of it is sold to California. The Boardman coal plant is the only one in Oregon and it produces 550 MW, which makes it a small coal plant. We have natural gas plants that produce more, and Columbia nuclear produces 1,200 MW. According to a Federal government site, the Boardman plant is scheduled to close in 2020.

The main reasons “dirty” energy is imported are:
- Power from coal and natural gas is cheap and available through existing transmission lines.
- Output from wind and solar are harder to predict and manage.
- California buys Oregon renewable energy because of mandated targets.
- Hydropower is plentiful in spring and scarce after August.

The figures below, from 2015, show the percentages of our consumption of various types of energy.

- Solar, 0.02%
- Landfill Gas, 0.09%
- Geothermal, 0.12%
- Petroleum, 0.12%
- Waste, 0.23%
- Biomass, 0.54%
- Wind, 5.2%
- Nuclear, 2.8%
- Natural Gas, 11.8%
- Coal, 33.4%
- Hydroelectric, 44.7%

Perhaps knowing these figures will help us to responsibly plan our energy consumption.

“We will be known forever by the tracks we leave.”

*Native American proverb*
A NOTE OF THANKS
January 31, 2017

Dear United Lutheran Church,

On behalf of all of the staff and guests of Camp Lutherwood Oregon, I would like to thank you for your generous gift totaling $800 in 2016 [given October 12, 2016]. Your commitment to Camp Lutherwood Oregon is greatly appreciated.

Please continue to keep Camp Lutherwood in your thoughts and prayers as we look toward and plan the future of our ministry... We hope to see you at camp soon!

Andrea Scofield, Executive Director

SIGN UP NOW FOR SUMMER CAMPS!

Camps are offered for ALL ages this summer, from Mini Camps for grades 1-3, to week long camps for older kids, grades 4-12, and weekend Family Camps and Women’s Retreat. There is something for everyone.

One example of offerings for campers in grades 7-9 comes with the Discovery Camps: **Up, Up and Away**, July 16-21, focuses on scaling rock walls, overcoming high ropes obstacles, and climbing a giant tree. **Float Your Boat**, July 30 to August 4, gives campers who know how to swim the opportunity to explore local Oregon waterways in canoes, stand-up paddleboards, and whitewater rafting on the McKenzie River.

So much more is on the schedule! Check it out at lutherwoodoregon.org. You can register online as well.

Contact Camp: office@lutherwoodoregon.org, 541-998-6444.

LUTHERWOOD SUNDAY IS MARCH 19

Camp Lutherwood Oregon is coming to United Lutheran Church on Sunday, March 19! Lutherwood Staff will be bringing more information about summer camps, family camps, and how you can get involved throughout the year. As a special discount, they’re offering $25 off the price of camp if you register on March 19! Camp Lutherwood staff can assist you with registration while you’re at church. Check out their website for more information, lutherwoodoregon.org!

FROM GREAT TO GOOD

Jim Collins’ 2001 book *Good to Great* featured companies that had “made the leap” to greatness. Years later, many of them are no longer great; some aren’t even around.

Should Christians seek greatness? After all, our attempts to be great — wealthy, powerful, successful, famous — often become the “enemies” of our doing the good God commands.

God’s Word flips on its head the saying “good is the enemy of great.” The meek, Jesus teaches, will inherit the earth (Matthew 5:5). “Whoever would be great among you,” he says, “must be your servant” (Mark 10:43, ESV). One of Jesus’ most famous parables is called the Good Samaritan, not the Great Samaritan. And goodness, not greatness, is a fruit of the Spirit.

Christians and churches are called not to greatness but to doing good for the sake of the world. Let’s shift our focus “from great to good.”

—Based on “From Great to Good,” Homiletics, January-February 2017

"Yes, I have given up chocolate for Lent... all this is for afterwards!"

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UNITED LUTHERAN CHURCH
2230 WASHINGTON ST
EUGENE OR 97405

RETURN SERVICE REQUESTED

Especially for:

Ash Wednesday, March 1
March 5
March 12
March 19
March 26

March 1
Joel 2:1-2, 12-17; Psalm 51:1-17; 2 Corinthians 5:20b-6:10; Matthew 6:1-6, 16-21
Genesis 2:15-17, 3:1-7; Psalm 32; Romans 5:12-19; Matthew 4:1-11
Genesis 12:1-4a; Psalm 121; Romans 4:1-5, 13-17; John 3:1-17
Exodus 17:1-7, Psalm 95; Romans 5:1-11; John 4:5-42
1 Samuel 16:1-13; Psalm 23; Ephesians 5:8-14; John 9:1-41

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Intern: Jessica Bakken
Congregational Ministry Assistant: Crystal Miller
Hosanna Choir Director: Katie Bode
Secretary: Linda Anderson
Mid-Week Meal Cook: Diane Masson
Child Care: Jessica Graham