



The Parish Builder

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

January 2010
Volume 10 Issue 1
Monthly Newsletter

A New Year - A New Beginning

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

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

St. Luke's Lutheran Church is on the verge of a New Year, but St. Luke's new beginning is well underway. Like any planned beginning, proper preparation has been essential. In the Christmas story, the Holy Spirit prepared the way with the Virgin Mary to deliver the son of God. The baby's arrival went largely unnoticed. Unexpectedly, angels talking to shepherds, and stars speaking to wise men, communicated the birth of Christ.

Likewise, in its humble way, St. Luke's new beginning takes on new significance with this New Year. The decisions taken to join the Fellowship of Evangelical Lutheran Churches (FELC), though easily passed, represent a deliberate desire to serve Jesus Christ in the freedom of truth and grace. That freedom, however, makes the task of delivering the gospel of Jesus Christ all the more clear and urgent. In other words, now freed from external distractions and church politics, St. Luke's can concentrate solely on its mission, telling others about Jesus Christ.

So, why did Jesus Christ arrive in such a humble way, and what does that mean for St. Luke's? This would seem to be the most basic of questions already answered thousands of times. Nonetheless, St. Luke's needs to ask itself these questions daily in order to understand and to live its own mission. Jesus Christ took on human flesh in order to make sinners part of his body, literally to incorporate us into himself. This was done out of the love of God to save those who had removed themselves from God's word of promise and thus God's love. So, what does that mean for us today?

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Email Us Your Email Address

*Please note our new email address!

St. Luke's hopes to increase its methods of communication. Email is a fast and cost effective way to communicate. Please send the church office your email address (office-sllc@att.net) and please indicate how often you check your email. We will not distribute your address beyond the church office and any blanket emails to the congregation will not list individual addresses.

Continued from page 1

Humanity's new beginning in the first new year of our lord (*anno domini* - AD) extends into the present whenever and wherever the gospel of Jesus Christ is purely proclaimed in word and sacrament. The word of God became flesh in order to communicate the love of God to sinful human flesh. The word did not become institution or building or club or holy order or any other contrivance concocted by sinful human beings. Instead, it came as word and became word in flesh in order to realize the love and forgiveness of Christ among us as his pure gift.

This gift has set St. Luke's on a path of freedom in order to proclaim Christ's freedom from the powers of sin, death, and the forces of evil. This freedom in Christ is always available in the gospel of Jesus Christ. St. Luke's has been called by Christ and by a 97% majority of its members to communicate this gospel to others so that they too may join this freedom.

Christmas Services

We wish to thank music directors Sue Caldwell and Esther Jordan and the combined choirs of St. Luke's Lutheran Church and Pacific Beach Presbyterian Church for their fine Christmas cantata performed on Sunday, 20 December, at both St. Luke's and Pacific Beach. Such events remind us of this splendid time of year and of the gifted members which our two churches share. Likewise, we wish to thank all the musicians who helped make the Christmas Eve service so meaningful. Celebrating the nativity of Christ in this way is truly memorable. Please take a moment to thank Sue, Esther, the choirs, and the musicians.

Thanks to the Task Force and Congregational President

We wish to thank the Task Force which oversaw St. Luke's process to reconsider its denominational affiliation. Chaired by Geniene Logsdon, the Task Force included Terry East, Cathie Floegel, Angie Hauk, George Moore, and Lyle Swanson. They met seemingly countless times not only as a committee but also with members of the church seeking to ensure that all avenues were explored and all questions were answered. Special thanks should also be given to Rich Floegel for his efforts and leadership as congregational president throughout the process. His determination to implement St. Luke's new beginning in all aspects of the congregation's life has been encouraging to all.

**You can always go to St. Luke's web site to see what's happening... here is our new web page address...

www.st-lukes-la-mesa.org

Thank you for your generous contributions towards the Holiday baskets.

St. Luke's generosity to those in need especially at this time of year was very much appreciated!

HEIFER INTERNATIONAL

Thanks to all who contributed toward alternative gifts for loved ones during this Christmas season: Geniene and Mike Logsdon, Angie and George Hauk, Marie Handley, Margi and Dave Buller, Maureen and Cal Borchardt, and Martha and Dick Applegate.

FLOCK OF HOPE: \$60

In many cultures, the egg is a symbol of life. But when you give a Flock of Hope from Heifer International, it becomes much more than a symbol – it's a gift of life that provides nourishment, income and hope – growing and giving “by the dozen” as nutritious eggs are gathered each day. A Flock of Hope may include chicks, ducks and/or goslings, depending on cultural, climate and dietary differences among peoples. In almost no time, egg production will begin!

--Where families, especially children, are malnourished, delicious eggs will mean daily protein.

--Where families are impoverished, eggs will be taken to market and sold, raising much-needed funds for clothing, medicine and more.

--And where the earth is dry and barren, droppings from the birds will provide the fertilizer to increase farm production.

A Flock of Hope does not take a “nest egg” to give. Please think about this alternative gift when you are giving during 2010. Christmas is not the only time when an “alternative gift” is appropriate.

Martha Applegate

OUR ON-GOING OUTREACH

MANY THANKS TO ALL WHO

were involved in any way with the “scarf project.” Many homeless will have warmer necks in the coming weeks. The Outreach Committee delivered over 160 beribboned bags: to TACO, to the Salvation Army, and to the San Diego Rescue Mission.

And we thank all who contributed funds toward the Jack-in-the-Box gift cards. As mentioned previously, two hundred \$10 gift cards will be handed out at TACO on Monday, December 28.

According to news from TACO's Volunteer Coordinator, here are some 2009 statistics: As of December 14, TACO served over 24,000 meals to 15,000 people during the Monday and Friday meals; cups of coffee...20,800; donuts...4,000; cheese...572 pounds; peanut butter...104 huge jars.

In December TACO received 20 cases of frozen chicken from Tyson and Lift Up America. With the help of the Chargers' Vaughn Martin, those 20 cases were loaded into the van and brought back to TACO. Without grants, TACO needs all the help it can get!

AFTER CONTACTING LUTHERAN SOCIAL SERVICES OF SAN DIEGO,

“Blessings From Above” suggested two families who really needed help involving food for the family and clothing items for children. It was mutually decided that gift cards from FOOD FOR LESS and WALMART would be the most useful. Two \$50 gift cards were given to each family, one for FOOD FOR LESS and the other for WALMART. The Outreach Committee budget is providing these monies.

Again, the Outreach Committee sincerely thanks the congregation for all their support and involvement during 2009. We couldn't do it without you!!

PARISH POTPOURRI

MARGI and DAVE BULLER spent Christmas in a village near Sao Paulo, Brazil. The parents of their new daughter-in-law, VIVIANE, married to son, JOSH, last July, hosted another big wedding celebration at their home. MARGI says the flight from LAX to Sao Paulo was sixteen hours. Ask the BULLERS about getting their Brazilian visas. It's quite a story!.....Our own JUDY JONES was a special guest, representing St. Luke's, at the Warren Walker kindergarten class "Annual Holiday High Tea" on Thursday, December 17. Parents, grandparents and school board members were also guests. English tea in china cups, along with scones and other goodies, were enjoyed. The children also presented a program of songs.....very special!.....A little more humor: a dog gave birth to puppies near the road and was cited for littering; the short fortune-teller who escaped from prison was a small medium at large; two silk worms had a race.....they ended up in a tie; I wondered why the baseball kept getting bigger.....then it hit me!

Martha Applegate

WELCA

Although we are into January, the devotions which Dawn Dolan gave at our December Board meeting were so inspiring, we thought we would like to share them. Clip them out and save them for the next Christmas Season. Thanks, Dawn for finding this timely parable of First Corinthians 13.

1 Corinthians 13

A CHRISTMAS VERSION

If I decorate my house perfectly with plaid bows, strands of twinkling lights and shiny balls, but do not show love, I'm just another decorator.

If I slave away in the kitchen, baking dozens of Christmas cookies, preparing gourmet meals and arranging a beautifully adorned table at meal-time, but do not show love, I'm just another cook.

If I work at the soup kitchen, carol in the nursing home and give all that I have to charity, but do not show love, it profits me nothing.

If I trim the spruce with shimmering angels and crocheted snowflakes, attend a myriad of holiday parties and sing in the choir's cantata but do not focus on Christ, I have missed the point.

Love stops the cooking to hug the child.
Love sets aside the decorating to kiss the husband.

Love is kind, though harried and tired.

Love doesn't envy another's home that has coordinated Christmas china and table linens.

Love doesn't yell at the kids to get out of the way, but is thankful they are there to be in the way.

Love doesn't give only to those who are able to give in return but rejoices in giving to those who can't.

Love bears all things, believes all things, hopes all things, endures all things. Love never fails

By an unknown author

The ADVENT SUPPER opened our Christmas Season with good food, fellowship and the opportunity to hear about the Acholi tribe in Uganda. Suzi and Jimmy Pearson of Jamul are ministering to these displaced women who are working their way out of poverty by making and selling paper beaded- jewelry. Thanks again to Liz Dunnigan for transforming our Lower Level into a beautiful Advent setting .

Thanks as well to JoAnn Hendrickson and Hazel Knippelmeyer for the colorful table settings.

How would we get along without all the ladies who did the dishes and the men who put away all the tables and chairs! There is nothing like a Lutheran potluck to make you count your blessings.

The women of St. Luke's have been busy in December serving at TACO, knitting and wrapping scarves for the homeless, decorating the Christmas tree, participating in the fabulous Advent Children's Fair, teaching Sunday School, singing in the choir, serving on Altar Guild, working shifts at the La Mesa Thrift Store, making coffee on Sundays, and, of course, continuing the good works of the Project Day. Thank you , ladies.

January brings new beginnings and a change on the Board. Maureen Borchardt who has served the WELCA Board faithfully for many years would like to take a well-deserved break. Cathy Floegel has agreed to take a position on the board beginning in January. Many thanks to Maureen for her quiet, peaceful dedication to WELCA. Maureen will continue to be our liaison with Avondale School in La Mesa.

We welcome the new year and the opportunity to serve our Risen Lord, the people of St. Lukes and our community.

Margi
WELCA President

Travelers' Warning

Since so many of our congregation travels, I thought I should share my recent travel experience as an opportunity to warn others to be cautious. In November I was in several areas of Mexico (all were jungle or semi-jungle), and somewhere along the way was bitten by a mosquito who was infected by **Dengue Fever**. I was given this disease, which has an incubation period of approximately 4- 7 days, but can be longer, so with my travel schedule, I am not sure where exactly I met up with the nasty insect.

The early symptoms are similar to the flu but without respiratory ailments. Dengue Fever is a febrile, viral disease that causes a severe headache, joint and muscle pain, rash on the limbs and feet, which later results in severe itching. Also, one has diarrhea and vomiting and is weak and dizzy. The locals told us that there was no need to see a doctor, as nothing could be done. Just drink lots of liquids, electrolytes, and, according to a local pharmacist, take vitamin B-complex. (The CDC does say that Vitamin B does NOT aid in preventing mosquito bites before they happen.) However, if one should get the most severe form of the four types of Dengue, the **hemorrhagic** variety, go immediately to the hospital, as you will be bleeding from various parts of the body and can die. I will say that I have never felt so ill in my life. And it certainly was not the way I wanted to spend my time in beautiful Sayulita or Puerto Vallarta, Mexico, nor to spend the week during Thanksgiving when we came home. Once back to San Diego, I immediately saw my local doctor who put me on an IV for dehydration (the day of travel caused this, I believe), and blood tests. The tests came back as very high Dengue reading!

Here is what I've learned from others who travel to jungle areas: ALWAYS wear mosquito repellents containing 20-30% DEET (whose safety you may question, so check out alternatives), cover all exposed skin with repellent (my head was not covered), wear clothing with repellent in the cloth, even a hat with repellent (this was new to me!).

There is **NO** vaccine for Dengue, which is reported to have 100 million cases world-wide per year, and it is in places like Hawaii and Texas! You can go to the **CDC** (Centers for Disease Control and Prevention) for all the information you need on a particular disease or what to know about a particular country before you visit. I hope this information will help others to **stay SAFE!**

Karen Skullerud

Warren-Walker School
Kindergarten “Annual Holiday High Tea”



A delightful time was had by all!

To the Angel who left the beautiful Poinsettia pillow for me to rest my arm, it has been wonderful, very comfortable and helpful for me.

I've always felt that St. Luke's is a very special congregation. The prayers, cards, and phone calls have really lifted my spirits. And the meals—Oh my! Our “Betty Crocker Angels” have really come through.

Thank you so much, dear friends,

Bev Holland

Dear Pastor Mark and St. Luke's Family,

Thank you for your prayers, phone calls, cards and hugs as our family faced a very challenging year. It was all very much appreciated by all of us.

Dallas and Betty Murray and family

Many, Many Thanks to my church family for all your prayers and visits during my time of illness. With your prayers and God's help my strength continues to improve. I am most anxious to return to the Project Ladies and all activities associated with our church.

I cannot express enough what the love and concern of all of you has meant to Joe and me, not only through my illness but your warm and caring welcome into St. Luke's also.

With love and gratitude,
Mary Ann Boullain



JANUARY BIRTHDAYS

Martha Barrer
Betty Davies
Robert Newak
George Parcels
Marge Saler
Betty Weidmer

Vic Bitter
Angie Hauk
Colleen Olsen
Don Rigopoulos
Pat Swanson



I can do everything through Him who gives me strength. Philippians 4:13

MEMORIAL GIFTS

Donna Bohnsack Memorial
Glen Bohnsack

JANUARY WORSHIP TEXT

3rd Second Sunday of Christmas

First Lesson—Jeremiah 31: 7-14
Second Lesson—Ephesians 1: 3-14
Gospel—John 1: 1-18

10th Baptism of Our Lord

First Lesson—Isaiah 43: 1-7
Second Lesson—Acts 8: 14-17
Gospel—Luke 3: 15-17, 21-22

17th Second Sunday after Epiphany

First Lesson—Isaiah 62: 1-5
Second Lesson—I Corinthians 12: 1-11
Gospel—John 2: 1-11

24th Third Sunday after Epiphany

First Lesson—Nehemiah 8: 1-3, 5-6, 8-10
Second Lesson—I Corinthians 12: 12-31a
Gospel—Luke 4: 14-21

31st Fourth Sunday after Epiphany

First Lesson—Jeremiah 1: 4-10
Second Lesson—I Corinthians 13: 1-13
Gospel—Luke 4: 21-30

PARISH BUILDER ARTICLES

For February 2010

Due in the office
January 16th

Thank you, Judy

**JANUARY
PRAYER CALENDAR**

| | | |
|----|--------------------------|--|
| 1 | Psalm 37: 1-7 | |
| 2 | II Timothy 4: 1-5 | |
| 3 | I Thessalonians 3: 1-6 | |
| 4 | Ezekiel 34: 11-16 | |
| 5 | Psalm 103: 6-14 | <i>But, I call to God, and the Lord will save me.</i> |
| 6 | Romans 4: 20-25 | |
| 7 | I Peter 5: 6-11 | |
| 8 | Isaiah 43: 10-13 | <i>Evening and morning and at noon, I utter my complaint</i> |
| 9 | Philippians 4: 4-7 | <i>and moan, and he hears my voice.</i> |
| 10 | James 5: 13-16 | |
| 11 | I John 5: 1-5 | |
| 12 | Colossians 2: 1-3 | <i>He redeems my soul in safety from the battle that I wage,</i> |
| 13 | I John 4: 13-17 | <i>for many are arrayed against me.</i> |
| 14 | John 3: 31-36 | |
| 15 | Psalm 68: 1-4 | |
| 16 | I Corinthians 3: 18-22 | |
| 17 | Psalm 98: 1-3 | <i>God will give ear, and humble them, He who is enthroned</i> |
| 18 | Romans 3: 21-28 | <i>from old, because they do not change and do not fear God.</i> |
| 19 | II Corinthians 5: 6-10 | |
| 20 | Galatians 2: 15-21 | <i>Psalm 55: 16-19</i> |
| 21 | I Thessalonians 5: 23-24 | |
| 22 | II Corinthians 12: 9-10 | |
| 23 | Hebrews 4: 14-16 | |
| 24 | James 5: 7-11 | |
| 25 | Psalm 119: 105-112 | |
| 26 | Ecclesiastes 5: 1-7 | |
| 27 | Psalm 119: 97-104 | |
| 28 | I Corinthians 13: 4-7 | |
| 29 | I Timothy 1: 12-17 | |
| 30 | II Timothy 2: 8-10 | |
| 31 | Hebrews 5: 7-10 | |

| JANUARY WORSHIP TEAMS | |
|---|--|
| January Reader January Altar Guild | <i>Randy Engel Bev Holland</i> |
| 3rd Communion Assistant — Bread | <i>Shirley Carrington</i> |
| Prayers of the People | <i>Pat Swanson</i> |
| Projectionist | <i>Hazel Knippelmeyer</i> |
| Communion Assistants — Wine | <i>Liz Dunnigan,</i> |
| Greeters | <i>Bonnie Fuller, Loraine Wininger</i> |
| Usher Team | <i>Chuck Hersom</i> |
| 10th Communion Assistant—Bread | <i>Judi Dunnigan</i> |
| Prayers of the People | <i>Martha Applegate</i> |
| Projectionist | <i>Shirley Carrington</i> |
| Communion Assistants — Wine | <i>George Moore</i> |
| Greeters | <i>Gob Becker, Chuck Volker</i> |
| Usher Team | <i>Randy Engel</i> |
| 17th Communion Assistant— Bread | <i>Pat Swanson</i> |
| Prayers of the People | <i>Darcy Barghols</i> |
| Projectionist | <i>Roger Caldwell</i> |
| Communion Assistants — Wine | <i>Gene & Hazel Knippelmeyer</i> |
| Greeters | <i>Marilyn & Bob Burns</i> |
| Usher Team | <i>George Hawk</i> |
| 24 th Communion Assistant— Bread | <i>Lyle Swanson</i> |
| Prayers of the People | <i>Marge Hersom</i> |
| Projectionist | <i>Marie Handley</i> |
| Communion Assistant — Wine | <i>Cathie Floegel, Joe Makowski</i> |
| Greeters | <i>Jim & Dawn Dolan, Gene & Hazel Knippelmeyer</i> |
| Usher Team | |
| 31st Communion Assistant—Bread | <i>Lyle Swanson</i> |
| Prayers of the People | <i>Pastor Mark</i> |
| Projectionist | <i>Gail Knippelmeyer</i> |
| Communion Assistant—Wine | <i>Marilyn Burns, Loraine Wininger</i> |
| Greeters | <i>Marie Handley, Marge Henkel, Ellis Peterson</i> |
| Usher Team | <i>Chuck Hersom</i> |

JANUARY 2010

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|--|--|-----------|---|
| 3 9:00 a.m. Worship Service 10:30 a.m. Sunday School 10:30 a.m. Alarm orientation | 4 9:00 a.m. Counters 5:30 p.m. Finance 6:00 p.m. Executive Council 7:00 p.m. Council | 5 9:00 a.m. Facilities Meeting Noon WELCA 6:00 p.m. Worship Arts 7:00 p.m. Parish Ed | 6 5:30 p.m. WNL 6:15 p.m. Bible study 7:00 p.m. Choir | 7 | 8 | 9 7:00 a.m. Men's Bible Study 9-10 a.m. Altar Guild |
| 10 9:00 a.m. Worship Service 10:25 a.m. Sunday School 10:30 a.m. Alarm orientation 5:00 p.m. Alarm Activation | 11 9:00 a.m. Counters | 12 9:00 a.m. Facilities crew 9:30 a.m. Project day 7:00 p.m. Rebekah Circle | 13 5:30 p.m. WNL 6:15 p.m. Bible study 7:00 p.m. Choir | 14 | 15 | 16 7:00 a.m. Men's Bible Study 9-10 a.m. Altar Guild |
| 17 9:00 a.m. Worship Service 10:25 a.m. Sunday School | 18 Martin Luther King Day—Office closed | 19 9:00 a.m. Facilities crew 9:00 a.m. Counters DEADLINE FOR PARISH BUILDER | 20 5:30 p.m. WNL 6:15 p.m. Bible study | 21 10:00 a.m. Deborah Circle | 22 | 23 9-10 a.m. Altar Guild Council retreat No Men's Bible Study |
| 24/31 9:00 a.m. Worship Service 10:25 a.m. Sunday School | 25 9:00 a.m. Counters | 26 9:00 a.m. Facilities crew 9:30 a.m. Project day | 27 5:30 p.m. WNL 6:15 p.m. Bible study 7:00 p.m. Choir | 28 | 29 | 30 |

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December 2009

ADDRESS SERVICE REQUESTED

WORSHIP: Sundays—9:00 a.m.
Sunday school for all ages at
10:30 am. at various locations on campus.

Warm Welcome to All

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.