

## Teen Scene Newsletter

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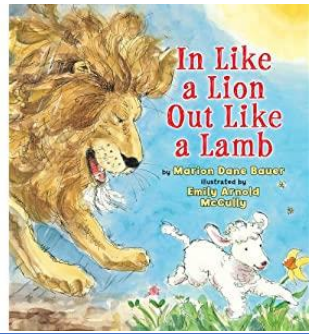
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**HAPPY BIRTHDAY**  
**BRADLEY PATTERSON**  
Beth Lawrence  
And Belated Happy Birthday to  
Edward Sarmiento

**CONGRATULATIONS**  
**TO**  
**BRADLEY PATTERSON**

Bradley's team won the Soccer Citrus Cup in February. Way to go! We are so proud of your accomplishment.





### *March Daily Holidays and Observances*

March is known for its changing weather so is that the reason for the folk proverb “In like a Lion, out like a Lamb”, or is it possibly a reference to the Lamb of Judah that we celebrate through lent? Here is a link for an article that appeared in the Paris Review, March 2, 2015 entitled “Folk Wisdom” <https://www.theparisreview.org/blog/2015/03/02/folk-wisdom/>

- **March 1:** National Peanut Butter Lover's Day, World Compliment Day, National Pig Day
- **March 2:** Dr. Seuss's Birthday, National Read Across America Day, Old Stuff Day, World Teen Mental Wellness Day
- **March 3:** National Anthem Day, National Mulled Wine Day, World Wildlife Day, National Day of Unplugging (first Friday), Employee Appreciation Day (first Friday)
- **March 4:** National Pound Cake Day
- **March 5:** 2<sup>nd</sup> Sunday in Lent, National Cheese Doodle Day
- **March 6:** National Dentist's Day
- **March 7:** National Cereal Day, Flapjack Day
- **March 8:** International Women's Day
- **March 9:** National Barbie Day, Get Over It Day, World Kidney Day (second Thursday)
- **March 10:** National Women and Girls HIV/AIDS Awareness Day
- **March 11:** National Johnny Appleseed Day, Promposal Day
- **March 12:** 3<sup>rd</sup> Sunday in Lent, Daylight Saving Time, National Girl Scout Day, Working Moms Day
- **March 13:** National Napping Day (Monday after Daylight Saving Time begins), K9 Veterans Day, Good Samaritan Day
- **March 14:** National Pi Day
- **March 15:** The Ides of March
- **March 16:** National Panda Day, Artichoke Day, Freedom of Information Day
- **March 17:** St. Patrick's Day
- **March 18:** National Sloppy Joe Day, Awkward Moments Day, National Corn Dog Day (third Saturday)
- **March 19:** 4<sup>th</sup> Sunday in Lent, Certified Nurses Day, Let's Laugh Day
- **March 20:** First Day of Spring
- **March 21:** National Common Courtesy Day, California Strawberry Day, French Bread Day, World Down Syndrome Day
- **March 22:** National Goof Off Day, World Water Day
- **March 23:** National Puppy Day, World Meteorological Day

- **March 24:** National Cocktail Day, World Tuberculosis Day
- **March 25:** National Tolkien Reading Day
- **March 26:** 5<sup>th</sup> Sunday in Lent, Purple Day (for epilepsy awareness), National Spinach Day
- **March 27:** National Spanish Paella Day
- **March 28:** National Black Forest Cake Day
- **March 29:** Mom and Pop Business Owners Day, Manatee Appreciation Day (last Wednesday)
- **March 30:** National Take a Walk in the Park Day, Doctors Day
- **March 31:** National Prom Day, Crayon Day, Tater Day

As you can see, March is a busy month. Some of these events are fun and we can have a good time with them, but they do not represent any of our Lutheran church events. In March the focus of the Church will be Lent as we look forward to Easter.

## THE CHURCH YEAR

### LENT

Lent consists of 40 days of preparation leading us to Easter. Lent began on Ash Wednesday which was on February 22<sup>nd</sup>. I spoke of this in our February newsletter. In the Bible we see the number 40 frequently, such as the Israelites wandering in the wilderness for 40 days (Numbers 14), 40 days after Jesus' baptism is when the devil tempted Him in the wilderness (Mathew 4) and the flood when it rained for 40 days and 40 nights (Genesis 7). It appears that this number is associated with times of testing and trials. Now we use 40 days to prepare of Easter. We will experience Holy Week and Easter in April so more on that latter, but Jesus indeed suffered many trials and testing during that time (A

In March we will have the 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Sundays of Lent. Holy Week will begin April 2<sup>nd</sup>. In March the colors in our sanctuary will be violet, representing royalty and repentance. In the times of the Bible, violet or purple was only purchased by the rich as it was very expensive to produce. We use it to represent the Kingship of Christ, but also to remind ourselves to repent of our sins and turn to the mercy and forgiveness only found in Christ Jesus.

### HOT TOPIC

### ADDICTION

The meaning of ADDICTION is a **compulsive, chronic, physiological or psychological need for a habit-forming substance, behavior.**

(<https://www.merriam-webster.com/dictionary/addict...>)

From a Biblical perspective it can be viewed as a form of idolatry as an addict puts the substance or behavior above all else, even God.

There are many types of addictions, some better known than others. Some of these are alcohol, tobacco, drugs (illegal and prescription), food, television, video and online gaming, gambling, sexual activities, gambling, and pornography. Of these, we most commonly hear of substance abuse addictions. The others can also be life altering.

How does one become addicted? This too varies. Some precedents are repetitiveness, prioritizing, neurological needs, genetics, and peer pressures. We do know that additions result in an increase in dopamine resulting in creating pleasure in the brain. As the brain adapts to this pleasure source, it desires more, thus often resulting in addition. This is a fairly simplistic explanation, as the brain is complex, but it is the basic chemical reaction that feeds addition. The brain craves the stimulus that creates this pleasure as if as a reward (Addiction and the Brain: How Drugs Impact the Brain, Addiction Center, <https://www.addictioncenter.com/addiction/addiction-brain/#:~:text=When%20someone%20develops%20an%20addiction,feelings%20and%20strange%20behavioral%20traits.>).

Is there a cure? Simple answer, NO. Once an addict always an addict it is said. However, it can be managed and this is referred to as “Recovery” with the help of doctors, support groups, and of course, God. Recovery, however, includes the fortitude of the addict to resist the temptation of reentering the realm of their addition. As Christians, we know we have the help of God to both avoid temptations, for forgiveness when we ask, and for help to recover. The above listed web site also speaks to recovery methods.

Dopamine can also be naturally increased in the brain in positive ways, such as exercise, meditation, interaction with pets, and so on. For more information on Dopamine and the brain go to the article “Effects of Dopamine: How Dopamine Drives Human Behavior (Into Action Recovery Centers, <https://www.intoactionrecovery.com/how-dopamine-drives-our-behavior/#:~:text=What%20dopamine>).

Sometimes substance abuse additions start very innocently through necessary pain medications and that is why there is such control over these medications. In his article, Relief of Anguish? Pain Management 101, Adam Bianchini, MD, addresses this issue. He notes the challenges faced by doctors in treating patients with opiate therapy and the complications therein, including overdoses. He notes the risks of addition and dependency, and that there continues to be a priority on research or treatment alternatives. (Christian Counseling today, vol. 22, no. 3 page 12, Forest, VA, Copyright 2014 by AACC, Inc.).

Another interesting article is Building Healthy Tech Habits In Ten Simple Steps by Brian Smith, MD. He walks one through using technology in a healthy manner (Lutheran Life, issue 122, page 2, copyright 2022, Concordia Publishing House, St. Louis, MO., [cph.org/lifresources](http://cph.org/lifresources)). He and A. Trevor Sutton have also written a book entitled Digitized: Spiritual Implications, which can be found at [cph.org/lifresources](http://cph.org/lifresources). In this book they address how technology can be harmful to us, but how it can also be used to glorify God. They note facts such as an average person spends approximately 4,105 hours/year or 45% of the year. My friends that is a lot of screen time!

Although this is not an all-inclusive article on addiction, I pray it gives you something to think about as you navigate your lives and the choices you face each day.

## FUN TIME ANSWERS

Scripture, upper room, crucifixion, resurrection, last supper, Palm Sunday, Lenten season, sacrifice, disciples, empty tomb, Gethsemane, Jerusalem, Good Friday, Maundy Thursday, betrayal

## Resources

Addiction Resource Center, “Addiction and the Brain: How Drugs Impact the Brain”, <https://www.addictioncenter.com/addiction/addiction-brain/#:~:text=When%20someone%20develops%20an%20addiction,feelings%20and%20strange%20behavioral%20traits.>).

Bianchini, Adam, MD, “Relief of Anguish? Pain Management 101, Christian Counseling today, vol. 22, no. 3 page 12, Forest, VA, Copyright 2014 by AACC, Inc.

Concordia Publishing House, St. Louis, MO, copyright 2009, “A Simple Explanation of the Church Year.

Into Action Recovery Centers, “Effects of Dopamine: How Dopamine Drives Human Behavior”<https://www.intoactionrecovery.com/how-dopamine-drives-our-behavior/#:~:text=What%20is%20dopamine>).

Miriam-Webster Dictionary, (<https://www.merriam-webster.com/dictionary/addict...>)

Paris Review, March 2, 2015 entitled “Folk Wisdom”  
<https://www.theparisreview.org/blog/2015/03/02/folk-wisdom/>

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