



# The Parish Builder

ST. LUKE'S LUTHERAN CHURCH - 5150 WILSON ST. LA MESA, CA 91942  
www.st-lukes-la-mesa.org

November 2011  
Volume 11 Issue 11  
Monthly Newsletter

## Parish Pilgrimage

### We invite you to join St. Luke's Lutheran Church

Please contact Judy in the office to discuss membership or to arrange an appointment with the pastor:  
619-463-6633 or [office-sllc@att.net](mailto:office-sllc@att.net)

Office hours are:  
Monday - Friday, 8:00 a.m. - 5:00 p.m.

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We would really like to keep in touch with you. If you haven't already given us your email address, it's as easy as sending St. Luke's an email with the subject line stating "Include Me". This way you won't miss out on the updates and reminders of things going on presently and in the future.

The month of November brings the festival of Thanksgiving to the United States. Although other countries regularly mark the autumnal harvest, for Americans Thanksgiving encompasses something more, namely the adventure or misadventure of pilgrims in search of a new life and country in order to exercise their religious practices freely.

Many people like the idea of a pilgrimage. Besides being a religious observance, a pilgrimage was and still is a pious way to have a little holiday, literally a holy day or holy journey. Pilgrims would set out to visit this or that holy site, and the local economies along they way would profit from the pilgrims' travels and spending. When finally reaching a "holy" site, pilgrims often believe that simply going there bestows religious benefits or earns favour with God or both.

For the pilgrim fathers (and mothers and children) on the Mayflower, since they were Protestant, they would not have considered themselves pilgrims in the traditional sense. Instead, they were seeking a place to escape the shackles and persecution of English laws of religious uniformity, which for them offered no spiritual benefits and led them away from God. In that light, the persecuted Mayflower travelers were not pilgrims at all.

Human beings often like to think of their lives and faith lives as a journey, moving and progressing or retreating or deviating, sometimes getting lost all together. In some ways that is true, but if we fallen human beings are bound in sin which leads to death, are not all our journeys literally a "dead end"? Does not a pilgrimage

*Continued from page 1*

driven by our own (sinful) efforts and resources inevitably become a downward spiral? To save us from our self-destruction, God came and daily comes to us in Jesus Christ through the life-giving power of his word.

Happily or unhappily “traveling” along through life, it is hard to grasp that our relationship to God is something which we cannot create or advance. As Luther says in his interpretation of the third article of the Apostles’ Creed, “I believe that by my own reason or strength I cannot believe in Jesus Christ, my Lord, or come to him. But the Holy Spirit has called me through the Gospel, enlightened me with his gifts, and sanctified and preserved me in true faith, just as he calls, gathers, enlightens, and sanctifies the whole Christian church on earth and preserves it in union with Jesus Christ in the one true faith.”

Look carefully at Luther’s words, “I believe that ... I cannot believe ...” If our chief Sin is lack of faith, then our belief and unbelief exist in a viscous circle or a “devil’s circle” (*Teufelskreis* in German). Paradoxically, our meager ability to admit and confess our unbelief can only arise from the faith created in us by God’s word, which comes wholly (holy) outside ourselves! When God in Christ comes to us through the promises of his word, Thanksgiving is all that we have to offer in reply.

“BUT!” some might say, “shouldn’t we do something to show our love for God?” Now that is a sincere question. However, think for a moment. What can we do to raise ourselves out of sin and death? Moreover, if we try to raise ourselves out of sin and death, do we not thereby confess our lack of faith in the saving nature of Christ’s cross and resurrection?

Whichever direction we turn, we are still trapped in the “devil’s circle.”

Our world is full of people on pilgrimages, secular and religious; people looking for the love of God through all manner of roundabout substitutes, *cul de sacs*, confusion, and chaos. Although we cannot do anything to bring ourselves to God, we have been given a treasure to share with others, namely the gospel of Jesus Christ. Perhaps the best way to show our love for God is to show his love through us by sharing his word with others. Life’s lost pilgrims are circling all around us preying on themselves and each other. Let us pray that the Holy Spirit will continue to call us to use our own reason or strength to share his saving gospel wherever and whenever an opportunity arises.

### **Oktoberfest / Pancake Overload**

Again, we wish to thank John Busker and all the organizers and volunteers who helped make St. Luke’s participation in this year’s La Mesa Oktoberfest with follow-on Pancake Breakfast so much fun. October was a very busy month for the congregation in so many ways, but our efforts to be out and about in the community are proving fruitful.

Thanks to the Ringenberg Family and to MAF

We wish to thank Marge Bitter for planting a seed that led to St. Luke’s “Mission Aviation Fellowship (MAF) Sunday” being such a grand success. Marge’s efforts and Vic’s connections turned an information session into the personal experience of meeting Dave, Linda, CJ, and Ryan Ringenberg as they transition to a new area of service in Indonesia.

While Dave was presenting information to the adults in the Lower Level, his sons were doing the same in St. Luke’s Sunday School. St. Luke’s is blessed to have a relationship with MAF through the Ringenbergs and also, for a longer time still, through Tim Ault and his family. We pray that our support of their service will help advance the gos-

pel of Jesus Christ.

### Holiday-Advent Prayer Vigil

Interest has been expressed to hold a prayer vigil in preparation for the Advent-Christmas season. The vigil is scheduled for Saturday, 19 November from 8:00 am - 4:00 pm. Participants are invited to take half hour slots. A sign-up sheet will be available in the Lower Level with spaces for at least two persons per half hour, but more are welcome. If you have questions, please contact Betty Wiedmer.

## Conference on Christianity and Culture:

Saturday, November 12, 2011

Conference Theme: I Trust When Dark My Road:  
A Lutheran View of Depression

St. Paul Lutheran Church (ACLIC) in Escondido, CA will hold its annual "Conference on Christianity and Culture" on Saturday, November 12.

Conference Speaker: Rev. Todd A. Peperkorn, STM, Senior Pastor at Holy Cross Lutheran Church in Rocklin, CA

How do Christians understand mental illness? Is depression a medical condition or a spiritual condition, or a combination of both? By weaving Scripture with his own experience suffering with clinical depression, Pastor Peperkorn will lead us to the theology of the cross, and how God is at work in both strength and weakness to bring about healing and health for His children. There will also be a discussion about how we as individuals and as congregations may serve those in need in our midst.

### Conference Schedule

9:00 The Office of Matins

9:30: Morning Presentation

10:45 Break

10:55 Presentation continued

11:45: Q & A

12:00 Lunch

1:00 Afternoon Presentation

2:30 Q & A

3:00 The Office of Vespers

Cost: The conference is free of charge and open to all. There will be a basket out at lunch for free-will donations if you wish to help offset the cost of the conference. If possible, please register by November 1 so that we know how many to plan lunch for. For more information, or to pre-register, contact Rev. Robert Lawson at 760-743-4440, or send an e-mail to [rlawson0651@att.net](mailto:rlawson0651@att.net)

## TREASURER NOTES

St. Luke's Financial statement is located in the Library for inspection by anyone wishing to view it.

*Terry East*

Treasurer

## HEIFER INTERNATIONAL

### MAKE THIS A MEANINGFUL HOLIDAY

HEIFERS	Make Holidays Happier	\$50 a share
GOATS	Make Great Gifts	\$10 a share
SHEEP	Are "Shear" Magic	\$10 a share
LLAMAS	New Heights With a Llama	\$20 a share
RABBITS	Ring in the Holidays	\$10 a share \$60 for a trio
HONEYBEES	Sweeten the Holidays	\$30
WATER BUFFALO	Create a Smile	\$25 a share
CAMELS	Make Holidays Merrier	\$85 a share

All these and many more can be your choices for special gifts this year!!

SEE YOU AT THE ALTERNATIVE FAIRE

## OUR ON-GOING OUTREACH

### TACO'S "BREAD UPON THE WATERS" FUND RAISER

According to a report received from Rachel Line, TACO's volunteer coordinator, the September "Bread Upon the Waters" fund raiser was the most successful ever! Silent and live auction items brought in over \$23,300!

THANKS TO ALL who served at TACO on Monday, September 17: Marie Handley, Cathie Floegel, Randy Engel, and Leane and Dick Denton.

### ST. LUKE'S FOURTH ALTERNATIVE CHRISTMAS GIFT FAIRE!!

(Sponsored by the OUTREACH COMMITTEE)

.....will be held Sunday, November 13, in the Lower Level, immediately after worship services. It's November.....and time to think of the opportunity you will have to buy a few gifts, especially for those family members/friends who already have EVERYTHING! And it's an opportunity to give to a worthy cause in his/her/their name.

Listed below are the nonprofit organizations involved:

#### PLANT WITH PURPOSE

For over 25 years, Plant With Purpose has worked internationally to transform the lives of the rural poor, providing lasting solutions to chronic problems of hunger and environmental decline. Our work gives farmers the tools they need to feed their families, raise their incomes, restore health to their communities, and grow in their knowledge of God's love and grace. They plant, teach, create enterprise, and share the Gospel in the Dominican Republic, Haiti, Mexico, Tanzania, Burundi, and Thailand.

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the Gospel in the Dominican Republic, Haiti, Mexico, Tanzania, Burundi, and Thailand.

\$5 = 5 Tree seedlings

\$10 = 10 Tree seedlings

\$30 = Sponsor a village for one month

\$75 = Sponsor agric. training for farmers in one community for one month.

### GUATEMALA MISSION PROJECT

Guatemala Mission Project is a program of Interfaith Action International, a religious nonprofit. Guatemala Project grew out of the missions of the San Diego District of the United Methodist Church. It assists the people of Guatemala to be self-sufficient. Working teams have been sent to the highlands of Guatemala, serving primarily poor indigenous persons since 1992. In July 2011 they were able to install 100 efficiency wood-burning stoves in the homes of 50 families, saving money, improving health conditions and reducing the consumption of wood by 66%. The Project also built a home for a mudslide victim family and replaced the industrial sewing machine needed to sustain the family. The next work team leaves In February 2012. You are invited to share the blessings of God's love for each of us with the least of our brothers and sisters: GO TO GUATEMALA!

### THE TOMORROW PROJECT

Helping Women Create Futures Today: Homeless women learn job-readiness skills and small business expertise in a nurturing environment at The Tomorrow Project, a program of Rachel's Women's Center, sponsored by Catholic Charities. Assembling and selling unique chef-created soup mixes and other food items teaches life skills and empowers women hampered by poverty and unemployment to change their lives. Their wonderful soup mixes will be available and are guaranteed to make great gifts!!

## HEIFER INTERNATIONAL

(Most St. Luke's members know all about this). Heifer International is an international Christian-based, nonprofit organization that sends income-producing animals and livestock to communities in the United States and third world countries. It offers intensive training in animal husbandry, environmentally sound and sustainable farming, and community development. Communities are strengthened as families join together to plant fodder, build pens and learn to care for their animals without harming the environment. Each project partner is then able to pass on offspring of the gift of pregnant livestock to another family in need.

## ACHOLI BEADS OF EMBER ARTS

Our business exists to renew hope. We partner with women in Uganda, East Africa, to create beautiful jewelry using recycled paper and plastic. Through this connection to the American market our Ugandan partners are able to rebuild their lives and families, and rekindle their hopes and dreams, after a devastating civil war. They embody the unquenchable ember of the human spirit. WEAR THE STORY!!

## PARISH POTPOURRI

DARCY BARGHOLS and DAWN DOLAN recently made a fun trip to the missions of Southern California, and along the way spent extra time in Santa Barbara and Solvang, and visited the Reagan Library in Simi Valley.....Florida had some St. Luke's visitors: CATHIE and RICH FLOEGEL spent time with cousins in Ocala, as well as the famous Epcot Center and Disneyworld.....BRANDEN and GENEVIEVE GERBRACHT are welcoming their twins: ROLAND (R.J.) and CLEMENTINE, born a little early, October 11. Congratulations to the GERBRACHT FAMILY!!.....Florida had some St. Luke's visitors:

CATHIE and RICH FLOEGEL spent time with cousins in Ocala, as well as the famous Epcot Center and Disneyworld.....BRANDEN and GENEVIEVE GERBRACHT are welcoming their twins: ROLAND (R.J.) and CLEMENTINE, born a little early, October 11. Congratulations to the GERBRACHT FAMILY!!.....Recently MARGE and VIC BITTER and MARGE and CHUCK HER-SOM spent a weekend with their great granddaughter, SOPHIE, visiting from Littleton, Colorado.....And our own JUDY JONES was in Texas a few days, visiting her son, MATT (who has been on the Austin police force for nearly ten years) and his wife, NICOLE. The occasion was the 7<sup>th</sup> birthday of her grandson, CADE. Other grandchildren are CARTER (11), Ryder (9) and twins, MICA and TALON (3).

Definition of a PARAPROSDOKIAN: A figure of speech in which the latter part of a sentence or phrase is surprising or unexpected (for instance: "Where there's a will, I want to be in it").

A few more:

*If I agreed with you, we'd both be wrong.*

*We never really grow up, we only learn how to act in public.*

*Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.*

*To steal ideas from one person is plagiarism. To steal from many is research.*

*I didn't say it was your fault, I said I was blaming you.*

*A clear conscience is a sign of a fuzzy memory.*

*Money can't buy happiness, but it sure makes misery easier to live with.*

*Nostalgia isn't what it used to be.*

Can you believe how fast this year has gone? The first retreat we've had in ten years has come and

gone.

What a wonderful day the Women of St. Luke's had. Heidi Fowler used the retreat's title "Beautiful Feet" in her Bible study. She showed us through her lecture how often feet was used in the Bible. Cathie Floegel and her fantastic committee kept us busy throughout the day. This well planned retreat moved smoothly throughout the day. We sang, we exercised, we ate, we fellowshiped with each other, we crafted, decorating visors and flip flops and cookie feet, we played some great games and even had Tai Chi. This committee planned the event for almost a year.

We thank the following: Cathie Floegel, Chair and loads of ideas person, her handpicked committee members were Margie Buller, Heidi Fowler, Marge Bitter, Angie Hauk. We also thank Judy Jones. Jennifer Killion for the table centerpieces.

And we were blown away by the beautiful wall hanging of dozens of flip flops in every decor and color all hand made by Cindy Rigopoulos. The pianist a friend of Margie Buller took part in everything we did and played the hymns we all love.

As you all know the WSL is in the midst of our Thank offering season. The monies we raise we support many organizations.

We thank all of you who have supported the WSL causes.

We are still have two seats on our board to fill, please say yes when you are asked. The commitment is a two year term, we meet once a month on the first Tuesday at noon, meetings don't last more than one and half hours.

Our next event is Advent, we'll be celebrating with a dinner on Sunday, December 4. Watch for more information.

How beautiful are the feet of those who bring Good News" Roman 10:13-15

Marge Hersom

## **Volunteers Needed**

St. Luke's is in need of another projectionist for Sunday mornings during the service. If this is something you feel you would like to do, contact the office or Sue Caldwell.

## **Come, Commune with Altar Guild**

This "unseen" ministry is vital to the worship life of St. Luke's. Some Altar Guild activities include setting up communion, changing paraments, washing communion vessels, keeping pastor in line, and so forth. Service on altar guild is highly valued and is also a great way to meet other wonderful members of our church.

## **Want Coffee?**

Our Sunday morning coffee servers need extra teams to share in this refreshing ministry. If you can handle fresh water, scoop coffee, slice doughnuts, and grapple with cups and napkins, the whole congregation would be delighted to see your "mug" join this post-sermon, life-giving ministry.

St. Luke's is looking for someone to take over the important kitchen duties, on Thursday evenings. If enough people sign up this could be just a once a month task for each. This is an important function of THNL and is appreciated by all.

Can you make time in your busy schedule?

If you would like to volunteer, please call (619-463-6633) or email – [office-sllc@att.net](mailto:office-sllc@att.net) the church office.



**HAPPY  
NOVEMBER  
BIRTHDAYS  
to you....**

Margi Buller

Bob Fuller

George Hauk

Jo Ann Hendrickson

Jonathan Janos

Crystal Matushek

Joe Pace



### **DID YOU KNOW!**

Our monthly newsletter is printed FREE because of generous people / companies that advertise. It is true, and we need to let these generous people know that we appreciate them. If you are in need of a car ... ..

PLEASE CALL and THANK

Drew Auto Center  
8970 La Mesa Blvd.  
La Mesa, CA  
619-464-7777

***Make sure you tell them  
you heard about them from  
our Newsletter!***

## **NOVEMBER WORSHIP TEXT**

**6th** All Saints Day

First Lesson—Revelation 7: 9-17

Second Lesson—I John 3: 1-3

Gospel—Matthew 5: 1-12

**13th** Twentieth Sunday after Pentecost

First Lesson—Zephaniah 1: 7, 12-18

Second Lesson—I Thessalonians 5: 1-11

Gospel—Matthew 25: 14-30

**20th** Christ the King

First Lesson—Ezekiel 34: 11-16, 20-24

Second lesson—Ephesians 1: 15-23

Gospel—Matthew 25: 31-46

**27th** First Sunday of Advent

First Lesson—Isaiah 64: 1-9

Second lesson—I Corinthians 1: 3-9

Gospel—Mark 13: 24-37

## **MEMORIAL GIFTS**

**Donna Bohnsack Memorial**

Glen Bohnsack

**Hazel Knippelmeyer Memorial**

Roy & Robin Wheeler

### **PARISH BUILDER ARTICLES**

**November 2011 articles,  
due in the office by**

**October 15th**

*Thank you, Judy*

## NOVEMBER PRAYERS

	Scripture	Trust in the Lord
1	Psalm 111: 7-9	<i>I am trusting you, Lord Jesus,</i>
2	Psalm 93: 3-5	<i>Trusting only you;</i>
3	Revelation 22: 1-7a	<i>Trusting you for full salvation,</i>
4	Hebrews 2: 11-13	<i>Free and true.</i>
5	Psalm 62: 5-8	
6	Psalm 84: 11-12	<i>I am trusting you for pardon;</i>
7	Romans 4: 1-5	<i>At your feet I bow,</i>
8	Proverbs 3: 5-8	<i>For your grace and tender mercy</i>
9	Psalm 13: 1-6	<i>Trusting now.</i>
10	Daniel 3: 28	
11	Psalm 3: 1-6	<i>I am trusting you to guide me;</i>
12	Psalm 28: 6-7	<i>You alone shall lead,</i>
13	Psalm 25: 1, 2, 10	<i>Every day and hour supplying</i>
14	Proverbs 16: 20	<i>All my need.</i>
15	Psalm 56: 3-4	
16	Job 13: 15	<i>I am trusting you for power;</i>
17	Psalm 55: 22-23	<i>You can never fail,</i>
18	Psalm 18: 1-3	<i>Words which you yourself shall give me</i>
19	Isaiah 12: 2	<i>Must prevail.</i>
20	Psalm 23: 1-6	
21	2 Corinthians 1: 8-10	<i>I am trusting you, Lord Jesus;</i>
22	2 Samuel 22: 1-4	<i>Never let me fall.</i>
23	Psalm 40: 1-5	<i>I am trusting you forever</i>
24	Psalm 31: 14-17	<i>And for all.</i>
25	Psalm 130: 5-8	
26	Proverbs 29: 25	<i>Hymn #460</i>
27	Psalm 118: 5-9	<i>Verses 1, 2, 4, 5, 6</i>
28	Habakkuk 3: 17-19	<i>LBW</i>
29	Lamentations 3: 21-24	
30	Jeremiah 17: 7-8	

## NOVEMBER WORSHIP TEAMS

	Reader Altar Guild Sound Technician	<i>Garett Steppat Terry East Ben Wilson</i>
<b>6th</b>		
	Prayers of the People	<i>Pat Swanson</i>
	Projectionist	<i>Roger Caldwell</i>
	Communion Assistants —Wine	<i>Cathie Floegel, Joe Makowski</i>
	Greeters	<i>Bonnie Fuller, Loraine Wininger</i>
	Usher Team	<i>Shirley Carrington</i>
	Acolytes	<i>Billy Miles, Makayla Stromenger</i>
<b>13th</b>	Communion Assistant—Bread	<i>Judi Dunnigan</i>
	Prayers of the People	<i>George Moore</i>
	Projectionist	<i>Emily Rose Menacher</i>
	Communion Assistants- Wine	<i>Marilyn Burns, Karen Skullerud</i>
	Greeters	<i>Bob Des Lauriers, Chuck Volker</i>
	Usher Team	<i>Chuck Hersom</i>
	Acolytes	<i>Makayla Stromenger, Grace Menacher</i>
<b>20th</b>	Communion Assistant— Bread	<i>Lyle Swanson</i>
	Prayers of the People	<i>Pat Swanson</i>
	Projectionist	
	Communion Assistants —Wine	<i>Liz Dunnigan, Darcy Barghols</i>
	Greeters	<i>Bob &amp; Marilyn Burns</i>
	Usher Team	<i>Randy Engel</i>
	Acolytes	<i>Makayla Stromenger, Billy Miles</i>
<b>27th</b>	Communion Assistant— Bread	<i>Lyle Swanson</i>
	Prayers of the People	<i>Martha Applegate</i>
	Projectionist	
	Communion Assistant —Wine	<i>Bonnie &amp; Bob Fuller</i>
	Greeters	<i>Ellis Peterson</i>
	Usher Team	<i>George Hauk</i>
	Acolytes	<i>Emily Rose and Grace Menacher</i>

# NOVEMBER 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:00 a.m. Tai Chi Noon WSL 6:00 p.m. Worship Arts	2	3	4 7:00 p.m. Jennifer Book Club	5 7:00 a.m. Men's Bible Study 9-10 a.m. Altar Guild 8:00 a.m. Jennifer Book Club
6 9:00 a.m. Worship Service 10:15 a.m. Sunday School	7 9:00 a.m. Counters	8 8:00 a.m. Tai Chi 9:30 a.m. Project Day 7:00 p.m. Rebekah Cir.	9 8:30 a.m. Facility Mtg. 7:00 p.m. Choir Practice	10 8:00 am Tai Chi 9:30 a.m. Outreach 5:00 p.m. THNL 6:00 p.m. Bible Study 10:00 a.m. Deborah Cir	11 Noon Good Life Seniors	12 7:00 a.m. Men's Bible Study 9-10 a.m. Altar Guild
13 9:00 a.m. Worship Service 10:15 a.m. Sunday School	14 9:00 a.m. Counters 5:30 p.m. Finance 6:30 p.m. Council	15 8:00 a.m. Tai Chi	16 8:30 a.m. Facility crew 7:00 p.m. Choir Practice 5:00 p.m. <i>Deadline/PB Parish Builder</i>	17 8:00 a.m. Tai Chi 5:00 p.m. THNL 6:00 p.m. Bible Study	18	19 7:00 a.m. Men's Bible Study 9-10 a.m. Altar Guild
20 9:00 a.m. Worship Service 10:15 a.m. <b>Sunday School</b>	21 9:00 a.m. Counters	22 8:00 a.m. Tai Chi 9:30 a.m. Project Day	123 8:30 a.m. Facility crew 7:00 p.m. Choir Practice	24 8:00 a.m. Tai Chi 5:00 p.m. THNL 6:00 p.m. Bible Study	25	26 7:00 a.m. Men's Bible Study 9-10 a.m. Altar Guild
27 <i>First Sunday of Advent</i> 9:00 a.m. Worship Service 10:15 a.m. Sunday School	28 9:00 a.m. Counters	29 8:00 a.m. Tai Chi	30 8:30 a.m. Facility crew 7:00 p.m. Choir Practice	31 8:00 a.m. Tai Chi 5:00 p.m. THNL 6:00 p.m. Bible Study		

**ST. LUKE'S LUTHERAN CHURCH**  
**5150 WILSON STREET**  
**LA MESA, CA 91942**

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Dated Material  
September 2011

ADDRESS SERVICE REQUESTED

**A WARM WELCOME TO ALL**

- Worship Service: Sundays, 9:00 a.m. in the Sanctuary.
- ◆ Sunday School for all ages Sundays 10:15 am.

**St. Luke's Mission Statement:**

We are called as a community of Christians saved by grace  
—through faith alone in Jesus Christ—  
to spread the Holy Gospel in word, sacrament, and action  
*soli deo gloria.*