

## Greetings, Beloved People of God!

I hope you are all well and blessed! As we are beginning our time in the season of Lent, we remember that this is a time when we are invited to reflect on our routines and our decisions, to engage in spiritual disciplines such as fasting and prayer with refreshed dedication, and to draw closer to God as we prepare to honor Jesus' death on the cross for the sake of our salvation and to rejoice in Jesus' resurrection (through which that salvation is made possible) on Easter. For me, Lent is a time to be intentionally mindful of my spiritual practices and journey, to be self-aware of my actions and decisions, to be fully present and engaged in my faith, and to focus on God through the lens of gratitude. I never claim to be a perfect person (much less a perfect Christian!) but I do the best I can to cultivate my relationship with Jesus, my faith in God, and my trust of the Holy Spirit – and mindfulness practices are not only centering but are often what help me focus on God when I am feeling overwhelmed or anxious.

I know some of you are familiar with the idea of "mindfulness" because of connections with Yoga or through work you've done for your mental health, etc. – it's the practice of being fully engaged and self-aware in the present moment. If you've never thought about the connection between mindfulness and your faith before, find a few moments each day that you can take 3-5 minutes to pause regularly and try one of these activities:

- Close your eyes and take several deep, slow breaths, focusing on your breathing. Sometimes folks use a "mantra" that they think or speak as they inhale or exhale – for example, think/say "Speak Lord" as you breathe in and "I'm listening" as you breathe out.
- Hold a warm cup of tea, coffee, cocoa, or whatever – and close your eyes while you focus on the warmth in your hands and try to quiet your mind until the warmth is absorbed into your hands. Once you are centered, think or speak the Lord's prayer.
- Engage your senses: pause and name to yourself 3 things you feel, 3 things you see, 3 things you hear, 3 things you smell, 3 things you're thankful for, 3 ways God has blessed you, 3 people you want to pray for, etc.
- Close your eyes, put your hand on your heart and focus on feeling your heartbeat. Listen for God's voice as you quiet your mind.

*Gracious God, be present with us in tangible ways as we celebrate this season. As we've heard on Ash Wednesday, we were made from dust and will return to dust – but all through our journey of life You are present with us. Thank You for Your grace, given freely to us every day. May we honor that grace by living our lives in faith and sharing the hope we have found in You. Amen.*

Blessings,  
Rev. Kayti Dean, Pastor



Our Sanctuary will be adorned with beautiful lilies for the Easter celebration of Christ's resurrection. We have the opportunity to order a plant in memory or in honor of someone, or simply a message.

Special order envelopes are on the windowsill in the Narthex. This year, they are \$9.90/each; please pay by check only. The last day to place your order will be March 31.

If you have any questions, contact Robin Federmann at 716-432-7962.



## Take a Walk with Jesus

During Lent, feel free to walk along the windowsills of the Sanctuary where there are 9 'stations' set up... at each one, there's a poster with thought-provoking sentences and a scripture reading. These 'stations' will remain up until Holy Saturday (before Easter).

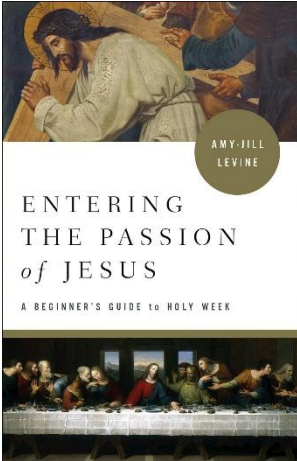


### Lenten Soup Supper & Study!

Wednesdays, March 12, 19, 26; April 2, 9 6:00pm

Come enjoy soup, fellowship, and discussions about the study book.\*

*Please sign up to bring a soup on any of the five Wednesdays.*



\*We will be discussing, "Entering the Passion of Jesus: A Beginner's Guide to Holy Week." In it, author, professor, and biblical scholar Amy-Jill Levine explores the biblical texts surrounding the Passion story.

**There are still copies of this short book in the office.**

For those of you who are planning to attend the Wednesday evening Soup Supper & Study for the next several weeks, we will be following this outline:

- 3/12 The Introduction & Chapter 1. Jerusalem: Risking Reputation
- 3/19 Chapter 2. The Temple: Risking Righteous Anger
- 3/26 Chapter 3. Teachings: Risking Challenge
- 4/2 Chapter 4. The First Dinner: Risking Rejection and Chapter 5. The Last Supper: Risking the Loss of Friends
- 4/9 Chapter 6. Gethsemane: Risking Temptation



*Palm Sunday Service* April 13 10:00am

*Maundy Thursday Service* April 17 6:00pm

This service will be followed by Seder/Matza Soup

*Good Friday Service* April 18 6:00pm



10:00am Celebration Service

## Welcome

New Members



**Janet & Dave Evans & Marty Rozewicz.**

On Sunday, February 23, we welcomed three new members: **Janet & Dave Evans** and **Marty Rozewicz**. A well-attended reception followed the service.

You may have seen them at church as regular attendees but if you'd like to get to know them better, go to coffee Fellowship... It is a great time to visit!



## Meals On Wheels

April is one of two months a year that St. Matthew's organizes volunteers to deliver meals to local residents through Meals on Wheels.

If you have any questions or would like to volunteer your time any weekday in April, contact Pamela Kaznica (716-913-7504). She will begin asking people Sunday, March 9.



## Refugee Donations

St. Matthew's is putting on hold the collection of household items for families resettling in Buffalo because of the halt to the US refugee resettlement program. elimination of federal funding to agencies that support immigrants. Churches In Action still has relationships with the families they have already resettled into new homes. If there is a need with one of the families that we can help with, the needs will be posted.

## Ongoing Recycling to Support St. Matthew's Children's Ministry & Ronald McDonald House

Support our children's church programs by collecting and delivering your refundable cans and bottles to the Can Bottle Return Company (CBR) at 4255 Clark St, Hamburg. When you drop off your recycled items, tell them the refund goes to St. Matthew's.

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Before you take your cans to CBR, remove the tab and bring your supply to church. The metal tabs are delivered to the Ronald McDonald House and recycled. The money pays for their utility bills. There are 2 plastic containers for your donations on the collection table by the back door.

## Meeting Local Food & Other Needs

We will continue to collect pantry items for SS. Peter & Paul Outreach Center to help those in need throughout Hamburg. A list of suggested items is at the donation site in the downstairs hallway.



## Coffee & Connection with Pastor Kayti!

Connect with Pastor Kayti in the office, Panera Bread, Comfort Zone Cafe, or your home or hospital.

**Mondays:** Office 9am-2pm    **Tuesdays:** Office 9am-12noon \* Panera Bread 12:30-3:30pm

**Wednesdays:** Comfort Zone Café 9am-12noon    **Thursdays:** Office as needed    **Fridays:** Sabbath day

Hours may vary, so please contact the church office to check Pastor Kayti's availability.

Holy Communion is always available to you. If you missed a Communion Sunday for any reason and would like the sacraments at home, please contact Pastor Kayti (call the office 716-649-1532 or her cell phone 716-473-2606).



## March & April Birthdays!

MARCH: Norm Wahl (3/2), Karen Cuddihy (3/5), Michelle Kemp (3/5), Janet Kromer (3/5), Karen Kaitanowski (3/10), Donna Lee Melberg (3/11), Tim Baker (3/17), Robin Miller (3/26)

APRIL: Tyler Myers (4/1), Ben Hamm (4/2), Philip Myers (4/2), Chrissy Mellerski (4/5/), Nancy Williams (4/5), Rev. Kayti Dean (4/6), Linda Ferraro (4/8), Vanessa Rich (4/8), Grady Hamm (4/9), Diane Whytas (4/14), Donesse Lindsay (4/15), Robin Federmann (4/16), Ken Haberman (4/19)

*Would you like the church to pray for you or a loved one?  
Do you have a prayer concern? Do you have a joy to share?*

We are here for you! There are many ways you can be supported in prayer:

- If you'd like personal, private prayer with only Pastor Kayti, please connect with her at 716-473-2606.
- You may also publicize your prayer needs for others to pray for you by contacting Michelle in office or Pastor Kayti and names will be added to the bulletin and Newsflash. (Names will appear in the bulletin and Newsflash for 2 weeks; after which time, if you'd like them to remain on the list, please contact the office. This way, we are lifting up in prayer those with immediate needs at a critical time.)
- Another option is to have your prayer requests be sent to the confidential prayer text chain with prayer warriors ready to pray when they receive the text request. Contact Michelle or Pastor Kayti to start the chain. *If you would like to be a prayer warrior who receives prayer requests through a text message, contact Michelle by calling/texting her at 716-245-1692.*



Please keep the following in your thoughts, prayers and acts of loving kindness:

**For those who are seeking peace, comfort and healing:**

Gayle Woodruff - Denise Woodruff's husband, health problems & injury after fall

Diane - still recovering from bad car accident - friends of Chmielowiec's

Karen Kaitanowski, treatment for ongoing health conditions related to her cancer

*Karen wishes to thank everyone for their ongoing thoughts and prayers.*

Nancy McGee and her family - Robin Federmann's mother in and out of the hospital

**All who are grieving and who are in need of God's healing and wholeness in mind, body & spirit**

**For those who are homebound or in assisted living:**

Donesse Lindsay      Lola Donner

Joan Haney              Yvonne Shearer

**All who participate in the life of our community from their homes**

**For those who are in the military:**

Alex Steinbronner      Aydan Stormer

**For those who are rebuilding their lives due to natural disasters and wars**



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KEANE

**Coffee Fellowship Hosts Needed**



St. Matthew's is blessed to have volunteer hosts who welcome people and provide snacks after worship service twice a month.

If you have ever thought of hosting or co-hosting a Coffee Fellowship Hour, please take a moment to sign up on the table in the Narthex, or contact Joyce Corlett if you have any questions, call/text 716-983-0909.

**Message from Pastoral Relations Committee**

The Committee is made up of the following members. If you have any comments to share, you are invited to contact any of them:

**Kurt Rich** - Council Vice President

Mobile - (716)316-8645

Email - krichmex@aol.com

**Dawn Chmielowiec** – Com. Secretary

Mobile - (716)517-0216

Email - nuknee14@gmail.com

**Tammy Kruszka**

Mobile - (716)432-0067

Email - tlkruszka@yahoo.com

**Marna Pritchard**

Mobile - (716)474-7298

Email - pastorm822@aol.com





## A Night of Music with The Ridge Ramblers!

at St. Matthew's

March 23, 2025 6:30-8:00pm

Come enjoy the folk sounds of this special group that meets at the church. There will be plenty of snacks so come for an evening of fun!



Join us for an unforgettable evening, that combines the fun of sampling an array of culinary delights with the joy of making a difference. Enjoy complimentary valet parking, entertainment, silent auction, raffles and more.

**Thursday, April 3, 2025, 6-9pm, Fox Run at Orchard Park**

Basket Raffle tickets on sale Thursday, March 13, starting at 3pm at the Fox Run Front Desk.

**Take a chance on winning one of 80 baskets!**

**Thank you for supporting Senior Wishes!**



## SOUTHTOWNS YOUTH ORCHESTRA

### Spring Concert!

Sunday, March 23, 2025 3:00pm

Did you know that St. Matthew's has several connections with the Southtowns Youth Orchestra?

Not only does Austin (Pastor Kayti's Oldest) participate as a Percussionist in the SYO, but Emily Gervase is the Conductor (wife of Joe Gervase, who has been affiliated with St. Matthew's for many years playing his trumpet at Christmas and Easter).

If you haven't heard about the SYO, it was created in 1987 to provide musically advanced students from all over the WNY area with a community orchestra (all participants audition at NYSSMA Level 4 or higher standards).

So if you're looking for a wonderful way to support our local community and enjoy an amazing musical performance at the same time, consider going to their Spring Concert on the 23<sup>th</sup> at 3 o'clock!

*For the Kids...*

**Pre-Concert Tea Party with Princess Belle**

Tea Time 2:30-2:50

## A Lenten Reflection...



- Give up complaining; focus on gratitude
- Give up harsh judgments; think kindly thoughts
- Give up worry; trust divine Providence
- Give up discouragement; be full of hope
- Give up bitterness; turn to forgiveness
- Give up hatred; return good for evil
- Give up negativism; be positive
- Give up pettiness; become mature
- Give up jealousy; pray for trust



Thank you for your continued generous support of the day-to-day operations and ministries of St. Matthew's.

**St. Matthew's United Church of Christ**

5289 McKinley Parkway

Hamburg, NY 14075

[www.stmattsucc.org](http://www.stmattsucc.org)



**Whoever you are, and wherever you are on life's journey, you are welcome here.**

† Worship Service: 10:00 am Sunday mornings  
2<sup>nd</sup> & 4<sup>th</sup> Sundays: Children's Sunday School and Coffee Fellowship

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