

# “This relationship begins with HEARING THE WORD OF GOD,

*acknowledging that it is the truth, then making an intellectual decision to establish a personal relationship with Jesus Christ now.”*



### SUNDAY

9:00-9:45-Adult Sunday School

### WORSHIP SERVICE

10:00 - 11:30

Children's Church

Fellowship after the Service

WATCH ON FACEBOOK @

ABUNDANT LIFE FELLOWSHIP,

CHEWELAH



Join us for supper at 5pm in the Fellowship Hall and then we'll gather in the church sanctuary for Ash Wednesday.

## Ash Wednesday

## Observance

### March 5th, 6:00pm



We are gathering in the Church Sanctuary

### CHURCH ACTIVITIES

#### MONDAY

PRAYER at 3pm with Judy Rarrick

#### TUESDAY

This is a book study.

**YadaYada** ladies meet at 11a every Tuesday in the fellowship hall



#### WEDNESDAY

Brown Bag Bible Study  
Noon  
Wednesday's

Starts at Noon. This study is the book of Colossians in the church's conference room with live video.

#### SOUP'S ON!

**Wednesday's at 5pm** in the church fellowship hall. Invite a friend or neighbor!



# EYES ON JESUS

**Ezekiel 9:4:** *“And the Lord said to him, “Pass through the city, through Jerusalem, and put a mark on the foreheads of the men who sigh and groan over all the abominations that are committed in it.”*

Ash Wednesday services involve marking an ash cross on the foreheads of attendees.

This symbolism is traced back to the Old Testament.

Ezekiel existed during the time of the Babylonian exile. Israel, immersed in the muck and mire of their sin, had been taken over and sacked by a foreign nation. They cried out for a Savior. That Savior would come five hundred years later.

Ash Wednesday grants us an opportunity to await with joyful anticipation for Easter Sunday. We praise Jesus during this time for his beautiful sacrifice and eagerly await the new life we will spend with him after the end of this one.

### MEN'S BREAKFAST

Saturday, March 15th at 8am in the Fellowship Hall



*“As Lent is the time for greater love; listen to Jesus' thirst... REPTENT AND BELIEVE”*

*-Mother Teresa-*



**Brenda Nagunst**

## From the Pastor's Desk

There are many waves in life that come crashing our way, struggles that we have no power over. As I stood and watched this seagull in the waves, I was amazed at how it handled them. He walked right to them, slowly and confidently, without hesitation, as if he was on a pilgrimage. He allowed the waves to flow over his feet, even embraced them. At one moment he turned

to the side, maybe so the impact wouldn't be as great. Most of us don't want to go through the struggles of life, let alone submit to them and embrace them.

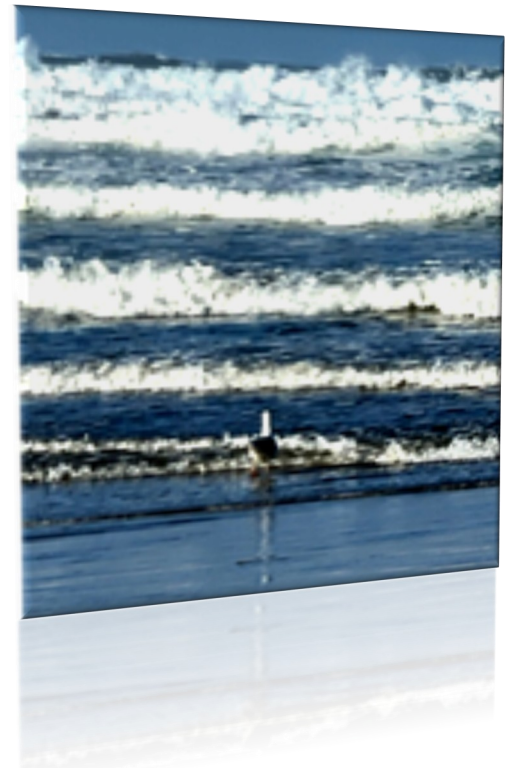
I recently read something on the concept of welcoming the waves of life, and maybe even ask its purpose. I don't know about directly addressing the waves of life as if they are a living being. However, I do believe it is good, even necessary, to face them and our feelings about them, especially in conversation with the Lord.

Then, as the waves got closer together, the seagull just started riding them. He didn't walk away or fight the waves of life; he simply let the water lift him. It can be so easy for us to avoid the waves or to fight against them, especially if they are so much bigger than us and what we can handle. Sometimes we thrash around in the waters rather than trusting the Lord. When that happens, it can feel like you're drowning. The seagull reminds us to trust in the Lord when the waves of life come our way. When we get our strength from the Lord, we get to ride on top of the waves rather than the waves washing over us.

Maybe you don't really feel like you're drowning right now, but maybe you're avoiding the struggles in life altogether, unlike this seagull who faced the waves in front of him. If we always avoid the hard times that come our way, we don't get to experience what it means to ride the wave, to have victory in the power of Jesus, the One who is greater than us and our troubles.



Join me in this prayer, "Lord, help me to be more like this seagull who allowed the waves to come, but didn't allow them to wash over it or drown it. Help me to get my strength from you, to ride the waves rather than being overwhelmed by them."



## **Verse of the Month**

*Happy are the people whose strength is in You, whose hearts are set on pilgrimage. Psalm 84:5*



Dear faithful Christian brothers and sisters at Abundant Life Fellowship.

It has been over 4 months since Dr. Opio started the surgeries on Colline's face to remove a very large tumor covering 1/2 of the right side of her face to her ear. She has just returned home this past week to recover and heal before having more surgeries to improve her ability to see and have her nose and mouth repaired more completely. Colline is delighted and has expressed her thankfulness to God and to the people God encouraged to help cover some of the costs for the 4 surgeries so far. We don't yet know when those future surgeries will take place but we will keep you posted.



Dr. Opio has encountered a young student named Emmanuel Okello who is an excellent student, tested at the top of his class and wants to become a doctor. Dr. Opio considers him a very good person and would become a much needed doctor in the Northern area of Uganda. Dr. Opio would mentor him well. If anyone would like to be part of his support, please contact Carolyn Jones for more information.



For several reasons, Keith and Carolyn are postponing their return to Uganda but are in continuous contact with Lucy, Isaac and the couple in Kampala who are handling the printing of literacy materials. All is running well in the prisons and village literacy classes. Our over 20 years in Uganda is continuing to bear fruit!

Praise our wonderful, powerful Lord!

Keith and Carolyn Jones



Nawl Bik lives in Hakha city. He was a drunk since he was a teenager. He went to church after drinking and dancing sometimes. His family and friends were ashamed of him. He beat his wife sometimes. He has two children, a girl and boy. His daughter told her friend that she was ashamed because, "I am the daughter of an alcoholic."

His wife and the church people always prayed for him to transform his life. His daughter, Amawi, was attending school in Yangon far from her father. Amawi always shared about her burden with tears about her father's drinking and she always requested others to pray for him.

One summer he went to a three-night Bible study program. The second night of the bible study program, he shared that he wanted to be free from alcohol, but he couldn't do it by his own strength. He requested prayer for the Holy Spirit's help to free him from alcohol. So, the Church people laid their hands upon his head and prayed for him. He learned about 1I Cor 5:17, "Therefore, if anyone is in Christ, the new creation has come. The old has gone, the new is here!" The Holy Spirit was working in his heart through this Bible verse.

That night his daughter Amawi called and told him with tears that she told the Lord that her most fervent desire was for God to change her father's life and for him to be free from alcohol. Her father responded with his tears that he was free from alcohol by the Word of God. They wept with happiness and praise to the Lord.

The next night at the last night of the Bible study program, Nawl Bik testified how the Word of God changed his life and now he was a new creation because of Jesus.

Now his family is so happy in the Lord and also the church is blessed through his life in many ways. Nawl Bik goes to a weekly Bible study and prayer group as well as Sunday worship service.

Now he has been chosen as a member of the BoA of the New Hakha FMC. Many people who know about him were amazed how God changes people's lives and the work of the Holy Spirit.



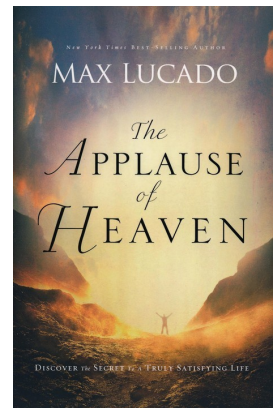


**“Mark it down.** God does not save us because of what we’ve done. Only a puny god could be bought with tithes. Only an egotistical god be impressed with our pain. Only a temperamental god could be satisfied by sacrifices. Only a heartless god would sell salvation to the highest bidders.” — Max Lucado

This book is for those who keep looking for God’s approval in all the wrong places. We keep ourselves striving to “do” for God; we examine our accomplishments at the end of every day and judge our worth on a scale of perceived productive-ness. My mom was a knitter and she got good at it. I have 3 sweaters that she made, very seldom worn in the last 30 years since they have graced my closet. But, they are highly prized and lovingly cared for, although they haven’t left my bedroom in decades. I do brag about them though and I cherish the memory of her knitting away for hours, working on them. Max Lucado touched my heart with his own story of a sweater, “and though the sweater has lost all of it’s use, it has lost none of it’s VALUE. It is valuable not because of its function, but because of its maker.”

The Latin word for "Beatitudes" is *beātītūdō*, which comes from the word *beātus* meaning "happy" or "blessed." The Beatitudes consist of the poor in spirit, those who mourn, the meek, those who hunger and thirst, the merciful, the pure in heart, the peacemakers, and the persecuted. Then as Jesus sat overlooking the crowd of followers as depicted in Mathew 5, He said in verse 17, *“Think not that I have come to abolish the law and the prophets; I have come not to abolish them but to fulfill them.”* They are the foundation for Christian discipleship and a guide for how to live a life that reflects God's love in the world. It's not that the Beatitudes are meant to replace the Ten Commandments. Rather, the Beatitudes perfect the Commandments.

There is a new kingdom coming and Max Lucado straight forward tells us that we are found worthy—“a kingdom where people have VALUE not because of what they do, but because of whose they are.” His explanations of “beatitude blessings” give us clear modern day examples of living out the fulfillment of the Ten Commandments in today’s world. John, at the end of his life, imprisoned, weary, alone, and aged; through this old used-up man, God gave us the beautiful hope of our eternal home, a look at our homecoming as the bride of Christ, joining with the One who would rather die than live without you. From the very beginning, with every breath you take, you are closing in on the homecoming that John described in Revelation 21....*“I saw the Holy City, the new Jerusalem, coming down out of heaven from God”....“Now the dwelling of God is with men, and he will live with them. They will be his people, and God himself will be with them and be their God. He will wipe every tear from their eyes. There will be no more death, or mourning or crying or pain, for the old order of things has passed away. He who sits on the throne said, “I am making everything new!”*



✝ My Myanmar missionary friend tells me that there, the word “revelation” means “we won” I’m going with that! Be blessed my dear friends.—Deb

**Abundant Life  
Fellowship  
LOVE GOD.  
LOVE PEOPLE.**



**Pastor Brenda Nagunst: Office and Community Hours:**  
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