

Black History song – *Jesus Is a Rock in a Weary Land*, “Jesus Is a Rock in a Weary Land” is an African-American Spiritual with an otherwise unknown origin. In 1619, twenty-two persons from different countries and tribes on the continent of Africa landed in Jamestown, Virginia and were quickly bought and sold into the non-human existence of slavery. From this painful life sprang a powerful musical variety that has become one of the most significant segments of American music in existence. The African-American Spiritual, sometimes referred to as plantation songs, sorrow songs or slave-songs, originated from the innermost being of enslaved Africans. While in bondage they were forbidden to talk or make musical instruments, but they could sing whatever they wanted. The gift of singing became an invaluable tool of expression and a relief from the cruel existence of slavery. It is in these simple African melodies where the enslaved expressed their pain, anger, grief, faith and joy. Just as Africans communicated among themselves using drum language in their own countries and tribes, so did the enslaved Africans continue to do so in America by using “cries,” “hollers,” “calls,” and “shouts,” which eventually evolved into spirituals and work songs. These plantation songs united and strengthened the slaves and gave them an abiding faith and strong courage. These simple melodies still cause people today to examine themselves, tap their toes, clap their hands, shed tears, laugh, dance and shout. This music still has the ability to touch the human spirit and have a lasting effect on one’s beliefs.

Relief for Haiti

We continue our prayers for all those suffering from the earthquake in Haiti. Donations to the ELCA Disaster Response that are made out to CDLC will be sent on asap. Total to date of CDLC donations is \$1,565. Find information on ELCA Disaster Response and offering envelopes on the table at the west entrance. Also check website www.elce.org/disaster.

Assisted Listening

Please see the usher at the sound control station to pick up an assisted listening device. It will bring sounds of worship clearly to your ears.



News

Bishop Jeff Barrows Installation

Elected as Bishop of the Greater Milwaukee Synod in December, the Rev. Jeff Barrows will be installed into this leadership position on Sunday, March 14, at 3:00 p.m. Holy Cross Lutheran Church (W156 N8131 Pil-

grim Road in Menomonee Falls) will host the event to which all are invited.

Simmering Sundays Today

All are welcome to join the 35 persons that plan to attend today’s event that begins with lunch at 11:30 and is followed by discussion of *Race – The Power of an Illusion*. The church’s Combating Racism Team is sponsoring this event and future occasions to extend the circle of those who are intentionally battling racism in our society.

Meeting God in Prayer

This is the topic of our Lenten conversation that takes place every Sunday at 9:00 in the lounge. This course will also be condensed and offered on one Wednesday in Lent, March 10 from 5:30 to 7:30. Supper will be included in the evening session, so please sign the list the west table if you wish to attend.

Men’s Breakfast

Every first and third Thursday men meet at 6:30 for breakfast and Bible study at Mykonos (85th and Capitol). Consider yourself invited, because we will add another table.

Youth and Family Ministry

Mike Herold is leading a group of parents and other adults interested in developing CDLC ministry with families with youth and children. The group will meet during the Sunday School hour (9:00-10:00) on March 7 in the carpeted area as the west end of the worship space. Please call Mike at 461-2199 to express your interest.

Women’s retreat canceled

Due to circumstances beyond the control of Intern Christine or Julane Sebastian, the women’s retreat planned for this spring has been canceled.

Share your talents, interests

Do you have an interest, hobby or talent that you would love to share? We’re looking for CDLC members who would consider participating in the Sherman Park Gathering Place. How? You tell us! The group enjoys presentations on all topics – from photography to woodworking to card making to cooking. Your hobby or experience can enrich the program. We’re also looking for people who might want to volunteer in Capitol Drive’s soon-to-open computer lab. Talk to Pastor Timm, parish nurse Julie Pekarske or Intern Christine if you have ideas.

A celebration of Black History at CDLC

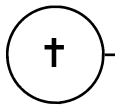
The Sherman Park Gathering Place hosted a Black History Month celebration Wednesday that drew more than 45 guests. Attendees included SPGP members, CDLC members, TenderCare workers, people from our Greater Milwaukee Synod, InterFaith members, and other local senior center participants. The featured guest speaker was Paula Penebaker, President and CEO of the YWCA, who led a discussion about the background of Black History Month and issues of race today. The Gathering Place group offered up a feast that all enjoyed.

A CPA's Mission

Jim Benedum directs a group of MATC volunteers who will complete tax returns free of charge. Jim has offered that service to anyone associated with CDLC. Please contact him at 414-769-8553 to inquire about this service.

Fund Raising Event planned for the fall

The church can raise nearly \$3,000 through volunteer efforts on two Saturdays in the fall. Already 17 members have expressing willingness to work packing costumes on September 18 and October 16. Our goal is to involve 25 each Saturday. If you are able, please sign the list at the table near the west entrance.



Health and Wellness

Parish Nurse Wellness News

These weekly articles provided by Parish Nurse Julie Pekarske. To request a recipe or an article, please contact Parish Nurse Julie Pekarske at the church office (445-1656).

Recipe of the Week:

Mediterranean Chickpea Stew with Polenta

If you're looking for a quick and easy meal that keeps hunger at bay, check out this 25-minute marvel. Savory spices complement hearty chickpeas and polenta in this Mediterranean-inspired entrée. Chickpeas, a great source of fiber, are packed with protein and are low in saturated fat and cholesterol. Studies have shown that diets high in fiber may decrease risk for colorectal cancer. This recipe serves four, or easily stores as leftovers for another meal entirely. You will find this recipe on the Parish Nurse Ministry Table.

Flip Flopping Through Lent

We are inviting you to "Flip Flop Through Lent" with us. We will be collecting flip flops throughout the Lenten season to send to organizations throughout the world that are members of the World Toilet Organization. For our children and teens, flip flops have become a fashion statement with kids owning 4, 5,....a dozen pairs of flip flops in all colors and designs.

For children in other parts of the world flip flops can be a matter of life or death.

If your Sunday school, women's organization, youth group, church as whole would be interested in collecting flip flops with us during Lent, **go ahead...start collecting! We will also be accepting money for postage to mail the flip flops.** Keep It Simple Not a lot of beads and trinkets Colorful Is Good! An assortment of colors are welcome. Please collect children and adult Flip Flops will be delivered on Saturday April 17, 2010 Parish Nurse, Julie Pekarske, will collect and deliver flip flops. Please bring to church by April 11, 2010 and put in the box marked Flip Flopping Through Lent.

Prayer Shawls

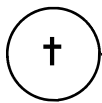
When I was recovering from my eye surgery, I received a prayer shawl. Not only did I enjoy the company of the visitor delivering the shawl, I continued to feel God's healing hand wrap around me each time I wore the shawl - which was daily. The prayer shawl reminds the recipient that he or she is loved by God and the church family. The knitter or crocheter creating a shawl repeats special prayers that are interwoven with the yarn. The prayers offered request peace, comfort, healing, and spiritual wellbeing. The shawls are blessed during worship and after they have been blessed they are draped over a valet stand next to the Parish Nurse Ministry Table. Feel free to take a shawl to someone you know that is in need of healing. Julane Sebastian and Dawn Hahesy have been making our beautiful shawls for two years - thank you Julane & Dawn. If you are interested in knitting / crocheting prayer shawls or in donating yarn to make shawls, please contact Parish Nurse, Julie Pekarske, at 414-445-1656 or email.

cdlc_pn@hotmail.com

Older Adult Living Residences

Recently I have had several conversations with CDLC members about residential options for older adult housing in Milwaukee and Waukesha County. Older adults face a unique and complex world of choices when looking for an alternative living arrangement. They must be very informed as to his/her options and the amenities offered as well as what is not offered. Often a person may move to a retirement community because a close friend or relative lives at the residence. However, everyone has different financial assets and some people have bought into a residential housing and found that their savings were depleted after several years, resulting in the unthinkable situation of being forced to move. Another consideration to be explored is that being an independent person can quickly change to needing "some" assistance in activities of daily living to needing "skilled" nursing care. Many popular older adult apartment complexes are licensed for providing limited assistance and not skilled nursing care while other retirement communities offer all personal and nursing care levels. Finding one self in sudden need of skilled care, a person living in a limited care complex will have to find a skilled nursing facility and at a time of suffering from a disabling illness that person may not be able to coordinate such a move by themselves.

As scary as the above scenario seems, there are many resources available to help people make informed decisions based on their physical and financial needs. The Parish Nurse Ministry Table will post some resources from the Wisconsin Department of Health Services. As your Parish Nurse, I have experience in providing tools for people looking for older adult living residences. Many residential house options have websites and I will gladly navigate and print information from the comforts of the Parish Nurse office or accompany you on a visitor tour of senior apartment complexes. Please call the Parish Nurse office at (414-445-1656) for more information/assistance.



Gathering Place

Sherman Park Gathering Place serves adults (50 and better) who wish to form bonds of friendship through religious, social, educational, and health-enhancing activities. It also serves residents of all ages living in the Sherman Park neighborhood by offering a setting for programs and discussions that connect neighbors to one another.

Open Mondays & Wednesdays

9 a.m.-2 p.m.

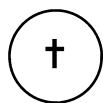
Every day: Hot and cold beverages, light breakfast, snacks, card games, and board games.

Monday:

- Bible study - 9:30 a.m.
- Exercise - 10:30 a.m.

Wednesday:

- Bible Study - 11 a.m.
- Walking Club 10 a.m.
- Lunch – noon



Third World Shoppe

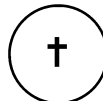
Hours: Tuesday, Wednesday, 9:30 a.m.-12:30 p.m.

Saturday, 9:30 a.m.-12:00 p.m.

A MISSION TO SERVE our neighbor in the developing countries of our global community by marketing their handcrafts to promote their economic progress.

A MISSION TO EDUCATE ourselves and our local community about the social, economic, political and personal struggles of our neighbors.

A MISSION TO WITNESS to the person to person connection we have to all peoples as sisters and brothers in Christ.



This Week at CDLC

Today

8:00 and 10:15 – Worship

8:45 - Vocal Choir

9:00 – Church School for all ages

11:30 – Simmering Sundays

Monday

12:00 – SPGP handbells

5:00 – Executive committee

5:45 – Handbells

Wednesday

11:00 – SPGP and CDLC visit to Gloria Dei for Lent

Thursday

6:30 – Men's Breakfast at Mykonos