

Parish Rebuilder

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

www.st-lukes-la-mesa.org

June 2017

Monthly Newsletter

Volume 17 Issue 6

We invite you to join

St. Luke's Lutheran Church

Please contact Amy in the office to discuss membership or to arrange an appointment with Pastor Mark:

619-463-6633 or office-sllc@att.net

Office hours:

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

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What Do You Think?

Facing changes in life's circumstances is often fraught with anxiety and stress. The uncertainty and apprehension of the unforeseen and unexpected often create such anxiety and stress. Often people try to mitigate that uncertainty and subsequent stress by seeking to be organized and plan ahead. If one has well laid plans, one can rest more assured that things will go "according to plan," but when they do not, anxiety and stress can be overwhelming. Surprisingly, making and maintaining such plans can also be a source of stress.

One's perception of the severity of things "going wrong" often colours one's reaction to such circumstances. Some may find getting bitten by a rattle snake, if treated promptly and properly, not all that traumatic. Others consider the occasional spider in the bath tub a cause for great panic. From their perspective, spiders are generally not thrilled being stuck in the bath, particularly when the water starts to run (or so they claim in chat rooms on the web).

Life is full of the unexpected. That any of us is here at all "as us" given the random nature of human fertilization is itself a testimony to the unexpected, and despite that randomness (or perhaps because of it) we human beings spend much of our lives seeking to control our own destiny, whatever that may or may not mean.

That, however, is an indication of the nature of the human condition. The general anxiety and stress regarding human existence is a symptom of our innate lack of faith, otherwise known as sin. Compare this state of affairs to what Luther in the *Small Catechism* says about the first article of the Apostles' Creed:

"I believe in God, the Father almighty, maker of

heaven and earth.”

What does this mean?

Answer: I believe that God has created me and all that exists; that he has given me and still sustains my body and soul, all my limbs and senses, my reason and all the faculties of my mind, together with food and clothing, house and home, family and property; that he provides me daily and abundantly with all the necessities of life, protects me from all danger, and preserves me from all evil. All this he does out of his pure, fatherly, and divine goodness and mercy, without any merit or worthiness on my part. For all of this I am bound to thank, praise, serve, and obey him. This is most certainly true.

Is this “most certainly true”? We sinners have our doubts. How do we know that God will do those things? What happens if God does not do them or does not do them according to our standards and desires? If God does such things, why do “Bad Things Happen to Good People” as Rabbi Harold Kushner entitled his famous book decades ago?

Our doubts are our sin. That sin means that there are no good people. Consequently, those doubts create and foster fear in us which we try to overcome through so many human efforts and endeavours to safeguard our existence. Except, even our best efforts fall short. To complicate and compound matters, we spend so much time fretting about what God the Father has or has not given us in creation that we sinners overlook the fact that he has given us something which surpasses all our bodily needs. As scripture states, “For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life” (John 3:16).

God has not only given us his son, but he gave us his son to take our sin away and to give us sinners his son’s righteousness as a free gift, through faith alone, for and as our salvation. Such faith is the gift of eternal life. If God will give the life of his son on the cross to give us the gift of eternal life, then just perhaps God can and

will take care of the mundane needs in our daily life. What do you think? More importantly, what do you believe?

Flag Day Parade for VBS

Once again, St. Luke’s is participating in the La Mesa Flag Day Parade to promote Vacation Bible School (VBS). To mark the 500th anniversary of the Reformation, this year’s theme for VBS is “A Mighty Fortress.” We will be decorating the float on Friday, 02 June, at 5:30pm at the Martinson’s home. On Saturday, 03 June, at 9:00 am or so we will line up and participate in the parade. All members of the congregation are invited to help decorate the float or to march in the parade or both. During the parade we will distribute information about VBS to families along the route. Please mark your calendar to come out and share the good news.

Confirmation is Coming Soon

For the past couple of years, our three confirmands have been working hard on learning various aspects of the Christian faith, the Bible, and the Catechism in order to play a greater role in the adult life of the church. During the month of May, they have been sitting their confirmation exams and hope to be confirmed either on 04 or 11 June, Pentecost or Holy Trinity, respectively. Whereas all persons have been made priests in the body of Christ through baptism, confirmation provides an opportunity for those baptized at younger age to confirm publicly that they wish to live life in the faith of the forgiveness of their sins. We look forward to celebrating their affirmation of this faith.

Pastor Mark

Jumbled Quotations from the April Issue:

1. EH OWH SULGAH ATSL, GLUHAS ETBS
HE WHO LAUGHS LAST LAUGHS BEST
2. A HISITTC NI IMTE VSSAE IENN
A STITCH IN TIME SAVES NINE
3. ONTI HACE FILE MOES NIRA TUMS LAFL
INTO EACH LIFE SOME RAIN MUST FALL
4. NEHW GYRNA TONUC OT NET ROBEEF
OYR KAPES
*WHEN ANGRY COUNT TO TEN BEFORE
YOU SPEAK*
5. LOSOF HURS NI REWEH GALSEN AFRE OT
DRATE
*FOOLS RUSH IN WHERE ANGELS FEAR TO
TREAD*



Catching up on some humor!

LUTHERANS:

.....like to sing, except when confronted with a new hymn or a hymn with more than four stanzas

.....believe their pastor will visit them in the hospital, even if they don't notify him that they are there

.....drink coffee as if it were the Third Sacrament

.....believe it is OK to poke fun at themselves and never take themselves too seriously

.....watch a STAR WARS movie and when they say "May the Force be with you" respond with "and also with you".

.....take ten minutes to say good-bye.



A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour the manager came out of the office and asked them to disperse. "But why?" they asked as they moved off. "Because," he said "I can't stand chess-nuts boasting in an open foyer."

Did you hear about the Buddhist who refused Novocain during a root canal? His goal: transcendental medication.

A hangover is the wrath of grapes!!

Shotgun wedding: a case of wife or death!

What's the definition of a will? (It's a dead give away.)

A bicycle can't stand on its own because it is two tired

Women of St. Luke's

*And what is so rare as a day in June? Then if ever
come perfect days. (James Russell Lowell)*

As the warmth of summer overcomes winter's chill, we begin spending more and more time outdoors not only at home but in outings and vacations. I think it is the most "me" time of year. Where will I go; which event will I enjoy; what will I wear; what do I need to take. It is hard not to get distracted and forget about our spiritual selves.

Of all the trips, I've taken I have never taken my Bible. Even nightly prayers get postponed. I did try to read the Book of Mormon in a hotel one time, but not the Bible.

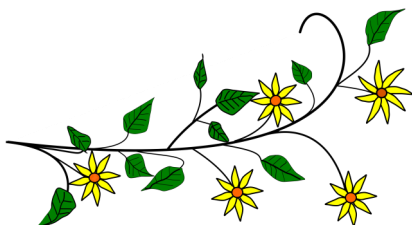
Our spiritual needs do not take a holiday; God does not take a vacation. The church does not close its doors during the summer. The organizations that WSL supports can't ignore those who need their services.

WSL and its dedicated workers will continue. The current project is making pullover caps. If you can knit pullover caps, contact Angie Hauk.

The Circles provide opportunity for spiritual renewal. They continue to offer a Bible study throughout the summer. Times and places appear in the bulletin. Come join us. I am going to try to be more conscious of my spiritual needs and responsibilities this summer. Will you join me?

Nancy Kearns

WSL President



My Dear St. Luke's Family,

You may not be aware of it but I received some beautiful flowers from you while recovering from hip replacement surgery. I feel so blessed to be part of such a caring church family. Thank you also for the rides, cards, food and prayers!!

Yours in Christ,

Betty Wiedmer

BOOK Club

We are going dark for summer but here are a few recommendations for summer reads:

1. ***Lilac Girls***, by Martha Hall-Kelly, (Darcy met the author at Tucson Festival of Books in March) It is a very interesting read about World War II.
2. ***Rules of Civility*** by Amor Towles about an Katey, immigrant in post-depression Manhattan, unconcerned with becoming an old-maid at 25.
3. ***The Rosie Project*** by Graeme Simsion, a romantic comedy about Don, a socially inept professor searching for true love. A fun read recommended by Gail Knippelmeyer.

Let's start with ***The Rosie Project*** for September's read. Have a safe and wonderful summer. See you all again September 27th in the Library at noon. See you all then.



A big thanks to all who donated plastic bags for the mat making project. We were able to complete 6 mats to be donated to TACO. Since the project has completed, we are no longer in need of bags.

A special thank you to all who devoted their time and efforts in making the mats.

Angie Hawk



Vacation Bible School

July 10-14

All are Welcome!

JUNE WORSHIP TEXT

4th— Pentecost

First Lesson — Acts 2: 1-21

Second Lesson — 1 Corinthians 12: 3b-13

Gospel — John 20: 19-23

11th— Holy Trinity

First Lesson — Genesis 1: 1-2:4a

Second Lesson — 2 Corinthians 13: 11-13

Gospel — Matthew 28: 16-20

18th— Second Sunday after Pentecost

First Lesson — Exodus 19: 2-9a

Second Lesson — Romans 5: 1-8

Gospel — Matthew 9: 35-10:23

25th— Third Sunday after Pentecost

First Lesson — Jeremiah 20:7-13

Second Lesson — Romans 6: 1b-11

Gospel Lesson — Matthew 10: 24-39



Laurie Floren

June 9th

George Jenkins

June 12th

Gerald Skullerud

June 20th



Ted and Shirley Crossley

June 2nd

Herb & Patti Boekamp

June 27th



Have you moved? Changed telephone numbers or your email address? Please let Amy in the office know of any changes in contact information. 619-463-6633 or email at office-sllc@att.net

Want to look your best for that upcoming special event?

Contact Tania Salas for professional airbrush make up technology

619-301-2560

Make sure you tell them you were referred by the St. Luke's Newsletter!

Our monthly newsletter is printed free because of generous people / companies that advertise. Let these generous people know that we appreciate them.

Parish Potpourri

May and June is the time of year when graduations are celebrated: graduations from elementary, middle and high school as well as the biggies—colleges and universities. Please call the church office if you have a loved one in any of these categories. We want to celebrate with you!

The granddaughter of Martha Barrer, Britta Welsch, graduated from Point Loma Nazarene University on May 6. Her parents are Karen and Henry Welsch.

The niece of Amy Hoffman, Rachel Krausman, graduated from Arizona State University on May 10 with a Master's in Social Work.

Darcy is traveling again. This time she and her sister, Roxy, have spent two weeks traveling throughout North Carolina, South Carolina and Georgia, as well as the Outer Banks.

Dick and Martha Applegate, with their daughter, Jan, spent nearly a week in and around Yosemite National Park. Never in the past decade (or longer) have the falls (Yosemite and Bridal Veil) been so awesome.

We see that Grace Menacher is home for the summer. It's hard to believe she has finished her freshman year at the University of Colorado, Boulder.

Hopefully members are still gathering items for the TACO annual rummage sale to be held Saturday, June 24, at Clairemont Lutheran. The list of requested items, as well as the "WE DO NOT TAKE" items is available in the church office. Donations can be dropped off at the Clairemont Church, 4271 Clairemont Mesa Blvd., June 19-22.



HEIFER International

Just outside Longyearbyen, Norway, the northernmost permanent settlement in the world, sits the Global Seed Vault. It has been called the Doomsday Vault. The Vault is a symbol of hope and ingenuity in the face of a serious problem. Our world, in recent decades, has suffered huge losses in crop diversity. By storing hundreds of thousands of seeds, the Svalbard Global Seed Vault is an insurance policy for the continued existence and diversity of the crops most important to the future of humanity.

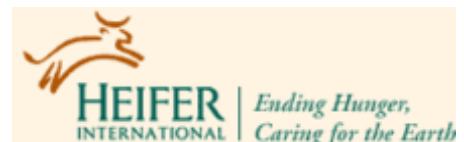
In his new book, *SEEDS ON ICE*, Gary Fowler outlines the importance of preserving genetic diversity while giving readers a rare glimpse inside the mysterious storage facility and the surrounding beauty of the Svalbard Islands.

Institutes that are the major suppliers of genetic resources for plant breeding in the world received a World Bank grant to upgrade various crop banks. The Norwegian government allocated \$9 million to build this Global Seed Vault. Thus far the Seed Vault has about 880,000 different crop varieties. Ten years ago this was one crazy idea.

Whatever agriculture can be in the future, whatever wheat or corn or tomatoes or potatoes can be in the future, whatever kind of traits or characteristics they'll have is contained in the genetic diversity that needs to be preserved.

If you are interested in more information about the seed vault, please call or talk to Martha Applegate for more background.

Martha Applegate



JUNE PRAYER CALENDAR

Praise the Lord, O My Soul!

1	Psalm 103: 13-22	
2	Psalm 146: 6-10	
3	Psalm 89: 5-13	<i>Praise the Lord! O heavens, adore Him;</i>
4	Ephesians 1: 3-10	<i>Praise him angels in the height;</i>
5	Romans 11: 3-36	<i>Sun and moon , rejoice before him;</i>
6	Psalm 145: 1-3	<i>Praise Him gleaming stars and light.</i>
7	Romans 8: 28-39	<i>Praise the Lord for he has spoken;</i>
8	Psalm 66: 1-6	<i>Worlds his mighty voice obeyed;</i>
9	Psalm 111: 1-10	<i>Laws which never shall be broken</i>
10	Psalm 103: 1-5	<i>For their guidance he has made.</i>
11	Psalm 145: 14-21	
12	Ephesians 2: 4-8	<i>Praise the Lord, for he is gracious;</i>
13	Psalm 103: 6-12	<i>Never shall his promise fail.</i>
14	Psalm 33: 1-9	<i>God has made his saints victorious;</i>
15	Colossians 1: 12-14	<i>Sin and death shall not prevail.</i>
16	Psalm 103: 13-22	<i>Praise the God of our salvation;</i>
17	Psalm 95: 1-7	<i>Hosts on high, His power proclaim;</i>
18	Colossians 2: 9-15	<i>Heaven and earth, and all creation,</i>
19	Isaiah 41: 27-31	<i>Laud and magnify his name!</i>
20	Psalm 71: 14-19	
21	Romans 8: 31-39	<i>Lutheran Book of Worship</i>
22	Psalm 89: 14-18	<i>Hymn # 540</i>
23	Revelation 1: 4-8	<i>Verses 1 & 2</i>
24	Isaiah 53: 1-12	
25	1 John 3: 1-3	
26	Psalm 100: 1-5	
27	Psalm 11: 1-9	
28	Psalm 42: 1-9	
29	1 Peter 1: 3-9	
30	Jude 24-25	

JUNE WORSHIP TEAMS		
	Reader	<i>Martha Applegate</i>
	Altar Guild	<i>Shirley Carrington</i>
	Sound Technician	<i>Matt Kirk</i>
4th	Communion Assistant—Bread	<i>Ted Olsen</i>
	Prayers of the People	<i>Pastor Mark Menacher</i>
	Projectionist	<i>Whitney Utley</i>
	Communion Assistant—Wine	<i>Darcy Barghols and Terry East</i>
	Greeters	<i>Ellis Petersen and Loraine Wininger</i>
	Usher Team	<i>Chuck Hersom</i>
	Acolytes	<i>Madison Klomp and Stuart Olsen</i>
11th	Communion Assistant—Bread	<i>Judi Dunnigan</i>
	Prayers of the People	<i>Gail Knippelmeyer</i>
	Projectionist	<i>Tania Salas</i>
	Communion Assistants—Wine	<i>Liz Dunnigan and Thelma Pace</i>
	Greeters	<i>JoAnn Hendrickson</i>
	Usher Team	<i>Randy Engel</i>
	Acolytes	<i>Paige Yerger and Ryan Yerger</i>
18th	Communion Assistant—Bread	<i>Judi Dunnigan</i>
	Prayers of the People	<i>Laurie Floren</i>
	Projectionist	<i>Gail Knippelmeyer</i>
	Communion Assistants—Wine	<i>Liz Dunnigan and Terry East</i>
	Greeters	<i>Marilyn Burns and Marie Handley</i>
	Usher Team	<i>George Hauk</i>
	Acolytes	<i>Brooke Klomp and Madison Klomp</i>
25th	Communion Assistant—Bread	<i>Terry East</i>
	Prayers of the People	<i>Randy Engel</i>
	Projectionist	<i>Whitney Utley</i>
	Communion Assistants —Wine	<i>Liz Dunnigan and Thelma Pace</i>
	Usher Team	<i>Chuck Hersom</i>
	Acolytes	<i>Paige Yerger and Ryan Yerger</i>

Thank you to all of those who assist with worship services each month.

Our congregation is all the better with your participation.

June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8:00 am Tai Chi	2 Flag Day Parade Float Decorating— 5:30pm at the Martinson home.	3 9-10 am Altar Guild 9:00 am Flag Day Parade
4 9:00 am Worship 10:30 am Sunday School	5 9:00 am Counters	6 8:00 am Tai Chi 10:00 am WSL	7 11:00 am Staff	8 8:00 am Tai Chi	9	10 9-10 am Altar Guild 4:00 pm Renee Calvo Studio Piano recital
11 9:00 am Worship 10:30 am Sunday School	12 9:00 am Counters	13 8:00 am Tai Chi 9:30 am Project Day 12:30 pm Rebekah Circle	14 11:00 am Staff	15 8:00 am Tai Chi 10:00 am Deborah Circle	16	17 9-10 am Altar Guild
18 9:00 am Worship 10:30 am Sunday School Happy Father's Day	19 9:00 am Counters	20 8:00 am Tai Chi 9:30 am Hat making	21 11:00 am Staff	22 8:00 am Tai Chi Craft Fair: 4pm-7pm	23 Craft Fair: 9am-6pm	24 9-10 am Altar Guild Craft Fair: 9am-3pm
25 9:00 am Worship 10:30 am Sunday School	26 9:00 am Counters	27 8:00 am Tai Chi 9:30 am Project Day	28 11:00 am Staff	29 8:00 am Tai Chi	30	

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Dated Material
June 2017

ADDRESS SERVICE REQUESTED

A WARM WELCOME TO ALL

- Worship Service: Sundays, 9:00 am in the Sanctuary.
- Sunday School for all ages: Sundays, following worship services.
- La Mesa Flag Day Parade—June 3rd at 9:00am.
- Craft Fair—June 22– 24, see page 5 for specific times.
- Vacation Bible School—Mark your calendars for July 10-14.

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
solī deo gloria.