



THERE'S AN APP FOR THAT

I don't know about you, but I sometimes find I need to leave my phone elsewhere when I sit down to pray or engage in spiritual practices. The temptation to mindlessly check it can be too great. On the other hand, there are also a few apps that can be helpful for me in my spiritual practices. So I want to share them in hopes that you might find one or more of them helpful. Maybe you'd like to try one out as a Lenten practice.

Daily Prayer: This is a PCUSA app that provides opening sentences, Scripture readings, prayers, and a blessing for 4 different times (morning, mid-day, evening, and close of day) throughout the day. I find this most helpful when I want to sit down and spend time in Scripture, but feel overwhelmed by trying to decide what to read. This app presents me with the daily lectionary readings, so I just need to show up, read, and trust the Spirit to speak.

Pray As You Go: This app has a 10-15 minute recording each day based on the daily lectionary. The recording includes sacred music, Scripture reading, and a brief reflection on the Scripture. Sometimes I like to play this while I'm still in bed in the morning preparing myself to get up for the day.

Centering Prayer: This app includes an opening and closing prayer with Scripture and timed silence. I can select the duration of the silence, but knowing that the app is keeping track frees me to simply settle into the silence in God's presence without worrying about checking the time.

Reverend Kari A. Olson

MARCH BIRTHDAY GREETINGS



- Michael Davis 3/1
- Naomi Davis 3/4
- Elliot Baker 3/5
- Starla Richardson 3/19
- Ella Garcia 3/23
- Jane Wilson 3/28
- Heather Allcorn 3/30

WHAT A CHOIR'S PURPOSE IS IN WORSHIP

During this winter season, I decided to read up on what Church Music Directors felt was the purpose of a church choir. I was glad to read their ideas on the subject and thought it would be a good thing to share in the newsletter. So, this month and next month I will give an overview of what a choir's purpose is in Worship. This month I will offer a brief summary of what Brian Hehn, Director of Music Ministry at Arapaho Methodist Church in Richardson, Texas shared.

He believes that a choir has four functions:

- To Lead and Enrich congregational singing.
- To provide to worship service varied and sometimes challenging anthems and other worship music.
- To serve as a small group within the church where choir members take care of each other and express their faith through music
- To sing beautiful music to praise God and lift up the congregation.

I was pleased to see that Mr. Hehn and I share similar ideas about what a church choir is all about. Next time I will share another similar Director's point of view but stated in a different way and based on 9 points. Doing this re-research made me realize how blessed we are at East Falls Church to have such a dedicated and gifted choir. Many churches are losing their choirs, but we continue to exist and that is a blessing not only to East Falls Church but to our choir members.

Submitted by Brenda N. Browne

LENTEN Calendar For March

at East Falls Presbyterian Church

Busy? Connecting with an Unhurried God

All are welcome to join us at East Falls Presbyterian Church as we look at ways to reconnect with God.

Lenten Sunday morning services begin at 10:30am in the sanctuary of EFPC on the corner of Midvale Ave. and Vaux St.

- March 6th, 2019, 7:30 pm Ash Wednesday / Lent Begins (Matthew 6:1-6) Imposition of ashes and Communion
- March 10th, 2019, 10:30 First Sunday of Lent (Matthew 11: 28-30) The Right Tempo
- March 17th, 2019, 10:30 Second Sunday of Lent (Psalm 23) Preparing a Table
- March 20th, 2019, 6:30 pm Community Wednesday night Soup Supper at 6:30 followed by a Taize service at 7:30
- March 24th, 2019, 10:30 Third Sunday of Lent (Luke 10:38-42) Tuning In
- March 31st, 2019, 10:30 Fourth Sunday of Lent (Luke 12:29-34) Living Light
- April 3rd, 2019, 6:30 pm Community Wednesday night the St Bridgett's Soup Supper at 6pm will be held in EFPC Fellowship Hall followed by service at 7:30pm at the St Bridgett's Catholic Church.

Look for information in the April issue of **EAST FALLS NOW** and the EFPC April Newsletter concerning Palm Sunday, Holy Weewk and Easter.

NEWS FROM THE DEACONS

After a busy Christmas season, the Deacons have been focusing on supporting Pastor Kari with congregational care. As always, please contact a deacon if you or someone you know is in need of extra prayer and support. We are here to help! Upcoming events include the coordination of the **Easter Breakfast** and kick off of **Lemonade on the Lawn**. Warmer weather will be here before we know it!

Thanks,
Jessica Richardson

YOUTH ACTIVITIES

Pastor Kari and Jeff Goddard are starting a Youth Group for our 5th thru 8th graders.

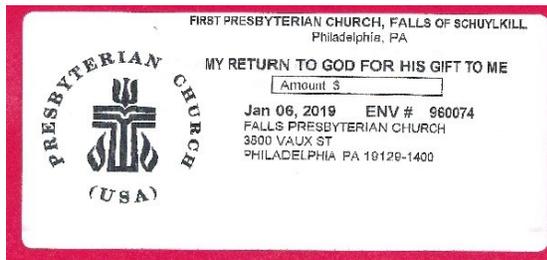
The youth will gather after church (12:30-2:00) on March 10th. Youth should bring \$5.00 for pizza and be ready for fun and games and a Bible Lesson.

We will continue meeting after church on the second Sunday of each month through June.

For further information, contact Jeff Goddard.

ON-LINE GIVING

Our church is very excited to offer online giving — an easy and convenient way for you to give your tithes and offerings using a debit or credit card, or electronic funds transfer.



The service, which is hosted by the Presbyterian Foundation, is easily accessed through the church website. You can rest easy knowing that the transaction is safe and secure, and your gift will be available to our ministry immediately, with no waiting periods.

Visit www.fallspres.org today and see for yourself how easy it is to give online.

If you need some help setting up your giving, please call the church office. We would be pleased to help you.

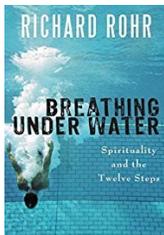
EASTER MORNING BREAKFAST



YES.... Never worry, plans are underway for our *annual, famous & traditional* EASTER MORNING BREAKFAST. A lot of hard work for such a wonderful event.

More information is forth coming, so be prepared to join in EFPC outstanding event and enjoy the experience.

MORE INFORMATION TO FOLLOW IN OUR BULLETIN AND THE APRIL EDITION OF "the PRES"



Book Study Led by Pastor Kari

Breathing Under Water by Richard Rohr

We are all addicted in some way.

When we learn to identify our addictions, embrace our brokenness, and surrender to God, we begin to bring healing to ourselves and our world. In *Breathing Under Water*, Richard Rohr shows how the gospel principles in the Twelve Steps can free anyone from any addictions from an obvious dependence on alcohol or drugs to the more common but less visible addiction that we all have to sin.

Join us March 3th we will discuss Chapters 6 & 7

There is a study guide in the back of the book, which will be helpful to review before coming to the book study.



MARCH IS A "BUSY" MONTH

- **March 6th, Wednesday**, Lent Begins / Ash Wednesday

- **March 10th, Sunday**, Time Change ("*spring ahead*", even though you just lost one hour of sleep).

- **March 17th, Sunday**, St. Patrick's Day (*What do you call a fake Irish stone? "A Shamrock!"*)

- **March 20th, Wednesday**, First Day of Spring (*Oh no, does that mean MORE RAIN?*)