



Our mission is to: Come alongside senior adults in a dynamic season of life to provide friendship, laughter, spiritual care and a great lunch.



gratefulness



In this season of life, I have been contemplating gratefulness. And, it's not even November! However, as I am approaching a milestone birthday that none of you would consider remotely old, it has caused me to think about what causes me to have deep joy. Here is a partial list: Days when there are white caps on the ocean, beautifully whipping water every which way. The first cup of delicious coffee each morning, reviving my body and mind. Vibrant wildflowers after so much rain on the hillsides of California. When my child laughs. Hugs at senior lunch. The presence of God at various parts of the day, reminding me I am loved. Warm chocolate chip cookies.



What would be on your list? I encourage each of us to keep an ongoing written record of things that bring us delight, tickle our funny bone and cause us to celebrate being alive. God has given us much to fill our senses; gifts for us to savor each day. I am grateful that this kind of exercise keeps us focused on being content as we realize how much we have been given. As I write this, I see neighbors sharing life together outside my window. Another thing to add to my list. Happy April!

Love to all,
Pastor Colleen



Easter Schedule of Events at Free Methodist Church

- Sunday, April 9th:** Palm Sunday
- Thursday, April 13th:** Seder Dinner at 6:00pm,
\$10 per person
- Friday, April 14th:** Tenebrae (Service of Darkness)
7:30pm
- Saturday, April 15th:** Easter Egg Hunt, 9:00am Mesa
Park
- Sunday, April 16th:** EASTER SUNDAY!
Sunrise Service: 6:00am at
Ledbetter Beach
Services at Church: 8:00am,
9:30am, and 11:00am.

All events are free and do not need a reservation, except for the Seder Dinner, which is \$10/person and must be reserved. Please call (965-1338 x 0) or come by the office if you would like to go to that.

He IS RISEN! He IS RISEN, Indeed!



More Wikipedia Notes on Easter

Tenebrae is distinctive for its gradual extinguishing of candles while a series of readings and Psalms are recited.

Easter Eggs: One ancient tradition was to stain Easter eggs red in memory of the blood shed by Jesus at the time of his crucifixion. This tradition may have been influenced by practices in the pre-dynastic period in Egypt as well as amid the early cultures of Mesopotamia and Crete.



Wikipedia Notes on Easter



Palm Sunday

commemorates Jesus' triumphal entry into Jerusalem and includes the tradition of waving palms as the faithful walk down the aisle on Sunday morning. In climates unfavorable to palms, substitute branches of willow, yew, box, or olive were used, leading to this celebration being called Yew Sunday - or Branch Sunday.

Seder Dinner is a practice performed by a community or family involving the retelling of the story of the liberation of the Israelites from slavery in ancient Egypt. The Seder is based on Exodus 13:8 where the Israelites were told to recount this event to their children. The Seder involves retelling of the story, eating symbolic foods and fellowship.

The Lunch Bunch! 11AM-1PM

What's Cookin' This Month?

Thursday, April 6th:

It's our Easter lunch! As has become our tradition, we invite you to wear a hat that you have either made or found in your closet, that would be a good spring accessory to what you will be wearing. We will have a prize for the men, a prize for the prettiest and a prize for the most creative. **Pastor Colleen** will give a homily on **What Easter Means**. We will have a few questions of the day and as always, allow time to celebrate guests and birthdays. For lunch, **Michele** and her team will make rosemary lemon lamb, roasted potatoes and a sauté of spring vegetables. Of course, there will be dessert. Bring a friend!

Thursday, April 20th:

A while back, **Jim Cencer** came from **Assistive Technology** to show us what helpful products were available for seniors who are living independently. He is coming back to show us once again what is available. Let's come and see how we might improve some of the everyday things we do. Bring your questions! For lunch, we will serve glazed ham, macaroni and cheese, along with dark, leafy greens. Yummy!!! Comfort food! As usual, please invite a friend.



Google "meaning of Easter" and you get:

"the most important and oldest festival of the Christian Church, celebrating the resurrection of Jesus Christ and held (in the Western Church) between March 21 and April 25, on the first Sunday after the first full moon following the northern spring equinox."

That's a pretty good definition... the most important part being:

"celebrating the resurrection of Jesus Christ".



alleluia!
Christ has Risen!

This Ministry Sponsored by

Cliff Drive Care Center
The Balin Trust

Santa Barbara Free Methodist Church
Friends of Senior Lunch

Thank you!

P R E A C H T H E G O S P E L I H S Y F P L Q T
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**Easter
 Sunday
 the
 resurrec-
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 of
 Jesus
 Christ**

ALLPOWERISGIVEN
 AMAZED
 ANGLEOFTHELORD
 APOSTLES
 APPEARED
 ASCENDED
 BAPTIZING
 COUNTENANCE
 CRUCIFIED
 DISCIPLES
 EARTHQUAKE
 FEARYENOT
 FIRSTDAYOFTHIEWEEK
 FLESHANDBONES
 FULFILLED
 GALILEE
 GOINTOALLTHEWORLD

HEISRISEN
 HOLYGHOST
 IDLETALES
 INDEED
 ISRAEL
 JESUS
 LIGHTNING
 LINENCLOTHES
 LONGWHITEGARMENT
 LORD
 MARYMAGDALENE
 MOURNED
 NAZARETH
 PEACEBEUNTOYOU
 PERPLEXED
 PREACHTHEGOSPEL
 RAIMENT

REDEEMED
 REMEMBERED
 REMISSION
 RESURRECTION
 ROLLAWAYTHESTONE
 ROLLEDBACKTHESTONE
 SEPULCHRE
 SHINING
 SPICES
 TEACHALLNATIONS
 THIRDDAY
 TOUCHMENOT
 WEPT
 WHITEASSNOW
 WITNESSES
 WORSHIPPED