

IMMANUEL LUTHERAN CHURCH
5955 South Elm Avenue
Fresno, California 93706

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**SPRING FORWARD
ONE HOUR FOR
DAYLIGHT SAVINGS TIME
ON MARCH 13TH**

Ministry Staff

Pastor: Rev. Taylor Stempniak
Office Secretary/Chimes Editor: Victoria Salwasser
Organist: Laurel Jacobsen
Sound & Technology: Christian Jensen

Immanuel's Church Council

President: Mark Salwasser
Vice President: Kristi Hollenbeck
Council Secretary: Allyson Kahn
Financial Secretary: Sharon Reynolds
Treasurer: Pat Griffin
Trustees: Jim Hansen, Karl Nielsen,
Deacons: Carol Bennetts, Gina Cogan,
Allyson Nielsen, & Barbara Petersen
Women's Ministry President: Victoria Salwasser

Return Service Requested

The Immanuel Chimes March Edition 2022



IMMANUEL LUTHERAN CHURCH

A Mission of the North American Lutheran Church

5955 South Elm Avenue

Fresno (Easton), California 93706

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Visit our Website at

FAT TUESDAY PANCAKES



MARCH 1ST 6:30 PM

IMMANUEL LUTHERAN CHURCH
5955 S ELM AVE, FRESNO, CA 93706

**Daylight Saving Time Begins
March 13th.**

Spring Forward one Hour

**Ash
Wednesday
Service
March 2nd
7:00 pm
Sanctuary
We will also
be offering
ashes on a
drive up basis
in the
Grace Hall
parking lot
from
5:30-6:30PM**

From our Pastor

9th and 10th Commandments

My first year dating Luke, I got him a puppy. Winnie is almost too smart for her own good, but we love that dog. For two years, when we lived a mere five minutes apart, Winnie saw me everyday. I doted on her, she doted on me. When Luke and I went to separate grad schools, it was almost as difficult saying goodbye to Winnie as it was to him, but I looked forward to happy reunions. I counted down the days until we were reunited, drove the eight hours to Virginia, and when I got there, Winnie got to me before Luke and nearly knocked me over in her excitement. The whole family was reunited! The first day of my visit was just like old times, but the next day something changed. When Luke and I sat next to each other on the couch, Winnie squirmed between us and stretched out to get me to move. When Luke and I danced in the kitchen, Winnie lumbered between our legs to break us up. When Luke and I were going about the day, she ignored me altogether. In the month that we had been apart, Winnie had grown accustomed to being the subject of Luke's undivided attention, and now that she was sharing it with me again, she coveted every moment not spent on her.

The ninth and tenth commandments often feel a bit forgotten. "You shall not covet your neighbor's wife or servant." It is a command to abstain from jealousy, but its inclusion almost seems redundant. Luther remarked that theft was covered in the sixth commandment, and coveting appears to be a precursor to theft. I had never given it much thought until my dog attempted to sabotage my relationship. While theft may be an impersonal action or the ultimate fruition of jealousy, coveting is personal. Jealousy unchecked acts as poison in a relationship. To covet one's relationship with others, like their wife or their long-distance girlfriend, is to allow the blessing of your neighbor to become a stumbling block for yourself. Rather than rejoicing in the blessings that the Lord provides for each of us, we allow our selfish desires to effect how we treat our neighbor. It is a helpful practice to redirect our envy into gratitude. When we desire what our neighbor has, pausing and considering how the Lord has blessed us with people who love us, with good weather, and, most of all, with abounding grace poured out indiscriminately on his beloved children, gives us reason to rejoice.

Blessings to you faithful people of Immanuel, Pastor

Prayer Focus for March

Week of 3-6-2022. **Focus on doing good. Ecclesiastes 3:12 NIV.** "I know that there is nothing better for people than to be happy and do good while they live."

Week of 3-13-2022. **Focus on a season of forgiveness. Matthew 6:14 NIV.** "For if you forgive other people when they sin against you, your Heavenly Father will also forgive you."

Week of 3-21-2022. **Focus on loving your neighbor. Luke 10:27 NIV.** "He answered, love the LORD your god with all your heart and with all your soul and with all your strength and with all your mind; and love your neighbor as yourself."

Week of 3-28-2022. **Focus on hope. Romans 15:13 NIV.** "May the God of hope fill you with all joy and peace as you trust him so that you may overflow with hope by the power of the Holy Spirit."

Prayers for our church family and friends:

Members and their families serving in the military: Erica Botello, Joey Brewer, Henry Clark, Ryan Freitas, Michael Hansen, Caleb Hathaway, Leah Linger, & Matthew Tigchelaar.

Those unable to travel about: Gail Hansen, Art & Marian Olesen, Paul Pedersen, Bonnie Terkelsen, & Lois Rasmussen.

Those in need of pain relief & healing: Dave Angel, Pranav Batra, Micah & McKenzie Bennetts, Sandy Britter, Ed Bordin, Darin Bratton, Gaye Cissel, Dale Ewing, Joyce Futrell, Caleb Hathaway, Al Hooper, Marge Jacobsen, Kim Jennings, Carl Jensen, Jordan Lyons, Mari Millar, John Mitchell, Lucas Morello, Donna Kennedy, Christie Pettitt, Tony Pings, Kenneth Selzer, Timm Trickett & Caitlin Tyler.

For people dealing with loneliness and depression caused by these pandemic precautions. For those battling the Coronavirus and the health care providers tending to those in need. For our first responders, and elected officials to listen to God's wisdom.

A Sweet Little Hunny
is on the way...

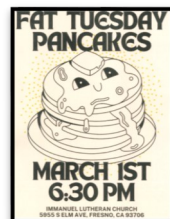


Everyone is Invited to the
Hollenbeck Baby Shower
Sunday, March 27, 2022
Potluck Lunch after Church!
Drinks & Desserts Provided!

Please contact Karen Jensen if you have any questions
or would like to contribute to a group gift.
(559) 579-4893 or karen.renee.reed@gmail.com

Robert & Kaylee are registered at:
amazon.com/baby-reg/QFRMQGD4DEXY

What is Fat Tuesday?



The quickest answer to this question is, “One of Pastor’s favorite days in the church year.” I love any excuse to eat breakfast for dinner. Fat Tuesday, or Shrove Tuesday as it’s also called, is the last day before the season of Lent begins. Since the season of Lent is a season of fasting, where many Christians choose to refrain from rich, decadent foods (That’s right! Not everyone gives up their least favorite veggie every year for Lent!), Fat Tuesday is an opportunity for Christians to use up the last of the fat before Lent so it doesn’t go to waste. All of the butter, flour, milk, and fatty meats were cooked up and a last feast was had to fill bellies and empty cupboards. For centuries, Christians were making cakes to use up the fatty goods, and over years, that’s transformed into pancake suppers. A night with good pancakes, rich syrup, and some yummy sausage. This year, we invite everyone to join us in the Social Hall on March 1st at 6:30 pm for a traditional Fat Tuesday supper. There’s no cost, but we welcome donations so we can do it again next year! Can’t wait to see you there!

Ash Wednesday

Ash Wednesday is March 2nd. We will have an Ash Wednesday service at 7:00 pm in the sanctuary, but we will also be offering ashes on a drive-up basis in the Grace Hall parking lot, from 9:00-10:00 am for HS students and 5:30-6:30 pm like we did in 2021.

Lenten Soup Suppers

Lent begins in March, and we’re so excited invite everyone to participate in Soup Suppers, with Holden Evening prayer to follow in the sanctuary. Every Wednesday in Lent, starting on the 9th, we’ll gather for a warm bowl of soup at 6:30. If you’re interested in bringing soup, please sign up on the church bulletin board for which Wednesday you’d like to contribute. All leftover soup will be packaged up and taken to our Shut-Ins on Thursday so they can enjoy your delicious cooking! We’re also assigning Wednesdays for dessert according to your birthday: March 9th: January-March, March 16: April-June, March 23: July—September, March 30: October—December; April 6: Immanuel Church Council. On March 16th we welcome a special guest speaker, Jen Serban from the Fresno Rescue Mission to talk about the City Center!

Sunday School is back!

Like you've never seen it before!

On the first Sunday of March, we'll be returning to Sunday School, but with a twist! Rather than breaking up in individual classes, we're going to be introducing an intergenerational Sunday School class on Sunday mornings at 9:15 in the Social Hall.

This class will be a wonderful opportunity for us to get to know each other better and grow in faith together. We have a lot to learn from our neighbors, whether they are older or younger than us, new in faith or a practiced saint. We encourage you to consider purchasing the Egermeier's Bible Story Book to do your readings in it. If you're interested in trying the Egermeier Bible but can't afford it, please let Pastor know, and we'll make sure you're taken care of.



We want to encourage everyone to read scripture with their families before coming, but if you didn't quite get it done that week, don't worry! Everyone is welcome! Just bring a Bible and a smile! You can find our reading schedule below:

| Dates | Egermier Page Numbers | ESV Bible Chapters |
|----------|-----------------------|--------------------|
| March 6 | Pages 11-16 | Genesis 1-4 |
| March 13 | Pages 16-23 | Genesis 5-13 |
| March 20 | Pages 24-29 | Genesis 14-19 |
| March 27 | Pages 32-39 | Genesis 20-25:34 |



The Danish-American Historical Society of California



22ND ANNUAL

Frikadelle Dinner

SATURDAY EVENING,

MARCH 5, 2022

SOCIAL HOUR

5 P.M.

DINNER

6 P.M.

Immanuel Lutheran Church — Easton

SOUTH OF FRESNO AT 5955 SOUTH ELM AVENUE, CORNER OF LINCOLN AVENUE,
Just west of Highway 41

Tickets — Adults \$28.00 ■ Children (Under 10) \$10.00

Reservations Deadline : TUESDAY, MARCH 1, 2022

Make your reservation now by e-mailing Laurel Jacobsen
at lolli707@comcast.net. Or you can call

Laurel at (559) 240-8818 or Lucille Dennis at (559) 477-2035

PLEASE PAY AT THE DOOR WHEN YOU ARRIVE ON MARCH 5!

Come and enjoy an informative

Danish Cultural Program

The Settlement of Danes
In Fresno County

News Notes for March

Happy Birthday to Gaye Cissel on her 75th birthday on March 30th!

IMMANUEL CONTINUES TO RECYCLE AS A FUNDRAISER FOR WOMEN'S MINISTRY! In the past, the recycle money was used as retreat scholarships. Though we do not have retreats anymore, we continue to raise money for other causes. Please bring your cans & plastic CRV bottles securely bagged to Immanuel and place in the social hall.

DAYLIGHT SAVINGS TIME - SET YOUR CLOCKS AHEAD ONE HOUR to "SPRING AHEAD!" Daylight Saving Time will begin at 2 a.m. on **Sunday, March 13**, and will end at 2 a.m. on Sunday, November 6, 2022 when we can "FALL BACK" ONE HOUR.

DRIVE THROUGH ONLY TAKE OUT FISH & CHIPS EVERY FRIDAY NIGHT DURING LENT AT ST. JUDE! STARTING MARCH 4TH! The annual fish & chips dinners continue every Friday night during Lent from **5:00PM-6:30PM** at the St. Jude Catholic Church at 208 West Jefferson Avenue in Easton, CA.

THRIVENT MEMBERS: Remember to renew your Choice Dollars to Immanuel Lutheran Church or other non-profit before March 27th.

Refuge News! Junior high and high school students met after church on Sunday, February 6th for a monthly gathering to have some lunch together, devote time to God through discussions and make cute crafts for our members in their golden years. Pastor Taylor led discussion and settled a few topics in question. The next youth gathering will be April 3rd after church. Volunteers to help with the youth events are welcome. Please call Pastor at 803-767-5128 if you would like to help out with youth events in the future.

Immanuel will be emailing giving statements quarterly. Please notify finance@immanueleaston.com or call the church office at 559-237-7909 with any email address changes. If you would like a quarterly giving statement mailed to you, please call the church office. **Giving Envelopes are still available.** If you would like to receive envelopes for 2022, please call the church office and we will get them to you. Thank you for your financial support. We have been blessed to be able to continue to pay our bills and maintain our church home.

How To Recognize Burn-Out By Tiffany Henning from HR Ministry

As someone who has been burned out, I know it's not a question of if you are experiencing burnout, but how many of us are already burnt out.

Most people have no clue. I know I didn't. It's not that we are clueless. We think we don't have time to look closely and deal with it, so we ignore warning signs, writing them off as "stress." The past few years haven't been easy. Most people were burned in one way or another and some walked into COVID already burnt. So how do we recognize it? And more importantly, how do we help?

Looking back to my own burnout, here are the warning signs I should have taken note of:

1. **Being overly emotional.** This includes a rollercoaster of emotions: I lost patience with everyone around me., My husband was walking on eggshells because he never knew what would set me off. I sobbed with no idea why I was crying, and once I even kicked a hole in our wall (not my proudest moment...).
2. **Forgetfulness or difficulty concentrating.** This may be increasingly hard to distinguish from "COVID-brain", but it was a whole other level when I was burnt out. I would honestly forget entire conversations, arguing it had never even happened.
3. **Losing joy in things you previously loved.** This was especially true if I had to go anywhere, talk to anyone, or expend any energy. I didn't even want to see my friends—it just took too much effort.
4. **Trying to escape into vices (sinful or not).** I became addicted to Super Big Gulps, donuts and reading mystery novels. The biggest red flag was when I started ignoring my husband, kids, friends even when I was in the same room with them in favor of my books.
5. **Exhaustion. All the time. Mentally, physically, and emotionally.** I just wanted to sleep yet, ironically, I had trouble falling asleep and staying asleep because my mind was always going.

I would bet you can identify with at least a few symptoms in that list. If you are wrestling with burnout, first off: reach out to your family, supervisor or community (or all three) and communicate what you're feeling the best you can. You can't do this alone. If that list of warning signs is foreign to you, read it again and then look around. There is bound to be at least one person in your life who is veering dangerously close to the edge and could use a lifeline.

In part two of this three-part series, I'll talk about some common causes of burnout and deep-dive into the three toxic habits in my life that created this downward spiral. Look for part 2 in your April Chimes.

Journey

So this month let's talk about anniversaries. I was triggered to think about this by a dear friend recently. Thanks for the inspiration.

So it should be no surprise that among my closest friends are the club members. What I've found is that club members are some of the most feeling, caring deep thinkers I know. Not because they are more gifted intellectually or are philosophically more advanced. But mainly because they have taken the time or have had the time forced on them to think and explore their feelings. They are a little more in touch with their thoughts regarding being left behind.

The members all know their anniversaries. July, 8 2016 9:02 pm! Some of us start to feel that atmospheric shift days or weeks or months ahead of the anniversary. You can always identify it; you just know something is out of line in the universe. It doesn't matter if your anniversary is a month ago or 30 or 40 years ago, you just feel it.

Like with grieving itself, we all do it differently. Really no wrong way, just your way. I know a woman who took a cake and punch and a lawn chair to the cemetery every year and just sat and visited with the departed. It brought her a great deal of comfort. For me, it's a time to remember. To smile about the funny things and a time to cry about the sad things, memories. I ask the boys if they remember what day it is and they always do. For me, there is comfort in sharing the anniversary. Mom, bless her heart, always knew what I was referring to when I would ask her if she knew what day it was. I will always share with you as well. I think sharing is good. Maybe you do, maybe you don't. But I would encourage you to share with someone. You know, a burden shared! Someone else may benefit from knowing how you feel. It may validate how they are feeling. Let them know they're okay with their feelings. It's up to you. You need to do what works best for you.

Bottom line, we're all in this together. That's why God put us together. To be there for each other. To be a part of this community we call Jesus.

Embrace the memories. Praise the LORD that you have the memories. Thank him for the time you had. No matter if it was a short time or a long time. It was your time and a part of who you are.

In Celebration of our Members in March 2022

Birthdays

3-Alexandra Gardner
7-Jared Allred
11-Karl Nielsen
12-Cody Caglia
15-Kristi Hollenbeck
19-Lillianna Perez
20-John Jensen
-Pat Griffin
24-Scott Hollenbeck
26-Dan Stiltz
30-Gaye Cissel

Wedding Anniversaries

8-Daniel & Jennifer Hartwig (14)
13-Bobby & Andrea Bell (19)
26-Scott & Marcia Hollenbeck (34)

Baptismal Birthdays

2 Susie Tews
3 Dale Ewing
5 Jacob Caglia
8 Brooke Hartwig
10 Eve Allred
16 Brittney Gardner
19 Michelle Hollenbeck
21 Stephanie Hollenbeck
25 Liberty Auer
Kaylee Bennetts
Mckenzie Bennetts
Micah Bennetts



Team Member Day! March 12th 10:30-12:00 Grace Hall

Join Pastor Taylor in helping us use our gifts to help grow God's church!

We will make Picture Boards,
Flowers, Clouds, & Rain Drops!
Come share God's word and delight
in "Brunchy" Snacks.

If you can glue,
we've got a spot for you!

If you don't see your birthday or wedding anniversary in The Chimes, please let us know! See Victoria in the church office about a Household Data Form so we're sure to have all your family's information!

Thank you, Immanuel...

Carl Jensen and family would like to thank everyone for the amazing outpouring of love and caring that you all have given to us. We are so blessed to be a part of such a wonderful church and community family. Thanks to Bethel Lutheran and the entire staff for the love and compassion they showed to mom every minute that she was there. Thanks to Hines Hospice that oversaw her last hours at Bethel. Thanks to the Immanuel luncheon serving crew for all they did.

Most of all, thanks be to God for the wonderful woman who was mom. She found a way to make everyone feel important and loved. Thank you for giving her to us all.

Carl, John, & Dan

Russ Dunbar Memorial Blood Drive March 27th 8:30-11:30AM

In front of Immanuel No appointment is necessary!

NALC NEWS

Congratulations to Pastor Taylor Stempniak who was elected Dean of the Central Pacific Mission District of the North American Lutheran Church.

Printed copies of the NALC News can be found on the table under the Gold bulletin Board in the church entryway. The newsletter is available online at thenalc.org. In the January-February edition, you can read about the 2020 Vision Implementation phase as well as ordinations and new churches in Florida and South Carolina.

The same holds true for the Women of the NALC. Their monthly newsletter is available online as well as printed copies on the table in the

God is good all the time and all the time, God is good.

I love you all, John

Most popular song sung by Barbra Streisand: Written by Alan and Marilyn Bergman in 1974:

Memories,
Light the corners of my mind.
Misty watercolor memories
Of the way we were.

Creator's Corner is Back!



Everyone is
Invited!
10:30am-12:00pm
Saturday,
March 19th
In Grace Hall
Bring brunchy snacks
to share

Everyone will learn how to make a
beaded floral bracelet and take at
least one home! Class Fee \$6.00



March 2022



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------------------------------|---|---|--|--------|--|
| | | 1 6:30PM Pancakes for Fat Tuesday Dinner in the Social Hall | 2 Ash Wednesday 5:30-6:30 Drive Through Ashes in Grace Hall parking Lot 7:00pm Ash Wednesday Service in Sanctuary | 3 6:00AM Men's Bible Study in Social Hall | 4 | 5 Danish-American Historical Society Fricadelle Dinner In Social Hall 5:00pm social hour 6:00pm dinner |
| 6 9:15 Sunday School in Social Hall 10:30 Worship & Communion 11:45 Fellowship 12:00 JH & SH Youth Meet in social hall for lunch | 7 12:00PM Easton Food Dist. | 8 | 9 6:30PM Soup Supper 7:00PM Lenten Service | 10 6:00AM Men's Bible Study in Social Hall | 11 | 12 10:30-12:00 Team Member Prep Day in Grace Hall |
| 13 Daylight Saving Time Move forward 1 hour 9:15 Sunday School in Social Hall 10:30 Worship & Communion 11:45 Fellowship | 14 | 15 7:00PM Council Mtg. In Grace Hall | 16 Chimes Deadline 6:30PM Soup Supper Featuring guest speaker from the Fresno Mission | 17 St. Patrick's Day 6:00AM Men's Bible Study in Social Hall | 18 | 19 10:30-12:00 Creator's Corner in Grace Hall |
| 20 9:15 Sunday School in Social Hall 10:30 Worship & Communion 11:45 Fellowship | 21 | 22 | 23 6:30PM Soup Supper 7:00PM Lenten Service | 24 6:00AM Men's Bible Study in Social Hall | 25 | 26 |
| 27 Blood Drive & Baby Shower 9:15 Sunday School in Social Hall 10:30 Worship & Communion 11:45 Fellowship | 28 | 29 | 30 6:30PM Soup Supper 7:00PM Lenten Service | 31 6:00AM Men's Bible Study in Social Hall | | |