

# The Rock

## March/April 2023



Fasting (a verb, an action) - to abstain from all or some kinds of food or drink, especially as a religious observance.

As we enter into the season of Lent, invariably the question will be asked, “what are you giving up for Lent?” The basis for this question is grounded in the Biblical teaching on fasting. However, in our culture, we don’t really understand the teaching behind fasting. Today, the only time we hear anything about fasting is associated with diets. Biblical fasting and diets have nothing in common.

In the Old Testament, fasting was associated with setting aside food in order to spend time in prayer. Thus, fasting and prayer are linked. The only fast commanded by Levitical law was on the day of Atonement (Lev. 16:29-31; 23:26-32; Num. 29:7). It was to be observed on the tenth day of the seventh month. Additionally, although not called fasting, the phrase "afflicting one's soul" was understood to refer to fasting (Ps 69:10). The use of the phrase "afflict one's soul" to refer to fasting also suggests a purpose of fasting: to have an affect on the soul.

Other Facts in the Old Testament ... People often fasted without specific commandment in time of distress. They fasted in war or at the threat of war (1 Sam. 7:6). They fasted when loved ones were sick (2 Sam. 12:16-23). They fasted for their enemies (Ps 35:11-13). They fasted at the death of a loved one (1 Sa 31:13; 1 Chron. 10:12). They fasted when they sought God’s forgiveness (Deu. 9:15-18, 1 Ki 21:17-29, Jonah 3:4-10). And they fasted when facing times of danger (2 Chron. 20:3., Esth. 4:3). But what does Jesus say about fasting?

First, we know Jesus practiced fasting, He fasted in the desert before being tested by satan (Matt. 4:1-11). And later when Jesus was asked about fasting, He responded by saying, “And whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance in order to be seen fasting by men. Truly I say to you, they have their reward in full (Matt. 6:16). The point to all this is that fasting isn’t about us.

Fasting isn’t about simply “giving something up”, nor is it about gaining attention for oneself. Fasting is about setting aside the time of eating, for a time of praying. Now to be clear, I’m not against disciplining oneself and giving something up, so long as each time we’re reminded of that something, or we crave that something, we stop and spend a few moments in prayer. Let me offer up a suggestion: make a list of 7 things that you feel the need to pray about (it can be people, places, events, or situations). Then decide on the focus of fasting (a meal, a food, etc.) and each time you encounter the time of fasting, chose one of the items on your list and focus your prayers on that one item. My hope is that this exercise will turn into a practice that extends beyond Lent.

Pastor Steve

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**Bethel's Prayer Groups  
Wednesdays in 2023**



Women's Prayer Group-Wednesday 9:30-10:30 AM  
Men's Prayer Group-Wednesday 6:00-7:00 PM  
Both groups will meet in the Educational Building

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**Widow/Widower's Luncheon Schedule 2023**

March 23- Captain Pete's, 1855 N. Aspen St., Lincolnton  
April 27- Country Kitchen, 116 E. Main St., Dallas  
May 25- House of Pizza, 1108 E. Main St., Lincolnton  
June 22- Fatz, 1430 E. Main St. Lincolnton  
July 27- Chick-Fil-A, 1904 E. Main St., Lincolnton  
August 24- Dino's, 610 Gastonia Hwy. Bessemer City  
September 28- Tacos n Tequila, 111 Vandiver Dr. Lincolnton  
October 26- Small Town Kitchen, 1011 E Church St., Cherryville  
November 16- Pizza Inn, 475 N. Generals Blvd., Lincolnton  
December 21- Court Street Grill, 113 Court Square, Lincolnton

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**Church Clean Up Day-Saturday, March 25 @ 9:00 AM**

*Come help us clean up our church inside and out.*

Volunteers needed to help in the Spring Clean Up.

Volunteers will be putting in drainage pipes at the Historical Church, planting Crepe Myrtle Trees at the Rudisill Grave Yard entrance, trimming all shrubs and plants. Please bring your work gloves and tools.

Inside volunteers will help with organizing closets, Narthex area, Nursery, kitchen cabinets/drawers, replacing some ceiling tiles, cleaning doors with Murphy's, polishing the hanging Crucifix. Nita does an excellent job keeping the inside of the church clean, but we do accumulate a lot of outdated papers, pamphlets, toys, etc. that need to be taken care of by either straightening up, donating or discarding.

Pizza will be served to volunteers around noon. Thank you in advance for your help.



**Youth & Family Night**

We are excited to partner with Antioch Lutheran Church to offer Youth & Family Nights for children, youth and their parents!

Youth & Family nights are a great opportunity for families to make new friends, share a meal together and grow closer to God while having fun. They'll be held monthly on the last Sunday evening of each month from 5:30 pm to 7:30 pm at either Antioch or Bethel. Schedule is below.

We hope all families with children of ALL ages and youth will be able to join us!

March 26 @ Bethel

April 30 @ Bethel

May 21 @ Antioch

No Meeting in June or July

August 27 @ TBD

September 24 @ Bethel

October 29 @ Antioch

November ? @ Bethel

December 10 @ Antioch



# March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			19:30 am Women Pray 6: pm Men Pray	2	3	4
5 4 pm Lent Service	6	7	89:30 am Women Pray 6: pm Men Pray	9	10	11 10 am Cemetery Comm. Mtg
12 Daylight Savings Time 4 pm Lent Service Council Mtg.	13	14	159:30 am Women Pray 6: pm Men Pray	16	17 St. Patrick's Day	18
19 4 pm Lent Service	20 Spring Begins	21	229:30 am Women Pray 6: pm Men Pray	23	24	25 9 am Church Clean Up-Pizza
26 4 pm Lent Service 5:30 pm Youth/Family Night	27	28	299:30 am Women Pray 6: pm Men Pray	30	31	

**March Anniversaries**  
3 Dalton & Lucille Mauney

**March Birthdays**  
2 Brenda Carpenter  
6 Jeff Blanton  
7 Trey Carpenter  
8 Marcus Carpenter  
24 Becca Martin  
28 Sherry Fowler  
29 Wade Carpenter  
29 Caleb Carpenter

**Daylight Savings  
Time**  
**March 12- Reminder!**  
Set your clocks ahead one  
hour. (Spring forward)



**Sundays in March  
@ 4 pm**

**Dallas High Shoals  
Food Ministry**  
Food collections for March are:  
Crackers, Peanut Butter, Beanie Weenies,  
Mac & Cheese  
  
All food items may be left in the Narthex.  
Of course, personal hygiene products and all  
canned and boxed food items are always wel-  
come.

# April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 10 am Palm Sun. 11 Hot Dog/ Easter Egg Hunt	3	4	5 9:30 am Women Pray 6: pm Men Pray	6 7 pm Maundy Thursday Service	7 7 pm Good Friday Service	8
9 10 am Easter Sunday Service	10 Easter Monday	11	12 9:30 am Women Pray 6: pm Men Pray	13	14	15
16 4 pm Council Mtg.	17	18	19 9:30 am Women Pray 6: pm Men Pray	20	21	22 Earth Day
23	24	25	26 9:30 am Women Pray 6: pm Men Pray	27	28	29
30 5:30 pm Youth/Family Night @ Bethel						

*Happy Birthdays*

### April Birthdays

1 Sarah Blanton  
11 Samantha Sawyer  
19 Sidney Carpenter  
21 Amy Cable  
29 George Engle  
29 Henry Engle

*Happy Anniversaries!*

### April Anniversaries

4 Michael & Kimberly Carpenter  
11 David & Amelia Mauney  
24 Trey & Ashley Carpenter

### Dallas High Shoals Food Ministry

Food collections for April are:

Spaghetti, Spaghetti Sauce, Corn and Canned Fruit

Of course, personal hygiene products and all canned and boxed items are always welcome.

## Worship Assistants March

### Assisting Minister

Amy Cable

### Greeters/Ushers

Annette Poole/Wade Carpenter/Michael Carpenter

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## Worship Assistants April

### Assisting Ministers

Nathan Hester/Marcus Carpenter

### Greeters/Ushers

Donna Setzer/Kathy Trudnak/Tony Trudnak



### Looking Ahead



May 6	5 pm	Bethel Women Dinner @ Small Town Kitchen *****
May 28	11 am	Burger Burn @ Bethel *****
June 3	6 pm	Men's Dinner at Wade & Diane Carpenter's *****
June 11-16		Vacation Bible School @ Antioch *****
July 2	11 am	Burgers and Hot Dogs *****
July 16-21	9-4 pm	Solid Rock Day Camp @ Antioch *****
August 13	12 noon	Homecoming @ Bethel *****
September 10		Rally Day *****
October 8	11 am	Pastor Appreciation Spaghetti Dinner *****
October 22	11 am	Golden Ager's Dinner *****
October 31	5:30 -7:30 pm	Trunk or Treat *****
November 4		? Hayride at Frederick's *****
November 22	7 pm	Thanksgiving Eve Service @ Antioch *****
December 2	6 pm	Christmas Dinner @ Small Town Kitchen *****
December 13	TBD	Christmas Caroling *****
December 24	7 pm	Christmas Eve Candlelight Service

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**Please add the following changes to your address book:**

**Mary Frances Carpenter**  
Carolina Care  
Room 212  
111 Harrelson Road  
Cherryville, NC 28021



### The Rock Newsletter

Please email any announcements, recipes you would like to share or articles of interests to Donna Setzer at: **donnalsetzer@gmail.com**  
Also please send all updated b'days/anniversaries and changes in phone numbers, addresses, email address, etc.

I get the birthday and anniversary dates from the last Congregational Photo Directory, please check to be sure your info is correct, if it isn't correct let me know.  
Thank you!

## 40 Bags in 40 Days – a Lenten Project for Youth & Family Night

Bethel children and youth will be partnering with children and youth from Antioch Lutheran and Our Savior Lutheran to collect items to assemble care packages for the homeless.

We need your help to donate items for the care packages! Since Lent will begin soon, we have a goal of assembling 40 bags for the 40 days of Lent. We will be collecting donations on the table in the narthex through March 26<sup>th</sup>. We will assemble the bags at Youth & Family Night that evening.

Below are the items we plan to include in the care packages:

- Warm socks
- Band-Aids (larger size)
- Deodorant
- Toothpaste
- Toothbrush
- Chapstick
- Comb or Brush
- Small pack of Tissues
- Hand warmers
- Bar of Soap
- Washcloth



If you have questions or would prefer to make a monetary donation, please see **Kimberly Carpenter**.

*A Prayer for the Homeless:*

*God, you are a God of justice, mercy and compassion. Support us your servants of the poor, as we endeavor to bring your love and compassion to people who are homeless and in need of your love.*

**Bethel Evangelical Lutheran Church**

509 Long Shoals Road

Lincolnton, NC 28092

704.922.5487

Reverend Steven King, Pastor

pastorsteve@kfccloud.com

919.222.9071 cell



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