



The Season of Lent

The practice of observing Lent began in the 900s. Ash Wednesday marks the beginning of the season. This year, it occurs on March 5 which is forty days before Easter- not counting Sundays.

The day before Ash Wednesday is known as Shrove Tuesday, Mardi Gras, Carnival, Fat Tuesday, Pancake Day, Fasnacht Day, and Donut Day. What you call it depends on where you live. But in all cases, it is heralded as the last opportunity for indulgence before the temperance of Lent. Pancakes, donuts, and similar foods are associated with the day because they use up rich foodstuffs such as fat, eggs, cream, and sugar, before the fasting time of Lent.

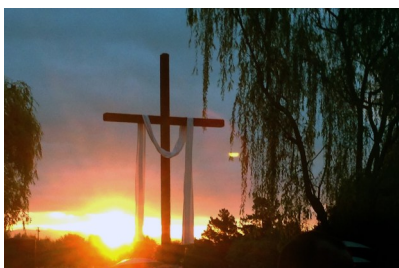
On Ash Wednesday, ashes may be placed on a believer's forehead. In the Bible, a mark on the forehead symbolizes ownership. In Revelation, those who are to be saved have the seal of the living God on their foreheads. This is imitated during Baptism when the infant or believer is marked with water on the forehead. On Ash Wednesday, we mark our foreheads to remind us of our baptism, as well as the fact that we are mortal.

During the forty days that follow, we might incorporate spiritual exercises into our daily lives to prepare for the celebration of Easter. The simplest definition of a spiritual exercise is 'learning to pay attention to God.' As we learn to pay attention to God in more profound ways, we deepen our spiritual lives. The disciplines turn us away from self-reliance. They help us to more fully trust in God. As we change our habits, we prepare ourselves to more fully serve the Risen Christ.

This is why the practice of fasting is so popular during Lent. The purpose of any fast is to abstain from our own self-interest, so that we can pay greater attention to God. The most popular type of fast has to do with food. We can fast from all food, only certain kinds of food, or only on specified days.

We can fast from other things as well. Think about your daily life. What is something you believe you cannot live without? Fast from that during Lent. You can fast from your cellphone, the Internet, video or computer games, television, magazines, music, and text-messaging. You can fast from hate, anger, revenge, selfishness, anxiety, intolerance, stinginess, shaming, and blaming.

Ask God to help you succeed in your fast. Replace the time usually spent doing whatever you decide to fast from- with something you do for or with God. If you forget or break your fast, confess to God and start again. If nothing else, you will be reminded of how wonderfully forgiving our gracious God truly is. May we grow and mature as a Christians this Lenten season.



REMINDER—Mark this date in your calendar

Easter Dawn Sunrise Service at the Attica Park

April 20, 2025—6 am

Purple Lenten Prayer Slips

Once again, we'll have purple prayer slips during the Lenten season. Write your prayer(s) on a slip and place it in the Offering Plate.

No one will look at what's written on the slips. Pastor Laurie will pray over them when she attaches them together in a chain. We'll continue to add slips to the chain through Palm Sunday.

Pray for our Shut-ins



Bev West

Larry Taylor

...and others who are physically unable to join us.
Why not call or visit, to let them know they are missed?



Youths interested in attending Dunkirk Camp this summer should sign-up on the Christian Ed bulletin board by

March 30th and register on-line by April 15th to take advantage of the "early bird" discount and church-funded scholarship.

St. Paul's UCC
Thank You for helping to collect \$137.30
for the Souper Bowl of Caring!
It will support the Attica Food Pantry.



**Attica Food Link
Distribution:
1st United Presbyterian Church
Main Street
March 5, 2025
10am-12pm**

Bring your own bags
1st come 1st served.



Bible Studies

Dig Deeper with Friends



Bible Study groups will meet in our respective areas.

If you have additional questions or Concerns, contact the Convener:

Lisa Knerr- Mon. evening, 6:30 pm
Marilyn Wilson- Wed. morning, 10 am

Sunday Bible readings: The first reading is *italicized*; the message text is **bold**.

March 2
Luke 9:28-36
Exodus 34.29-35

March 30
2 Corinthians 5.17-20
Psalms 32.1-3,5,10-11

March 9
Deuteronomy 26:1-13
Psalms 91.1-2

March 16
Luke 13:31-35
Philippians 3.17-4.1

March 23
Psalms 63.1-8
Isaiah 55.1-9





FREE COMMUNITY BREAKFAST

March 9, 2025

8 am to 12 Noon

Pancakes, homefries, sausage, fruit, faschnauts, juice and coffee

Christian Education Basket Raffle
in conjunction with this Breakfast



Donations of completed baskets
can be placed on the shelf
in the back of church by
March 2nd



Christian Education Basket Raffle

Christian Education will host a basket raffle in conjunction with the church's annual Pancake Breakfast to help fund scholarships for our Dunkirk campers next summer. Although wrapped, themed baskets are preferred, donations of any NEW items would be greatly appreciated.

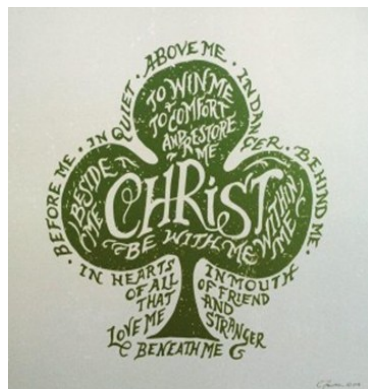


Please leave donated baskets in the back of the narthex by Sunday March 2nd.

UCC One Great Hour of Sharing Offering

One Great Hour of Sharing reminds us that God can bring transformation anywhere. The 2025 One Great Hour of Sharing (OGHS) theme is Be the Light. It's based on Matthew 5:14 "You're here to be light, bringing out God-colors in the world."

UCC OGHS funds provide support that offers hope when situations seem hopeless. We've provided food, water, medicines, education, and opportunities for sustainable development. We've given aid to those affected by wildfires, earthquakes, hurricanes, and flooding. Let's continue to give generously to support this very important ministry. An OGHS envelope is included in this newsletter.



Join Sisters In Faith for a
"Prayer of St. Patrick Retreat"

March 15th
10am—2 pm

Lunch and beverages provided

RSVP 591-2705 or
stpaulunited@verizon.net
by March 3rd





2025 EASTER FLOWERS

EASTER LILLIES: \$11.00

TULIPS: White Red Yellow \$8.00

HYANCINTHS: White Pink Blue \$8.00

IN HONOR OF: _____

IN MEMORY OF: _____

NAME: _____

DEADLINE TO ORDER FLOWERS:

Order flowers by to ensure requests: March 30th
Please make all checks payable to: Laurie Bellucci
Payment needed by April 6th

Have you been Decluttering your Home?

Now is a good time to think about this.

INSIDE GARAGE SALE
Inconjunction with the Village wide Garage Sales

June 14th

Pay \$10 for a 6' table and bring your stuff to sell.

RSVP by calling the church by June 1st

This is **NOT** a rummage sale. Questions? See a Council Member



CHURCH COUNCIL

Council Minutes
January 19, 2025

Meeting was called to order by outgoing President Mary West.
Pastor Laurie led in prayer.

Mary thanked all outgoing members for their service.
New council members were welcomed.

Officers were elected
President - Jeff Peters
Vice President- Laurie Bellucci
Council Secretary- Marie Lowe
Head Deacon- Laurie Bellucci
Deacon Secretary- Ruth Hopfinger
Head Trustee- David Williman
Trustee Secretary- Jeff Peters
MMSC-Marie Lowe, David Williman.
All approved. Motion carried.

Installation of new members and officers will be January 26, 2025.

Next council meeting will be February 18, 2025.

MMSC to adjourn—Laurie Bellucci, Justin Kipfer.
All in favor, motion carried.

Adjourned with Lord's Prayer

Respectfully submitted
Marie Lowe Council Secretary



March awareness items- National Kidney



Kidney disease affects many people throughout their lives. Kidney disease is ranked from 1-5 stages with 5 being the worst and requiring dialysis or kidney transplant. A simple non fasting blood test will show what stage you are in. Keeping hydrated, decreasing use of ibuprofen type medications and stopping smoking can reduce your levels. There are medications that can help with kidney function.

Colorectal health month is in March. Schedule an appointment to get screened for colon cancer. There are many tests available to screen. Early detection is important for treatment options.

Save Your Vision is in March. Schedule an eye appointment. Remember to wear sunglasses when outside to protect your eyes. Wearing a hat with a brim to block the rays.

Flu and other viruses are still circulating in our communities. It's not too late to get immunized. Keep hydrated, get adequate sleep, eat healthy and was your hands.

Stay safe- you are important to many!



E	1	20/200
F P	2	20/100
T O Z	3	20/70
L P E D	4	20/50
P E C F D	5	20/40
E D F C Z P	6	20/30
F E L O P Z D	7	20/25
D E F F O T E C	8	20/20
L E F O D F C T	9	
F D F L T C E O	10	
F E D O L C T T	11	



Scrapbook Crop/Craft Day Social

April 4-5, 11-12

Benefit: Dunkirk Campers

Cost: \$40 day/\$75 both Saturdays

\$25 half day/\$45 2 half days

Friday evening 6-9 pm—no charge for set up

RSVP no later than March 30th



MARCH 2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 Worship, Communion 10 am <i>Porter Luce</i>	3 Bible Study 6:30 pm	4 <i>Chris Eddy</i>	5 Ash Wednesday Bible Study 10 am Food Link	6 Chancel Choir 6:30pm	7	8 <i>Lisa & Jim Neary</i>
9 Daylight Savings Begins— Worship 10am Pancake Breakfast/ Basket Raffle 8-noon	10 Bible Study 6:30 pm	11	12 Bible Study 10 am	13 Sisters In Faith 5pm Chancel Choir 6:30pm	14 <i>Sharon Huynh</i>	15 Sisters In Faith Retreat 10-2pm <i>Linda Hughes</i>
16 Worship 10 am <i>Russ Wackenheim</i>	17 St. Patrick's Day Bible Study 6:30 pm <i>Eric Lovell</i>	18 Deacons/Trustees/ Council meeting 6:30/7pm <i>Lena Donabue</i>	19 Bible Study 10 am <i>John Prusak</i> <i>Cris Maboney</i>	20 Spring begins Chancel Choir 6:30pm <i>Michele & Eric</i> <i>Lovell</i>	21	22
23 Worship 10 am Newsletter Deadline <i>Elizabeth Peters</i> <i>Kent Storch</i>	24 Bible Study 6:30 pm	25	26 Bible Study 10 am	27 Chancel Choir 6:30pm	28	29
30 Worship 10 am <i>Tracy O'Neil</i>	31 Bible Study 6:30 pm					

St. Paul's United Church of Christ
11 Washington Street
Attica, NY 14011

 **The Spirit**

of St. Paul's United Church of Christ, Village of Attica

**March
2025**

St. Paul's UCC, 11 Washington Street

Just around the corner, first block down from Main Street.

Join us for Sunday Worship at 10:00 am

Sunday School for children K-7th Grade - Nursery always open!

"No matter who you are or where you are on life's journey, you are welcome at St. Paul's."

Reverend Lauran Heidenreich

Call the church at (585-591-2705), stpaulunited@verizon.net or pastorucc@verizon.net

Website: atticaucc.org

**April Newsletter Deadline
March 23rd**

**Please make sure all newsletter
submissions are in by this date.** Place in the pink
folder on the office window or e-mail to:
stpaulunited@verizon.net