**Sunday Worship**

**Adult Bible Class**  
8:30 a.m.

**Worship Service***  
9:30 a.m.

**Children’s Church**  
9:45 a.m.  
*(after Children’s Chat)*  
*Childcare provided*

**Wednesday**  
**LOGOS**  
5:30 p.m.-7:30 p.m.

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**March 2020**
Back in the day, when I was teaching a group of teenagers in Iowa, the Holy Spirit led us into a discussion about the remarkable capacity that each human being has for loving others. “You have no idea,” I said to them, “NO IDEA how much love you have within you. God put it there. You have within you the very Spirit of God, and are literally able to change this world!”

One of the students raised his hand. “I believe you, Pastor, that we have great love within us. But we have evil in us, too.”

He was absolutely right. We can be capable of both great love AND great evil. Our compassion can shape the lives of those around us. But in our darker (or careless) moments, we can leave painful scars on our neighbors’ souls.

Through our group conversation, those kids and I came to better understand ourselves as dangerous. Those kids, you and I, we are all dangerous. We are like sharp instruments - capable of carving stones into masterpieces - but also capable of wounding others by accident or on purpose.

The important thing, then, is to put our dangerous selves into the hands of a trustworthy craftsman, who is qualified to wield such a frightening and wonderful instrument. And that One, of course, is Christ. Our God. Our Father. Only in God’s hands are we dangerous in a good way. Trying to lord over things ourselves results in misery. I try to handle my life on my own, and I end up harming myself and others. I don’t usually intend to, but that’s what happens.

However, by crying out for God to lead us - to be guided into the truth through Scripture, through the Spirit, through the leading of Jesus - we are guided in right paths. God disciplines us to create healing relationships rather than war.

No, we will never be perfect this side of eternity. But in God’s hands, we are being perfected. And through his work in our lives, He continues to create beauty and demonstrate love.

Don’t forget how dangerous you are. Put your life in Jesus’ healing hands.

In His grip,

Pastor Matthew
Food pantry items are being gathered. Please keep the food coming to help those in need. Food may be left in Narthex. 

March: Cookies

Priscilla Circle will meet on March 10th at the home of Jan Cornell. Meeting starts at 7:00 p.m. and her address is 1601 Stinson in Mattoon. Jean Jones has devotions and Kathy Saunders has the program.

Sarah Circle will meet in the church parlor on Tuesday, March 10 at 10:30 a.m. Florence Beck will have the devotion and Carol Ann Parker will lead the study on the 5th of the 10 Commandments, which will explore the gift of life and our responsibility to honor our parents.

Ash Wednesday Breakfast was held with 34 people attending. Thank you all for cooking breakfast and we will see you February 17th, 2021. Cooks: Dick McDaniel, Bill Thurn, Paul Daily, Bob Handshy, Jerry Parker and Greg Thompson. Piano: Sherrie Beck. Program: Rev. Matthew Froeschle.

REJOICE IN HOPE church-wide gathering of Presbyterian Women is scheduled for August 5-8 in Saint Louis, Missouri.
MAKE MUSIC TO THE LORD

People of the Bible used many different instruments to worship God through music.

Directions: Using the clues, unscramble the names of instruments found in Psalm 150. Then write the circled letters in order in the spaces below to complete verse 6.

A type of horn
Played by King David
Plucked to make sound
Similar to a tambourine
A type of harp
Blown through to make sound
A percussion instrument

Le_everyt_ing_tha__has__r_ath
_raise_the__ORD_. Psalm 150:6, NIV

Joyful Noise

Use your voice and this hand-crafted percussion instrument to make joyful noises to the Lord.

What you need:
- Dry beans (about one Tbsp)
- Plastic Easter egg
- 2 plastic spoons
- Masking tape
- Markers and stickers

What you do:
1. Place the beans inside the egg and snap it closed.
2. Set the egg in a spoon and cover it with the second spoon so the spoons are holding the egg.
3. Tape the spoons to the egg. Also wrap tape around the spoons from top to bottom to make a shaker handle.
4. Decorate your shaker and use it as you sing praises to God.
5. Experiment with sounds by filling other eggs with coins, rice, and so on.
**Sunday, March 1**  
Adult Bible Study 8:30 a.m.  
Worship Service 9:30 a.m.  
Children’s Church 9:45 a.m.  
Mission Stitchers 2:00 p.m.  
Youth Group 4:00 p.m.  
Senior High Youth Group 4:00 p.m.  

**Tuesday, March 3**  
Prayer Group 9:00 a.m.  
Dulcimers 1:30 p.m.  
Barbershoppers 7:00 p.m.  

**Wednesday, March 4**  
Women’s Board Meeting 9:00 a.m.  
Membership Committee Meeting 10:00 a.m.  
LOGOS 5:30 p.m.  

**Thursday, March 5**  
Bible Study 9:00 a.m.  
Men’s Prayer Group 10:00 a.m.  

**Sunday, March 8**  
Adult Bible Study 8:30 a.m.  
Worship Service 9:30 a.m.  
Children’s Church 9:45 a.m.  
Pre-Pack Food Center 1:00 p.m.  
Youth Group 3:00 p.m.  
Senior High Youth 7:00 p.m.  

**Tuesday, March 10**  
Prayer Group 9:00 a.m.  
Sarah Circle 10:30 a.m.  
Dulcimers 1:30 p.m.  
CCRTA 1:30 p.m.  
Personnel Meeting 4:30 p.m.  
Priscilla Circle 7:00 p.m.  
Barbershoppers 7:00 p.m.  

**Wednesday, March 11**  
Stewardship & Finance Meeting 1:00 p.m.  
B & G 2:00 p.m.  
LOGOS 5:30 p.m.  

**Thursday, March 12**  
Bible Study 9:00 a.m.  
Men’s Prayer Group 10:00 a.m.  
Mystery Book Club 6:00 p.m.  

**Sunday, March 15**  
Adult Bible Study 8:45 a.m.  
Worship Service 9:30 a.m.  
Children’s Church 9:45 a.m.  
Youth Group 3:00 p.m.  
Senior High Youth Group 7:00 p.m.  

**Tuesday, March 17**  
Polling Place for General Primary Election  
PEO 9:00 a.m.  
Prayer Group 9:00 a.m.  
Dulcimers 1:30 p.m.  
Quadrangle Book Club 1:30 p.m.  
Mission Committee 4:30 p.m.  
Barbershoppers 7:00 p.m.  

**Wednesday, March 18**  
LOGOS 5:30 p.m.  

**Thursday, March 19**  
Bible Study 9:00 a.m.  
Men’s Prayer Group 10:00 a.m.  

**Saturday, March 21**  
Trivia Night 7:00 p.m.  

**Sunday, March 22**  
Adult Bible Study 8:30 a.m.  
Worship Service 9:30 a.m.  
Children’s Church 9:45 a.m.  
Youth Group 3:00 p.m.  
Senior High Youth Group 7:00 p.m.  

**Tuesday, March 24**  
Prayer Group 9:00 a.m.  
Dulcimers 1:30 p.m.  
Session Meeting 6:00 p.m.  
Barbershoppers 7:00 p.m.  

**Wednesday, March 25**  
LOGOS 5:30 p.m.  

**Thursday, March 26**  
Bible Study 9:00 a.m.  
Men’s Prayer Group 10:00 a.m.  
PEO 6:30 p.m.  

**Sunday, March 29**  
Adult Bible Study 8:30 a.m.  
Worship Service 9:30 a.m.  
Children’s Church 9:45 a.m.  
Youth Group 3:00 p.m.  

**Tuesday, March 31**  
Prayer Group 9:00 a.m.  
Dulcimers 1:30 p.m.  
Barbershoppers 7:00 p.m.  

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March 1  
4:00 p.m.  
All Church Bowling Night  

March 21  
7:00 p.m.  
Trivia Night  
Fundraiser/Dinner
March 2

Vicki Williams

March 4

Mike Martin

March 6

Kitty Fisher

March 9

Alice Jeisy

March 10

Betty Wright

March 13

Bob Plummer
Lydia Druin

March 15

Stewart Druin

March 22

Kathy Shaffer

March 26

Addisyn Figgins

March 27

Bill Hamel
Pam Moore
Declan Figgins

March 29

Ron Batterham
Krista Kingery

March 30

Kent Heller

Continued Prayers
For those having treatments for medical conditions:

Kathy Beaver
Jean Beaird
Earl Bennett
Joan Dickens
Jeremiah Parker
Lindel & Betty Martin
Betty & Bob Miller
Elner Oliver
Lori Woodyard
The Barta family

For all those who are serving in Armed Forces, including:

Matt Gathmann
Kelly Martin
Hunter S. McRoberts

March 1

Rick & Sharon Mercer

March 15

Kent & Lori Heller

March 18

Joe & Barb McKenzie

March 24

David & Mary Wetzel

March 28

Larry & Suellen Dunlap
David & Lori Woodyard
Counting sheep?
Are you one of those folks who has trouble falling asleep or staying asleep? If so here are some tips that might help.

Be consistent: Go to bed the same time each night and get up at the same time each morning, even on the weekends. Make sure your bedroom is quiet, relaxing and a comfortable temperature. Usually cool is better. Avoid large meals, caffeine and alcohol before bedtime.

Get some exercise. Being physically active during the day can help you fall asleep more easily at night. If you don’t fall asleep within 20 minutes, get up. While you are up, sit in your comfortable chair in the dark until you feel sleepy. Turn off electronic devices 30 minutes before bedtime. Avoid naps if possible. Use a relaxation exercise just before going to sleep or use relaxing imagery. Even if you don’t fall asleep, this will allow your body to rest and feel relaxed.

Keep your hands and feet warm.

Here is a breathing exercise that might help you relax.
1. Take a deep slow breath from your belly and silently count to 4 as you breathe in.
2. Hold that breath and silently count from 1 to 7.
3. Breathe out completely as you count silently from 1 to 8. Try to empty your lungs by the time you reach 8.

Hope these tips help with your rest, and no sleeping in church allowed! Jean Jones

Faith Steps
Make a list of “good” things you can do for others. Ask Jesus to produce His goodness through you, wherever you go.