

Dear Church family,

Memory is an amazing thing. If we remember to pause and reflect on what a special gift it is from God, then we realize that our memory is involved in every stage and aspect of life. Without our memory, we could not function. The moment we forget what we wanted to tell someone, or that we were supposed to be at some place at some time for some purpose, then we get frustrated with ourselves and our memory. It is no wonder then why it is so difficult to see a loved one's memory fade because of some illness. We must constantly remind them of the same things over and over. Without our memories, it seems as though we have lost a part of ourselves.

Remembering is not only a gift from God, but it is also a fundamental and basic spiritual duty of the Christian. Remembering and forgetting are mentioned over 200 times throughout the Bible. God calls us to remember who He is and what He does, so that we don't forget who we are and how we are supposed to live. Deuteronomy 6:8 says, "Be careful that you do not forget the Lord..."

People have a variety of ways to help us remember something we should not forget. People use alerts on their smart phones to remind them of a meeting or to pick up their child at a certain time. Many people still write things down on their hands to remind them about a task they need to remember. Students still do this in regards to remembering their homework. Age does not matter when it comes to both the necessity of memory and the creative ways to aid us in remembering.

The Lord gives us reminders so that we don't forget Him as well, especially in the way that He has created time. Look at how a week is structured for example. We are to remember the Lord by gathering together each week, to worship Him as the church, to build one another up in fellowship, and to be filled with His Word. This also reminds us that we have a purpose the rest of the week, to know Jesus more each day and to make Him known to others.

Many Christians believe that we will never forget the Lord. Yet, life happens, and we forget the Lord. Not that we become atheists, but more so that we forget who God is, what He does, and what our lives are supposed to be about. When we forget about the Lord, we often times turn it around and think that He has forgotten about us. That is the paradox of remembering and forgetting. When we are careful to remember Him each day and each week, then we remember what God is like and what He can do... God is merciful, kind, gentle, loving, forgiving, and He gives me hope, joy, and peace that surpasses all understanding, etc... Ash Wednesday is another reminder from God in the annual life of the church. It is the beginning of the season of lent when we are reminded of our mortality and our loss of intimacy with God due to the sin that separates us from Him, starting back with humanity's rebellion in the Garden of Eden.

To help us prepare for this season, we will have a Fat (Shrove) Tuesday luncheon on Sunday, February 19th, following worship. This is an event that helps us to remember how to prepare for the season of lent with repentance and fasting, and getting rid of the sinful things in our life. The season of lent reminds us to turn away from that which separates us from the God of creation. Lent is a season of remembering and preparation to receive God's greatest gift of life through His Son, Jesus Christ.

Everyone is invited to remember with us as we start the season of lent together with a worship service at 7:00 PM in our Sanctuary on Ash Wednesday, February 22nd. You will have the opportunity to receive ashes on your forehead or on the back of your hand as a way to remember that the ashes are those produced by the burning of the sins that assail us through repentance and renewal. 1 Samuel 2:8 reminds us that the ashes we receive are of a broken and contrite heart which lead us to the One who "raises the poor from the dust and lifts the needy from the ash heap."



~Aaron and Michael



What does it mean that my life is in Christ, or that I am united to Christ? These are powerful declarations that have deep spiritual meaning for the Christian. These phrases pop up all over the New Testament. We often read over them or say them without giving them much thought as to what they actually mean for our lives as believers. Come and explore your union with Christ with Pastor Aaron for 3 Sundays, during our Sunday School class in The Parlor, beginning February 12th.

## March

In March Pastor Michael will be leading a teaching and preaching series based on the book The Ruthless Elimination of Hurry by John Mark Comer. The premise of the book comes from a statement from well-known Christian author and philosopher Dallas Willard:

"Hurry is the greatest enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life."

You can participate in Sunday School and listen to the sermons without reading the book, but for those who are interested, get the book and read the first two parts before March. We will cover part three during this series, which includes these topics:

- 1) Silence and solitude
  - 2) Sabbath
  - 3) Simplicity
  - 4) Slowing.
- More details to come in the March Messenger and worship announcements. Intrigued? Have questions? Contact Pastor Michael.



## Looking Ahead



You are invited to join us at our Tuesday Morning Bible Study which will begin again on **March 7th** in The Parlor from 9:30-10:30 AM. Pastor Aaron will lead us through a 5 week Lenten series called: "*The Path to the Cross: Embracing Obedience and Sacrifice.*"



## Youth Page



**C.2G.S.**— Jr./Sr. High Sunday School will continue with and finish our study on the Book of Ephesians, thinking about what our life in Christ means both personally and as the family of God, and what role the Holy Spirit plays in all of this.

**FlipSide**—The youth will take a trip to Avalanche Xpress in Meadville for snow tubing. We will also share in a mission activity that is being planned with one of our mission partners.



**MESSENGER DEADLINE FOR MARCH IS FEBRUARY 15th.**

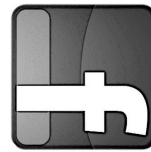
# DAILY BIBLE READINGS

February, 2023

1. Proverbs 1.1-35
2. Proverbs 2.1-22
3. Proverbs 3.1-35
4. Proverbs 4.1-27
5. Proverbs 5.1-23
6. Proverbs 6.1-35
7. Proverbs 7.1-27
8. Proverbs 8.1-36
9. Proverbs 9.1-18
10. Psalm 127
11. Psalm 112
12. Psalm 133
13. Psalm 73
14. Psalm 119.1-32
15. Psalm 119.33-72
16. Psalm 119.73-112
17. Psalm 119.113-144
18. Psalm 119.145-176
19. Hosea 1.1-2.13
20. Hosea 2.14-3.5
21. Luke 4.1-13
22. Hosea 4.1-19
23. Hosea 5.1-15
24. Hosea 6.1-11
25. Hosea 7.1-16
26. Luke 4.14-30
27. Luke 4.31-44
28. Luke 5.1-16



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## Health Ministry

Date to Remember—February 26, 2023—Health Ministry Deacons will meet in The Parlor following the worship service.

Health Tip for Heart Health:

**“Five little wellness moves to make right now:”**

1. Don't be 'salty' — a new study in animals found that those who ate a high salt diet had a 75% increase in levels of a stress hormone. Cut back on highly processed packaged foods and you will slightly lower your stress levels.
2. Get your heart checked. This is good advice for anyone but the risk is much higher when an autoimmune disorder exists. Ask your doctor about appropriate tests for you.
3. Take a deep breath — research now explains part of the science behind this advice. When we inhale, our brain may tune in to what is going on around us; when we exhale, it may relax and tune out. Try inhaling for a count of 4, holding for 7, and exhaling for 8.
4. Say yes to PM workouts — middle-aged people without diabetes who did moderate-to-intense exercise in the afternoon or evening had up to 25% less insulin resistance than those who exercised earlier in the day. (But be sure it is at least 2 hours before bedtime.)
5. Plant a tree for your health — in neighborhoods where trees have been planted, mortality rates are lower than in areas without greenery. This may be because trees help absorb air pollution, moderate temps, and reduce noise.”  
(Woman's Day Magazine, Feb, 2023, p. 76)



**Scripture: “He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf does not wither; and whatever he does will prosper.”**  
**Psalm 1:3.**



There will be a Fat Tuesday luncheon following worship on **Sunday, February 19th.** This is before Ash Wednesday, which marks the beginning of Lent.

## Marg Pommersheim Nursing Scholarship

If you have a family member entering a nursing program in the Fall of 2023, please have them make application for the Marg Pommersheim Scholarship for Nursing that will be awarded this spring. Information is available from Melissa in the church office. You can reach the office at 724.654.6657. or go to: clemmoore.org.

**Scholarships**



## Generous Gestures

Call someone who is not feeling well.  
Help a child up who was running and fell.  
Put your arm around one who is sad.  
Share a talent you didn't even know you had!  
Attend worship, activities and get involved.  
Gathering with believers might get troubles solved.  
Jesus is the answer, He is all we really need.  
Let's try some 'generous gestures,' and see where it may lead!!