



**WELCOME TO OUR NEW OFFICE MANAGER SIMONE HARTER**  
She began her new job on Feb 4th. The new office hours are 9:30AM to 2:30PM Monday through Friday. Let's welcome Simone into this this important job in the life of our church.

**Please start using** [office@oursaviourrochester.org](mailto:office@oursaviourrochester.org) for Church emails.



On behalf of the Food for the Poor,  
THANK YOU VERY MUCH  
for our church's donation!  
We donated \$5334!!

*Saving Lives*  
*Transforming Communities*  
*Renewing Hope*

LUTHERAN CHURCH OF OUR SAVIOUR

# The Communicator

*Newsletter of the  
Lutheran Church of Our Saviour  
2415 Chili Avenue  
Rochester, NY 14624  
585-247-7824*

*E-mail: [office@oursaviourrochester.org](mailto:office@oursaviourrochester.org)  
Rev. Joachim Wilck, Pastor  
Mrs. Simone Harter, Editor  
A member congregation of the  
Upstate New York Synod  
Evangelical Lutheran Church in America*



**MARCH BIRTH-DAYS . . .**  
**HAPPY BIRTHDAY**  
 and **BEST WISHES** to all these members of Our Saviour who celebrate

birthdays during the month of March. We pray for your continued growth in God's grace.

- 1-Leslie Brightman
- 1-Lauren Stoutenburg
- 1-Brandon Morningstar
- 1-Ashley Yackel
- 1-Jessiana Malaih-Randi Frank
- 3-Diane Parke-Potter
- 4-Laurel Girvin
- 4-Tyler Jones
- 4-Thomas Stuver
- 5-Michael Werth
- 6-Daniel Hahn
- 7-Sheila Foltz

- 8-Cassie Forrest
- 8-April O'Connor
- 9-Andrew Loughlin
- 10-Ann Marie MacBride
- 10-Tyler Potter
- 11-Brian Mochrie
- 11-Lincoln Carpenter
- 12-Thomas Glanville
- 12-John Hladis
- 12-Karen Saur
- 12-Caitlyn Farmborough
- 14-Cameron Ransom
- 14-Justin Pickett
- 15-Richard Zacharko
- 15-Anatole Pleten
- 16-Tanner Eberhardt
- 16-David Wiesmore
- 16-Brian Crnkovich
- 16-Ava Elizabeth Stuver
- 17-Annette Maas
- 17-Pamela Carmichael
- 18-Kevin Spencer
- 20-Christa Witt

- 20-Lindsey Emerson
- 21-Lars Reafler
- 22-Carol Ransom
- 22-Franz Foltz
- 23-Gene Northrop
- 25-Olive Oehlbeck
- 25-Leslie Seiling
- 26-Michael Christensen
- 26-Stephen Fichter
- 26-Carter Schroff
- 27-Jonathon Greene
- 27-Lindsay Werhmann-Guhl
- 27-Ernst Hafner
- 27-Rudy Vogel
- 28-Todd Grimes
- 28-Johannes Witt
- 29-Emily Klein
- 31-Michelle Stone Coval
- 31-Martin Cumming
- 31-Logan Heid
- 31-Julia Bryce
- 31-Olivia Bo-Ri Strasser

**Equal Exchange orders**

Equal Exchange orders will be taken on Sunday, **March 10**. Stop by the table in the narthex between services to check out the catalog and place your order. Packaged coffee is available in whole bean or drip grind. Single Serve cups are also available. Black, green and herbal teas are available, as well as chocolate products such as chocolate bars or mini bars, chocolate chips and baking cocoa and cocoa mixes. Also available are almonds, cashews and mangos and organic extra virgin olive oil. We do need to order in case lots, but individuals can join together to order a case. The number of items per case is noted in the catalog. Purchases are typically available on the following Sunday between services. You pay for your purchase upon receipt.

Sharon Yackel

**MARCH ANNIVERSARIES . . .** Congratulations and Best Wishes to these members of Our Saviour who celebrate Wedding anniversaries during the month of March. May God continue to bless you and increase your love for one another!

- 17—Elton and Patti Schulz
- 20—Ronald and Sharon Castrichini
- 27—Scott and Margaret Meli



Lent begins **March 6** with our traditional Ash Wednesday service of Holy Communion and imposition of ashes. This service is at 7:00 PM.

Our mid-week services begin with soup and sandwich suppers at 6:30 and worship at 7:15. The schedule is as follows:

**March 6** 7:00 PM Ash Wednesday service of Holy communion and imposition of ashes.

The mid-week services takes us through some of the most familiar teachings of Jesus from his Sermon on the Mount in Matthew 5-7 and relates them to the events surrounding Christ's life, death and resurrection. In the process, the services will powerfully reveal that the cross itself is the ultimate sermon on the mount for our journey of faith in this sacred season.

**March 13** – Salt and Light – Matthew 5:13-16 – Christ calls us to be salt and light in this world of sin, We who have tasted and seen his great love for us on the cross can spend our lent savoring his salvation and shining with his glory and grace in the places where he has put us.

**March 20** – Prayer and Fasting – Matthew 6: 5-18 – Lent is a season of prayer and fasting. We grow in our relationship with Christ by communicating with him, and we learn more about him and ourselves by giving those things that can distract us from our connection to him.

**March 27** – Do not Worry – Matthew 6:25-34 – So much of our lives, even in Lent, is spent worrying about what might happen or what has happened. Christ teaches us to stop being anxious, but simply to trust that he knows what is best and will take care of us to the very end.

**April 3** – Judge Not – Matthew 7:1-5 – We live in a very judgmental world, so Jesus' advice not to judge sounds radical to our modern ears. When we leave all judgment up to God, we free ourselves to look at one another through fresh and forgiving eyes.

**April 10** – Build on a Rock – Matthew 7:24-27 – WE build our lives on very shaky foundations, and then we are surprised when things start collapsing. Jesus reminds us in his teachings that the only solid foundation is himself, the Rock of our salvation. On him alone we build.

Join us as we set our hearts on Jesus this Lent and make these services part of our Lenten pilgrimage.

**BIBLE STUDY**—Beginning **March 5** the Tuesday Bible Study will begin a 6 session Bible Study for Lent. This 6 session Lenten Bible study focuses on the suffering that Christ endured for us. He was rejected and ridiculed. He suffered injustice, physical agony and finally, the penalty of death. Each session in the Bible study includes Bible readings, prayers, questions, and discussion starters related to the passion narrative event being pondered.

## BOARD OF TRUSTEES

From the Trustees: We are mid way through these Winter months and our heating system is running well without any major problems, but we still have a ways to go before we're out of the woods. Please remember to return the temperature back to normal if it was turned up and turn all lights off when leaving the area.

We will have our Memorial Day Service on Sunday, **May 26**, to remember and honor all our deceased and living military veterans. If you would like to recognize a veteran you can purchase a veteran brick for placing at the base of our Mitchell Memorial Flag Pole. Requests must be submitted no later than **April 26**. Contact the church office or Ed Jarvis (233-7867) for more details and a request form.



## SAVE THE DATE THE JUBILEE'S SPRING LUNCHEON

The fellowship will take place in May. Further details will be provided in future weekly announcements and newsletter.



EASTER SUNDAY, APRIL 21  
ONE SERVICE AT 10:00 AM  
COME JOIN US!

## THRIVENT CHOICE DOLLARS

From Thrivent Financial: A reminder to Thrivent members, if you have THRIVENT CHOICE DOLLARS you need to direct those dollars by **March 31**.

Good news, Thrivent will again sponsor a fun day at the Strong Museum on Sunday, **October 13**. It is a fun family time for Thrivent members and their invited guests. Watch for additional information in the future newsletter.



## CARING AND SHARING

We all have loving hearts but busy lives. To make life easier for you to show others you care, we are providing a CARD BOX.

Help yourself to cards and envelopes. Our LCOS Directory is there to help you find addresses. You can write your notes and address the envelopes now while you are thinking of it. Just add a stamp and drop it in the mail.

The card box is located on the small round table next to the elevator.

Seats are provided.

Do you receive free cards in the mail?

Bring them in and add to the box.



**Volunteer at Camp Joy this summer!** Since its founding in 1982, Camp Joy – a week-long overnight summer camp for developmentally disabled adults - has thrived as an ENTIRELY volunteer based organization. To maintain our Christ-centered, inspirational, fun-filled experience for the 100 individuals who attend camp every year, we need volunteers like you! Camp is held at the Rotary Sunshine Campus in Rush, NY, and this year will be June 16-21 (Sunday -Friday). Both full- and part-time staff are needed, full room and board are provided for full-time staff, and there is absolutely no monetary requirement for volunteers and no previous experience with this population needed! Our need has become dire as we often keep a waiting list of campers wishing to attend but are unable to accommodate due to an insufficient number of volunteers. Please consider being a part of this outstanding organization and share the experience of a lifetime to continue to make this camp possible for so many individuals who desire this fulfilling experience. For more information or to register as a volunteer, visit our website: [www.campjoyny.org](http://www.campjoyny.org), or call (585) 371-8851 with any additional questions.



**JUST A REMINDER**—The Coin folders are available on the narthex table. The offering received from this coin folder will go to our Mission/E.L.C.A. benevolence. As we think about the Lent and Easter Season we are reminded that Christ came into the world to save sinners. Our benevolence dollars support the Mission and ministry of the Upstate New York Synod and the broader outreach of the E.L.C.A. Thank you in advance for your continued support of the mission of the whole church.

**\*\*Lent is March 6—April 18\*\***

## NG's US News

### LYO Happenings

The youth have been working very hard with their preparations for the youth led service. The service will be held on **March 17** at the 9 am service. We welcome all to come experience the Gospel through our youths' eyes.

We will hold a dress rehearsal on **March 16** - time TBA.

On **March 22** we will participate in the 30 hour famine. The youth will come together for a Lock in at 6pm on Friday the 22nd until 6pm on the 23rd.

Grace and peace,

Janeen Oliver



# LUTHERAN CHURCH OF OUR SAVIOUR

## MISSION STATEMENT

We, the members of the Lutheran Church of Our Saviour, as baptized followers of Jesus Christ will foster a living, expressive relationship with our Lord and our neighbors.

We will do this in a way that seeks to serve all segments of our congregation and community by:

- ◆ Providing a welcoming environment for youth and young adults.
- ◆ Strengthening the family unit.
- ◆ Involving the elderly and recognizing their special needs.
- ◆ Making Christ visible through worship.

*Recommended by the Long Range Planning committee on October 27, 2010*



March 10



Our Saviour Altar Guild invites you to place a *lily, begonia or a tulip* in the chancel for the Festival Easter Services celebrating the Resurrection of our Lord. Plants may be placed to the Glory of God, as an expression of joy at the Resurrection of Christ, and/or in memory of family members or friends who now share the resurrected life with our Lord in eternity!

The Guild is pleased that the price this year is only \$9.00 for lilies, begonias or tulips. Please sign the Reservation Sheet on the Narthex table by Sunday, **April 7**. Take an envelope and place it in the offering during any service. Plants may be taken home to sick and homebound friends and relatives following the Service. Thank you.



## WOMEN OF THE E.L.C.A.

### **SOME UPCOMING EVENTS TO MARK ON YOUR CALENDAR:**

Tuesday, **March 12**, at 6:30 pm

Bible Study with Pastor Wilck  
(Simone Harter will be the hostess for this meeting)

Wednesday, **March 20**, at 6:30 pm

Women of the ELCA will provide soup/dessert/chips and beverages for Lenten Dinner as follows:  
Debbie Frey and Sharon Yackel will provide soup  
Daryl Jarvis will supply dessert  
AnnMarie MacBride will provide chips  
Donna Miller will provide beverages

Tuesday, **April 23**

Dinner out with the ladies (Details to follow)

Saturday, **May 4**

The Genesee Finger Lakes Conference Communion Brunch (Potluck)  
Location: St. Paul's Evangelical Lutheran Church  
28 Lincoln Avenue, Pittsford, NY 14534  
Time: Registration at 10:00 am \$3.00 fee  
Program to begin at 10:30 am  
There will be a sign up sheet on the table in the Narthex

Cheryl Stone and Ann Seppa— refreshments for fellowship on Sunday, **March 10**.

We continue to increase our membership and hope that this will continue as we move through the year. There is always room for more and we always have yummy refreshments too!

Ann Seppa, Secretary





### BINGO PRIZES FOR CREEKEVIEW NURSING HOME

The Women of the ELCA here at Our Saviour continue to collect items to be used as bingo prizes at Creekeview Nursing Home. Members of the congregation are invited (and encouraged) to participate in this activity. A plastic box for donations is located on the large table in the narthex. The suggestions that follow were provided by the Recreation Leader at Westgate Nursing Home.

#### Women

- Stuffed animals
- Jewelry\*
- Lotion (small bottles)
- Non-slip stocking slippers
- Large Print Word Search Books

#### Men

- Stuffed animals
- Shaving cream
- Playing cards, large print
- Non-slip stocking slippers

\* clip-on earrings only, necklaces must be long enough to fit over the head, and bracelets large enough to fit over the hand. Jewelry with clasps is difficult to handle.

Thank you for your support of this activity and to Donna Evenson who delivers our donations.



**75<sup>TH</sup> ANNIVERSARY NEWS** – The anniversary committee met February 7th and wish to share some of their planning with you.

The anniversary will be celebrated throughout the year with celebration worship to be held **October 27** Reformation Sunday, with Bishop Macholz presiding. Following the worship a Luncheon will be held at Sweet Briar Lodge on Ridgeway Ave. from 12 noon to 4:00. The cost of the Luncheon is \$20.00 adults, \$10.00 children ages 5-12, under age 5 are free. A menu will be made available shortly. A local comedian will provide some entertainment.

The official date of the anniversary is **November 3** and Arden Strasser, a son of the congregation will be the preacher for the morning. We rejoice that he can be a part of the celebration.

For several months throughout the year themes have been established:

May - Education

June – First Responders

July – Women’s ministry

September – Stewardship

October – Ministry of the ELCA

November – History of the Lutheran Church of Our Saviour

We have set aside the 3<sup>rd</sup> Sunday of each of these months to recognize and lift of the ministry of our church and community.

On the first Sunday of each of the months listed we are inviting former interns, associate pastors, interns and vice pastors to join us and preside at worship. We are at present trying to reach these individuals.

Beginning in March we are asking you to provide ‘baby to first grade’ pictures of yourself. Please put your name on the back of the picture. We are having a contest to see who can identify the most pictures as part of the dinner on October 27. You may put your pictures in the box in the Narthex. The deadline for the pictures is **September 30**. If you have any questions, please contact Ann Seppa.

We will also be interviewing some of our “older members” to share stories and events from the past.

Please join us at our next meeting on **March 7** at 11:00 AM.





*Those who are homebound or reside in nursing homes...* Audrey Citro (St. John's Home), Hans Strasser (Jewish Home, Winton Road) Helen Pleten (Emeritus Home on Long Pond Road) Edith Pharmakis (Episcopal Home)

Our Immediate Church Family

Virginia McMullen§Kali Earle  
 Jim Flick§Cassie Forrest§Ruth Pearce  
 Jean Lombard§Joe Scuderi§George Borreli

Continuing Concerns

Carolyn Hane      Pat Saucke  
 Sharon Neal      Tom Sullivan  
 Hans Strasser  
 Rudy Vogel

OUR EXTENDED CHURCH FAMILY (LENGTH OF TIME ON LIST-END DATE)

Dr. Karpinski, Sr., friend of Michelle Coval  
 Sam Bagdan, Ray McQueen's nephew  
 Neal McCarthy, nephew of Karen Preston  
 Rick Sweeting, friend of the Potter's  
 William Geppert, cousin of Dave Nowatka  
 Keith Kimble, brother of Jill Klein  
 Roy Short, Jennifer Bonnano's father  
 John Keich, Valerie Baird's step brother  
 Jennifer Northrop, daughter of Gene Northrop  
 Roseanne Morgan, cousin of the Hopkins  
 Mary Jean Iannone, sister-in-law of Valerie Baird  
 Mary Anne Schnabel, friend of Bill Vogel  
 Eileen Wood, friend of Christine Gear  
 Avrie Sinesiou, friend of Keely Lyons  
 Debbie DeVantier, friend of Alice Popen  
 Martha Van Voorhis, mother of Janie Hopkins  
 Karen Carey, niece of Alice Popen  
 Scott Waid, brother of Pam Carmichael  
 Lee Iannone, Valerie Baird's Brother  
 Michael Baird, Jr. son of Valerie Baird  
 Shannon Balmer, niece of Valerie Baird  
 Becky Morgan, cousin of Janie Hopkins  
 Denton Sutphen, brother of Debi Macksamie  
 Pete Boesch, relative of Jill Klein  
 Terry Morrill, grandpa of the Cuyler Children  
 Betty Mitchell, cousin of Janie Hopkins

Bernie Forer, brother of Pam Spencer  
 Ruth Zehler, aunt of Margaret Witt  
 Ethan Corbridge, grandson of John and Debi Macksamie  
 Lanny Brown, friend of the Hopkins  
 Dave Shadder, friend of Alice Popen  
 Stephen Egan, friend of Marielies Renke  
 Kevin Thorne, cousin of Debbie Frey  
 Andrew Everett, nephew of Deb Housel  
 Kathy Maffett, Adrienne Peacock's Aunt  
 Jazel Antinnetto, friend of Madison Johnson  
 Yelena, co-worker of Peggy Hamblin  
 Mary Baron, friend of Debbie Frey  
 Kathy Landrock, sister -in-law of Jill Klein  
 Andrew Everett, great nephew of Deb Housel  
 Adam Miller, relative of Jill Klein

Angela Forer, sister-in-law of Pam Spencer  
 Julie Smith, friend of the Jarvis  
 Tom McDonald, brother-in-law of Linda Christensen  
 Laurie McDonald, sister of Ken Keller  
 Angela Hetherington, friend of Cindy Borzilleri

Members and Friends Serving Our Country  
**Sean Kipybida**, son of Christine and Skip Kipybida  
**Alexander McDonough**, USCG

*Below you will find guidelines for applying for the William Shortz Memorial Scholarship for Lutheran Youth. William Shortz was a beloved pastor of St. John's Lutheran church in Irondequoit, NY from 1976 through 1994. The scholarship was established in 1996 to support Lutheran youth in the Rochester area as they begin college. Since the scholarship's inception, over 135 have been given to an impressive group of Lutheran youth.*

*Because this scholarship is funded fresh each year, if our congregation or individuals would like to make a contribution to the William Shortz Memorial College Fund, please send it to the address below, with a memo or note indicating "William Shortz Memorial Fund." If you wish to send a memorial in memory of a loved one, please send both their name and address and your information for an acknowledgement.*

*We appreciate your continued support of the William Shortz Memorial Scholarship for Lutheran Youth.*

## **The William Shortz Memorial Scholarship for Lutheran Youth**

### **Guidelines**

**Purpose:** To aid Lutheran students as they graduate from high school in pursuit of their college education.

**Eligibility:** Lutheran high school seniors in the Greater Rochester area which includes the counties of Livingston, Monroe, Ontario, Orleans, Steuben, Wayne and Yates.

**Application Criteria:**

1. Each applicant is a member of a Lutheran congregation in the Greater Rochester area as defined above.
2. Each applicant is attending an accredited high school and will attend an accredited college beginning in the Fall of 2019.
3. Each applicant will write an essay explaining why the chosen education path is important to the applicant.
4. Each applicant will submit an outline of his/her academic and extracurricular accomplishments in high school.
5. Each applicant will submit a copy of his/her high school transcript.
6. Each applicant will submit an outline of church and community activities.
7. Each applicant is required to have his/her pastor submit a letter of recommendation directly to the selection committee. If there are any special needs, the committee asks that they be included in the letter of recommendation from the pastor.

**Amount:** Scholarships are issued in the amount of \$500. The number of scholarships is based on the value of the scholarship fund.

**Questions:** Call or e-mail Barbara Mittak, Secretary, Shortz Scholarship ( 315-946-4759 or [bbmittak@yahoo.com](mailto:bbmittak@yahoo.com) ).

**Application Deadline:** April 12, 2019

**Announcement of Winners:** May, 2019

**Mail applications to:** Shortz Scholarship Fund  
Immanuel Evangelical Lutheran Church  
131 W Main Street  
Webster, New York 14580



♥ Mary Ellen Saur, Linda Loughlin, Ann and Gordon Seppa, Daryl Jarvis, Debbie Frey, Joan Plowe, and Carol Werth for collating, stapling, addressing and mailing the February newsletter.

♥ Mary Ellen Saur, Richard and Sharon Yackel assembling the bulletin each week.

♥ Brain Spencer, Pam

Spencer and Mary Ellen Saur for preparing and serving the delicious supper before the Congregational Meeting.

♥ Ed Jarvis for washing Narthex windows and for shoveling the walkway in front of the main door.

♥ Mary Ellen Saur for continuing to change the message on the sign.

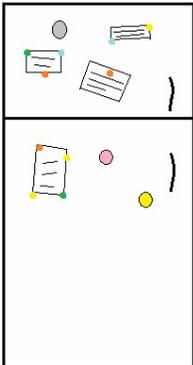
♥ Margie Kowalski for continuing to care for the plants in the narthex and replacing the flowers in the planter.

♥ To all the Sunday Modern Traditional Power Point volunteers.

♥ I would like to THANK Pastor, Mary Pleten, Jerry Stich, Dave Wiesmore, Janeen Oliver, Deb Ciccone, Mary Ellen Saur, Sharon and Richard Yackel, Ann Seppa, Cheryl Stone, Alexandra Pond, Ed Jarvis, Margie Kowalski, Linda Loughlin, Kim Popen, Carol Werth, Pam and Brian Spencer for all their patience as I master my duties!  
 ~~Sincerely, Simone

The commitment and dedication of all members of Our Saviour are

## JUST A REMINDER



### REFRIGERTOR/FREEZER

**USE**—A notice to anybody that stores food and drinks in the church's refrigerator and freezer. "You must date and identify everything that's goes into the refrigerator and freezer especially if you want to stay the owner of such items. Periodically we will check and purge any unmarked items if they look bad or spoiled. Also, it is very important that we keep the top three shelves cleared for supporting events that may occur periodically like funerals and special church celebrations. Thank you for your cooperation.



**CLC MEETING**  
 March 3 at 12:30 PM

**FAT TUESDAY SUPPER**  
 March 5 at 6:00 PM

**EVANGELISM COMMTEE**  
 March 10 at 10:15 AM

**CHURCH COUNCIL MEETING**  
 March 11 at 6:30 PM

**WOMEN OF THE E.L.C.A.**  
 March 12 at 6:30 PM.

**YOUTH SUNDAY SERVICE**  
 March 17 at 9:00 AM.

**STEWARDSHIP MEETING**  
 March 21 at 6:30 PM

**NG'S US 30-HOUR FAMINE**  
 March 22 6:00 PM —March 23 6:00 PM

**MID WEEK LENTEN SERVICES**  
 March 6 Ash Wednesday at 7:00 PM  
 March 13, 20, 27 at 7:15 PM  
 April 3, 10 at 7:15 PM  
 Soup and Sandwich Supper at 6:30 PM





As an ongoing mission, Women of ECLA plan to act boldly in their faith by providing food and toiletries for St. Theodore's, a local food pantry in Gates. Deb Housel has volunteered there for 8 years, and she will be transporting the food collected at LCOS to the Cupboard.

St. Theodore's Food Cupboard began in 1982 and is run completely by volunteers. Located in two classrooms of the former school building at 168 Spencerport Road, its entrance is accessible from Dunn Tower Drive. The Cupboard serves two types of clients: monthly and emergency. Sixty families are supported in the monthly program. These families receive 3 bags of food each month. To become a monthly client, a person must go through a personal interview and disclose finances to demonstrate a true need. This qualification process is repeated annually, so the monthly client list changes as clients' fortunes improve.

Between 30 and 50 families each month request emergency food. They are given a 3-5 day supply of food and a small bag of toiletries. St. Theodore's serves people living in the 14606 and 14624 zip code area, but will not turn away anyone outside that area. If a person comes and says s/he needs food, food is *always* given. No appointment is necessary, but proof of ID and address are required. People are strongly discouraged from declaring an emergency more frequently than every three months, and records are kept to prevent abuse of the system. The Emergency Food Program hours are: Monday 12-2 p.m., Wednesday 11-1 p.m., Thursday 10-12 p.m. Emergency clients are informed about social service programs (such as food stamps) and given the paperwork to apply for them.

Who are the people who rely on St. Theodore's Food Cupboard? You might be surprised. It's within walking distance of Dunn Tower, and some of the elderly living there couldn't make ends meet without it. It's often the working poor. Sometimes it's someone who's been laid off at age 57 and told to use up her entire 401K before she can qualify for food stamps.

To help, bring your donations to church and leave them in the wicker basket below the table in the Narthex. There's a Women of ELCA sign on the table above the basket. If the basket is full, terrific! Just pile your groceries nearby for Deb to collect.

St. Theodore's receives help from Foodlink and New York state. As a result, it must follow guidelines about offering healthy foods. Here's a list of the items most needed:

|           |                   |                                  |
|-----------|-------------------|----------------------------------|
| jello     | dry pasta         | canned vegetables                |
| rice      | canned fruits     | canned pasta (like Spaghetti-os) |
| tuna      | salad dressing    | cake or brownie mix              |
| jelly/jam | spaghetti sauce   | canned or crushed tomatoes       |
| cereal    | pie filling       | applesauce                       |
| soup      | mac & cheese      | pork and beans                   |
| juice     | peanut butter     | baked beans                      |
| coffee    | Hamburger Helper  | Chicken Helper, Tuna Helper      |
| tea       | hot chocolate mix | applesauce                       |
| hand soap | toothpaste        | toothbrush                       |
| shampoo   | toilet paper      | facial tissue                    |

Note: Household cleaning supplies (laundry soap, dishwashing liquid, paper towels, etc) are *not* distributed.

St. Theodore's is the only food cupboard in the Gates area, and due to the economic climate, in the past four months there has been a significant increase in clients. If you have any questions, you can email the director, Kathy Nicol, at [knicol7@rochester.rr.com](mailto:knicol7@rochester.rr.com).

**A LENTEN CHALLENGE** - Each year I am asked: "Pastor what should I give up for Lent?" It is a powerful question. How can I match what our lord accomplishes for us on the tree of the Cross? In essence we cannot, we can however take on something that reflects the love of God to our community. I am therefore challenging you to share food with St. Theodore's pantry. I ask you to bring 1 item for the pantry for each of the 40 days in lent (**March 6—April 18**). You may bring your items each week to church (i.e. 7 items per week) and we will bring them to the pantry.

**LUTHERAN CHURCH OF OUR SAVIOUR**

2415 Chili Avenue Rochester, NY 14624

Phone: 585-247-7824

Fax: 585-247-7849

Email: office@oursaviourrochester.org

www:OurSaviourRochester.org

**Church Office Hours:**

**Monday-Friday**

**9:30 AM to 2:30 PM**



**MID WEEK LENTEN SERVICES**

March 6 Ash Wednesday at 7:00 PM

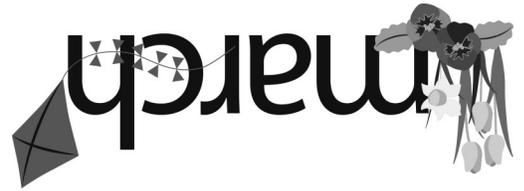
March 13, 20, 27 at 7:15 PM

April 3, 10 at 7:15 PM

Soup and Sandwich Supper at 6:30 PM

Pastor Wilck is normally in his church study Monday thru Thursday 9:30 AM-12:00 PM. He is available to meet you at church or at other mutually arranged times. You may also contact him or leave a message on 269-9086. On Friday Pastor's day off, he is available for pastoral emergencies. When calling the church after hours, and wishing to leave a message for Pastor Wilck, when prompted dial Extension 311 for his personal voice mail.

Please inform Pastor Wilck whenever there is an illness or hospitalization in your family. He appreciates your help. When you are admitted to a hospital, please list your religious preference as "Lutheran Church of Our Saviour" and contact Pastor or the church office.



Permit No. 1559

Rochester, NY

**PAID**

**U.S. POSTAGE**

Non-Profit Org.



**DATED MATERIAL**

**REQUESTED**

**CHANGE SERVICE**

**ROCHESTER, NY 14624**

**2415 CHILI AVENUE**

**OF OUR SAVIOUR**

**THE LUTHERAN CHURCH**