

Pastor’s Peace

“Prepare the way for the LORD’s coming! Clear the road for him!”  
– Mark 1:3 (NLT)


“I’d like to buy a vowel.” You’ve heard countless contestants on Wheel of fortune make this request. Vowels matter. I recently shared the fact that the Hebrew language did not originally have a written system of vowels. Hence, the name for God is the combination of the consonants, YHWH – thE sound of breath – YH (inhale), WH – (exhale). We’ve added the written vowels and say “Yahweh” to make it easier for folks to pronounce. As we embark on a new season in the church year I’ve been reminded, again, that vowels matter.

“Dad, just what is belly button lint anyway?” I had to chuckle. This was a real parenting question but one for which I hadn’t prepared. Belly button lint is a fact of life but rarely do we discuss it. The Canadian Medical Association, based upon their research in 2002, concluded that belly button lint is a combination of clothing fibers, skin cells and body hair. I think my answer to my child was close to this medical reality as we talked about strange little facts of life like types of belly buttons (inies vs. outies). We also talked about the difference between lint and Lent, because vowels matter.

Indeed, we are about to embark on a 40 day journey in preparation for Easter. I know, Christmas was just yesterday or so it seems, but I’m not kidding. Ash Wednesday is March 2<sup>nd</sup> and we begin the season of Lent. That’s Lent, with an “e” not an “i” but let’s talk about that. As I laugh each year about the need to enunciate the vowel in the season so as not to mistake a holy season for a fuzzy belly button, this year I realized that the one might just give greater meaning to the other. Both words refer to the fuzz that needs to be removed to make things healthy and right. Lent is all about taking time to notice the spiritual lint that has accumulated in our lives: the fibers of un-forgiveness, the strands of selfishness, the threads of threats to our peace of mind and depth of faith. Lent is about being still and acknowledging the darkness, distress and disruptions. Lent is about cleaning out the fuzz and funk. It’s about preparing and getting ready to celebrate – God’s amazing grace and triumphant love, and who wants to do that with a spirit full of lint?

As we embark on this Lenten journey together, I challenge you to pick a practice this season to help you get rid of the fuzz: set a new time to journal and pray; set aside sweets, social media, alcohol or TV shows; begin prayer walking to exercise your body and spirit. Don’t be legalistic about it, but be disciplined. It won’t be easy, but it will clear out the fuzz and fix your heart and soul on the one whose journey this season led to the cross of love and the empty tomb of new life. I’m looking forward to joining you on the journey – to rid ourselves of the spiritual lint, in Lent.

Grace & Peace, Pastor Scot



**YOUTH!!!**  
5th - 8th grade

**SURGE**  
TRAMPOLINE  
PARK

**Cost: \$10**  
**Friday, March 11th**  
10:30 - Meet at church    1:00 back at church

Sign up on bulletin board, in back of Sanctuary,  
or call church office (485-5681) to register  
**FINAL REGISTRATION DATE: March 6th**

**Saturday, March 19th**  
10:30 - Meet at church    3:30 back at church  
K - 5th grade

**Cost: \$10**

**Aloha Zoo**

Please bring a sack lunch  
(Families are welcome to attend)

Sign up on bulletin board, in back of Sanctuary,  
or call church office (485-5681) to register  
**FINAL REGISTRATION DATE: March 16th**

**CHURCH CALENDAR**

**WEDNESDAY, March 2nd - 6:30pm**  
Ash Wednesday Service

**TUESDAY, March 8th - 10:00am**  
Super Seniors - Fellowship Hall

**TUESDAY, March 8th - 6:30pm**  
Deacon’s Meeting - Fellowship Hall

**WEDNESDAY, March 9th - 6:30pm**  
Business Meeting - Sanctuary

**FRIDAY, March 11th - 10:30-1:00pm**  
Surge Trampoline Park - Youth, 5th-8th

**SUNDAY, March 13th - after worship**  
Women on Mission luncheon & mtg

**SATURDAY, March 19th-10:30- 3:30pm**  
Aloha Zoo - K-5th grade

**SUNDAY, March 20th - 9:00am**  
Men’s Bible Study - Fellowship Hall

**SUNDAY, March 27th- after worship**  
MPBC Lunch Bunch - Bojangles

**MEN’S MINISTRY**  
**BREAKFAST & BIBLE STUDY**  
Sunday, March 20th  
9am

**Women**  
**On Mission**  
**Ladies Light Luncheon**  
**& Meeting**  
**Sunday**  
**March 13th**



Sometimes it's just nice to have  
someone with whom to sit and  
enjoy a meal.

**MPBC Lunch Bunch**  
**SUNDAY,**  
**MARCH 27th**  
after Worship.  
This month, we’ll gather at  
Bojangles on Chickenfoot Rd.  
  
Cost of lunch is on  
you....company is on us.