

# 3<sup>rd</sup> Sunday of Easter



*Sermon Series: Belong + Believe*

April 14<sup>th</sup> 2024

# JOY LUTHERAN CHURCH

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## Welcome!

There is a place for you here.  
*Just as you are.*

We extend welcome to those who are single, divorced, married, widowed, or if your relationship status is “complicated”. We love families, no matter how you define them.



We are glad you are here whether you come every Sunday or if this is your first time at our church or any church at all. You are welcome here if you know the bible backwards and forwards, or have never really read it, if you know Jesus or are just curious to hear what he is all about.

We welcome you if you have doubts about “organized religion” or are a “cradle Christian”. We welcome liberals, conservatives, moderates, and undecideds. If you cheer for the right team, or don’t like sports, you are welcome here.

We especially welcome those who could use a prayer right now, or an assurance that God loves them, those who are struggling, and those who are doing okay.

Whoever you are, whatever your past or present – God welcomes you and so do we.

**A special welcome to families with children!** We are used to the joyful sounds and wiggles of our youngest siblings in Christ and gladly welcome them in worship. We have a kids area with quiet toys and activities along with activity bags near the main entrance to the sanctuary to help keep restless hands busy. A family room is also available in the back and is equipped with a large window facing the sanctuary and a speaker to hear what is being said.

## Today’s Introduction:

The gospel for the third Sunday of Easter is always one in which the risen Christ shares food with the disciples, meals that are the Easter template for the meal we share each Sunday. In today’s gospel, Jesus both shares the disciples’ food and shows them the meaning of his suffering, death, and resurrection through the scriptures, the two main elements of our Sunday worship.



+ WE GATHER TOGETHER +

*The Spirit calls us together as God's beloved people*

Welcome to worship this morning! Everything you will need is in this bulletin or the red hymnal book beside your seat. During worship, words in **bold** are said by the assembly in response.

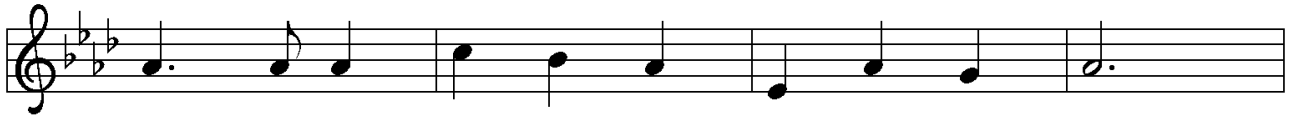
We practice an open table meaning that all are welcome to receive Holy Communion. You do not need to be a member of Joy or any other church. Jesus welcomes all to the feast! Kids of all ages are welcome to receive but we leave this decision to parents. If you prefer your child receive a blessing, please place your hand over your child's hands when the pastor comes to you.

Welcome & Announcements

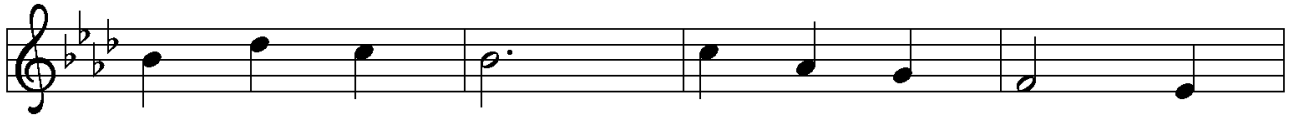
Gathering Hymn: #377 "Alleluia! Jesus is Risen!"



1 Al - le - lu - ia! Je - sus is ris - en!  
2 Walk - ing the way, Christ in the cen - ter  
3 Je - sus the vine, we are the branch - es;  
4 Weep - ing, be gone; sor - row, be si - lent:  
5 Cit - y of God, Eas - ter for - ev - er,



Trum - pets re - sound - ing in glo - ri - ous light!  
tell - ing the sto - ry to o - pen our eyes;  
life in the Spir - it the fruit of the tree;  
death put a - sun - der, and Eas - ter is bright.  
gold - en Je - ru - sa - lem, Je - sus the Lamb,



Splen - dor, the Lamb, heav - en for - ev - er!  
break - ing our bread, giv - ing us glo - ry:  
heav - en to earth, Christ to the peo - ple,  
Cher - u - bim sing: O grave, be o - pen!  
riv - er of life, saints and arch - an - gels,



Oh, what a mir - a - cle God has in sight!  
Je - sus our bless - ing, our con - stant sur - prise.  
gift of the fu - ture now flow - ing to me.  
Clothe us in won - der, a - dorn us in light.  
sing with cre - a - tion to God the I AM!

*Refrain*



Je - sus is ris - en and we shall a - rise.



Give God the glo - ry! Al - le - lu - ia!

## Thanksgiving for Baptism

*All may make the sign of the cross, the sign that is marked at baptism, as the presiding minister begins.*

Blessed be the holy Trinity, † one God,  
the wellspring of grace,  
our Easter and our joy.

**Amen.**

Look, here is water!

**Here is our water of life! Alleluia!**

Immersed in the promises of baptism,  
let us give thanks for what God has done for us.

We give you thanks, O God, for in the beginning  
your voice thundered over the deep  
and water became the essence of life.

Adam and Eve beheld Eden's verdant rivers.

The ark carried your creation through the flood into a new day.

Miriam led the dancing as your people passed through the sea  
into freedom's land.

In a desert pool the Ethiopian official  
entered your boundless baptismal life.

Look, here is water!

**Here is our water of life! Alleluia!**

At the river your beloved Son was baptized by John  
and anointed with the Holy Spirit.

By the baptism of Jesus' death and resurrection  
you opened the floodgates of your reconciling love,  
freeing us to live as Easter people.

We rejoice with glad hearts,  
giving all honor and praise to you,  
through the risen Christ, our source of living water,  
in the unity of the Holy Spirit, now and forever.

**Amen.**

Look, here is water!

**Here is our water of life! Alleluia!**



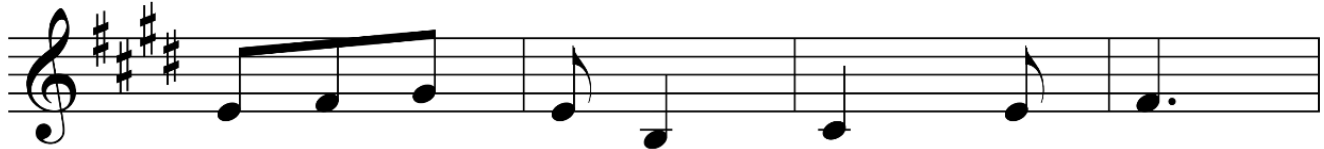
Canticle of Praise

**Refrain**

*Congregation:*



Now the feast and cel - e - bra - tion,



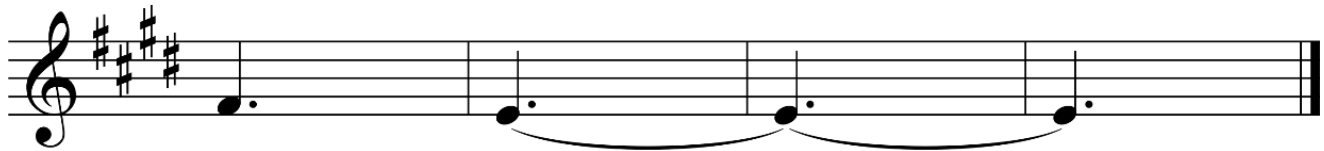
all of cre - a - tion sings for joy



to the God of life and love and



free-dom: praise and glo - ry for ev -



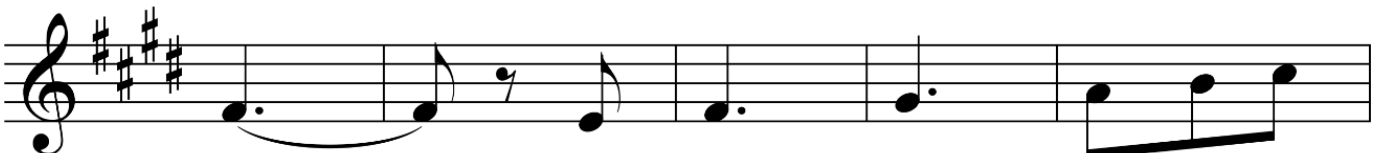
er - more!

**Verse 1**

*Congregation or Congregation 1:*



1. Now is the feast of the Lamb once



slain, whose blood has freed and u -

nit - ed us to be one great peo - ple of

God. *to Refrain*

**Verse 2**

*Congregation or Congregation 2:*

2. Pow - er and rich - es, wis - dom and

might, all hon - or and glo - ry to Christ

for ev - er. *to Refrain*

**Verse 3**

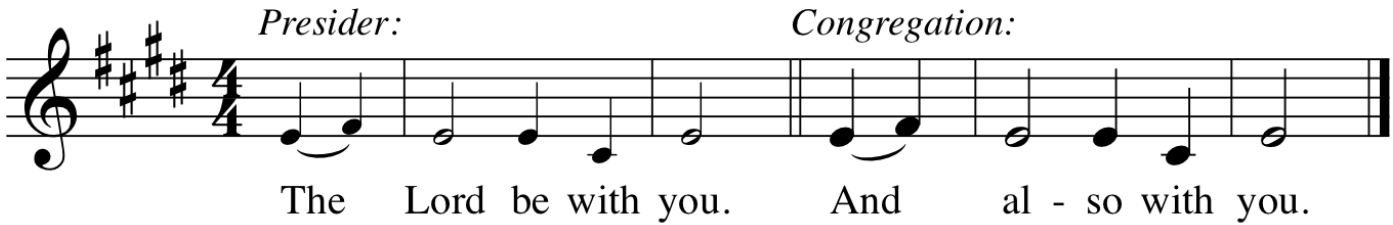
*Congregation:*

3. For God has come to dwell with us, to

make us peo - ple of God; to make

all things new. *to Refrain*

## Greeting



## Prayer of the Day

Holy and righteous God, **you are the author of life, and you adopt us to be your children. Fill us with your words of life, that we may live as witnesses to the resurrection of your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.**

**Amen.**

+ WE HEAR GOD'S WORD +  
*God speaks in scripture, preaching, and song*

## Psalm Reading | Psalm 4

*The reading is read responsively.*

<sup>1</sup>Answer me when I call, O God of my right!

You gave me room when I was in distress.

Be gracious to me, and hear my prayer.

**<sup>2</sup>How long, you people, shall my honor suffer shame?**

**How long will you love vain words, and seek after lies?**

<sup>3</sup>But know that the LORD has set apart the faithful for himself;  
the LORD hears when I call to him.

**<sup>4</sup>When you are disturbed, do not sin;  
ponder it on your beds, and be silent.**

<sup>5</sup>Offer right sacrifices,  
and put your trust in the LORD.

**<sup>6</sup>There are many who say, "O that we might see some good!  
Let the light of your face shine on us, O LORD!"**

<sup>7</sup>You have put gladness in my heart  
more than when their grain and wine abound.

**<sup>8</sup>I will both lie down and sleep in peace;  
for you alone, O LORD, make me lie down in safety.**



## Epistle Reading | 1 John 3:1-7

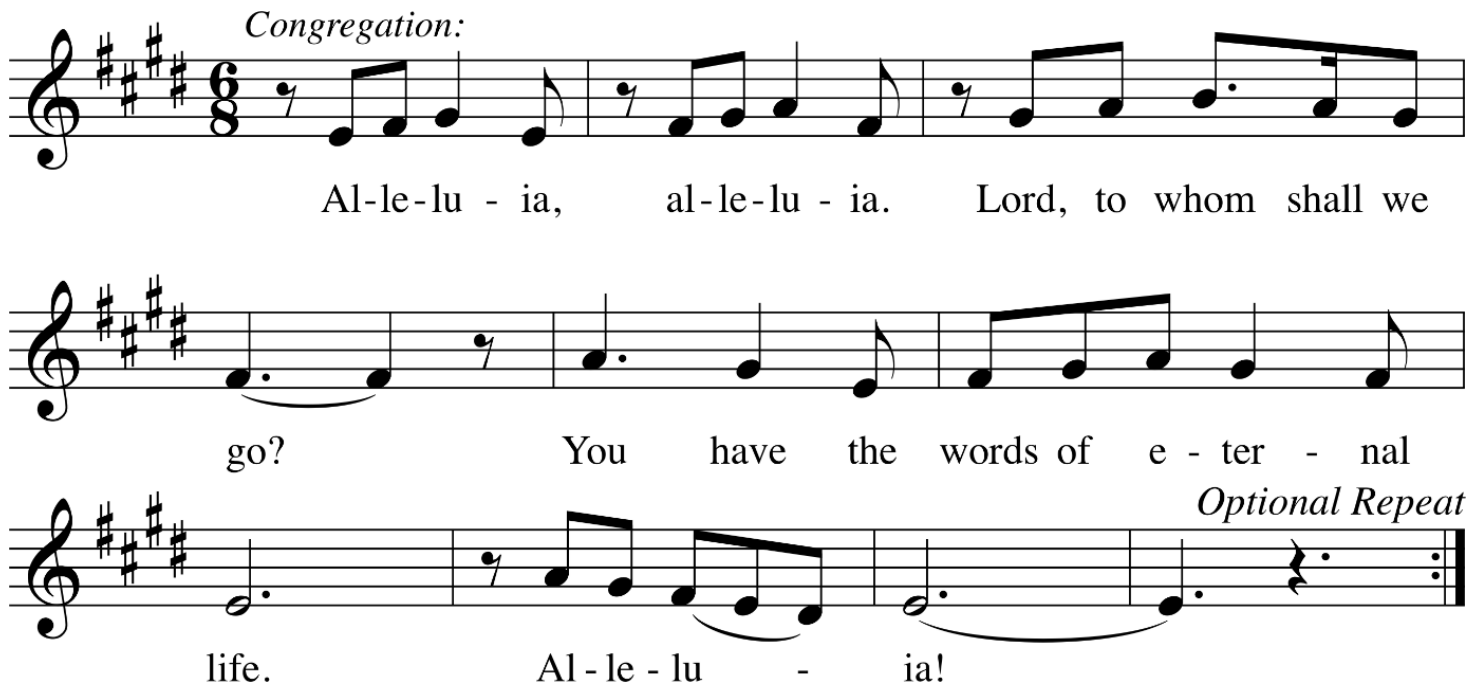
*God has loved us in order to make us children of God. Though we do not yet know the full details of our future existence, we trust that God will reveal it just as God revealed Jesus to take away our sins.*

<sup>1</sup>See what love the Father has given us, that we should be called children of God; and that is what we are. The reason the world does not know us is that it did not know him. <sup>2</sup>Beloved, we are God's children now; what we will be has not yet been revealed. What we do know is this: when he is revealed, we will be like him, for we will see him as he is. <sup>3</sup>And all who have this hope in him purify themselves, just as he is pure. <sup>4</sup>Everyone who commits sin is guilty of lawlessness; sin is lawlessness. <sup>5</sup>You know that he was revealed to take away sins, and in him there is no sin. <sup>6</sup>No one who abides in him sins; no one who sins has either seen him or known him. <sup>7</sup>Little children, let no one deceive you. Everyone who does what is right is righteous, just as he is righteous.

## Children's Message

### Gospel Acclamation (*sung twice*)

*Congregation:*



Al-le-lu - ia, al-le-lu - ia. Lord, to whom shall we  
go? You have the words of e - ter - nal  
life. Al - le - lu - ia! *Optional Repeat*



## Gospel Reading | Luke 24:36b-48

<sup>36</sup>While they were talking about this, Jesus himself stood among them and said to them, "Peace be with you." <sup>37</sup>They were startled and terrified, and thought that they were seeing a ghost. <sup>38</sup>He said to them, "Why are you frightened, and why do doubts arise in your hearts?" <sup>39</sup>Look at my hands and my feet; see that it is I myself. Touch me and see; for a ghost does not have flesh and bones as you see that I have." <sup>40</sup>And when he had said this, he showed them his hands and his feet. <sup>41</sup>While in their joy they were disbelieving and still wondering, he said to them, "Have you anything here to eat?" <sup>42</sup>They gave him a piece of broiled fish, <sup>43</sup>and he took it and ate in their presence.

<sup>44</sup>Then he said to them, "These are my words that I spoke to you while I was still with you — that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled." <sup>45</sup>Then he opened their minds to understand the scriptures, <sup>46</sup>and he said to them, "Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, <sup>47</sup>and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. <sup>48</sup>You are witnesses of these things.

Sermon | Pastor Sean Avery

Hymn of the Day: #468 "Around You, O Lord Jesus"



1 A - round you, O Lord Je - sus, your own you gath - er still  
2 We hear your in - vi - ta - tion, and heed, O Lord, your call;  
3 We are your own for - ev - er; un - til our fi - nal breath



to share the feast you give us with grace our lives to fill.  
your word of con - so - la - tion is spo - ken here to all.  
we will be true and nev - er— in joy, in grief, in death—



You say to us so lov - ing - ly, "Take, eat! This is my  
 It draws us to your lov - ing heart; it brings to us your  
 de - part from you, for you are still a - mong your peo - ple



bod - y! Take, drink! This is my blood!"  
 bless - ing, which nev - er will de - part.  
 dwell - ing, as you have said you will.

## We Pray for All God's Creation

*Each prayer petition ends with the following prompt and response.*

Hear us O God... **Your mercy is great.**

## We Share Signs of Peace with Each Other

*All may respond with open arms in response to the presiding minister.*

The peace of Christ be with you all. **And also with you.**

*All share signs of peace with each other, saying "Peace" or "Peace be with you" or similar words.*

+ WE SHARE IN THE LORD'S MEAL +  
*We partake in Holy Communion*

## Offering

# Offertory Response

## Refrain

*Congregation:*



As the grains of wheat once scat-tered on the hill were



gath-ered in - to one to be - come our bread;



so may all your peo-ple from all the ends of earth be



gath-ered in - to one in you.

## Verses



1. As this cup of bless-ing is shared with-in our midst

2. Let this be a fore-taste of all that is to come when



may we share the pres-ence of your love.

all cre - a - tion shares this feast with you.

# We Pray for God to Use the Gifts We Offer

Risen One,  
**you call us to believe and bear fruit.**  
**May the gifts that we offer here**  
**be signs of your abiding love.**  
**Form us to be your witnesses in the world,**  
**through Jesus Christ, our true vine.**  
**Amen.**

## The Great Thanksgiving

*Presider:* *Congregation:*  
The Lord be with you. And al-so with you.

*Presider:* *Congregation:*  
Lift up your hearts. We lift them to the Lord.

*Presider:* *Congregation:*  
Let us give thanks to the Lord our God. It is

right to give God thanks and praise.

# Preface

*The presiding minister continues singing:*

”It is our duty and delight....and join their unending hymn...”

*The assembly joins in singing “Holy, Holy, Holy...”*

## Holy, Holy, Holy

*Congregation:*

The musical score is written on a single treble clef staff with a key signature of three sharps (F#, C#, G#) and a common time signature (C). The melody consists of five lines of music. The lyrics are: "Ho - ly, ho - ly, ho - ly are you, God of pow - er and might; Heav - en and earth are filled with your glo - ry. Ho - san - na in the high - est! Bless - ed is the One who comes in your name. Ho - san - na in the high - est, ho - san - na in the high - est!" The score includes various musical notations such as quarter notes, eighth notes, and rests, with some notes beamed together. There are also dynamic markings like '7' and 'ff'.

Ho - ly, ho - ly, ho - ly are you, God of pow - er and  
might; Heav - en and earth are filled with your  
glo - ry. Ho - san - na in the high - est!  
Bless - ed is the One who comes in your name. Ho -  
san - na in the high - est, ho - san - na in the high - est!

## Words of Institution

### The Lord's Prayer

**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those  
who sin against us.  
Save us from the time of trial  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and forever. Amen.**



### Communion

*All are welcome at the Lord's Table.* You do not need to be a member of Joy Lutheran Church or any other church. Jesus welcomes you and you have a place here. We believe Jesus is truly present in bread and wine and in this meal, we receive God's gift of forgiveness, kindness, and love.

The ushers will guide you forward. You may either stand or kneel at the communion rail. If you require a gluten-free option, keep your hands folded to receive a gluten-free wafer.

Following communion, all are welcome to light a prayer candle along the west wall of the sanctuary. Prayer requests may be written on paper slips and placed in the wooden hands.

Communion Hymn: "God Bestows on Us Every Sense"



1 God be - stows on ev - 'ry sense beau - ty as hope's  
2 Catch a fleet - ing glimpse of grace in an un - ex -  
3 Vi - brant pic - tures in our dreams, brushed with crys - tal  
4 In a burnt and black - ened field bro - ken ground be -  
5 God makes all cre - a - tion new, turn - ing back what



ev - i - dence: signs of what the earth will  
pect - ed place: just a taste, the small - est  
col - or schemes, van - ish from a wak - ing  
gins to yield ti - ny, frag - ile sprouts of  
peo - ple do, build - ing up what we de -



be just be - yond what we can see.  
crumb of the ban - quet yet to come.  
mind, leav - ing just a trace be - hind.  
green: hints of for - ests yet un - seen.  
stroy, sing - ing sor - row in - to joy.



Communion Hymn: #470 "Draw Us in the Spirit's Tether"



1 Draw us in the Spir - it's teth - er, for when hum - bly  
2 As dis - ci - ples used to gath - er in the name of  
3 All our meals and all our liv - ing make as sac - ra -



in your name two or three are met to - geth - er,  
Christ to sup, then with thanks to God the giv - er  
ments of you, that by car - ing, help - ing, giv - ing,



you are in the midst of them. Al - le - lu - ia!  
break the bread and bless the cup, Al - le - lu - ia!  
we may be dis - ci - ples true. Al - le - lu - ia!



Al - le - lu - ia! Touch we now your gar - ment's hem.  
Al - le - lu - ia! so now bind our friend - ship up.  
Al - le - lu - ia! We will serve with faith a - new.

Post-Communion Blessing



+ WE ARE SENT OUT +  
*God blesses us for the ministry of our daily lives*

## Blessing

Alleluia! Christ is risen!  
**Christ is risen indeed! Alleluia!**

The God of resurrection power,  
the Christ of unending joy,  
and the Spirit of Easter hope  
✚ bless you now and always.  
**Amen.**

Sending Hymn: #388 “*Be Not Afraid*”  
(*please use hymnal*)

## Dismissal

*Kids are invited to join Pastor Sean in the back to say the dismissal.*

Go in peace. Serve the Lord.  
**Thanks be to God!**

Thank you for joining us for worship today!  
*Join us for coffee, snacks, and conversation after worship in the narthex!*

*Want to learn more about our faith community?*

Visit **joy-lutheran.com** and sign-up for our weekly digital newsletter  
*Notes of Joy*. You can also send us a message on our homepage!



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**Please pray for those listed below:**

*To add someone to this list, please send an email to [joylutheran@gmail.com](mailto:joylutheran@gmail.com)*

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- + Hegna Family (as they grieve the loss of Jonny).
- + Pr. Sean, Becky & family (as they grieve the loss of Sean's mom)
- + Julie Meyer (facing the uncertainty after suffering a stroke)
- + Justin Dailey (Chris Dailey's brother, for comfort for the family and a successful surgery)
- + Bob & Candy Allen (for successful back surgery for Bob and comfort for Candy)
- + Tom & Debbie Bird (as they grieve the loss of Skip Lange)
- + Bentson family (as they grieve the loss of Al Bentson)
- + Eric & Margie Hall & family (as they grieve the loss of Eric's dad John)
- + Reimer & Oistad family (as they grieve the loss of Gary)
- + LaiMing Reimer (as she recovers from a successful kidney transplant)
- + Diana Flaherty (for pain and healing)
- + Trudi (for healing, wisdom for doctors)
- + Lisa Lind (healing, friend of Kristi Swain)
- + Dick Prien and family (as they mourn the passing of Sharon)
- + Stella Scamman (Kristi Swain's aunt)
- + Layli (Trudi's granddaughter, for peace and guidance)
- + Margie H. (for healing and recovery)
- + Harvey P. (for strength and healing)
- + Family of Anton Erickson (Margie and Eric's nephew)
- + The Fredeen Family (as they mourn Wayne and Amy)
- + Brittany Mumma (seizures)
- + Jennifer Huntington (health and healing)
- + Corrine Finnie (healing)
- + The McConell Family (as they mourn the loss of their mother and wife, Mary)
- + Gwendolyn Roth (peace of mind and that she will know God is with her)
- + Tom Clark (healing)
- + For our active-duty military personnel, especially those serving in Alaska and our veterans.

<b>ANNOUNCEMENTS:</b>
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**CHURCH BRUNCH**

Join us TODAY after worship for our church wide brunch following worship. All are welcome.

## **NEWCOMER ORIENTATION April 14<sup>th</sup> & 21<sup>st</sup>**

Are you new and want to learn more about Joy? Come join us for food, coffee/tea, and conversation after worship on these two Sundays. It's a chance for you to learn more about our faith community and for us to learn more about you. We'll talk about our beliefs and values, what "Lutheran" means, how we worship, ways to connect with each other, and opportunities for growing in faith. Bring your whole self - your questions, your concerns, your story.

## **MEMORIAL SERVICE FOR JONNY HEGNA**

The memorial service for Jonny Hegna will be held at Joy Lutheran on Friday, April 19<sup>th</sup> at 2:00 pm. A reception will follow in Brause Hall. Many of us have asked how we can help the family at this time. Providing food and help with the set up and clean-up of the service and reception are ways we can show our loving support. It is anticipated that 100-150 people will attend the service.

If you would like to help contribute foods, (finger foods, vegetable tray, cookies, etc.) or help with set-up/clean up, scan the QR code for the online sign up. We will be setting up for the memorial on April 18<sup>th</sup> @10:00am.



## **UPDATE FROM THE CARING FOR CREATION TEAM | SOLAR PANEL PROJECT**

We are over the moon—or should we say, “over the sun”, that we as a congregation have reached our goal of \$63,500 for the 44-panel solar project for our church and community! Thank you to all who supported the project with money or prayer. We have contacted the installer to set a date for the panels to become a permanent part of our roof sometime this summer. More to come on how we hope to encourage care for God’s creation.

## **FREE ELECTRONICS RECYCLING EVENT**

We will be having our electronics recycling event Saturday, May 18<sup>th</sup>, 2024 10am – 2pm. This recycling is for household electronics and our partners in this are Total Reclaim and Eagle River High School green club. The cost is FREE / carload, which is quite a deal considering how much it costs to recycle. Monitors or large screen TVs will have a small cost. Appliances (refrigerator, dryer, washer) and smoke detectors are not allowed because appliances take up too much room and smoke detectors contain radioactive materials. If you’d like to help, they will set up at 9:30 and we’ve divided sign up into two slots 9:30 to 12 and 12 to 2:30 and we’ll post that after church Sunday. Volunteers usually just help direct traffic, answer questions, etc. No real manual labor because Total Reclaim brings a bunch of guys to disassemble the materials into their component parts. Let your neighbors and co-workers know. Let’s keep these things out of the dump!

### **JUMP FOR JOY KIDS CLOTHES CLOSET – 1<sup>st</sup> Sunday of each month**

If anyone has girl clothes sizes 5T - 7, it would be much appreciated! Thank you all for your donations and help serving our community in this way!

### **JOY CHILD DEVELOPMENT CENTER- HIRING TEACHER/COOK POSITIONS**

JCDC is currently hiring, full descriptions can be found on the bulletin board at the main entrance and in the narthex. Feel free to take a flyer. If you have any questions, please contact JCDC [jcdcoffice@gmail.com](mailto:jcdcoffice@gmail.com) or 907-694-2755

### **JOY OF READING BOOK CLUB | April-May 2024**

The Joy of Reading Book Club meets once a month to discuss the book selection for that month. We share thoughts on the book of the month, have a light dinner, and talk and laugh together.

Upcoming books and meetings:

**April-** is *The Maid* by Nita Prose – Karen Johnson will host.

**May-** is *The Marriage Portrait* by Maggie O’Farrell and Mona Mitton will be hosting.

**June-** Mark your calendars for June 1 book club anniversary celebration on Nancy Lake!

Books are meant to be shared! Please join us!

Please contact the office on 907-694-9601 if you would like any more information.

### **GROUP SPIRITUAL DIRECTION-*Marcia Wakeland***

I’ve been writing about spiritual practices for a couple of years now for the people of Joy. I’m feeling a nudge now to offer a deeper dive into spiritual practice—an experience of group spiritual direction.

Group Spiritual Direction (like the process of individual one-on-one spiritual direction) provides a type of regular companionship for the purpose of fostering an individual’s intimate relationship with God. Both the format and the facilitation of these groups seek to support people in paying attention to God’s presence in their daily lives.

Spiritual Direction Groups are not like other groups. This is by design. Group Spiritual Direction is NOT Bible study, therapy, discussion, social, or a place to seek or give advice. The groups are safe and confidential gatherings where we can practice and process our experiences of the Divine.

The group is limited to four to five people, facilitated by a trained spiritual director (that would be me.) The group can decide how often to meet, generally at least every 3-4 weeks

for at least four months, but many continue on for much longer as deep relationships can form among the participants.

If you are interested, please contact me at [mwakeland@gmail.com](mailto:mwakeland@gmail.com) or 907-830-4039. When four people have committed, we can set up how and when we will meet. Zoom is an option. Please contact me with your questions!

*Do you have an announcement for the bulletin or Notes of Joy? Email Ericka in the office at [joylutheran@gmail.com](mailto:joylutheran@gmail.com). Submissions are due each week by Thursday at 9am.*

### WORSHIP LEADERS TODAY

**Presider:** Pastor Sean Avery  
**Assisting Minister:** Mona Mitton  
**Readers:** Karen P. & Hazel S.  
**Instrumentalist:** Becky A.  
**Pianist:** Kathy H.  
**Altar Care:** Sue W. & Penny M.

**Communion Assistant:** Bill M.  
**Acolyte:** Arden P.  
**Ushers:** Sue W. & Scooter B.

### WORSHIP LEADERS NEXT SUNDAY

**Presider:** Pastor Sean Avery  
**Assisting Minister:**  
**Readers:** Henry H.  
**Pianist:** Nancy W.  
**Altar Care:** Sue W. & Wayne R.

**Communion Assistant:** Becky A.  
**Acolyte:** Harper P.  
**Ushers:** Karen J. & Grace J.

**Today's Flowers Provided by:  
Daugherty  
In Celebration of Dan & Nancy's Anniversary**

## **Joy's April Birthdays & Anniversaries**

If we missed your birthday, or anniversary please email [joylutheran@gmail.com](mailto:joylutheran@gmail.com)

### Birthdays

3 Emily Mullin  
12 Sue Weimer  
13 Shontelle Schmidt  
16 Keith Oistad  
18 Jack Simasko  
21 Cynithia Oistad  
21 Roy Corral  
23 Dina Torres

### Anniversaries

20 Jeff & Karen Johnson

## The Art of Spiritual Practice

This week I offer this meditation from the book *The Painted Drum* by Louise Erdrich (2005)

*Life will break you. Nobody can protect you from that, and living alone won't either, for solitude will also break you with its yearning. You have to love. You have to feel. It is the reason you are here on earth. You are here to risk your heart. You are here to be swallowed up. And when it happens that you are broken, or betrayed, or left, or hurt, or death brushes near, let yourself sit by an apple tree and listen to the apples falling all around you in heaps, wasting their sweetness. Tell yourself that you tasted as many as you could.*

As we sink into these days after Easter, still contemplating the cross and the empty tomb, we walk amidst the cross of pain and suffering of this life. Yet the empty tomb asks us to orient not to death, but to life. And so we participate in these little acts of claiming life's sweetness whenever we can, even as we grieve or hurt or feel broken. Both are here.

The spiritual practice this week is to notice this sweetness. Is it in glistening white mountains? The spontaneous smile of a baby? And unexpected kindness? Buying seeds for the garden? Seeing the grass emerge from snow? A song that lifts your heart?

Just gather up all these "apples" into your soul and love them, like resurrection from whatever wants to break you. Notice. Give thanks.

*Pastor Marcia Wakeland is a retired ELCA pastor, a spiritual director and a listening advocate. She is interested in the actual experience of having faith and how that is lived out. She can be reached at [mwakeland@gmail.com](mailto:mwakeland@gmail.com) for comments or more questions Her ongoing blog of living out spiritual practices is [listeninglife.live](http://listeninglife.live).*