

The Christogram is a monthly newsletter of Concordia Lutheran Church, Steamboat Springs, Colorado. Deadline for newsletter items is the fourth Sunday of each month. We welcome contributions of news items, art work, and other appropriate articles.

Editor: Pastor Cartwright, Marlys Cartwright and Jean Smith

The Weekly Bulletin is printed on Thursday mornings. News items for the bulletin should be submitted by 9:00 am on Thursdays.

Sunday Worship: 8:00 and 10:30 am

CONCORDIA LUTHERAN CHURCH
P.O. BOX 770428; 755 CONCORDIA LANE
STEAMBOAT SPRINGS, CO 80477

Concordia Lutheran *CHRISTOGRAM* *March 1997*

To the Members and Friends of Concordia:

Thank you for your prayers! Thank you for your kindness! Thank you for your support!

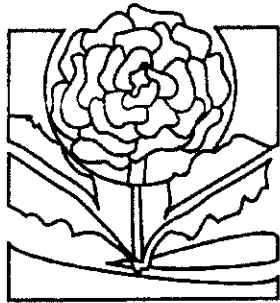
I came across this "list" recently in my files. I have carried it in my Bible through some of the dark valleys in recent days. It is a list detailing Jesus' assumptions about prayer.

1. God exists.
2. God can hear.
3. God wants relationship.
4. God can, wants to, and will communicate.
5. Prayer connects us with the action of God: Father, Son, and Spirit.
6. Prayer is a sign of a living relationship with God.
7. Prayer is a faith builder.
8. Prayer opens the way for witnessing.
9. Prayer is faith in action.
10. Prayers should be prayed in the name of Jesus.
11. Jesus had total confidence in the Father.
12. Don't be afraid to ask, but do it in an attitude of prayer.
13. Prayer is more than asking. It is searching and knocking.
14. God promises to answer prayer.
15. Thanksgiving is an important component of prayer.
16. Thanksgiving connects with God and His power.
17. God's ability to answer prayer is unlimited.
18. There is transforming power in prayer.
19. The devil exists.
20. The devil desires to control all people, especially Christians.
21. The devil is a deceiving, destroying, devouring opponent of every Christian.
22. God is more powerful than the devil.
23. God is more powerful than temptation.
24. It is essential that Christians pray for protection from temptation.
25. The Spirit of Truth is the needed helper.
26. Jesus helps us by praying that God will send each Christian His Spirit.
27. The Holy Spirit is the best gift that God can give His children.
28. Prayer, love, and forgiveness go together.
29. Prayer, love and forgiveness release us from preoccupation with ourselves.
30. God's children regularly pray with and for each other by praying the Lord's prayer.
31. The Lord's prayer models, in a practical way, Jesus' assumptions about prayer.
32. God's children are not able to live as Christians without continual help.

Thank you for your prayers. Pray for each other. I commit to continue to pray for you!

Tim

Concordia Women's League



What is LWML and what do they do?

L.W.M.L. stands for Lutheran Women's Missionary League. L.W.M.L. is a women's auxiliary of the church formed to promote mission consciousness, spiritual growth and fellowship with our Christian sisters.

We gather our funds from 3 events, the rummage sales (spring and fall) and the Christmas Bazaar.

In the past, much of the workload of these events has fallen on the shoulders of a "few". Now we are looking for volunteers who are willing to serve as chair people on these events. If you are interested in helping to organize either of the rummage sales or the bazaar, please contact any of the officers of the LWML.

In 1996, we distributed \$9,200 to 27 local, national and international mission projects. We are proud of the money we have raised which enable us to support the many mission projects. Only through the dedicated efforts of all the women is this possible.

All the women of Concordia are invited to meet the third (3rd) Wednesday of the month, September through June, in a member's home. We begin with devotions and a spiritual program, a short business meeting, the gathering of mites, and conclude with dessert and coffee.

Our officers this year are:

Sally Marshall, President
Pam Patterson, Vice-President
Bettiann Carrell, Secretary
Cindy Svendsen, Treasurer
Rebecca Wattles, Christian Growth
Deb Marten, Christian Growth

Need a ride to a meeting? Contact any one of the officers or Jean Smith (Office Secretary 879-0175).

The next meeting will be at Judy Plumb's home, 365 N. Steamboat Blvd. (870-8040) on Wednesday, March 19th at 7:00 pm.

Lift-Up is in need of spaghetti sauce and peanut butter, so bring one or both to Judy's home on the 19th.

"The highest earthly enjoyments are but a shadow of the joy I find in reading God's word."

Lady Jane Grey (1537-1554)

A Word from the DCE

I read a quote in our Children's Hospital Oncology handbook. "When there is pain or sorrow in our children's lives, as there is bound to be, there is often no way we can make it go away. Nevertheless, when children can cope with hard times - drawing on the comfort they find from us - their parents can be very proud indeed. That ability to cope may be one of the greatest abilities that parents can help their children acquire."

During Kia's flight for life, and then her surgery on her back, I was terrified in my thoughts, and frightened in my heart. Watching Kia being wheeled down the hall to the surgery room, not knowing the outcome, I soon found myself in the Chapel. My eyes, blurred with tears, settled on the words in Isaiah 35:3-4 "Strengthen the feeble hands, steady the knees that give way. Say to those with fearful hearts, Be strong, do not fear, your God will come with a Passion - He will come to Rescue you."

These words bolstered my heart & soul. It is my prayer that as we, at Concordia, celebrate Confirmation, Good Friday & Easter this month - we will discover once again all the miracles we ever need, in Jesus. His love for us took Him to the cross - and he continued through till he conquered death on Easter. He didn't abandon us then, he will not leave us now. So as we watch our children learn "coping skills" - isn't the best one the fact that we are all in Jesus' strong arms, and there is no better place to be.

His mercy will not fail us.

- Marlys

CONGRATULATIONS TO THE NINETEEN 1997 CONFIRMANDS!

Stewart Beall, Amy Beverlin, Kia Cartwright, Nathan Deepe, Whitney Eggleston, Jessica Fritz, Jade Hanson, Alex Hynes, Blake Julian, Stephanie Kammerer, Gavin Noyer, Taylor Patterson, Kyle Svendsen, Ryan Thompson, Baille Thornton, Ryan Wattles, Danny Weber, Evan Wojtowicz, and Suzanne Zimmerman.

What a wonderful class! Be sure to greet these young people on March 23, when they affirm their on-going faith in the Triune God; Father - Son & Holy Spirit. They are already a class of First-rate ministers in Christ's church as evidenced by their support of a Compassion International's child, volunteer work, and their out-pouring of prayers & witness to their faith for classmate Kia.

(A Big thank you to the great seventh graders too!)

Thank you to our dear friends at Concordia for **everything**. In our darkest night, we might have wondered "Where is our strength for going on?" You wrapped God's courage around us. With you, we rejoice that Christ's hope has found us - a Hope that doesn't disappoint. We thank God for His generous love - and for the finest friends anyone could ever wish for!

Love, the Cartwrights

FEELING DEFEATED?

Turn to Scripture to see what God's Word says when you feel this way.

Deuteronomy 1:17	Isaiah 51:12
2 Kings 6:16	Matthew 5:3
Psalms 9:12	Matthew 10:28
Psalms 27	Luke 1:52
Psalms 42:5	Romans 8:31-39
Psalms 121:1-2	1 Corinthians 10:13
Psalms 138:6	2 Corinthians 4:8-18
Psalms 147:3	James 4:6
Proverbs 28:1	2 Peter 2:9

From Finding the Right Bible Passage tract
1995 CPH

A Day to Remember...

"Charles Francis Adams, a nineteenth century diplomat, kept a diary. One day he entered, 'Went fishing with my son today - a day wasted.' His son, Brook Adams, also kept a diary which is still in existence. On the same day, Brook Adams made this entry: 'Went fishing with my father - most wonderful day of my life.'"

(from Lutheran Brotherhood's
Newsletter Nuggets)



CONCORDIA STATISTICS

February Average Worship Attendance

1991	124
1992	111
1993	186
1994	190
1995	204
1996	192
1997	220

February 1997 Worship Attendance

wk.#1	- 108 (E)	121 (L)	229
wk.#2	- 117 (E)	54 (L)	171
wk.#3	- 102 (E)	97 (L)	199
wk.#4	- 181 (E)	101 (L)	282

Ash Wednesday Worship Attendance

1991	94
1992	70
1993	87
1994	80
1995	90
1996	120
1997	93

February 19th "River Concert" - 226

FAMILY ISSUES

Healthy Self-Esteem

Self-esteem - one's overall judgment of personal worth - is the key element that affects attitudes, motivation, and behavior. Children with low self-esteem will not like themselves and may feel a lack of worth. On the other hand, children with inflated self-esteem may see themselves as having such great worth that they feel overly self-important. Neither of these extremes is part of God's plan. Proper self-esteem has nothing to do with our actions

"Children with healthy self-esteem see themselves as loved children of God."

and everything to do with what Christ has done for us. God created us in His image (Genesis 1:27), sent His Son to the cross to pay the price for our sins and win us new life (John 3:16), and urges us to love our neighbors as ourselves (Mark 12:31).

As God's redeemed children, individual worth does not need to be earned or proven, but comes as a gift from God. Children with healthy self-esteem see themselves as loved children of God, capable and competent, gifted by God in unique ways. They thank God for their strengths and use them to His glory. They accept their limitations, learn from their mistakes, and uplift the gifts of others. This is our wish for our children!

Develop family communication. Validate your children's feelings and encourage them to express their feelings openly and honestly. Listen with your eyes as well as your ears. Communicate encouragement by saying, "Effort and improvement are important," rather than lavishing false praise.

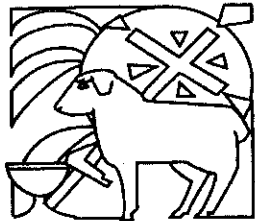
Develop a feeling of uniqueness. Celebrate your children's Baptism birthdays - the day they became God's precious children. Affirm the unique gifts of your children without comparing them to others. Encourage respect for differences in one another.

Develop a sense of belonging. Allow your child to make age-appropriate decisions within boundaries. Set limits and remain consistent in dealing with consequences when limits are not followed. Help your children to feel in control of their feelings when dealing with mistakes, disappointments, and stress. Model and celebrate God's forgiveness for our shortcomings.

Provide a role model. Take good care of yourself. Respecting yourself as a child of God better enables you to love your own children. Explain how you cope with your own feelings and disappointments. Set appropriate expectations for yourself as you do for your children. Model enjoyment of a variety of hobbies and activities and provide a broad range of experiences for your children.

(From Family Talk by Concordia Publishing House)

Tuesday Bible Study:
Meet and study the Word of God prior to work. This study begins at 6:30am and is done promptly at 7:30am. The format is one of discussion and reflection on God's Word. A good cup of coffee or tea is ready for you upon arrival. Give this study a try!



Sun

Mon

Tue

Wed

Thu

Fri

Sat

March

CONCORDIA LUTHERAN CHURCH 1997



Thursday Women's Bible Study
A special Bible study is in place to assist the women of our congregation in the study of God's Word. Child care is available in the basement of the church at 9:30. The study will begin (for adults only) at 10 am at Mary Dombey's home (775 Amethyst Drive).

Friday Soup & Scripture
Each Friday a light lunch will be provided and then we will take a few minutes to review a section of the great Word of God...a Psalm, a story, a proverb, a parable, etc. We will close with a prayer at 12:50 and you can be back to the office, home, job site, school, etc. by 1:00 pm!

Sunday Extended Care Center Worship (ECC)
On the fourth Sunday of each month our congregation is responsible for the care of the worship service at the ECC. The Pastor leads this service with congregational volunteers. There is a need to visit with the residents at the ECC. It is a great way to learn compassion and service. The residents always appreciate a kind contact from visitors.

Wednesday Discovery Bible Study: This Wednesday evening study opportunity has been put into place for a midweek spot of spiritual refreshment. A person can come once a month, twice a month, or every week. It is a relaxed atmosphere for learning, discussion and fellowship. Please, come and enjoy some great "Discovery!"

Thursday Recovery: Concordia Lutheran congregation has made a commitment to open its doors to the special needs surrounding those individuals, couples, and families who are dealing with the reality of addiction and recovery. Each Thursday night at 7:00pm a group of people meet in the basement of the church for devotions and support. This meeting is designed to aid the recovering person in the quest for a stronger spiritual life.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Worship 8/10:30 am Education Hr. 9:15 am Confirmation 4:30 pm Basketball 8 pm	3 NO SCHOOL K-5 Women's AA 7 pm	4 6:30 am Bible Study Choir 6:15 pm Committees 7 pm	5 Discovery 7 pm	6 Women's Bible Study 10 am Recovery 7 pm	7 Soup & Scripture 12 noon	8 Men's Breakfast 7 am
9 Worship 8/10:30 am Confirmation & Youth Group 5:30 pm Texas Choir 7 pm Basketball 6 pm	10 Women's AA 7 pm	11 6:30 am Bible Study Choir 6:15 pm Church Council 7:30 pm	12 LENT SERVICE 7 pm	13 Women's Bible Study 10 am Recovery 7 pm	14 Soup & Scripture 12 noon	15 JOHNSON WEDDING
16 Worship 8/10:30 am Education Hr. 9:15 am Confirmation 4:30 pm Basketball 8 pm	17 Women's AA 7 pm	18 6:30 am Bible Study Choir 6:15 pm Callers 7 pm	19 LWML 7 pm at Judy Plumb's home Discovery 7 pm	20 Women's Bible Study 10 am Recovery 7 pm	21 Soup & Scripture 12 noon NO SCHOOL K-12	22
23 PALM SUNDAY Worship 8/10:30 am Education Hr. 9:15 am CONFIRMATION at 10:30 service Basketball 8 pm	24 Women's AA 7 pm	25 6:30 am Bible Study Choir 6:15 pm Elders Mtg 6:30 pm	26 Discovery 7 pm	27 MAUNDY THURSDAY 7 pm First Communion for Confirmands	28 Soup & Scripture 12 noon GOOD FRIDAY 7 pm	29
30 EASTER SUNDAY Services: 6:30, 8:00 and 10:30 am Breakfast after 6:30 Sunrise Service.	31 Women's AA 7 pm					

CONCORDIA COMMUNITY CARES

Concordia Community Cares (CCC) is a new program at Concordia, but a program that has proven very successful in a number of congregations across the country. It is designed to encourage participation by all members in the ongoing functions of the church, while providing an opportunity to meet and work with other members of the congregation.

Our church, like all others, is faced with a multitude of tasks that must be accomplished on a recurring basis, some weekly, some monthly, and some annually or on a special occasion basis. Through CCC we will be able to perform many of these tasks through a team effort, growing together as a family in Christ as we do so. Some of the functions that may be undertaken in this way are ushering, greeting, reading, maintaining the building, and attending nursery. Functions may be added or dropped in the future, since CCC is meant to be a flexible program.

The CCC program seeks to involve as many people as possible in doing the recurring and vital functions in the everyday life of our congregation. It does so by creating teams that perform these tasks during one month of responsibility, after which, the responsibilities pass to another team. The program has three main objectives:

1. To accomplish as many tasks as possible in support of the mission of Concordia Lutheran Church.
2. To provide opportunity for all to serve the Lord in this way, and
3. To provide an atmosphere of fellowship and caring so that all may feel a genuine sense of contribution and belonging to the family of Concordia.

We thank you for your willingness to serve and invite you to give us any ideas or feedback.

Future questions may be directed to Ellyn Myller (871-1860), Lee Willman (879-7440), or Brian Thornton (879-4664).

THE RESPONSE HAS BEEN GREAT! THANKS TO ALL WHO HAVE SIGNED UP!

Last month you were asked to consider helping out occasionally and were given three areas of need - helping to call people at various times, to cook or bake items as needed for church functions or by being a sponsor for a new member. Thank you so much to all who agreed to help. If you have not received a call or personal contact thanking you for volunteering, please call Judy Plumb at 870-8040. She did receive a couple of forms with no names included and doesn't want to miss you. Also, you can still volunteer - just pick up a sheet on the counter by the mail boxes or call Judy. Thanks again. Many hands does make the load light.

Well-doing and Wellness

Winter: hazardous to your health, unless...

Many of us experience feelings of fatigue and lethargy during the winter months. Scientists give us the rationales of less exposure to bright sunlight; seasonal recipes that contain higher-fat foods to give us warm "comfort" during the long, cold season; less physical activity because most of us are forced indoors and the post-holiday blues.

Depending on your level of agreement with these scientific findings, we can agree that the cycle needs to be broken! Tuning in and listening to your body's needs and feelings is a great place to start. Don't just exist on auto-pilot, going through your daily routine, feeling exhausted at the end of the day, getting deeper into the winter blahs, and finding one day is the same as the next, so why look forward to it?!

Let me emphasize yet again - exercise/activity gets rid of excess tension, leaves you feeling happier and more relaxed, and provides a diversion to what is bothering you. This exercise/activity does not need to be an all-out sweat! Pick something you enjoy, that you find rewarding and allows you to relax. Activities that get you out of the house and break the cycle of depressing thoughts are especially helpful.

Certain foods are also conducive to providing energy and an elevated mood. Eating plans that include high-protein, low-fat, and complex carbohydrate foods can help you beat the down and out feeling. Too much fat in your diet impairs the blood's ability to deliver oxygen, which in turn causes fatigue. Eating small meals throughout the day will help your blood sugar level remain constant. Limit yourself to two caffeinated beverages a day. More than that will lead to dehydration (a common cause of fatigue) and becomes a crutch that doesn't allow you to pursue other healthier options for finding energy!

A good attitude is the cornerstone to a healthy lifestyle outlook. Lifestyle change without a positive attitude means you're missing important pieces of the health promotion puzzle. Work at realistic self-acceptance. Genetics and your history with dieting and exercise pretty much determine your body weight and shape. Don't let illusions about achieving a perfect body prevent you from getting on with your life and the activities that you enjoy!

If all else fails and you still can't shake the winter blahs, try listening to your favorite music. Get absorbed in the music and use it to regain a happier mood.

By Amy Dorn, Manager of Health Promotion (Taken from LCMS Health Ministries)

AN EVENING OUT 6-8 TIMES A YEAR

Concordia Lutheran Church is starting it's very own Dinner Club. Here's your chance to meet some new people or get to know some long time acquaintances a little better. It's fun, it's inexpensive and it's easy.

Who can participate? Any member single or married couple.

How does it work? When you sign-up you will be put in a group consisting of 6-8 people made up of singles and couples. We hope to place people in groups this first year with others who live in the same general area. Each person in the group will be the host or hostess for a dinner one time each year. So a couple will host a meal at their home twice, a single person will host the meal once.

How often would we meet? Each group will be together for a year. Over that year's time they will decide on a calendar of dinner dates meeting as many times as there are members. If there are six people in your group you would meet six times in a year, if eight you would meet eight times.

What are the responsibilities? When it is your turn to host a meal, you would select the menu, prepare the main dish and let the others in your group bring the other dishes such as an appetizer, salad, side dish, dessert, bread and beverages.

What's the advantage to me? It is a really fun way to get to know people in a closer way and to have a fun inexpensive time out.

How can I find out more or sign-up? You can fill out the bottom portion of this sheet and return it to Michelle Sprengle's box or you can call Michelle Sprengle at 879-8988 or Judy Plumb at 870-8040 for more information.

Name _____ Phone _____
(If a couple, please give both names.)

Physical Address _____

Announcements

Concordia University Choir Austin Texas



Choir Concert
March 9th
7:00 pm

50 College kids will be here to provide a Sunday evening concert. Please attend! It should be a wonderful musical experience!

LWML
Wednesday, March 19
7:00 pm

We will meet at Judy Plumb's home -
365 N. Steamboat Blvd.
(870-8040)
Please Come!

All women of the church are invited
to attend. Bring a friend.

BASKETBALL SCHEDULE

March 2nd - 8:00 pm
March 9th - 6:00 pm
March 16th - 8:00 pm
March 23rd - 8:00 pm

Thank you to our Confirmation Sponsors this year:

Linda Riele, Judy Plumb, Marlys Cartwright, Jerry Thornton, Tim Cartwright, Sherry Kammerer, Katie Cartwright, Jim & Shirley Thorvilson, Peggy Haas, Pam Parker, Lori Joens, Dianne Weber, Walt & Jeri Taylor, Gene Carrell, Kim Truong, Jane Hallman, Bart & Nancy Kounovsky, Sandra Hogrofe, George & Janis Noyer, Doug & Mary Dombey, Albert & Kathy Deepe, Suzi Warner, Rebecca Duryea, Cheryl, Kristin & Sarah Stine & Wendy Twede.

We thank you all for the commitment you all have made to be a special encouragement to the faith lives of our young people. Never underestimate your impact on the lives of these students. (For instance, it was an incredible strength to Kia to know that her secret sponsor was in fervent prayer for her during her recent health crisis.) The gifts to students sent through the year were reminders of the Love God gives through His people, the Body of Christ. We are grateful for each and every one of you!