



The Weather Watch

Parent and teacher quarterly newsletter

Lenten Season

Lent is 40 days long. We remember the time that Jesus entered the wilderness and was tempted for 40 long days. Usually during this time, we think about giving up something like chocolate or watching TV. Some think about adding something like prayer time or doing mission projects. Lent is a wonderful discipline to teach our children, but often times it is difficult to teach our children the value of giving something up. And with our busy schedules, it is busy to add another activity or project to our schedule.



That's why I recommend a Carbon Fast. As Christians, we have a responsibility to be good stewards of God's creation. The Archdiocese Environmental Outreach Committee suggests 40 days carbon fasting actions everyone can do as a part of their Lenten preparation for the Easter season. Each of these actions will reduce our reduction of climate change pollution and help preserve God's gift of creation.

Go to page 6 and 7 for your Eco-friendly Lent Calendar. This calendar is adapted from Tearfund and other resources. For more ideas, go to www.GreenMyChurch.com.

Mission & Kids

Thank you to all the parents and kids who did an excellent job on the bake sale. Everyone loved the goodies and couldn't believe what amazing treats there were. Because of you, we raised over \$370 on one Sunday, which will feed over 300 families in need for one week.

In May, the A.R.K. kids will be learning about love from 1 Corinthians 13. They will be making love baskets to share with Seniors at Hayes Convalescent Home.



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Special points of interest:

- March 7 — 140th Anniversary Potluck
- March 28 — Holy Week Pageant
- April 4 — Easter Worship & Easter Egg Hunt
- Join the Crew, need teachers for the Spring season.

Join the Crew!!

There are many ways to get involved. You can be a teacher by leading one of the different workshops. Just let pastor Theresa know which workshop you would like to teach. You can also help by signing up to support a teacher. As teacher's support, there are no lessons to prepare. All materials and lesson plans are provided. Most supplies are located in the Sunday School closet located in the fellowship hall. We are looking for teachers and support for the Fall season. The schedule is printed on page 3.

Responsibilities of TEACHER & SUPPORT:

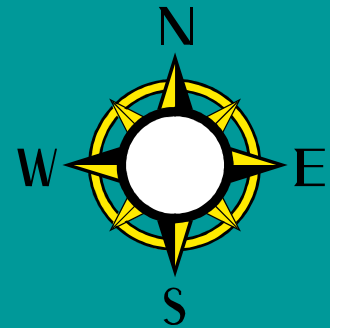
- Read and learn the Bible story and background material.
- Plan, prepare, and make necessary modifications to the lesson plan to suit one's teaching style.
- Arrive ~30 minutes early to prepare space.
- Teach the lesson to the children.
- Clean up space.



Faith Navigators (Jr. High) Schedule

This Spring, this is what we will be studying in the Faith Navigators Sunday School Program.

<u>March</u>	PAUL'S TRAVELS & LETTERS
<u>April</u>	PAUL'S LETTERS
<u>May</u>	DEUTERONOMY & ZACCHEUS
<u>June</u>	ZACCHEUS



Little Mariners (Preschool) Corner

This Winter, lessons will center around the following topics.

<u>March</u>	<u>April</u>	<u>May</u>	<u>June</u>
LENT	NOAH	PENTECOST	GOOD SAMARITAN
EASTER	MOSES	MOTHER'S DAY	FATHER'S DAY
		DISCIPLES	
		MIRACLES	



Thank You to the Teachers & Supporters!

A.R.K. Program (K-5th grade):

Lisa Bazinet, Jean Houston, Kim Kwok, Lisa Moy, Dolly Tavasieff, Anne Warren, Andy Woodard, Martha Woodard

S.S. Adventure (aka Sunday School Adventure)



This Spring, this is what we will be studying in the A.R.K. Sunday School Program.

Lent: The Cross

- 03.07.10 — Noah's Art (art)
Making cross necklaces.
- 03.14.10 — Whales Tales (drama)
Learning about the stations of the cross.
- 03.21.10 — God's Galley (cooking)
Using a snack recipe to explain the crucifixion.

- 03.28.10 — PALM SUNDAY (NO A.R.K. PROGRAM)
HOLY WEEK PAGEANT
- 04.04.10 — EASTER (NO A.R.K. PROGRAM)
- 04.11.10 — INTERACTIVE WORSHIP (NO A.R.K. PROGRAM)

Nicodemus

- 04.18.10 — Whales Tales (drama)
Doing club soda science experiments.
- 04.25.10 — PIER 25 (music)
Learning through music and movement.
- 05.02.10 — God's Galley (cooking)
Making Nic's Night Sky Cookies.
- 05.09.10 — Noah's Art (art)
Creating paintings by blowing through stars.

Love Is

- 05.16.10 — Bayside Cinema (video)
Watching a video.
- 05.23.10 — INTERACTIVE WORSHIP (NO A.R.K. PROGRAM)
- 05.30.10 — Whales Tales (drama)
Reading "Horton Hatches an Egg".
- 06.06.10 — God's Galley (cooking)
Exploring the characteristics of love through our senses.
- 06.13.10 — Noah's Art (art)
Decorating a "love" basket to share.

Fun Family Activities

140th Anniversary ~ 7 March

St. John's will celebrate its 140th anniversary on March 1st. We will celebrate by having a family potluck after worship. Bring a dish to share if you like. Definitely bring your appetite.

Holy Week Pageant ~ 28 March

During the 10am worship, everyone is invited to be a part of our Holy Week pageant. We will be telling the story of Jesus' last days from Palm Sunday to Easter through Scripture readings and music. During the telling of the story, children will have an opportunity to be a part of the story through use of props and materials. This is a time for fun and an opportunity for everyone to be a part of this amazing story!

Easter Worship ~ 4 April

7am — Early Easter Worship at Crissy Field.

Perfect for bringing your dog and kids and for those who want to go to an early breakfast. Experience worship in the crisp morning air and overlooking the beach.

10am—Easter Worship with brass quartet.

Easter Egg Hunt to follow worship.

Parents, please bring plastic eggs filled with candy.

Interactive Worship ~ 11 April

St. John's will provide an opportunity to experience worship in an interactive, creative, and tangible way through ritual, quiet prayer, and reflective songs. There will be stations, where people will have an opportunity to visit after the sermon time. They will be adult and children-friendly.



THE CROSS



1st Saturdays of Every Month - Harvest 8 -10am
Help hand out food to those in need. Bring friends.

Youth Leaders

Iain Anderson — andersoniain@gmail.com

John Anderson — janderson@stjohnssf.org

Evelyn Ho — eyho@usfca.edu

YOUTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Ash Wednesday reminds us to be faithful in action even when no one is paying attention.</p> <p>Remove one light bulb from your home and live without its light for the next 40 days. This will decrease your energy use, and act as a reminder of your Lenten Carbon Fast.</p>						
<p>21</p> <p>Remember your baptism & power of water. Conserve water. (3bl.me/kkqzrp)</p>	<p>22</p> <p>Check windows & doors for drafts using a feather. Seal leaks with caulk and weatherstripping. (3bl.me/tgpdn6)</p>	<p>23</p> <p>If you're going to be away from an appliance, TV, or computer for over an hour, turn it off to save energy.</p>	<p>24</p> <p>Be aware of hot water use. Turn off the water while scrubbing dishes. Take a short shower instead of bath.</p>	<p>25</p> <p>Run dishwasher only with a full load and skip the drying cycle by choosing "air-dry" option or just leave door open.</p>	<p>26</p> <p>Purchase locally-grown food. Shop at a farmers market this weekend. (localharvest.org)</p>	<p>27</p> <p>Bring reusable bags with you to get groceries and/or purchase reusable produce bags for fruits & veggies. (ecobags.com)</p>
<p>28</p> <p>Run washing machine with full loads. Use cold water instead of hot. It uses half the energy.</p>	<p>1</p> <p>Speak out! Ask our leaders to take action on climate change today. (daysix.org, isky.org)</p>	<p>2</p> <p>Turn off lights you're not using. Shut off lights when you leave the room.</p>	<p>3</p> <p>Be aware of how much food you discard this week. Avoid wasting food by planning well, and eating leftovers.</p>	<p>4</p> <p>Compost your food waste. Put the nutrients from food waste back into the soil, not into the landfill. (3bl.me/fmf29e)</p>	<p>5</p> <p>Pick up at least one piece of litter on the ground when you are out today, and dispose of it properly.</p>	<p>6</p> <p>Making travel plans? Consider not flying. If flying, buy carbon offsets to fund a eco-friendly project. (3bl.me/std348)</p>
			<p>17</p>	<p>18</p> <p>Turn down thermostat by at least one degree. Aim for 68 degrees @ day and 60 degrees @ night.</p>	<p>19</p> <p>Go meat-free today. Choosing meat-free meals greatly reduces your carbon footprint. (VegDC.com)</p>	<p>20</p> <p>Make 1 of your trips more eco-friendly today: combine trips, carpool, bike, walk, take bus. (waba.org)</p>

<p>7</p> <p>Give the dryer a rest. Hang your clothes to dry on a rack. The dryer can cost you over \$100/yr on energy. (3bl.me/wmq35y)</p>	<p>8</p> <p>Unplug your appliances that are off; place computers, TVs on a power strip & turn it off between uses.</p>	<p>9</p> <p>End junk mail. Catalogs (CatalogChoice.org); credit card offers (888.5.OPTOUT); junk mail (DMAchoice.org)</p>	<p>10</p> <p>Check tire pressure or take it to a gas station. Cars with low tire pressure get lower mileage on gas.</p>	<p>11</p> <p>Save paper today: print double-sided, wrap presents in color comics, use scratch paper. Reduce paper towel use as well.</p>	<p>12</p> <p>Minimize disposables. Use a mug for coffee. Use cloth napkins. Wipe with a rag. Bring your own fork/spoon for lunch.</p>	<p>13</p> <p>Start a spring garden without toxic chemicals. Don't have a yard to garden? Borrow one: Find a community garden. (3bl.me/t2dbf3)</p>
<p>14</p> <p>The world's poor will be hit hardest by climate change. Take action by signing the St. Francis Pledge: CatholicClimateCovenant.org)</p>	<p>15</p> <p>Find a green organization and sign up for their e-newsletter. (ChesapeakeClimate.org, GreenAmericaToday.org, SierraClub.org)</p>	<p>16</p> <p>Refresh your memory on items your city or country allows curbside. Place an item that can be recycled that you usually don't recycle.</p>	<p>17</p> <p>Support clean energy by purchasing "Renewable Energy Credits". (green-e.org)</p>	<p>18</p> <p>When heating water on the stove, use a pot with a lid to conserve energy.</p>	<p>19</p> <p>Learn something new about climate change. (AmericasClimateChoices.org, ClimateCrisis.net)</p>	<p>20</p> <p>Plant a native tree (CaseyTrees.org) or support tree-planting in other countries (Greenbeltmovement.org, CO2covenant.org)</p>
<p>21</p> <p>Have an "embrace the silence" Sunday. No TV, no radio, no ring tones. Stay home after church. It will be good for the soul.</p>	<p>22</p> <p>Purchase more mindfully. Attach a "Wallet Buddy" where your credit card reminds you of questions to ask before buying: (NewDream.org/walletbuddy2.pdf)</p>	<p>23</p> <p>Own stock? Fid out if shareholder resolutions have been filed to "green" the company's practices. (ProxyDemocracy.org)</p>	<p>24</p> <p>Help people on the "front lines" of climate change. Carbon Covenant links US churches with projects in other countries: (CO2covenant.org)</p>	<p>25</p> <p>Got magazines? If so, write an email to publishers, asking them to use environmentally responsible paper and printing practices. (BetterPaper.org)</p>	<p>26</p> <p>How much of this coal is for your electricity? Appalachian mins are blown apart, poisoning streams. (ILoveMountains.org/myconnection)</p>	<p>27</p> <p>Help your fridge function efficiently by placing jugs of H2O inside (H2O retains cold better than air), and by pulling the fridge out to scrub down the coils.</p>
<p>28</p> <p>Think about the role of our church in its local environment. Could our community better care for Creation? (gwPL.org)</p>	<p>29</p> <p>Obey the speed limit when driving. Every 10mph in speed reduces fuel economy by 4 mph, and increases the risk of getting into an accident.</p>	<p>30</p> <p>Place an insulating cover over your hot water heater. You can find a "blanket" at most hardware stores.</p>	<p>31</p> <p>Replace the incandescent light bulbs in your house with CFLs. Replacing one light bulb with a CFL saves 150 lbs of CO2. (ShopPL.org)</p>	<p>Maundy Thurs 1</p> <p>Replace the light bulb you removed on Ash Wednesday with an energy-saving CFL light bulb.</p>	<p>Good Friday 2</p> <p>"The brutal consumption of Creation begins where God is not . . ." - Pope Benedict XVI</p>	<p>3</p> <p>Think about greening your "final arrangements." One option is to help protect natural lands: (3bl.me/w5a9vw)</p>

Photos of the Season



Annual Snow Retreat
at Zephyr Point
Conference Center



Chuck & Tai all
dressed up for the
snow.



Dominic, Dan, Lucy, &
Lukas building a snowman.



Peter making a snow
angel.

St. John's

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