

South Mountain Shared Ministry Newsletter

BETHANY LUTHERAN AND ST. PAUL'S LUTHERAN



CHARLIE'S CORNER: SABBATH: CALLED TO REST

Something I hear again and again from people is that there is never any time to rest. When one thing calms down, something else pops up drawing all attention. I definitely feel that way often. The world feels like everything is go-go-go and rest is only a luxury.

I have also heard from people in all generations that rest or taking time away from work and other commitments is hard because they feel guilty or that some may perceive it as laziness.

Yet, one of the oldest and crucial spiritual practices we have is centered around rest and stepping back. That is Sabbath.

Major Upcoming Events

Wednesday Night Dinners at
Bethany

Feb 12 and Feb 26 at 5:30 pm

"Fun" February Events
throughout all of February. See
page 3 for more information

South Mountain Shared
Ministry Pancake Supper:

March 1st at St. Paul's

Lutheran 3:00-6:00pm

Ash Wednesday: March 5th

7pm at Bethany Lutheran



UPCOMING BIBLE STUDIES

Our next bible study session will be start on January 28 & 29 and go through February 11 & 12. It will be a three week study on Sabbath. We will spend time looking at where the idea of Sabbath comes from, how Sabbath includes whole communities and creation, and what practices can we add into our lives to find Sabbath in the busyness of life.

In Lent, we will have bible study focusing on different passages from the Gospel of Luke. That will begin March 11 & 12 and will go through April 15 & 16. We will meet:
Tuesday nights at 7:00pm at Bethany Lutheran in the Fellowship Hall
Wednesday Morning at 9:30am St. Paul's Lutheran in the Chapel (under the sanctuary)

Sabbath: Called to Rest (Cont'd)

From the time of Moses to the time of Jesus' ministry to today, Sabbath has been a topic of discussion. What the common theme found in all discussions is the intentional time of renewal focused on relationship with God.

It is time away from the toil worldly tasks and to see the goodness and beauty that comes from God and the beauty of creation that God has created. What we are called to do on Sabbath is what continues to lift up the love of Christ in our lives and shared with others.

For many, that is hearing the Gospel proclaimed when gathered in community. For others it is delighting in the blessings that God given. For others it might be finding calm and peace before going back into the busyness and chaos of the world we live in.

The Sabbath was created for us as we hear in Mark 2:27. We are called to rest.



Film Study: *A Time for Burning*

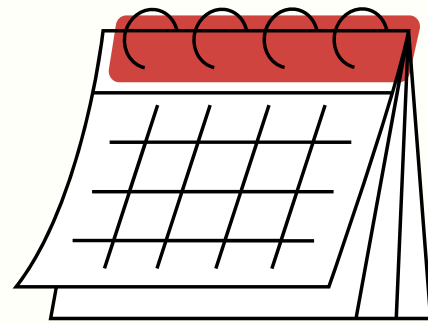
We will meet at 5:00pm at Bethany Lutheran on February 23 to watch *A Time for Burning*. It is a documentary that follow a pastor's attempt to build a relationship between the Lutheran church he was serving with a local black congregation in Omaha, Nebraska in the 1960's. This is a powerful film that was nominated for an Academy Award. It may challenge us in how we are called to live into the mission and community of Christ.

The film is about an hour long and there will be time for discussion afterwards. Snacks will be provided. Please contact Pr. Charlie for any questions.

"FUN" FEBRUARY: A MONTH OF SABBATH

South Mountain Shared Ministry will be focusing on Sabbath during the month of February. As a shared ministry, we will focus on rest and renewal. This rest is for the sake continued mission, spirituality, peace, and intentional focus on relationships with God and neighbor.

Sabbath is not a luxury but a commandment in scripture. Coming from God's rest after the sixth day of creation in Genesis, God calls us into Sabbath. Jesus also speaks of observing the Sabbath and it was created not for God's sake, but ours. So this month, we are going to focus on rest, on taking moments to focus on our faith, being in relationship with God and one another, and renewing our body and spirit for the continued journey of faith.



"Fun" February Schedule

February 5th: Pizza, Pray, and Play

Join us at 5:30pm at St. Paul's to share a meal together and play some board games. We will share a prayer together focused on rest and community and have journals to take home with prayer prompts.

February 15th: Breakfast at Bethany

Join us from 8:00-9:30am for breakfast prepared by Pastor Charlie. There will be conversation and crafts for all ages.

February 20th: Trivia at Smoketown Brewing

We will get a team or two together for Trivia at Smoketown Brewing Station in Brunswick. Trivia starts at 6:00pm and let Pastor Charlie know if you are interested.

February 22nd: Coffee and Conversations

Join us over coffee and conversation at St. Paul's as we have a coffee and donuts and a discussion on multiple topics revolving culture, religions, and more to explore what life together looks like. We will meet at 9am that morning in the chapel.

Worship Times

BETHANY LUTHERAN

9:45 am on Sunday Mornings

ST. PAUL'S LUTHERAN

11:15 am on Sunday Mornings

OTHER EVENTS COMING UP

FEBRUARY 22ND: WINTER WOOLY RETREAT

All are welcome to come to Mar-Lu-Ridge to help knit and/or crochet hats that will be donated to those in need, including local cancer and hospice patients. Please bring your own yarn and there will be extra there. Coffee, tea, and water are provided but bring a dish to share for lunch.

We will meet at the Potomac Lodge (building across from the caboose) from 9am-3pm. Stay all day or pop in and out as needed.

Contact Shelly Gladhill 301-788-7585 or Alexa Masser 301-514-4479 for questions and to RSVP.

March 1st: South Mountain Shared Ministry Pancake Supper

Join South Mountain Shared Ministry for a pancake supper on Saturday March 1st from 3-6pm at St. Paul's Parish Hall. We will be having pancakes, sausage, and more! It is a freewill offering and all proceeds will go towards local benevolence at each congregation.

March 2nd: Community Meal at Mar-Lu-Ridge

Come to Mar-Lu-Ridge for a free community meal on Sunday March 2nd from 3-6pm. Join the Bishops of Delaware-Maryland and the Metro-DC Synods for a time of fellowship and of breaking bread together in a place so dear to many. Please RSVP to Mar-Lu-Ridge if you plan to attend either by phone or on their website.



Contact Information for Pastor Charlie:

Email: charlie.frekot21@gmail.com

Office Hours*:

Monday: 10 am-1 pm
at St. Paul's
Thursday: 9 am-12 pm
at Bethany

*Subject to change because of presence
needed at synod meetings or events
and potential pastoral care needs
within congregations



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