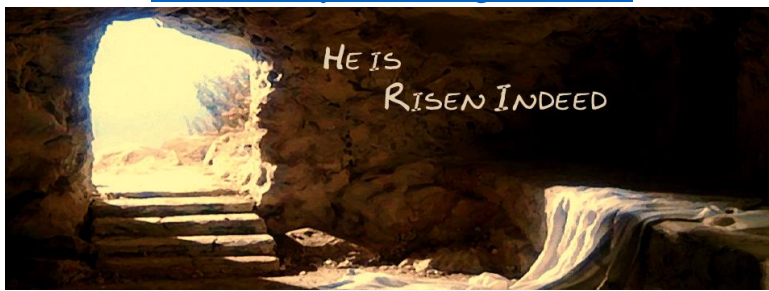


Teen Scene Newsletter

7th Edition\April 2023



Faith Lutheran Church
935 S. Crystal Glen Drive
Lecanto, FL 34461
Office Phone: 352-527-3325
cfaithlutheran@gmail.com
<http://www.faithlecanato.com>
Prepared by: Marcia Pridgen
352-263-0397
Lifecoachbymarcia@gmail.com



[The Anointment Appointment](#)
[One-Church-Mar-29-2013-He-is-risen-indeed.png \(960x350\) \(bp.blogspot.com\)](#)

ALLELUJAH, HE HAS RISEN ... HE HAS RISEN INDEED!

APRIL EVENTS

- April 1st - April Fool's Day.
- April 1st - International Tatting Day.
- April 2nd - Palm Sunday.
- April 5th - Passover begins at sundown, lasts 8 days.
- April 6th - Maundy Thursday
- April 7th - Good Friday.
- April 7th - National Walk to Work Day (1st Friday of April)
- April 9th - Easter Sunday.
- April 10th - Easter Monday
- April 18th - Income tax filing deadline (most years the deadline is the 15th of April)

So, what is the significance of these dates? Obviously the events of Holy Week which are Palm Sunday, Maundy Thursday, Good Friday, and Easter are important to us as Christians and we will cover these more in the Church year portion of this newsletter. But how about the others? International Tatting Day is a recognition of an ancient craft utilizing lacework with knots which is called tatting (Holiday Insights, Rochester, NY, [Holidayinsights.com](https://www.holidayinsights.com) copyright 2000-2023, <https://www.holidayinsights.com › other › tatting.htm>, accessed March 3, 2023). April fool's day is celebrated every year on April 1st and is accentuated by the playing of hoaxes or practical jokes on one another. After a trick is played the phrase "April Fools!" is often shouted out. The real joke is that no one truly knows the exact origins of this practice and yet we celebrate it annually (History.com Editors, "April Fool's Day", <https://www.history.com/topics/holidays/april-fools-day>, accessed March 3, 2023, Original Published date March 2017, updated February 23, 2023). Then, if you don't already know, April 18th is the deadline to file income taxes for anyone who earns over a certain amount the previous year. Ask your parents, they will be well aware of this date☺.



Holy Week

Sacerdotos: My thoughts on Holy Week

https://3.bp.blogspot.com/-ajpLwfCUWD8/UVqLFDaGPCI/AAAAAAAAHWU/fRtkpiV_sBY/s1600/holy_9038c.jpg

GREETINGS FROM PASTOR GRIFFIN

Dear Friends in Christ

It's a beautiful thing to know that someone is praying for you. My mom was like many of your moms in that she prayed for her loved ones on a daily basis. She didn't just pray for us in an occasional and haphazard way, but daily and with great passion. She told me more than once that she prayed for my sisters and me every day. She didn't just pray off the top of her head, she wrote down her prayers and then read them again and again. And if I close my eyes and think about it, I can hear her praying at my bedside with a soft and a gentle voice, the Lord's Prayer, Luther's Evening Prayer, and the Now I Lay Me Down to Sleep prayer. A mom and her son united by virtue of Holy Baptism, or to say it another way, "Resurrection Unity."

It's a beautiful thing to know that someone is praying for you. One of the privileges of living near four of our grandchildren is that on occasion, they stay overnight at our place. Especially the two granddaughters, Hope and Morgan. We watch Hallmark movies together, we play cards and we eat popcorn and we eat all the ice cream they want to eat, and then more often than not I will go up and say prayers with them at bedtime. What a privilege it is to be their grandpa and to pray for them to be strong in the Christian faith in all the chapters of life, and more often than not, I add a prayer for the young men they will be marrying someday. At which time they often start giggling and they are more than a bit embarrassed and once in a while they'll even say, "Grandpa, I'm not sure I'm ever going to get married." At which time I say, "Oh yes, you are, and since I'm not sure how long of a life I'm going to live, and since I absolutely want to be the pastor who officiates at your wedding, you need to get married by the time you're 25!" Grandchildren and a grandpa united by virtue of Holy Baptism, or to say it another way, "Resurrection Unity."

It's a beautiful thing to know that someone is praying for you. Imagine how the disciples felt on the night their Master and Teacher was to be betrayed and arrested. Not long before this prayer, Jesus had got down on his knees and carefully washed their feet, He had predicted that one of them would be betraying, he had given them a new commandment, that they would love one another in the same way he had loved them, he had predicted Peter's denial, he had identified himself as the way, the truth, and the life, he had promised not to leave them as orphans, promised that he would send the Holy Spirit, promised them that if they would remain connected to him, they would bear much fruit, he had warned them that the world would be hating and persecuting them in severe fashion, and now he launches into a lengthy prayer. Disciples united with their Savior by virtue of faith, or to say it another way, "Resurrection Unity."

Dear young folks, please know that I pray for you often, that God's Spirit would work in your hearts a strong and growing faith - a faith that will sustain you through all the ups and downs of life.

In Christ,
Pastor Griffin

HOLY WEEK AND EASTER

Holy Week begins on Palm Sunday. When Jesus arrived in Jerusalem to celebrate Passover with His disciples the people greeted Him by waving Palm branches and throwing them across His path. It is interesting to note, He rode into Jerusalem riding a donkey. He arrived humbly, just as He did at His birth. The people of Jerusalem did not understand that He had not come to be their earthly king nor to be an earthly conqueror. Jesus came to save us. To die and rise again proclaiming victory over sin. He came as a ransom for sinners....for each of us.

As we enter into Holy Week many churches will continue use violet paraments and vestments, while others choose to use scarlet. As we learned last month, violet represents royalty while scarlet represents the blood Jesus shed for us. During this week we will hear the Gospel regarding the events leading to Jesus' death and burial. We will not be singing the Gloria Patri "Glory be to the Father and to the Son, and to the Holy Spirit", making our services more somber reserved.

MAUNDY THURSDAY

Thursday of Holy Week is called Maundy Thursday. The word Maundy means "the washing of the feet of the poor" (Dictionary.com, <https://www.dictionary.com>.>...>Education>History). On the Thursday of Holy Week, Jesus is known for washing the disciples feet prior to the Last Supper. This is also the day we celebrate the Jesus' institution of the Lords Supper, "... and when he had given thanks, he broke it, and said, "This is my body, which is for^[a] you. Do this in remembrance of me." In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." (1 Corinthians 11:24-25 ESV). This is also the night Jesus prayed in the Garden of Gethsemane, of His arrest, and His trial. On Maundy Thursday the colors in church may remain either violet or scarlet, or some may choose to change to white to express our joy. Although the Gloria in Excelsis is excluded during Lent, it is used on Maundy Thursday as another way of expressing our joy in receiving the body and blood of Christ through the Sacrament of the Lord's Supper. At the end of this Divine Service the altar will be stripped of all paraments and linens during the reading of Psalms 22, which is a prophecy of the crucifixion of our Lord. This is a reminder of Jesus stripping to the waist prior to washing the disciple's feet and of the beatings He endured preceding His crucifixion.

GOOD FRIDAY

The day Jesus was crucified. So why, you may ask, do we call it "Good" Friday. This is the day, as first foretold in the Garden of Eden, that Jesus took all of our sins upon Him for us. The altar remains bare, we do not talk to each other before, during, or after this service, but remain solemn. We will recall His journey to Golgotha, His hanging on the cross for our sins, His words from the cross, and ultimately His death and His body being place in the tomb. The Bidding Prayer is to be prayed (A Simple Explanation of the Church Year, Copyright 2020, Concordia Publishing House, St. Louis, Mo.)The Bidding Prayer can be found in the Lutheran Service Book, Page 512. When praying this prayer, we are to pause in silence between the bid and the petition...

For it to be properly used, rubric six on Page 512 of the Lutheran Service Book: Altar Book ought be observed: “When praying the Bidding Prayer, it is appropriate to pause in silence between the bid and the petition.” (Will Weeden, Rudy Blank, April 25, 2013, “Bidding Prayer”, Unwrapping the Gifts Resources, copyright Lutheran Church Missouri Synod, St Louis, MO., accessed March 3, 2023, • infocenter@lcms.org • www.lcms.org).

VIGIL OF EASTER

Celebrating the Resurrection of our Lord and Savior! We greet each other with:

“Alleluia, He is Risen” to which the respondent replies “He is Risen Indeed”.

The colors in church are white, for there is no greater joy than the resurrection, for without it, the death of Jesus wouldn’t have meant much. He Rose Victorious over sin, death, and the devil!

On the Saturday night before Easter Sunday many hold a service at sundown. Our church will have both a Saturday evening, Easter Sunrise Service, and our traditional Sunday Service all celebrating this joyful occasion. We are asked to remember our baptism, and some churches will hold a service of baptismal remembrance. We will decorate using white and gold vestments, and paraments for our risen Lord’s holiness and gold being an element that will not rust or decay.

Easter lilies will adorn our sanctuary. We will once again sing the Alleluia and the Gloria Patri (Concordia Publishing House, a Simple Explanation of the Church Year).

FUN ZONE



[65004-emoticon-smiley-sad-geek-nerd-emoji.png \(900×900\) \(freepngimg.com\)](https://www.freepngimg.com/emoticon-smiley-sad-geek-nerd-emoji.png)

Okay. This month I have chosen to challenge you to some Bible Trivia! So here it goes....

1. Name Adam and Eve’s first three sons? _____
2. How many days and nights did it rain while Noah was on the ark? _____
3. How many brothers did Joseph have? _____
4. What did Moses say God commanded Pharaoh to do? _____
5. What is the number of plagues God sent on Egypt? _____
6. Where did God give Moses the Ten Commandments? _____
7. Who is Jesus’ step father? _____
8. Where did Jesus walk on water? _____
9. True or False. Jesus avoided people with bad reputations? _____
10. What is the shortest verse in the Bible? _____
11. What humble service did Jesus perform at the Last Supper? _____
12. Who found the empty tomb on Easter? _____
13. Who denied Christ three times? _____
14. Who cut off Malchus’ ear when Jesus was arrested? _____
15. What happened to the temple curtains when Jesus died? _____

(Answers on page 7)

HOT TOPIC TEEN WELLNESS



Vickis Notebook: The One Day I Did An....

<http://1.bp.blogspot.com/-5bNIVWwYYtA/Uks6hlEqqoI/AAAAAAAABUs/lqVCtphryDs/s1600/exercise-clip-art-6.jpg>

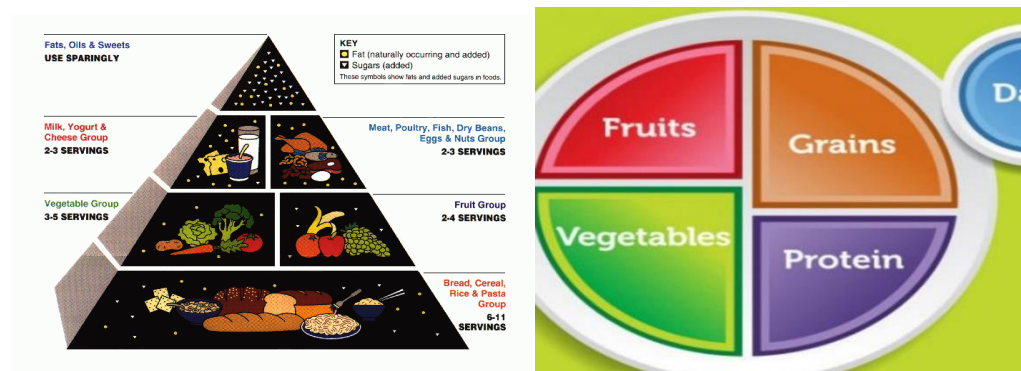
Ok, I asked you for topic suggestions in one of the first newsletters. This month one of you replied that since around Easter a LOT of food and candy are more readily available, perhaps food or nutrition would be a good topic. Although this is not one of my major studies in school, I decided to research it and here it goes! So if you have a topic, let me know!

Wellness includes ones emotional, mental, and physical states. It encompasses proper exercise, habits, hydration, and exercise. Also important are the vitamins and minerals required to build healthy bodies and minds. To truly plan out a wellness plan it is necessary to consider ones, age, genetics or family health dynamics, body frame, and interests. So I will try to touch on these areas and provide resources for you should you wish to pursue any of the topics more thoroughly.

Teen years are very important in the growing process and how one approaches them can impact a person for the rest of their lives. How you deal with stress, avoiding chronic diseases now and in the future are some of the reasons for this. Even ones mental health is affected by the choices you make now.

One great resource from which much of the information in this article can be found is “Growing Strong: A Teen’s Guide to Nutrition and Fitness” written by Dr. J. K. Evans. This book is available from Amazon.com.

I am sure you have all seen the “food pyramid” in school at some point in time.



In 2011 the food pyramid was replaced with the food plate (What is the Food Pyramid Now? – eMedicineHealth, accessed on March 7, 2023, <https://www.emedicinehealth.com › article>)

A well balanced diet is essential which includes carbohydrates, proteins, fats, vitamins and minerals. Each of these plays an essential role in a person's body. Carbohydrates found in foods like whole grains, fruits, and vegetables are a prime source of energy for the body. In order for growth of and repair of tissue in the body it is essential to have the proper portion of proteins such as fish, meat, beans, and eggs. And, although it may seem fats are not good for you, they are indeed needed. They are important in the absorption of certain vitamins and minerals. A variety of foods, including fruits, vegetables, and dairy products contain vitamins that assist many bodily functions (Evans, J.K., "Growing Strong: A Teen's Guide to Nutrition & Fitness"). Portion size is also essential and thus the new food plate that shows the approximate plate coverage of each food group.

There will be challenges in maintaining a healthy diet. Some of these are peer pressure, stress, anxiety, general temptations, and schedules. Being around friends who want to hang out in fast food restaurants, or hit the vending machines at school and/or sports events for instance. Then there is that candy bar temptation at nearly every checkout counter in grocery stores! Not to mention the anxiety of taking a test, or learning to drive, or whatever else life might throw at you. And then there is that schedule, how do you fit in healthy eating habits when you catch a bus at 7 am, complete a day at school, attend after school activities, possibly have games or recitals in the evenings and weekends, plus parents wanting family time. Not to mention making time for God each day and going to church on Sundays. Then there are those church pot lucks and cakes for special occasions. How does one resist those? You will find juggling all this difficult at first, but as you learn to plan your eating around your personal life experiences, good habits will form and these challenges will become easier to handle.

Hydration. The average suggested amount of water to drink each day is 6 – 8, 8 oz. glasses per day. This will vary depending on your personal needs. Drink more if you are thirsty. Athletes often need more rehydration, for instance. Did you know that 60% of our bodies are made up of water? Water is vital in your body's regulation of temperature, transporting nutrients, and excreting waste products (Evans, "Growing Strong: A Teen's Guide to Nutrition & Fitness").

Physical activity is important. Whether you choose to play sports, work out with aerobics, weight training, dancing, or walking. Everyone in the 13-18 year old age bracket will benefit from 60 minutes of moderate aerobic activity daily, as well as, some muscle strengthening activities 3 or 4 days a week. Remember to take breaks for rest and recovery. Be sure to choose activities you enjoy! (Evans, "Growing Strong: A Teen's Guide to Nutrition & Fitness").

Always be sure to get a good night's sleep. This is when your body and mind rejuvenate for the next day.

Why do all this? You will feel better emotionally, mentally, and physically. You will have more energy, muscle strength, endurance, and focus.

There is so much more we could get into, but one last note. Try to plan your meals. When choosing vegetables and fruits try to get a variety of colors! Remember whole grains are better

than processed grains. Read labels on your foods and check for fat, sugar, carbs, salt, and protein counts. Also check what a portion of that product is and calories per serving.

For more information I recommend the book referenced throughout this newsletter, J. K. Evans' "Growing Strong: A Teen's Guide to Nutrition and Fitness".

Remember what the Bible tells us.

1 Corinthians 10:31 ESV

So whether you eat or drink, or whatever you do, do all to the glory of God.

1 Corinthians 6:19-20 ESV

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? ... You are not your own, for you were bought with a price.

Answers to Trivia Quiz:



(Answers to a Couple of Questions I Asked, Ask Leo, accessed March 10, 2023, answerst.jpg (1200x630) (askleo.com).)

1. Cain, Abel, and Seth (see Genesis 4)
2. 40 (Genesis 7:12)
3. 11 (The Book of Revelation (7:1–8) gives a list of the twelve tribes. However, the Tribe of Dan is omitted while Joseph is mentioned alongside Manasseh. In the vision of the Heavenly Jerusalem, the tribes' names (the names of the twelve sons of Jacob) are written on the city gates (Ezekiel 48:30–35 & Revelation 21:12–13).
4. Let my people go that they may serve me (Exodus 9:13)
5. 10 (Exodus 7:17-11:7)
6. Mount Sinai (Exodus 19, 20)
7. Joseph (According to the Gospels, Mary, a virgin betrothed to Joseph, conceived Jesus by the power of the Holy Spirit – and therefore Christians consider Jesus the Son of God. However, most Christians understand Joseph to be a true father in every way except biological, since **Joseph was the legal father who raised Jesus.**(Matthew 1:16 & Luke 3:23)
8. The Sea of Galilee (It is a passage from the Holy Bible, Matthew 14:22-36. It tells the story of one of Jesus's most famous miracles. Some 2,000 years ago, Jesus walked across the Sea of Galilee - the water body between Israel and the occupied Golan heights - according to the Bible. Today, that doesn't require a miracle.)
9. False (two examples are Matthew 9:9-13 & John 8:1-11)
10. "Jesus Wept" (John 11:35)
11. Washed the disciples feet (John 13:1-5)
12. Mary Magdalene (John 20:1-18)

13. Peter (Luke 22:54-62)
14. Simon Peter (John 18:10-11)
15. The veil was the heavy curtain in the Temple at Jerusalem which was torn when Jesus died. (Matthew 27:51)

RESOURCES

--Answers to a Couple of Questions I Asked, Ask Leo, accessed March 10, 2023, [answerst.jpg](http://askleo.com/answerst.jpg) (1200×630) (askleo.com).

--Concordia Publishing House, “A Simple Explanation of the Church Year”, copyright 2020

--Dictionary.com, [https://www.dictionary.com.>...>Education>History](https://www.dictionary.com/>...>Education>History)

--eMedicineHealth, “What is the Food Pyramid Now?”, Accessed on March 7, 2023, [https://www.emedicinehealth.com > article](https://www.emedicinehealth.com/article))

--Evans, J. K., “Growing Strong: A Teen’s Guide to Nutrition and Fitness, copyright 2023, Dr. J. K. Evans, Published in the USA

2--History.com, <https://www.history.com/topics/holidays/april-fools-day>, accessed March 3, 2023, Original Published date March 2017, updated February 23, 2023

-- Holiday Insights, Rochester, NY, [Holidayinsights.com](http://holidayinsights.com) copyright 2000-2023, [https://www.holidayinsights.com > other > tatting.htm](https://www.holidayinsights.com/other/tatting.htm), accessed March 3, 2023

--Sacerdotos: My thoughts on Holy Week
https://3.bp.blogspot.com/-ajpLwfCUWD8/UVqLFDaGPCI/AAAAAAAAHWU/fRtkpiV_sBY/s1600/holy_9038c.jpg

--The Anointment Appointment
 One-Church-Mar-29-2013-He-is-risen-indeed.png (960×350) (bp.blogspot.com)

--Vickis Notebook: The One Day I Did An....
<http://1.bp.blogspot.com/-5bNIVWwYYtA/Uks6hlEqqI/AAAAAAAAABUs/lqVCtphryDs/s1600/exercise-clip-art-6.jpg>

--Weeden, Will, & Blank, Rudy, April 25, 2013, “Bidding Prayer”, Unwrapping the Gifts Resources, copyright Lutheran Church Missouri Synod, St Louis, MO., accessed March 3, 2023, • infocenter@lcms.org • www.lcms.org

--65004-emoticon-smiley-sad-geek-nerd-emoji.png (900×900) (freepngimg.com)