

# Cross of Christ Lutheran Church and Preschool

576 Deer Park Avenue, Babylon, NY 11702

Office: (631) 661-7245 ~ Preschool: (631) 376-0773

Website: [www.CCLChurch.com](http://www.CCLChurch.com)

Email: [Office@CCLchurch.com](mailto:Office@CCLchurch.com)

Sunday Worship Service ~ 10 a.m.

Sunday School ~ 10 a.m.

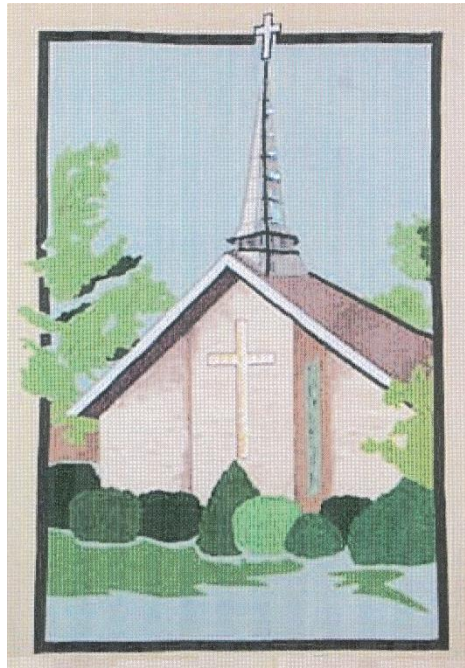
(children come to church with family)



Evangelical Lutheran  
Church in America

God's work. Our hands.

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CROSS  
R  
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S



MARCH 2024



*We are a community united in Jesus Christ,  
sharing God's love through word and deed.*

*From  
Pastor*



Dear Members and Friends,

***March 2024***

On Sunday, February 11 we celebrated the Transfiguration of Our Lord. Following worship, we enjoyed a special time of fellowship before the Lenten fast. Special thanks to those who provided delicious waffles, ice cream, fruit, brownies, and fun for all. We thank Jean and Tony Wevers, Diana and Michael Schnugg, Trudi Guarino, Eeva-Liisa Bulger, Lynn Platt, Pat Meinhold, Ginny Reichert, Marilyn Vidoni, Beverly Russo, and Donna Jackson.



***In Lent we prepare our hearts for delving deeper into repentance and reflection, as we remember the death and resurrection of Jesus.***

***Ashes.*** Lent begins on Ash Wednesday, when a cross of ashes is placed on the foreheads of parishioners as a sign that we are dust and to dust we shall return. But Lent reminds us that our bodies will one day be raised with Christ on the Last Day.

***The color purple.*** Paraments, banners, stoles, slide backgrounds and other times in the church are purple during Lent. Purple is connected to sorrowing and suffering over sin. The Bible tells us that Jesus wore a purple robe when he was mocked by the soldiers and crowned with thorns just hours before his death on the cross (John 10:2).

***Forty days.*** The season of Lent lasts forty days leading up to the celebration of Easter Sunday. Forty is an important number in the Bible, associated with times of suffering, patience, and temptation. Therefore, Lent is a time to recognize the suffering our sin has caused, patiently wait for heaven through the sacrifice of Christ, and resist the temptations of the devil.

***Little Easters.*** The forty days of Lent do not count the Sundays in the season. They are considered “little Easters” when we remember that the resurrection of Christ occurred on a Sunday.

***Penance, Fasting and Almsgiving.*** The Church has encouraged certain practices in Lent. Penance means acknowledging our personal sins to God. Fasting involves putting away anything that pulls our

attention away from Christ. Almsgiving gives us a chance to selflessly offer something of ourselves to aid others.

**Springtime.** It is no coincidence that Lent occurs in the spring. The word *Lent* comes from the Old English *lencten*, meaning “springtime.” Spiritually speaking, Lent is also a time for us to grow and be renewed in our Faith in Christ.

**Somber music.** Hymnody during the season of Lent is often and intentionally written in mournful-sounding minor keys. The word *alleluia* is removed from all sung lyrics in many churches during Lent, making the return of alleluias in song on Easter even more powerful and joyous.

I wish you a meaningful Lent. May God bless us as we grow in our relationship with the Lord. I look forward to seeing you at worship.

Yours in Christ,

*Pastor Joanne Bond*

Pastor Joanne Bond

*Return to the Lord your God  
for he is gracious and merciful,  
slow to anger, and abounding in steadfast love.*

*(Joel 2:12,13)*



Holy Week is the week before Easter, beginning with the Sunday of the Passion (Palm Sunday) and ending with Maundy Thursday through Easter evening (known as the Triduum). Holy Week has been observed since the middle of the third century. The traditional Holy Week liturgies have their origins in the fourth century in Jerusalem, when pilgrims came to the sites associated with the Passion.

The experience of Holy Week each year helps us in some small way to feel, sense, and see in our mind's eye what Jesus endured in his Passion and death for us and what he accomplished in his resurrection from the dead. It is a week that encapsulates for us what the Church at large lives and teaches from day to day. Get a glimpse of what flows out of the events of Holy Week and into our existence nearly 2000 years later.



## The Fourth Trimester and Beyond Navigating Postpartum Life

*By Eden Althaus, LCSW*



A few years ago, as I awaited the birth of my first child, like most expectant moms, I investigated and prepared for any and every aspect of taking care of a baby that I could think of. At the top of my list was sleep training. After multiple virtual training courses and extensive research on sound machines, black-out blinds, and nighttime routines, I adopted the notion that with the right environment and support, a baby could be taught to sleep early on. And when my first daughter started sleeping through the night at six weeks old, I was pretty convinced that I could get any baby to sleep this soundly. I was feeling very confident as a first-time mom.

Just sixteen months later, my second child was born, and I was very quickly humbled. My new daughter had reflux for the first nine months of her life and could not be laid down flat to sleep. My so-called formula for perfect sleep was disproven and I was at a loss. I remember feeling overwhelmed by a variety of emotions, many negative. Those beginning months were vastly different from the postpartum experience I had with my first. My expectations were not aligning with my reality, which landed me feeling like a failure and, sadly, disconnected from my sweet baby girl.

I began to reach out to other mothers I knew for guidance and reflection. As I listened to their experiences, I felt comfort in acknowledging that sometimes mothering can be undeniably difficult. While inspiring gratitude for the most beautiful blessing that God could ever give us, new motherhood can also be isolating and completely overwhelming. Opposite feelings can exist simultaneously and its okay; moreover, it doesn't make one a "bad mom." This revelation helped me reconnect with my daughter and form a deeper bond.

Researcher Brittany Chambers said, "Let go of what you thought motherhood would be like and be present to the unfolding of what actually is." I found her beautiful instructive words profound, and I continue to attempt this each day. It is a process, a journey. But one, I've learned, I am not alone in.

Postpartum mental health may be a term that is being utilized more frequently today than ever before, but there is much more to learn and talk about... and most importantly, normalize. The portrayals of motherhood in the media are inaccurate and add to the unrealistic expectations new moms set for themselves. The challenges of pregnancy, childbirth, and postpartum life are very real and are experienced differently by every individual.

I recently took the Maternal Mental Health Intensive Training through the Seleni Institute and learned that 85% of women experience significant emotional distress during or after pregnancy. Furthermore, 15–20% of childbearing women experience diagnosable Perinatal Mood and Anxiety Disorders (PMADs.) PMAD is the most common complication in pregnancy, surpassing preterm labor, gestational diabetes, and low birthweight. It is time to recognize that these disorders are common and treatable. They should be talked about and normalized so mothers can feel better supported and, in turn, more likely to seek help.

So, whether you are a new mom or a seasoned one, if you find yourself struggling, give yourself some grace, and know that you do not have to go through these challenges alone. The Lutheran Counseling Center is always here to help. Matthew 28:20 reminds us, "... And be sure of this: I am with you always..." Above all else, remember God is holding all of us and will guide us through all of life's challenges, the fourth trimester and beyond.

*Eden Althaus, LCSW, received her Master's degree in Social Work from Fordham University and a BA in Applied Psychology and Human Behavior from Pace University in Pleasantville, NY. She has certification in PAIRS (Practical Applications for Intimate Relationship Skills) and in Prepare Enrich for couples. In addition, Eden is trained in Cognitive Behavioral Therapy, SafeTALK Suicide Prevention and in motivational interviewing. Eden has a passion for maternal mental health and is currently continuing her education through the Seleni Institute's Maternal Mental Health Intensive course online.*

*Mrs. Althaus currently counsels adolescents, adults, and couples via secure, virtual Telehealth.*

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**Cross of Christ Lutheran Church** is now a membership congregation of Lutheran Counseling Center (LCC). One benefit is that professional counseling is available to our congregational members and their families at reduced rates for the first four sessions.

For more information, or to set an appointment with a Christian counselor, please call the LCC main office at 516-741-0994 or 1-800-317-1173. LCC is currently providing confidential, HIPAA compliant virtual counseling sessions. In normal times, the LCC also has nine sites over the metropolitan NY area for in-person sessions.

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March comes in like a lion and goes out like a lamb. The preschoolers are learning about lion days (cold & cloudy days) and lamb days (warm & sunny days). We will be keeping track of the lion days and lamb days of March.



We are hoping for more “lamb” days so we can enjoy our beautiful playground!

We are learning about the meaning of Lent and Easter. The children are learning that the cross reminds us how much Jesus loves us.

Our enrollment for 2024-2025 continues to grow. Please continue to spread the news about our preschool. Information is available in the church and preschool offices. Please call 631-376-0773 for a tour of our wonderful facility.

We believe that learning can and should be fun, especially in preschool! Our children have plenty of time to play as their inquisitive minds are challenged and enriched. We provide an excellent learning environment, with a variety of engaging experiences.

We look forward to watching the children continue to learn and grow in our loving, caring Christian environment.

Yours in Christ,  
Allison Fischer, Preschool Director

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## *Sunday School News ~ March 2024*



Happy March, which means Spring is on the horizon!

We have such sweet children in Sunday School, they are such a joy to meet with on Sunday and teach them about Jesus' love.

We are preparing our hearts for Jesus during this season of Lent. We have studied Ash Wednesday and how it is the first day of Lent. We will continue our journey, learning about Palm Sunday, Maundy Thursday, Good Friday, and Easter. On Easter morning, we will take out the Alleluia Banner which has been buried, since we do not say Alleluia during Lent.

We are keeping our Lenten mission project close to home. Our endeavor is to fill the pantry to overflowing. You received the flyer that I sent home with what is truly needed, please let me know if you would like another copy.

Cross of Christ Lutheran Church invites children (*preschool age through 3<sup>rd</sup> grade*) to our **Easter Egg Hunt, Saturday, March 23**. Please join us for egg hunting, crafts, and lots of fun. ***Please RSVP by Sunday, March 17*** to your Sunday School teacher or the Pre – School office. An adult must accompany all children. Wishing you a blessed and holy Lent.

Yours in Christ,  
Deacon Sandy Miller, Sunday School Superintendent  
Mrs. Denise Gagan, Mrs. Anne Maurice, and Mr. Bill Reichert





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## **DID YOU KNOW .....**

### **Cross of Christ Lutheran Preschool ....**

- **Is one of the few preschools in our community that has New York State Certification by Office of Children & Family Services**
- Has a fine Director, Mrs. Allison Fischer
- Employs a fine staff of Teachers and Assistant Teachers, who meet high standards of Office of Children & Family Services
- Enjoys a newly expanded, beautiful playground
- Utilizes a “Smart Board” for educational purposes
- Partners with Babylon and North Babylon School Districts for two Universal Pre-K classes
- Includes a fine music program for children with Miss Rossina
- Provides ample parking in our private, off-street parking lot
- Has a brightly lit full gymnasium
- Is in a safe, secure environment
- Shares the “Good News” with children at chapel services as Pastor Bond teaches children about God’s love for them

**Please call to arrange a tour, or meet with our Director,  
and find out why our school is a cut above.**

Preschool: (631) 376-0773      Church: (631) 661-7245

**Cross of Christ Lutheran Church and Preschool  
576 Deer Park Avenue, Babylon, NY 11702**







What are your children doing for **FUN** this summer?

Registration is underway for the

**CROSS OF CHRIST SUMMER FUN PROGRAM.**

Children 2 years old to 6 years old (just having finished Kindergarten) are welcome.

**July 9<sup>th</sup> - August 1st**

**9:30 a.m. to Noon**

**Tuesdays, Wednesdays, and Thursdays**

**Cost is \$345.00**

Children will participate in recreational play in our gym, outdoor play on our playground, water play, a daily craft, story time, and free play in our spacious classrooms. A snack will be provided daily.

***Register early to ensure your child's placement in this program. Class sizes are limited.***

***For more information, call the church office (631.661.7245) or go to our website***

***(<https://www.cclchurch.com/summer-fun>).***



Presents **HANDEL'S "MESSIAH", PARTS II & III**

Featuring professional soloists and orchestra.

Saturday, March 23, 2024, 7:30 p.m.

St. Peter's By-The-Sea Episcopal Church

500 South Country Road, Bay Shore, NY

**TICKETS** ~ Advance sale: \$20 Adults, \$14 Students & Seniors 60+; Door sale: \$25 Adults, \$19 Students & Seniors 60+; Children 10 and under: \$10. **NOTE** ~ The Babylon Chorale will hold auditions Monday evening, March 25 & April 1 starting with rehearsal at 7:30 p.m. at Sisters of St. Joseph Brentwood Campus. All voice parts are welcome. For more information, send an email to [info@babylonchorale.org](mailto:info@babylonchorale.org) or visit website: [www.babylonchorale.org](http://www.babylonchorale.org).

**BABYLON ROTARY SHOE DRIVE** ~ Benefiting Soles4Souls (a nonprofit organization dedicated to providing relief, fighting poverty, and creating opportunity through shoes and clothing donations). Drop off new or gently used shoes at one of the following four locations **by March 22**:

- 1) Babylon Public Library, 24 S. Carll Ave, Babylon;**
- 2) 1801 House, 1801 Argyle Square, Babylon;**
- 3) West Babylon Library, 211 NY-109, West Babylon;**
- 4) West Islip Library, 3 Higbie Lane, West Islip.**

**\*\* Please rubber band or tie shoes together as a pair \*\***





**The Lenten Mission Jar** ~ Congregations of the Western Suffolk Conference of the MNYS are assisting Trinity Lutheran Church, Wyandanch with a conversion to gas at the church. Change, cash, and checks (payable to Cross of Christ Lutheran Church) are gratefully accepted for this project. **Write “Lenten Mission Jar”** on the memo line of your check and/or envelope. **Thank you!**



- **Junior Choir** ~ Sundays following Sunday School. All children who like to sing are welcome! Rehearsals are about 20 minutes and are held in the Luther Room.
- **Youth Choir** ~ Wednesdays at 6:30 p.m. *All* confirmands are welcome to join.
- **Senior Choir** ~ Wednesdays, 8 p.m. to 9 p.m. *All* are welcome to join.
- **Bell Choir** ~ Wednesdays at 7:15 p.m. *All* are welcome to join.



**COFFEE FELLOWSHIP HOURS** ~ **Would you like to sponsor Coffee Fellowship time following worship on Sunday morning?** You may celebrate an occasion (birthday, anniversary, etc.). Call the Church Office (631-661-7245) with any questions, or to schedule your coffee hour dates.



**Pastor's Bible Study** meets **in-person, Mondays at 11 a.m.** We are studying **“Soul Sisters: Women in Scripture Speak to Women Today”** by Edwina Gateley and Louis Glanzman. Please call the church office or let Pastor know if you wish to join us.



- **SUPPER** - Tuesdays, 4 p.m. to 5 p.m. with “grab & go” meals. We can use more volunteers. ***If you can assist, please call the church office. Thank you!***
- **PANTRY** - Tuesdays, 4 p.m. to 5 p.m. For a list of pantry needs, please look in the Sunday bulletin or call the church office. ***All donations are greatly appreciated!***



**PRIME TIMERS** meet on **Wednesdays at 12 noon**. All who are 50 years or older are welcome to join us. Bring a brown bag lunch. Coffee & cake are provided.

**SAVE THE DATE:** Wednesday, March 6, a speaker from SPCA (Suffolk Prevention of Cruelty to Animals) will discuss the function of that organization.



**Confirmation Classes** ~ **Wednesdays at 7 p.m.**

**“Hang – Out” Time** ~ **Wednesdays at 6:30 p.m.** prior to Confirmation class with pizza and snacks. All **Confirmands** are welcome!

**TAI CHI CLASSES** ~ **Fridays at 7 p.m.** Fee: \$10 per class. Good for the mind, body, and spirit! For more information, call the Church Office (631-661-7245).

# WORSHIP ASSISTANTS

**WOULD YOU LIKE TO SERVE AS A WORSHIP ASSISTANT?** We invite you to prayerfully consider serving as a **Lector (Reader)**, **Communion Assistant**, or **Usher** at worship. Please speak to Pastor or call the church office.



**If you are having surgery or a medical procedure**, please call the church office so that we can include you in the Sunday prayers **or** if you would like a pastoral visit.

## Looking ahead .....



Help Save a Life!  
GIVE BLOOD

### BLOOD DRIVE Sunday, March 3 ~ 8 a.m. – 12:30 p.m.

Look for information and Donation Registration Forms in the Church hallway. If you have any questions, please contact our Parish Nurse, Jean Wevers, or the church office.



A brief **HEALING SERVICE** will be held in the sanctuary on **Sunday, March 3** following worship service.



**DON'T FORGET** to turn your clocks ahead on Saturday, March 9! **Daylight Savings time begins at 2:00 a.m., Sunday, March 10, 2024.** Spring arrives March 19!

### HELP THOSE IN NEED THIS EASTER!



Easter Gifts Cards

We are accepting donations to purchase supermarket gift cards to help those in need. **Please make checks payable to** Cross of Christ Lutheran Church and **write "Easter Gift Card Donation"** on the memo line of your check and/or envelope. **Thank you!**



If you wish to join our church or just review basic Lutheran teachings, please join us for a **NEW MEMBER CLASS** .....date(s) to be announced. Please call the Church Office (631-661-7245) if you are interested in attending.

### We need your help to build PERSONAL CARE KITS!

Confirmands will assemble Personal Care Kits for Lutheran World Relief, **Saturday, May 4, 2024.**

**DONATIONS NEEDED:** bath-size bar soap, metal nail clippers, adult-size toothbrushes, and sturdy combs.

**Donations are needed by Sunday, April 28, 2024. THANK YOU!**



LUTHERAN WORLD RELIEF



*In the chaos of life, retreat to the inner peace of Christ ~ Colossians 3:15*



**CROSS OF CHRIST LUTHERAN CHURCH**  
**Annual Prayer Vigil ~ Good Friday, March 29**  
**12 noon – 7 p.m. in the Sanctuary**



On Good Friday, the church sanctuary will once again be a place of prayer for a full 7 hours. A prayer vigil is non-stop prayer by many people during a set period of time. The time is broken into one-hour periods with people volunteering to pray for one of the hours.

Someone will always be present throughout the vigil to assist or guide you and upon your request will be happy to pray with you. There will be materials to help you fill the hour, but once you get started, you will find that you do not need much help and the hour will pass by fairly quickly.

To sign up for a time slot, or for more information, see or contact Pastor Bond via email at [pastor@cclchurch.com](mailto:pastor@cclchurch.com) (put "Prayer Vigil" in the subject) or call the Church Office at (631) 661-7245.

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***Holy Week Schedule***

**Sunday, March 24**  
**Passion/Palm Sunday**

**Worship – 10 a.m.**  
**(with Holy Communion)**

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**Thursday, March 28**  
**Maundy Thursday**

**Worship 7:30 p.m.**  
**(with Holy Communion)**  
**Foot washing & stripping of altar**

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**Friday, March 29**  
**Good Friday**

**Prayer Vigil – 12 noon to 7 p.m.**  
**Good Friday Liturgy – 7:30 p.m.**

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**Sunday, March 31**  
**Easter Sunday**  
**(No Sunday School)**

**Worship 10 a.m.**  
**(with Holy Communion)**  
**(Children come to church with family)**

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**Sunday, March 31**  
**Easter Sunday Breakfast**

**Following the 10 a.m.**  
**Worship Service**

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Easter lilies and assorted flowering plants will be available to be sponsored and placed on the altar for Easter Sunday this year. **The cost is \$13.00 per plant for all varieties.**

Checks should be made payable to: Cross of Christ Lutheran Church  
**The deadline for ordering is Sunday, March 24, 2024.**

Please fill out *all* the information below:

Name \_\_\_\_\_

Phone # \_\_\_\_\_

Number and type of plants ordered \_\_\_\_\_ Amount enclosed \$ \_\_\_\_\_

\_\_\_\_\_ Lilies                      \_\_\_\_\_ Assorted flower plants

\_\_\_\_\_ I will pick up after the last service.

\_\_\_\_\_ I will leave for distribution to the sick and/ or home bound.

\_\_\_ In Loving Memory of: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_ In Honor of: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_