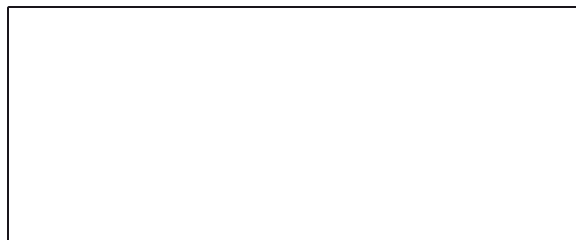


MVPC

1511 East Broadway Street
Mount Vernon, WA 98274



Lent & Easter at MVPC

March 5th
7PM

Ash Wednesday Service

A contemplative service with ashes

April 13th
10:30AM

Palm Sunday Service

During Worship with a procession of palms

April 13th
12PM

Palm Sunday Potluck and Egg Decorating

Following Worship for all ages

April 17th
7PM

Maundy Thursday Service

A holy week journey to the cross

April 20th
10:30AM

Easter Sunday Service

A celebration of resurrection!



The Grapevine

March 2025 - May 2025

Mount Vernon
Presbyterian
Church

www.mountvernonpres.org



A Lenten Invitation

We know from the book of Ecclesiastes (and from the “Turn, Turn, Turn” song by the Byrds) that there is a time for everything and a season for every activity under heaven. In the seasons of the church year, we are heading into the season of Lent, a time of prayerfully preparing to come close to the mystery of Easter. Lent is a time to grow deeper in your faith. Lent begins with the reminder of our mortality on Ash Wednesday and then journeys with Jesus toward the cross every week all the way through Holy Week with the remembering of Jesus’ triumphal entry on Palm Sunday, Jesus’ last supper on Maundy Thursday, and Jesus’ death on the cross on Good Friday. Taking the time to grow deeper in faith during the season of Lent more fully prepares us for the joyous celebration of Jesus’ Resurrection on Easter Sunday.

During Lent this year, everyone at MVPC is invited to grow deeper in their faith by taking on a Lenten Faith Practice. The practice that you choose to take on is totally up to you! If you would like support from others, the Prayer Group is going to be focusing on supporting the Lenten Faith Practices on Thursdays at 9 am in the church library or in zoom room one (the same as worship). Please let Pastor Rebecca know if you would like to join the reminder list to receive an email reminder about the group every week.

Your Lenten Faith Practice is between you and God - whatever will help you grow deeper in your faith. Please spend some time praying about what Lenten Faith Practice God might be calling you to take on this year from Ash Wednesday on March 5th to Easter Sunday on April 20th. Looking for ideas? Here’s a few:

- Grow in your prayer life with a time of daily prayer or by taking on a contemplative prayer practice or come to the Prayer Group to learn new prayer practices.
- Grow in your understanding of scriptures with a time of daily scripture reading or by reading the “These Days” devotional or joining the Sunday Bible Study.
- Grow in your understanding of faith by reading a book about faith (ask Pastor Rebecca or Pastor Dan if you need a book suggestion) or joining the Tuesday Mere Christianity Book Study.
- Build relationships with people of faith by joining a Small Group or participating in the Souper Seniors or the Women’s Fellowship or the Men’s Breakfast.
- Spread God’s love by serving others volunteering at the church or with the Friendship House Team or the Family Promise Team or find create/find a service volunteer project that calls to you!

This Lenten and Easter Grapevine contains more details and ideas of how you might take on a practice of faith during Lent. If you have questions or would like help in discerning a Lenten faith practice, please reach out to Pastor Rebecca or Pastor Dan.

A Moment for Mission

A big THANK YOU to all of you who volunteer and support in many ways our efforts to be the heart and hands of God in our community. Special thanks go to the team leaders: Laurel and Paul Coalwell (Friendship House), Linda Ream (Care Pals), Patti Allen (Family Promise), and with Mary Pugsley (Christmas Giving Program).

The mission team spent a good amount of time discussing where we felt we should focus our resources and efforts in 2025. We look forward to continuing to support: Care Pals, Family Promise, Friendship House, Underground Ministries , Love INC, New Earth Recovery, Kevin and Danielle Riley, Our Christmas giving tree

We're glad that a good size group will be going to Campbell Farm on the all ages service learning adventure. We will be having "moment for mission" the third Sunday of each month. An updated mission and service page will appear on our upcoming new website. And we will be completing a "How to" for the various mission activities and programs in the Manual of Administrative Operations at MVPC.

Women's Fellowship

The MVPC Women's Fellowship group meets on the 4th Saturday of every month at 9:00 AM to enjoy coffee, tea, and treats while we get to know each other better. Each month we interview a new person from the church as a way of sharing and listening to each other's stories. Women of all ages are welcome to come and check out this friendly group of women at MVPC.

Men's Breakfast

Our Men's Breakfast has an open invitation to all men whether you go to our church or not. We encourage you to bring a friend, neighbor or family member to fellowship together, enjoy a good breakfast and learn something from a guest speaker. Guest speakers come from any/all backgrounds in government, community services or specialty topics suggested by anyone they think the group would be interested in learning about and we typically meet on the fourth Saturday of the month between 9:00 - 10:30am in our Good Shepherd Hall.

Mere Christianity Book Study

The Book study group is just finishing book 2 of CS Lewis's Mere Christianity. With the longer book 3 still to go it is not too late to join. Quaint in its references to an 80 year old society, its well-articulated timeless arguments for the faith have generated excellent conversation and faith stories. We discuss 1-2 chapters a week. Some of us have enjoyed the audio version read in the "Queen's English". Most of us find each chapter warrants several readings. Join us Tuesdays at 2:00pm in the Library or Zoom room 1 as we discuss how the reading affirms or changes our understanding of Christianity.

These Days Devotionals

NEW in 2025! Strengthen your faith with These Days, an inspiring and uplifting daily devotional! Each issue of These Days features: Scripture suggestions, Thought-provoking daily reflections written by clergy and lay leaders, Inspiring prayers, Colorful artwork on the outside covers with poems, prayers, and songs pertinent to the issue's theme, and Information about the writers. This devotional is released in printed format quarterly in regular or enlarged print. These devotionals are available at the Info area in the Narthex. A gift from MVPC for you!

JOIN A SMALL GROUP!

Lent is a great time to join a Small Group at MVPC or form your own! Please talk with Pastor Rebecca if you are interested in finding out more about getting involved in a Small Group:

- Women's Pop Up Lunch Small Group meets 2nd Thursdays at Noon at the MV Haggen
- Seniors Small Group meets Wednesdays at 1 pm in the Fireside Room
- Stanwood Small Group meets the 1st and 3rd Tuesdays at 10 am at the Stanwood Haggen
- Family Small Group meets monthly on a Sunday evening rotating through homes
- Additional Formed Small Groups meet monthly at various times. New ones can form anytime!

Grief Group Forming at MVPC

Have you lost a loved one recently and are struggling with the grief? Or do you have special insights that can help other people through their grieving process? We are starting a grief support group to meet monthly on Thursdays at 1PM in the Church Library. Please contact Gail LaFleuer. There is life after losing someone.

Souper Seniors

If you are 55 or better, you are a member of the MVPC Souper Seniors! Join us for lunch at noon on the first Thursday of each month, September through May. We usually provide two soups to choose from, salad, bread and dessert . Stay for an after lunch program provided by various community leaders.

Youth Group Discusses the Old Testament

The MVPC Youth Group is continuing their journey through the books of the Old Testament as they look at the books of Jeremiah through Micah during Lent. In their exploration of Genesis through Isaiah so far this program year, the youth have noticed that history tends to repeat itself and there is a lot from the Old Testament that can apply to life today. What do you remember about the Old Testament? When was the last time you read one of the books of the Old Testament? The Youth highly recommend reading a Psalm a day during Lent.

Godly Play Explores the Prophets

The Godly Play Kids Program is continuing their journey through the Old Testament with an exploration of the Prophets during Lent. They will hear the stories of Elijah, Isaiah, Jeremiah, and Ezekiel. Do you remember those stories from your Sunday School years? If not, Lent is a great time to read them and remember the prophets of old. There will be a special story about the Prophets during Worship for us all to hear on Sunday, April 6th. What makes someone a prophet? Who are the prophets of today? You are invited to wonder with Godly Play!

Skagit Mom Co at MVPC

The Skagit Mom Co continues to thrive at MVPC. The group of moms from a variety of local churches gathers on the 2nd and 4th Tuesdays from 9:30 to 11:30 am in Good Shepherd Hall for food, fellowship, faith, and fun. A huge thank you to all the MVPC volunteers who keep the Kid Co program going so the kids have a safe and fun place to grow while the Moms gather. And a huge thank you to Laurie Parker who provides a monthly special treat for the Moms. Please let Pastor Rebecca know if you would like to get involved supporting this great group for local moms.

The Kid Co Program Needs More Volunteers!

The mid-week Kid Co program is looking for more volunteers on the 2nd and 4th Tuesdays from 9:15 to 11:30 am to help hold babies, play with toddlers, and provide a VBS style program to preschool aged kids. You will be informally interviewed and background checked (as we do with all kids program volunteers) as well as trained. Please talk with Sandy Pinarrie if you are interested.

The MVPC All Ages Service Learning Team Needs Your Support!

Please consider supporting the MVPC All Ages Service Learning Team that will be heading to Campbell Farms in Eastern Washington at the end of July for a week of serving and learning. Donations can be given to MVPC and tagged for the "Camp Fund". Thank you! Every contribution helps not only support the team but also the people they will be serving and also our church as the team returns and shares their experience with MVPC.

MVPC CPR, 1st Aid, and AED Training

Register now to participate in the MVPC CPR, 1st Aid, and AED Training at MVPC on Saturday, March 8th from 9 am to 4 pm (\$10 for the workshop or \$30 for certification). Please sign up in the church office and turn in your donations to MVPC marked "CPR Class". We are hoping to train as many folks as we are able as we all know that CPR, 1st Aid, and knowing how to use the church AED can save lives!