



THE COMPANION

“TEACH US TO PRAY”



The disciples asked Jesus, “Lord teach us to pray,” (**LUKE 11:1**).

Imagine that. The disciples had to learn how to pray. The same is true for you and me. In fact, we are always learning how to pray.

Jesus is the only expert at prayer. For the rest of us, we are always learning from Jesus and from His Word how to pray and what to pray.

A little child learns to talk by listening to her parents speak. So you and I learn to talk to God because God speaks to us and we repeat God’s word back to Him as we pray.

To help us, Jesus gives us the best prayer of all. It’s the prayer he prays to his Father. The Lord’s Prayer. His prayer covers all the bases.

There is nothing in the whole world that you need to pray for that isn’t covered in this prayer!

We keep praying it our entire lives because as Luther says: “in these seven petitions are found all our anxieties, needs, and perils, which we ought to bring to God” and the “great things” He intends to give and do for us.

The Lord’s Prayer is our guide for all other prayers. We pray it daily and often, but there are also many other prayers to help us learn to speak in boldness and confidence to our Heavenly Father.

For example, we can use the Psalms as our very own prayers. Luther considered the Psalms the Christian’s prayer book.

In addition, there are many many incredible prayers that have been handed down to us over the centuries through the church’s liturgies, daily prayer offices, hymns, collects and catechetical materials such as the Small Catechism that all have their roots in the Scriptures. Luther, in fact, intended his Small Catechism to be a prayer book as much as concise summary of Christian doctrine for teaching.

The upcoming season of Lent has a focus on repentance and prayer. With the current state of the world, perhaps you have found yourself on your knees in prayer much more these days. In moments of frustration, anxiousness, deep concern and even anger, I have found the Psalms and the Litany (**pages 288-289 in Lutheran Service Book**) to be exceedingly helpful prayers to lift before our Heavenly Father.

During these challenging days, I invite you to join me in praying for the Church, the world, and for all those in need.

As we continue to learn to pray from our Lord, from His Word using some of these forms of prayer handed down us, we approach Him with the sure and certain confidence that He hears our prayer. We come knowing that He desires to help us, to give us His blessings and to do for us great things in Christ our Lord.

****adapted from Rev. Shawn Nettleton - John’s Lutheran Church, Fort Collins, CO***

**A COPY OF THE LITANY IS PROVIDED
FOR YOU AT THE END OF THE
NEWSLETTER.**

PHOTOGRAPHS FROM AROUND FAITH!



*A Special Thank You
to our wonderfully
awesome photographers,
Marjie Keating, and
Becky Pearson!*



*Continued on page six
of the Newsletter.*

MARCH 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 	2 	3	4	5
6	7	8	9	10	11	12  SET YOUR CLOCKS AHEAD 1 HOUR!
13 	14	15	16	17 	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



MARCH HAPPENINGS AT FAITH:

TUESDAY, MARCH 1ST - SHROVE TUESDAY & MARDI GRAS

WEDNESDAY, MARCH 2ND - ASH WEDNESDAY SERVICE IS AT

SATURDAY, MARCH 12 - SET YOUR CLOCKS AHEAD 1 HOUR

THURSDAY, MARCH 17TH - SAINT PATRICK'S DAY

MARCH SERVANT LIST

<i>March</i>	MARCH 6TH	MARCH 13TH	MARCH 20TH	MARCH 27TH
LECTOR	JEFF VANDER HOOF	TIM RUEDIGER	MARJIE KEATING	MIKE GOLCHERTS
FLOWERS	<p>PLEASE NOTE:</p> <p>The NEW FLOWER and COFFEE CHARTS are in the NARTHEX!</p> <p><i>Please sign up!</i></p>			THE RUEDIGERS
COFFEE HOUR				PLEASE SIGN-UP!
ALTAR GUILD	RUTH NUTT	JULI REYNOLDS	BECKY PEARSON	SARA WILLIAMS

**OFFICE HOURS:
FOR PASTOR HARBAUGH'S HOURS
ARE BY APPOINTMENT.**



**MARTHA'S OFFICE HOURS:
MONDAYS and THURSDAYS
9 AM - 1 PM**



Seaside CA

French Onion Chicken

Prep 5 minutes Cook 25 minutes Total Time 30 minutes



INGREDIENTS

2 medium yellow onions thinly sliced into rings
1 C. + 3 TBLSP. beef broth divided
4 boneless & skinless chicken breasts pound to 1/2 in.
1 tsp. Italian blend herbs/Italian seasoning
4 slices provolone cheese
3/4 cup parmesan cheese
fresh thyme or parsley and cracked black pepper for topping **(optional)**

3 TBLSP. butter
1 tablespoon oil
salt and pepper to taste
2 tablespoons flour
4 slices swiss cheese

INSTRUCTIONS

01) Preheat oven to bake at 400 degrees OR broil on low. **02)** In a large oven-safe skillet over medium-high heat, melt butter. **03)** Add onions and 3 tablespoons beef broth and saute onions for 3-4 minutes until translucent. **04)** Continue to cook, stirring occasionally so the onions don't burn, for about 15 minutes longer until browned and very tender. **05)** Use tongs or a fork to transfer to a bowl and cover to keep warm. **06)** While onions are cooking, prepare the chicken by drizzling with oil, then seasoning with salt and pepper (to taste) and Italian herbs. **07)** Once onions have finished cooking and are removed from the pan, cook chicken for 4-5 minutes on each side (don't clean out the pan between the onions and chicken) until browned on both sides. (Chicken may not be fully cooked through yet, that is okay). **08)** Transfer chicken to a plate and cover to keep warm and return the onions to the pan. Sprinkle flour over the onions and stir for 1 minute over medium-high heat. **09)** Add beef broth and continue to cook, stirring throughout, until mixture comes to a boil. Season with salt and pepper to taste. **10)** Return chicken to pan and spoon some of the sauce over each piece of chicken. **11)** Top chicken with one slice of provolone each, then one slice of swiss, then 1/4 of the parmesan cheese. **12)** Transfer skillet to your preheated oven and cook for about 10 minutes until chicken is cooked through completely and cheeses are melted.

**The Deadline for the APRIL 2022 NEWSLETTER is:
MONDAY, MARCH 23RD, 2022 AT 10 AM**

MARCH BIRTHDAYS!

TIM RUEDIGER - 03/02

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*If you want your birthday in the Newsletter,
please contact Martha in the office at:
{831} 394-1312 -or- at office@faithseaside.org*

happy birthday!



PHOTOGRAPHS FROM AROUND FAITH!



*A Special Thank You
to our wonderfully
awesome photographers,
Maryje Keating, and
Becky Pearson!*





THE LITANY

A musical setting of the Litany is available in the Altar Book.

Kneel/Stand

- | | |
|--|-------------------------------|
| L O Lord, | C have mercy. |
| L O Christ, | C have mercy. |
| L O Lord, | C have mercy. |
| L O Christ, | C hear us. |
| L God the Father in heaven, | C have mercy. |
| L God the Son, Redeemer of the world, | C have mercy. |
| L God the Holy Spirit, | C have mercy. |
| L Be gracious to us. | C Spare us, good Lord. |
| L Be gracious to us. | C Help us, good Lord. |
- L** From all sin, from all error, from all evil;
From the crafts and assaults of the devil; from sudden and evil death;
From pestilence and famine; from war and bloodshed; from sedition and from rebellion;
From lightning and tempest; from all calamity by fire and water; and from everlasting death:
- C** **Good Lord, deliver us.**
- L** By the mystery of Your holy incarnation; by Your holy nativity;
By Your baptism, fasting, and temptation; by Your agony and bloody sweat; by Your cross and passion; by Your precious death and burial;
By Your glorious resurrection and ascension; and by the coming of the Holy Spirit, the Comforter:
- C** **Help us, good Lord.**
- L** In all time of our tribulation; in all time of our prosperity; in the hour of death; and in the day of judgment:
- C** **Help us, good Lord.**
- L** We poor sinners implore You
- C** **to hear us, O Lord.**
- L** To rule and govern Your holy Christian Church; to preserve all pastors and ministers of Your Church in the true knowledge and understanding of Your wholesome Word and to sustain them in holy living;

To put an end to all schisms and causes of offense; to bring into the way of truth all who have erred and are deceived;

To beat down Satan under our feet; to send faithful laborers into Your harvest; and to accompany Your Word with Your grace and Spirit:

C We implore You to hear us, good Lord.

L To raise those who fall and to strengthen those who stand; and to comfort and help the weakhearted and the distressed:

C We implore You to hear us, good Lord.

L To give to all peoples concord and peace; to preserve our land from discord and strife; to give our country Your protection in every time of need;

To direct and defend our president/queen/king and all in authority; to bless and protect our magistrates and all our people;

To watch over and help all who are in danger, necessity, and tribulation; to protect and guide all who travel;

To grant all women with child, and all mothers with infant children, increasing happiness in their blessings; to defend all orphans and widows and provide for them;

To strengthen and keep all sick persons and young children; to free those in bondage; and to have mercy on us all:

C We implore You to hear us, good Lord.

L To forgive our enemies, persecutors, and slanderers and to turn their hearts; to give and preserve for our use the kindly fruits of the earth; and graciously to hear our prayers:

C We implore You to hear us, good Lord.

L Lord Jesus Christ, Son of God,

C we implore You to hear us.

L Christ, the Lamb of God, who takes away the sin of the world,

C have mercy.

L Christ, the Lamb of God, who takes away the sin of the world,

C have mercy.

L Christ, the Lamb of God, who takes away the sin of the world,

C grant us Your peace.

L O Christ,

C hear us.

L O Lord,

C have mercy.

L O Christ,

C have mercy.

L O Lord,

C have mercy. Amen.

The Litany may conclude with the LORD'S PRAYER and a collect.