



Cross Currents

Holy Cross Lutheran Church, LCMS

March 2020

Volume 3 Issue 168

Keeping the Fast

By Pastor Munding

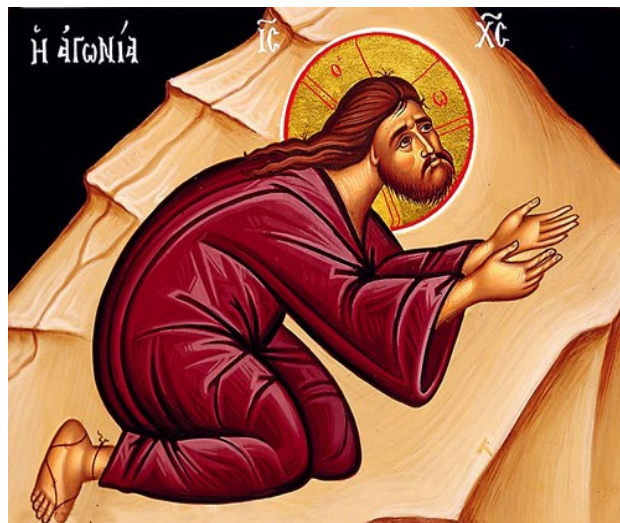
All throughout scripture we hear of the practice of fasting and often times or not we don't pay too much attention to those parts. Don't worry, I am guilty of this as well. The fact is we as Christians in the 21st century don't know the meaning behind this practice. What benefit is there to fasting? Why should I be fasting in the first place? If we are saved by grace through faith and not by our works, then why would I need to keep a fast?

Well, first off, Jesus Himself says that fasting is good. He instructs his disciples during His sermon of the mountain on the proper ways that one should fast (Matthew 6:16-18). Jesus also fasted in the desert for 40 days and 40 nights. Fasting was a regular part of the early Christians lives in the Book of Acts. Fasting is even encouraged in our own Lutherans Confessions: *"Moreover, they teach that every Christian ought to train and subdue himself with bodily restraints, or bodily exercises and labors that neither satiety nor slothfulness tempt him to sin, but not that we may merit grace or make satisfaction for sins by such exercises. And such external discipline ought to be urged at all times, not only on a few and set days". So Christ commands, Luke 21, 34: Take heed lest your hearts be overcharged with surfeiting; also Matt. 17, 21: This kind goeth not out but by prayer and fasting. Paul also says, 1 Cor. 9, 27: I keep under my body and bring it into subjection. Here he clearly shows that he was keeping under his body, not to merit forgiveness of sins by that discipline, but to have his body in subjection and fitted for spiritual things, and for the discharge of duty according to his calling. Therefore, we do not condemn fasting in itself, but the traditions which prescribe certain days and certain meats, with peril of conscience, as though such*

works were a necessary service." (Augsburg Confession XXVI.33-39)

Fasting is indeed a good thing for Christians to do, but many people do not properly understand what keeping a fast looks like. The thought of abstaining from food may seem intimidating, but it is extremely beneficial for us.

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Fasting doesn't mean that we have to abstain from eating all day. There are many different ways we can fast. It might mean we abstain from eating lunch during the day, taking the time we would normally spend eating and instead use it to focus on the Word of God or go to Him in prayer. However you choose to do it, it has to be something that breaks away from your normal routine. It has to be something that you notice.

Holding the fast during the season of lent is extremely beneficial for us. As our bellies cry out in hunger we are reminded of Christ's perfect obedience to God, and the suffering he endured for our sake. We are reminded that man does not live on bread alone, but on the Word of God. Fasting keeps us from overindulging on the things of this world, and it shifts our focus on our Heavenly Father who provides us everything that we need.

When you fast take that time to go to God in prayer. If you choose to fast over breakfast, use that time to meditate on Scripture. Use that money you would normally spend at lunch to help the poor and needy. Give it to those who have little. However you choose to fast know that it's not for our salvation; that was already won for us. We don't fast to please God, rather we fast to discipline ourselves so that our focus would be on Christ and not the things of this world.

Fasting may not be for everyone. If you are concerned about health problems, then that is ok. Fasting is not a requirement for our salvation, and it shouldn't lead to harm against ourselves. If you are unable to abstain from food this Lenten season, choose something else in your life. There are plenty of things that we can give up and instead focus on the one thing that matters, the Word of God.



3/1 Eberhard
3/1 Idalene
3/11 Kamryn
3/12 Pastor Chu
3/18 Rachael
3/23 Jean
3/24 Chery
3/25 Nathan
3/30 Maddison



3/23 Gary & Denise

MARCH CHOIR REHEARSALS



Off and Running in 2020 from Mike Liebe, Holy Cross Council President

Our Voter's Assembly met on February 9 to review our milestones and financial results from last year, and to approve our 2020 operating budget.

Both were accomplished. What a year we had in 2019, with the ordination and installation of Pastor Mundinger in August. Followed early this year with our new organist, Ruth, joining us.

In recapping facilities work, our two big projects were the new Parish Hall and partial sanctuary roofs and updating Pastor's office. Sound was a focus with improvements to our sanctuary and Parish Hall sound systems, and two new, quiet fans for the Parish Hall bathrooms...

This year our plans include -

- Some more roof work for the Ed Building and sanctuary.
- Some concrete restoration.
- Trim painting for the Ed Building.
- Finish work and painting for the portable (YVCS).
- Door replacements.
- Some toilet updates.
- And a possible kitchen remodel.

Lots of projects, and plenty of opportunities to join in.

A more detailed summary of our 2019 financial results and our 2020 is listed below.



2019 Operating Financial Results Summary (excluding Restricted Funds)

- ◇ Individual giving (envelopes and misc. income) total for 2019 was \$193,207 compared to 2019 budget of \$178,102 (108.4% of budget)
- ◇ Total Income for 2019 (including giving, tenant and other user fees) was \$300,469 compared to 2019 budget of \$284,302 (105.7% of budget)
- ◇ Total Expense for 2019 was \$286,142 compared to 2019 budget of \$282,577 (101.3% of budget)
NOTE: Over budget - \$33,157 for Trustee/Major Building, \$6,854 for call related, \$9,000 for CEF loan;
Under budget - \$12,591 for organist expense; \$19,919 for benefits; \$2,700 for newsletter
- ◇ 2019 Income - Expense = \$14,327 compared to budget of \$1,725
- ◇ Year-end operating cash \$202,681; Total cash (w/ restricted) \$313,296

2020 Budget Summary

- ◇ Budget reflects Operating Income and Expense; Restricted Income and transactions are reported separately on Summary Balance Sheet
- ◇ Individual envelope giving increased to \$166,514 (+4.0% of 2019 bud.). Individual giving total budget increased (+1.4%) to \$180,514 (+\$2,412)
- ◇ Total Income budget is \$288,464 (\$1,750 tenant/facility income increase - YVCS, Trinity, East Bay Myanmar, other users)
- ◇ Total Expense budget is \$268,083; decrease from 2019 Expense budget -\$13,794 (-4.9%)
 - Pastor benefits -\$21,185; salary -\$830 w/ ed. exp reimbursement
 - Major Building repairs increased \$1,000 to \$17,950
 - Organist budgeted at 2019 level; janitor +\$1,026
 - \$2,300 for refurbished computers and networking upgrades
 - Property taxes/insurance +\$1,411; Utilities +10%
 - Budgeted 1% of envelope giving to District missions
- ◇ 2020 budget has projected positive cash flow of \$20,381; year-end operating cash of \$223,062; Total cash including restricted estimate of \$333,677

CALL TO ACTION



Dear Holy Cross Family,

What an eventful and blessed year we have had here at Holy Cross over the past 12 months. From our seminary call which to our joy was answered during the April viewing party, to our celebration of service with Pastor Chu and family, to Pastor Mundinger's ordination and installation, and Ruth joining us as our new organist. So many blessings and so much to offer in praise and thanksgiving. And while we continue to introduce him as our "new pastor", Pastor Mundinger has been with us more than six months now.

Your Call Committee continues to meet, now back to Vision Committee, with a focus on how we serve our church family and community. We meet each first Saturday morning at 9:00, joined by Pastor Mundinger. Some events and activities under discussion include a worship service in one of our local parks, hosting Vacation Bible School with Ygnacio Valley Christian School, and hosting an event with the Clayton Valley Charter High School Christian Club. You are welcome to join us to share your ideas.

It has been a year since last March when the article below appeared in Cross Currents, now **updated with our many blessings and changes**, it remains a vital call to action for our faith and Christian fellowship.

Blessings to you and our Holy Cross church family from your Vision Committee.

PRAY PLAN PARTICIPATE

PRAY: Continue to keep your Holy Cross family in your daily prayers using our prayer list as a guide, and adding your own additional petitions. Pray in thanksgiving for the many blessings we have received from God, as a church family and individuals. Pray for Pastor Mundinger, our church family, church leaders and volunteers, our neighbors and our community. Join in our prayer group each Tuesday morning at 11:00, whether in person or joining us in prayer wherever you are.

PLAN: Prepare and plan for how you use your gifts of time, talent, and treasure to support God's ministry here at Holy Cross and in our community. We have been blessed by the actions of many saints before us, and we all have gifts to contribute. Share your ideas and actions you will take.

PARTICIPATE: Be active in your church family now. Worship weekly and bring family members. Greet friends and visitors and check in on each other at coffee fellowship. Visit missing members in person or by phone, offering an ear and encouragement.

- ⇒ Join in on bible studies – Sundays, Mondays and Wednesdays. Be the spark for a new bible study or subject. Exercise your fellowship at our events – coffee hour, Nifty 50s luncheons (all ages welcome), ladies game night, monthly men's breakfast (shake things up ladies), potlucks.
- ⇒ and festival meals, and WOHC events.
- ⇒ Lighten the load for your church family by volunteering for work and cleaning parties, or your own ideas like gardening and beautifying. Greet, read and welcome – no special skills needed. Share in your own special way.



Dear Holy Cross Family,

Thank you for your faithful prayers, cards and visits during my recovery following my January surgery. I still have a ways to go to full recovery, but having your support has made my journey lighter. I know that many of you are veterans of knee replacement surgery. Thank you for your encouragement!

Blessings, Cherylene Brueckner

Thank You from Gregg & Cheryl:

To all of the wonderful people who helped with our Dad's memorial: We can't thank you enough for all that you did to make our Dad's (Marv Kreitz) Memorial a success. We appreciate so much all that you did.

2 MEMBERS, 1 CHURCH: HELPFUL TRUTH YOU NEED TO KNOW

(from countingmyblessings.com Deb Wolf, a pastor's wife - she refers to her husband as "Rev")

It's been years, but I can still picture them well. They were members of our small church in St. Louis. For my story today, I'm going to call them members A and B.

MEMBER A –

A was a slightly built man with a wisp of silver hair. He had a huge smile and a bear hug that wrapped around you and well, you just knew he meant it! Both A and his wife were humble servants ... faithfully doing the unheralded jobs that few others wanted to do. They were always there early and they stayed late.

I picture A standing near the entrance welcoming everyone who walked in with a handshake or a hug and the following simple sentence: **Do you know how much Jesus loves you?**

Rev remembers how he would bring his 5'8" frame right up to his 6'6" one, grab him by the collar, look him in the eye and say, "I pray for you every single day!" And we knew he did!

MEMBER B –

Member B was a taller more distinguished looking man. He always held leadership positions and knew how the church should run. He liked tradition and was outspoken and unhappy about most changes. He served the church and gave generously. He was doing it right and felt it important that he should help others "do it right," too!

I remember one exchange with B's wife ... Rev and I had struggled with secondary infertility for 7 years. One particularly bad hormone swing day, I shared with her that I was hurting and sad. She stepped in close, shook her finger in my face, and told me I should be ashamed of myself. I was blessed with two healthy children and I should stop feeling sorry for myself and be thankful.

I was thankful for my children! Very thankful. I just had an exceptionally powerful mom gene! And at that moment, more than anything I needed love, kindness, and compassion.

TWO MEMBERS – ONE CHURCH

One full of love the other full of self righteousness. I believe A and B and their wives loved Jesus and that they were trying to follow Him to the best of their abilities. I also believe there is a little A and B in each of us.

I wrote the following as part of Mondays' post...

God selected Abraham and his descendants as His chosen people not to exclude the other nations but because He wanted to draw all people to Himself through them. Had the Israelites followed God's will they would have shown surrounding nations the blessings of living as God's children.

God wanted His people to be "holy" or "set apart" ... to look different from everyone else because as He blessed their obedience, others would want what they had.

Then on Tuesday morning, I read the following in Ezekiel...

I gave them my decrees and regulations so they could find life by keeping them. And I gave them my Sabbath days of rest as a sign between them and me. It was to remind them that I am the Lord, who had set them apart to be holy. Ezekiel 20:11–12

Decrees and regulations so they could find life. A day of rest as a sign of the covenant ... that they were set apart as His. A day to refocus their priorities and remember all He had done for them. Why? Love!!!

God gave His commands and the Sabbath out of love. He knew obedience would make their lives better. And He set them apart so the people around them would see the blessings of living in relationship with the one true God.

And yet, time and again, like you and me ... God's people failed to trust and obey completely. They chose idolatry, power, prestige, popularity, and personal comfort over obedience. They wanted what the non-believers had. It looked good. It sounded good. It felt good. It was self-focused and selfish.

I want to be like Mr. and Mrs. A! I want my love for Jesus to bubble out of me all over everyone who meets me. I want to serve humbly as an offering of gratitude for all God has done for me.

Work with enthusiasm, as though you were working for the Lord rather than for people. Ephesians 6:7

Unfortunately, I recall times when I've been more like Mr. and Mrs. B than I'd like to admit. Times when I was critical and judgmental, and yes, maybe even a little self-righteous.

So today, I asking God to forgive me. I'm also asking Him to help me keep my focus on Jesus.

Let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Hebrews 12:1b–2a

John the Baptist said, *"He must become more important while I become less important."* John 3:30

I like to say it this way... **Less of me! More of Jesus!**

Upcoming Fellowship Activities

March Sunday School and Bible Study Schedules

- ♦ Sunday Bible Class 11am: every Sunday
- ♦ Sunday School & Youth Bible Class 11am: every Sunday
- ♦ Monday Ladies Bible Study 10-11:30am: every Monday
- ♦ Wednesday Evening Bible study 7pm: on break while we have mid-week Wednesday Lent Worship



Mid-Week Lenten Services and Dinners

March 4 † March 11 † March 18
March 25 † April 1

Wednesday evening worship services begin at 7:00.
Dinner** is served at 6:00.

Hosted by members of Holy Cross.

*We hope you will come for dinner & worship each week
as we journey through this season together.*

****** We need **5 DINNER TEAMS** of 4 people each, providing a simple meal for 20-30 people each week. (set-up, entrée, salad, beverages, and dessert).

Please SIGN UP to serve on a DINNER TEAM.



SAVE THESE DATES

A Palm Sunday feast to behold will be on Sunday, April 5, 11:45 am. Suggested donation \$10, which will go into the Kitchen Club fund for future upgrades. Attendance sign up will be posted the end of March.

The following **Sunday, April 12, is Easter** and we will have a brunch. Easter eggs will be provided as well as coffee and juices. A sign up for brunch goodies will be posted the end of March.

March 2020 – WoHC Happenings by Joyce Liebe, President

Here's a recap of our upcoming events. Please join us.

- ◇ 3/19 (Thurs.) Ladies Game Night, 6:30pm, Parish Hall
- ◇ 3/23 (Mon.) WoHC General Gathering, The Network of Care packaging & Election (President & Secretary), Parish Hall, 6:30pm



ELECTION
OF
OFFICERS

- ◇ 4/6 (Mon.) WoHC Board Meeting, Conference Room, 2:15pm



Ladies, our next Game Night is:

Thursday, 3/19 6:30pm, Parish Hall

Dessert will be served Bring your own beverage

Invite your friends to join us for a fun night of fellowship.



February Game Nite pix. Lots of strategizing & laughing as we played Mexican train dominos. Some of our regulars couldn't attend, however we always carry on with our sisters who show up! We hope to see YOU this month!



ATTENTION MEN!

Thursday, 3/19, 8:30am

**Mandatory Formation of The Holy Cross
Men's Kaffeeklatsch, Mel's Diner, Concord**

Women of Holy Cross
Monday, March 23, 2020 6:30 pm In the Parish Hall

Help us assemble care bags for



We always have a great time helping Janet fill the bags. Come join us!

All supplies are provided.

We will have a short business meeting for elections. Then fellowship and refreshments!

The Network of Care Story

On December 16, 2000, our lives changed. Our daughters, Stephanie (age 20) & Lindsey (age 17) were involved in a tragic car accident. We frantically drove to the hospital, leaving with only the clothes on our back.

Our oldest daughter Stephanie did not survive the accident; our youngest daughter Lindsey was in critical condition. It was an endless day & night for us. Sometime in the darkness, I rose from my chair to check on Lindsey & nearly fainted.

A kind nurse asked when we had last eaten & we certainly could not remember. All we had inside was grief & worry. Since the cafeteria was closed & we did not want to leave Lindsey's side, the kind nurse shared her sandwich with us, which gave us the physical strength we needed.

We think of those first hours & the nurse who did something so small, yet so meaningful. That simple Act of Kindness made all the difference in the world to us, knowing there are people that care.

The foundation was established in Stephanie's memory to support others in their time of need. Lindsey has recovered from her injuries & is very involved in this cause. The Network of Care program is a program of The Stephanie Frazier Memorial Foundation, a registered 501 (c) (3) non-profit organization. The foundation relies completely on donations from the community and a caring group of volunteers.

Volunteers put together bags of non-perishable foods and distribute them to community hospitals with pediatric wards. Nurses and social workers hand them out to families whose child has been suddenly hospitalized. The gift of food provides strength, support and comfort to families under an extreme circumstance.

- **Large Meal Bag:** Designed for families that have been or are going to be at the hospital for a longer period of time. The bag has enough food to sustain a small family through one meal. A typical Bag includes: cup of noodles, ravioli or stew type of item that is microwaveable, granola bars, Jello and/or fruit cups, cookies and crackers, and utensils.
- **Small Snack Bag:** The smaller bags are designed for parents who may just need some snacks while they are waiting to speak to their child's doctor before they can visit the cafeteria.

Youth Bake Sale Follow Up

Alex, Kaytlyn, Kamryn, & Kayleigh, also known as the Holy Cross youth "**bake sale team**" delivered a donation in February to LSS (Lutheran Social Services) for the Mi Casa program. Here they are pictured with Mi Casa case managers Leah & Teron, who gave them a tour, told them all about the program, & even gave them doughnuts. It was a fun "field trip".

"In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven."

Matthew 5:16 ESV



Bites for Mites Thank YOU!

Thank you to all who participated!!!

Whether you baked, crafted, decorated,
purchased, set up, or cleaned up –

YOU helped us raise \$385 for Mites!



let's do
lunch



Pix from the February lunch
at Mountain Mike's.

Apparently pizza is very
popular with the Holy Cross
Nifty Fifty group!

Join the
Nifty Fifties
for
Their Next Lunch:
Thurs., 3/12, 1pm,
DJ's Bistro,
Concord



March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Mite Boxes 9:30a Worship w/ Communion 11a Sunday School/ Bible Studies 2-6 Myanmar Christian	2 OFC CLOSED 10a Ladies Bible Study (C) 7-9:30p Scouts (PH)	3 OFC CLOSED 11a Prayer Group  7:15pm Choir	4 OFC CLOSED 6p Lent Dinner 7p Worship	5	6	7 9a Vision Mtg (PH)
8  9:30a Worship with choir 11a Sunday School/ Bible Studies Fac & Maint Mtg 2-6 Myanmar Christian	9 OFC CLOSED 10a Ladies Bible Study (C) 7-9:30p Scouts (PH)	10 11a Prayer Group	11 6p Lent Dinner 7p Worship	12 1p Nifty Fifty lunch, DJ's Bistro, Concord	13	14
15 9:30a Worship w/ Communion 11a Sunday School/ Bible Studies 2-6 Myanmar Christian	16 OFC CLOSED 10a Ladies Bible Study © 12:30p Ladies bridge (PH) 7-9:30p Scouts (PH)	17 11a Prayer Group 6:30p Elder's Mtg 7:15pm Choir	18 6p Lent Dinner 7p Worship	19 8:30am HCMKK, Mel's Diner 6:30pm Ladies Game Night (PH)	20	21
22 9:30a Worship with choir 11a Sunday School/ Bible Studies Outreach Sunday 2-6 Myanmar Christian	23 OFC CLOSED 10a Ladies Bible Study © 6:30p WoHC Network of Care (PH)	24 11a Prayer Group	25 6p Lent Dinner 7p Worship	26	27	28
29 9:30a Worship w/ Communion 2-6 Myanmar Christian	30 OFC CLOSED 10a Ladies Bible Study © 7-9:30p Scouts (PH)	31 11a Prayer Group 7:15pm Choir	YVCS School Hours: 8:30am-3pm YVCS Parish Hall use during week: ◇ Choir: Mon. & Wed. 12-3pm ◇ Band: Mon. & Wed. 3:30-5pm ◇ Spanish: Tues. & Thurs. 12-3pm ◇ Chapel: Friday 8:30-9:15am (visitors welcome)			

cl=choir loft, C=Conference Room, E=Ed Bldg, PH=Parish Hall, L=Library, ws=wing room

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Eric Roman, Herb Neumann

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Office Hours: Tuesday- Friday 9am-1pm

Worship Schedule:

Sunday Service	9:30 AM
Communion	1 st , 3 rd , and 5 th Sundays
Adults Bible Studies	11 AM
Sunday School	11 AM

Week Day Bible Study Schedule:

Monday (Ladies)	10AM Conference Room
Wednesday	7PM Parish Hall

Choir Rehearsal:

Tuesday	7: 15-8:45PM
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Publication Deadline:

Bulletin: Noon, Tuesday
April 2020 Cross Currents: March 22, 2019