

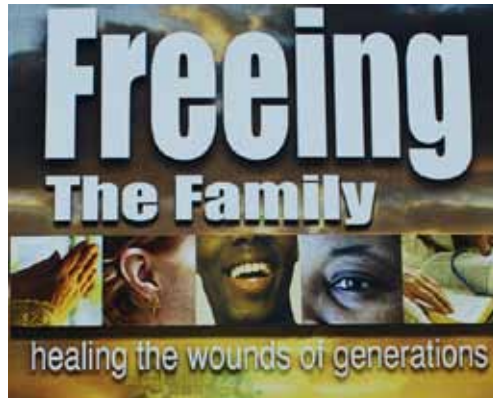
## Freeing the Family Healing the wounds of generations.

Learn powerful tools to help you understand and break free from unhealthy family patterns.

You will learn how to:

- Map the positive and negative relational patterns you've inherited from your family
- Get free from unhealthy family roles and expectations that limit your dreams.
- Pass on a legacy of greater hope and freedom to your own children.

Healing the wounds of generations.



### Join us!

Saturday, March 8

9:00am - 5:00pm

Cost: \$25 includes materials and lunch

Register: 541-5676, ext 160 or on online at [chpc.org/events](http://chpc.org/events)

[jschneider@chpc.org](mailto:jschneider@chpc.org)

## Daylight Savings Time Begins Sunday, March 9

Don't forget to turn your  
clocks ahead one hour  
before you go to  
bed on Saturday!



## What is Lent?

Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. Lent comes from the Anglo Saxon word lenc-ten, which means "spring." The forty days represents the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry. (Matthew 4:1-11)

Lent is a time of repentance, fasting and preparation for the coming of Easter. It is a time of self-examination and reflection. In the early church, Lent was a time to prepare new converts for baptism. Today, Christians focus on their relationship with God, often choosing to give up something or to volunteer and give of themselves for others.

Sundays in Lent are not counted in the forty days because each Sunday represents a "mini-Easter" and the reverent spirit of Lent is tempered with joyful anticipation of the Resurrection.

## Ash Wednesday

The first day of Lent. It marks the beginning of a period of reflection and penance. In the Bible, sprinkling oneself with ashes was traditionally a sign of one's sorrow for having committed sins. In the Christian tradition, Ash Wednesday also marked the beginning of preparation for the understanding of the death and resurrection of Christ. The particular symbolism of ashes for this day comes from a practice in the Roman Catholic churches in which the ashes from the palms used in the preceding year's Palm Sunday celebration are blessed. With these ashes, the priest on the first day of Lent marks a cross on the forehead of each worshiper. This practice has become a part of Ash Wednesday services in many different Christian churches today.

Our Lenten Season will entail a journey to freedom as God leads us in an Exodus from whatever holds us in bondage. What holds you down? What holds you back? Fear, opposition, pain, the past, insecurity, lack of resources. We will study how God led the Israelites out of bondage and still leads us today. Jesus came to free the prisoners and release the captives. Let's celebrate our freedom in Christ - Freedom: An Exodus Journey. We start on Ash Wednesday - this Wednesday, March 5 at 7pm in Fellowship Hall.

### Children and Worship

Children ages Kindergarten through third grade are invited to a Children's Worship service each week. Start off with your families in both the 9am and 11:15am service. Then listen for the announcement dismissing the kids to their special service.

This week's helpers are:  
9:00am Andrew & Caroline Duke  
11:15am Sarah Lowe & Andrew Duke  
(Michelle Dyson will greet)

Next week's helpers are:  
9:00am Nate Smith & Jonny Weirs  
11:15am Ian & Josh Scheid  
(Vander Veen Family will greet)

March 2 - March 8 calendar

### 2. sunday

8:00am	Morning Prayer	Prayer Room
9:00am	Worship Service	Sanctuary
10:10am	Foundation Hour	
	• Children's Classes	Barnabas Ctr
	• Jr. High	BC 204
	• High School	BC 206
	• ASF	Various
11:15am	Worship Service	Sanctuary
12:15pm	Corn Hole/Cook-out	Fellowship Hall
2:00pm	ACA Meeting	Clubroom
6:30pm	CRASH	BC 205 & 206

### 3. monday

6:30pm	Karate	Clubroom
7:00pm	AHG Troop Planning	Great Hall

### 4. tuesday

9:30am	Tuesday AM Bible Study	Parlor
6:30pm	Super Choir	Fellowship Hal

### 5. wednesday

9:30am	Library Work Day	BC 103
	Strategy For Mothers LG Grp.	Parlor
5:30pm	Cub Scouts	Clubroom
7:00pm	Bi-Polar Support Group	Great Hall
	Ash Wednesday Service	Fellowship Hall

### 6. thursday

6:10am	Band Of Brothers	Fireside Room
8:30am	Prayer	Prayer Room
10:00am	Knitting Group	Atrium
6:30pm	Karate	Fellowship Hall
7:00pm	Choir	Choir Room
	ACA Meeting	Club Room
7:30pm	Alanon	BC 201 & 202

### 7. friday

6:00am	Friday Morning Men	Fireside Room
6:00pm	Come As You Are Party	Fellowship Hall

### 8. saturday

8:30am	CHPC Men's Ministry and House of Joy	The Rock
9:00am	Freeing The Family	Great Hall
2:00pm	Praise Dancers	BC Lobby

**The following assistive devices are available**  
Please ask the ushers if you need wheelchair seating or special hearing equipment. Also, handicapped accessible bathrooms are located to the right of the platform in the hallway leading to the white house parking lot.