Hi Friends, I am so sorry but I put the wrong date in my email for the Last Lecture. It is Wednesdav March 6th. You will not want to miss Wesley Rogers! I hope you have a great evening!!

Blessings.

Phil Rasmussen @prasmussen Sent from my mobile device.

On Mar 4, 2019, at 5:59 PM, Hayley Hanford < hayley.hanford@northwestu.edu> wrote:

Hi Pastor Phil

Last Lecture is actually on Wednesday this week -not Thursday! If you're able to send

an update that'd be great, but if not no worries.

Thanks.

Havley Hanford

Area Coordinator – Guy, Perks, Crowder Halls | Student Development office 425-889-5288

hayley.hanford@northwestu.edu | northwestu.edu Money Magazine Top 20 Most Affordable Private Colleges

<image001.gif>

From: Phil Rasmussen < phil.rasmussen@northwestu.edu > Sent: Monday, March 4, 2019 9:10 AM To: Phil Rasmussen <phil.rasmussen@northwestu.edu>

Subject: A LOOK AHEAD | March 4

Dear Friends.

Perhaps, like me, you have found it difficult to get back into the routine of ordinary life. The snowstorm hit, and we all went into hibernation. It wasn't until this week that I felt life had a semblance of normalcy. In the meantime, even though I didn't feel right due to a mixed up schedule, I had to convince

myself mentally that I have work to do and I need to pull it together. Have you ever felt out of sorts? Have you struggled with your faith? Have you

ever felt like giving up? If so, the writer of Hebrews has a powerful word for you. Don't give up! (Heb. 12:1-6).

In an Instagram post this week, a story profoundly impacted me. A young boy by the name of Louie, with only a few days to live, has made several final requests

before his illness brings his short life to an end. There are a few items on his bucket list, but his primary desire is to worship Jesus. When I think about the circumstances that seem difficult to me, it only takes a story like this to remind me that life is not nearly as bad as it could be. Mentally reorganizing our priorities helps us to realize that most of our

problems are "First World problems". It is often not as bad as we think, or maybe the problems we are facing are terrible and the challenge we face is to learn to trust Jesus in the midst of them. As writer Max Lucado said, "God never said the journey would be easy, but He did say that the arrival would be worthwhile".

Lord, for many, this time of the year becomes difficult. Mid-semester exams, class assignments, and seasonal affective disorder (S.A.D.) is our reality. Give us the strength to run with perseverance. Give us the power not to give up. Give us a fresh revelation of the Cross of Christ and turn our sorrow into Joy. Amen.

Coming up this Week

Mon, March 4 | Liturgical Rhythms: Phil Rasmussen | Butterfield Chapel, 10 & 11:20am

Mon, March 4 | Pursuit | Butterfield Chapel, 8:30pm

Tues, March 5 | 7&7 Prayer\* | Butterfield Chapel, 7am & 7pm \*Spiritual Life Credit Offered

Wed, March 6 | Ash Wednesday Services\* | Butterfield Chapel, 8am & 6pm \*Spiritual Life Credit Offered

Wed, March 6 | People of Prayer: Jeremiah Webster | Butterfield Chapel, 10 & 11:20am

Thurs, March 7 | Last Lecture: Wesley Rodgers\* | GPC Lounge, 7pm \*Spiritual

Life Credit Offered Fri, March 8 | Ephesians: Micah Lorenz | Butterfield Chapel, 10 & 11:20am

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