



# The Parish Builder

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

December 2009  
Volume 9 Issue 12  
Monthly Newsletter

## 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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## 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](mailto: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.

## The Gift of Freedom

Advent and Christmas are upon us, ushered into our midst not by shepherds or angels or the like. Instead, the holidays come to us seemingly earlier than ever via retail stores and their media advertisements. These messengers hail our attention and call us to new heights of living and freedom with every imaginable gadget and device which money can buy. Hopefully, some say, our economy will thereby be revived a bit, and life will return to normal.

The idea of purchasing something to provide a better life is not limited to Christmas. It comes with nearly every aspect of human life and commerce in one way or another. The idea of selling indulgences followed this same principle, namely exchange a little money for much greater rewards, especially in the afterlife. Even our desire to give gifts at Christmas is caught in the frenzy to buy. Although we may not buy indulgences for our loved ones, we do buy them gifts, and expect gifts from them too! The giving usually involves the purchasing.

With all the commerce in social, economic, political, and ecclesial life, we are often left counting our pennies more than our blessings. One particular transaction that gets left by and large out of the equation is the one central to the Christian faith. As St. Paul writes to the Corinthians in chapters six and seven, we are not our own; we have been bought with a price (I Cor 6:20, 7:23). In other words, Christ gave himself so that we could be freed from the powers of sin, death, and all the forces of evil.

This great transaction, as it were, began with the birth of a small child into the impoverished situation of parents on their way to be counted in the empire's census.

*Continued from page 1*

As Philippians chapter two describes, Jesus not only gave himself into our situation but also gave up a considerable amount to do so. Jesus not only gave up his divine splendor and glory at his incarnation, but in the course of time his humanity was robbed of him as he became ensnared in the powers of our sin and death. Then, God freed his son from these powers but through the resurrection.

In that light, the freedom that Christians have is only freedom in Christ. Nowadays, it seems that too often in the church, Christians claim to have freedom to rebel in all sorts of ways, as if God ordained trends in the 1960's to become some sort of divine calling today. All of those so-called freedoms of the flesh, however, are diametrically opposed to the freedom which comes to us as a gift from Christ to live in and for Christ alone.

This year, St. Luke's has been given an unusual gift of freedom. Although it seems as if one has expended no end of time and effort, meetings and deliberations to become free, in reality one has merely chosen to respond to the gift already given in baptism and in the proclamation of the forgiveness of sins; that is, the gospel of Jesus Christ.

This gift of freedom does not mean, as above, that St. Luke's is free to do whatever it likes as some sort of human, fleshly corporation. Instead, the only freedom that St. Luke's has comes as a gift from being incorporated into the body of Christ. So, how will we live our gift of Christ's freedom together? Will we always recall whose church this really is? Will we always remain cognizant of the fact that we are not our own, that we have been bought with a price? How will we as members of the body of Christ expend out time, effort, and resources to share the gift of freedom purchased for us beginning with the birth and culminating in the death and resurrection of Jesus Christ?

## Many Thanks

We wish to thank Pastor Dave Peterson for providing pulpit supply while Pastor Mark was on study leave translating an essay into English for *Lutheran Quarterly*. All accounts of the services on the First and the Eighth of November have been extremely complimentary. Pastor Peterson's message and talents were very much appreciated.

## SPECIAL CONGREGATIONAL MEETING

Will be December 13, 2009. This will be the final vote on leaving the ELCA. It is very important for members to attend this meeting.

## TREASURER NOTES

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

Terry East  
Treasurer



MAY ALL YOU CHRISTMAS MEMORIES BE  
BRIGHT, AND MAY HE BLESS ALL YOU DO

Merry Christmas!

## HEIFER INTERNATIONAL

..... PLEASE REMEMBER TO DROP YOUR HEIFER QUARTERS INTO THE QUARTER BANK IN THE NARTHEX: THEY DO MAKE A DIFFERENCE!!

Are you thinking about giving a HEIFER INTERNATIONAL animal, tree, or bees as an alternative gift? Alternative gift cards will be available November 29 or December 6.

A gift of sheep is "shear" magic:

\$ 20 or \$10 a share

Say Happy Holidays with alpacas or llamas

\$ 150 or \$20 a share

Chicks, ducks, or geese make memorable gifts

\$ 20 for a flock

Trees for all seasons

\$ 60 or \$10 a share

Sweeten the holidays with a gift of bees

\$ 30

Make a big splash with a water buffalo

\$ 250 or \$25 a share

Heifers bring holiday cheer

\$ 500 or \$50 a share

Of course there are goats, pigs, rabbits and even camels available as gifts.

IT DOESN'T TAKE A LOT TO BECOME A FRIEND!

Friends of Heifer are dedicated and compassionate people who agree to give as little as \$10 a month to help support Heifer's mission to end hunger and poverty and care for the Earth. Interested? Visit [www.heifer.org/monthly](http://www.heifer.org/monthly).

## OUR ON-GOING OUTREACH

MANY THANKS TO ALL WHO

worked on scarfs for the homeless during our workshop on October 24: Angie Hauk, Phyllis Fowler, Cathie Floegel, Terri East, Liz Dunnigan, Marilyn Burns, Marge Bitter, Darcy Barghols and Martha Applegate. The men folk who came later in the afternoon helped eat a great potluck. More information about scarf distribution follows.

TACO IS HOSTING

a Volunteer Appreciation Christmas Party on Saturday, December 12, at noon, at First Lutheran. They are asking us to bring a potluck dish to share: main dish, side dish or dessert. Please let Martha Applegate know if you would like to attend.....we'll carpool from the church. Also, sleeping bags are being given out December 18.....help is needed to wrap them, on Wednesday, December 9. Let Marge Hersom know if you are available and enjoy wrapping!!

ST. LUKE'S SECOND ALTERNATIVE CHRISTMAS GIFT FAIRE

was a terrific success! Thanks to all who got some shopping done. The work of all these non-profit organizations is so very worthwhile. And Martha Stauderman and Lynn Moss who create jewelry sent a check for \$50 to St. Luke's, to be used for our youth program.

THE PANERA PICK-UP SCHEDULE FOR 2010

will soon be distributed. Would you be willing to help out as a substitute? This involves picking up the "leftovers" on Thursday night (approx. 8:45 p.m.) and then taking the bags down to First Lutheran in time for breakfast Friday morning. The homeless are fed Fridays at 9 a.m.

## SCARFS FOR THE HOMELESS

has had a change in plans. Another family, very active at TACO, has been creating scarfs for the homeless also. Rachel Line, volunteer coordinator at TACO, indicates the family has nearly enough scarfs for everyone, and that they will be given out on Friday, December 18, at the same time as sleeping bags are being given to the homeless. Your Outreach Committee has decided to supplement the number of scarfs still needed, but to give the remainder we have on hand to either the Salvation Army or Father Joe for their ministry to the homeless. (At "press time" plans were still being confirmed.) The committee will continue its plan to give Jack-in-the-Box meal vouchers to the homeless at TACO on Monday, December 28. The vouchers will be put in envelopes and labeled so that the recipients know this is a gift from St. Luke's. We especially thank our St. Luke's WELCA for their very generous donation toward the vouchers.

## PARISH POTPOURRI

LORAIN WININGER'S granddaughter, KAREN RAKESTRAW, climbed Mt. Whitney in July. She was fortunate to make it to the very top!.....DAVID CALDWELL, son of SUE and ROGER CALDWELL, recently returned from a really extensive camping trip. DAVID and a roommate from college days traveled for thirty-four days and covered 8,626 miles. They visited all the national parks in the West and also visited Washington, D.C., and the Outer Banks, North Carolina, returning through the South, visiting the Johnson Space Center in Houston. During this trip the duo also stopped to see DAVID'S sister, KERRIE, who is attending the Cincinnati Conservatory of Music. After the first of the year DAVID will begin a position with the Government, in Virginia.....JIM and DAWN DOLAN have really had the travel bug. A week in Myrtle Beach, NC, was their first destination. Then after returning home for a week or so they flew to Prague in the Czech Republic (with snow on the ground)!

Their Danube River Cruise took them to Passau, the beautiful Melk Monastery, Linz, Salzburg, Vienna and Budapest (not necessarily in that order). They'll be happy to tell you about many of the other stops on their trip!.....Atheism is a non-prophet organization!.....A chicken crossing the road is poultry in motion!.....When cannibals ate a missionary, they got a taste of religion!.....A rubber band pistol was confiscated from algebra class because it was a weapon of math disruption

## WELCA

PRAISE GOD FOR ALL HIS POWERFUL WORKS! The fabulous outpouring of love and commitment shown in the THANKOFFERING to WELCA was incredible. Your generous gifts have made it possible for us to help many more people in our own community and country, as well as those in countries abroad where there is great suffering. The ladies of WELCA feel blessed that our congregation has put us in trust of your many gifts and offerings. Several gifts were beyond our imaginings and even the smallest was received with great thanksgiving. Thank you, members of St. Luke's. Pray that God will guide us in use of these funds to His glory.

ADVENT SUPPER The ladies of WELCA invite you to share a delicious potluck supper in the early evening of December 6<sup>th</sup> in the Lower Level at 5:00 p.m. Suzie Pearson, a long-time Jamulian and fervent Christian will tell about her family's relationship with the Acholi people who live near the capital city of Kampala in Uganda.

Suzie and her family first came in contact with the Acholi through their son, James, who was working with the Invisible Children organization in Uganda.

You will have a chance to hear the Acholi's story, ask questions and view the jewelry made by the tribal women.

Once again Liz Dunnigan will be in charge of decorations and the food will be wonderful as only Lutheran potlucks can be. So come for fun, fellowship and the amazing story of the Acholi.

Potluck    A-L            Main Dishes  
               M-Z            Side Dishes and Desserts  
               Lyle Swanson    LuteFisk

PROJECT DAY LADIES never take a breath. After sending dozens and dozens of items to Lutheran World Relief last month, the Project Ladies are hard at work collecting, sewing and quilting. Four quilts are already near completion. If you can spare a few hours, the ladies meet the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays in the Lower Level at 9:30.

BABY BOTTLES FOR TEEN PREGNANCY CENTER: Thanks for filing those bottles with pennies, nickels and dimes; saving the quarters for Heifer. Thank you to the ladies of WELCA for supporting the Teen Pregnancy Center through their monetary gifts in the baby bottles!

SAVE THE DATE: Ladies mark your calendars now. You will not want to miss MOTHERS AND OTHERS 2010. Our guest speaker will be none other than Rebecca Knippelmeyer. Rebecca has wonderful words in store for us. There will be a sing-a-long hymn fest, wonderful food, fabulous decorations and the ever- awesome men of St. Luke's serving us.

The date is May 15, 2010. The time is 11:30. This is the weekend after Mother's Day. Our hope is to avoid conflict with family plans on that weekend. Start inviting your friends and plan on a special day in the Family Center. All ladies of St. Luke's and their friends are invited.

## CHRISTMAS RECIPES

### PRETZEL SALAD



#### **Ingredients:**

- 2 2/3 cups crushed pretzels
- 3/4 cups melted butter or margarine
- 12 oz. Cream cheese
- 1 1/2 cups sugar
- 1 large package frozen strawberries
- About 1/2 of a large container Cool Whip, thawed
- 1 large package strawberry Jello  
    **2 cups pineapple juice, heated**

#### **Directions:**

Combine cream cheese and sugar; set aside. Mix pretzels and margarine and press into 9x13 dish. Bake at 400F for 10 minutes. Cool. Spread cream cheese mixture over pretzels. Spread the Cool Whip over cream cheese. Chill about 30 minutes. Dissolve Jello in hot pineapple juice. Add frozen strawberries; chill until partially set. Carefully pour over all; refrigerate several hours.

Number of Servings: 10

Notes from the Cook: This is an excellent dessert for any holiday!

This recipe was off the internet by Charidy R.

## POTATO and ONION FRITTATA

Serves 8.

- 3/4 pound small yellow potatoes (such as fingerlings), thinly sliced crosswise
- 2 teaspoons coarse salt
- 1/2 cup extra-virgin olive oil
- 1 tablespoon unsalted butter
- 1 large onion, cut into 1/4-inch pieces
- 18 large eggs
- 1/2 teaspoon freshly ground pepper
- 1/4 cup flat-leaf parsley, roughly chopped, optional

### Directions

1. Preheat oven to 425 degrees. In a medium saucepan, combine potatoes and 1 teaspoon salt. Add water to cover. Bring to a boil over high heat. Cook until potatoes are tender, about 15 minutes. Drain, and set aside.
2. In a large ovenproof nonstick skillet, heat oil and butter over medium heat. Add onions, and cook until translucent, about 5 minutes. Add potatoes, and cook for 5 minutes more.
3. In a large bowl, whisk together eggs, the remaining teaspoon of salt, and pepper. Add parsley, if desired. Add egg mixture to skillet, and cook, drawing eggs away from the sides and bottom of the pan with a heat-proof spatula so that the uncooked egg runs underneath. When the mixture is loosely set around the edges, place pan in the oven, and bake until puffed and completely set, about 20 minutes. Remove pan from the oven and slide out onto a serving plate.

From the internet—Martha Stewart



## BUTTERY PECAN ROUNDS

### Ingredients

- 1 cup all-purpose flour
- 1/2 teaspoon coarse salt
- 1 cup (2 sticks) unsalted butter, softened
- 3/4 cup packed dark-brown sugar
- 1 large egg yolk
- 2/3 cup finely chopped toasted pecans (about 2 ounces)

### Directions

1. Preheat oven to 325 degrees. Sift together flour and salt into a small bowl; set aside. Put butter and sugar in the bowl of an electric mixer fitted with the paddle attachment; mix on medium speed until smooth, about 3 minutes. Mix in egg yolk until combined. Reduce speed to low. Add flour mixture; mix until combined. Mix in chopped pecans.
  2. Using a 1 1/4-inch ice cream scoop, drop batter onto baking sheets lined with parchment paper, spacing about 3 inches apart. Press 1 pecan half into the center of each. Bake cookies, rotating sheets halfway through, until golden brown, 12 to 15 minutes. Let cool completely on sheets on wire racks. Cookies can be stored between layers of parchment in airtight containers at room temperature up to 2 days.
- Pecan halves, for decorating

From the internet—Martha Stewart



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

## DECEMBER WORSHIP TEXT

### 6th Second Sunday of Advent

First Lesson—Malachi 3: 1-4  
 Second Lesson—Philippians 1: 3-11  
 Gospel—Luke 3: 1-6

### 13th Third Sunday of Advent

First Lesson—Zephaniah 3: 14-20  
 Second Lesson—Philippians 4: 4-7  
 Gospel—Luke 3: 7-18

### 20th Fourth Sunday of Advent

First Lesson—Micah 5: 2-5a  
 Second Lesson—Hebrews 10: 5-10  
 Gospel—Luke 1: 39-45 [46-55]

### 24th Christmas Eve

First Lesson—Isaiah 9: 2-7  
 Second Lesson—Titus 2: 11-14  
 Gospel—Luke 2: 1-14 [15-20]

### 27th First Sunday of Christmas

First Lesson—1 Samuel 2: 18-20, 26  
 Second Lesson—Colossians 3: 12-17  
 Gospel—Luke 2: 41-52



## DECEMBER BIRTHDAYS

Liz Dunnigan	Evelyn Farnsworth
Fuller Bonnie	Joe Makowski
George Moore	Debbie Parks
Ellis Peterson	Anna Steppat

## MEMORIAL GIFTS

Donna Bohnsack Memorial  
 Glen Bohnsack

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](http://www.st-lukes-la-mesa.org)

## PARISH BUILDER ARTICLES

For January 2010

**Due in the office  
 December 16th**

*Thank you, Judy*

**DECEMBER  
PRAYER CALENDAR**

1	I Corinthians 15: 1—5	
2	Psalm 8: 3-9	
3	Psalm 71: 22-24	<i>I will extol you, my God and King, and bless your</i>
4	I John 1: 1-4	<i>name forever and ever.</i>
5	Deuteronomy 13: 1-5	
6	Isaiah 40: 27-31	
7	II Corinthians 6: 14-18	<i>Everyday I will bless you and praise your name</i>
8	Psalm 57: 1-3	<i>forever and ever.</i>
9	Acts 2: 36-41	
10	II Corinthians 9: 6-9	
11	Philemon 4-7	<i>Great is the LORD, and greatly to be praised, and</i>
12	Isaiah 55: 1-3	<i>his greatness is unsearchable.</i>
13	Luke 12: 1-7	
14	Isaiah 51: 4-8	
15	Colossians 4: 2-5	
16	Psalm 94: 6-23	<i>One generation shall commend your works to another,</i>
17	Galatians 4: 28-5: 1	<i>and shall declare your mighty acts.</i>
18	Acts 2: 22-28	
19	II Thessalonians 2: 13-16	
20	Jeremiah 31: 7-9	
21	Mark 10: 46-52	<i>On the glorious splendor of your majesty, and on your</i>
22	Romans 8: 31-39	<i>wonderous works, I will meditate.</i>
23	I Timothy 4: 1-5	
24	Ephesians 4: 17-24	<i>Psalm 145: 1-5</i>
25	Luke 1: 67-75	
26	Luke 15: 1-7	
27	Galatians 3: 1-9	
28	Acts 2: 42-47	
29	Revelation 19: 6-8	
30	Hebrews 2; 1-4	
31	Romans 12: 1-2	

<b>DECEMBER WORSHIP TEAMS</b>	
December Reader December Altar Guild	<i>Garrett Steppat Terri East</i>
<b>6th</b> Communion Assistant — Bread	<i>Judi Dunnigan</i>
Prayers of the People	<i>Marge Hersom</i>
Projectionist	<i>Roger Caldwell</i>
Communion Assistants —Wine	<i>Bob &amp; Bonnie Fuller</i>
Greeters	<i>Lorlane Wininger and Bonnie Fuller</i>
Usher Team	
<b>13th</b> Communion Assistant—Bread	<i>Pat Swanson</i>
Prayers of the People	<i>Marge Henkel</i>
Projectionist	<i>Hazel Knippelmeyer</i>
Communion Assistants —Wine	<i>Cathie Floegel and Joe Makowski</i>
Greeters	<i>Bob Becker and Chuck Volker</i>
Usher Team	
<b>20th</b> Communion Assistant— Bread	<i>Judi Dunnigan</i>
Prayers of the People	
Projectionist	<i>Shirley Carrington</i>
Communion Assistants —Wine	<i>Marilyn Burns and Lorlane Wininger</i>
Greeters	<i>Bruce Fowler, Bob and Marilyn Burns</i>
Usher Team	
<b>24nd</b> Communion Assistant— Bread	<i>Lyle Swanson</i>
Prayers of the People	<i>Pastor Mark</i>
Projectionist	<i>Gail Knippelmeyer</i>
Communion Assistant —Wine	<i>Gene and Hazel Knippelmeyer</i>
Usher Team	
<b>27th</b> Communion Assistant— Bread	<i>Shirley Carrington</i>
Prayers of the People	<i>Hazel Knippelmeyer</i>
Projectionist	<i>Marie Handley</i>
Communion Assistant —Wine	<i>Dawn Dolan and Marge Hersom</i>
Greeters	<i>Darcy Barghols, Jim &amp; Dawn Dolan, Gene &amp; Hazel</i>
Usher Team	

# DECEMBER 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>30</b> 9:00 am Counters	<b>1</b> 9:00 a.m. Facilities Meeting Noon WELCA	<b>2</b> 7:00 p.m. PB Pres. & SL Choir practice at St. Luke's	<b>3</b> 10:00 a.m. Outreach	<b>4</b>	<b>5</b> 7:00 a.m. Men's Bible Study 9-10 a.m. Altar Guild
<b>6</b> 9:00 a.m. Worship Service 10:30 a.m. Advent Work-shop 3:30 p.m.-5:00 p.m. Academy 5:00 p.m. Advent Potluck	<b>7</b> 9:00 a.m. Counters 5:30 p.m. Finance 6:00 p.m. Executive Council 7:00 p.m. Council	<b>8</b> 9:00 a.m. Facilities Meet 9:30 a.m. Project day Noon WELCA 6:00 p.m. Worship Arts 7:00 p.m. Parish Ed 7:00 p.m. Rebekah Circle	<b>9</b> 7:00 p.m. Choir	<b>10</b>	<b>11</b>	<b>12</b> 7:00 a.m. Men's Bible Study 9-10 a.m. Altar Guild
<b>13</b> 9:00 a.m. Worship Service 10:25 a.m. Sunday School / Tim Ault, MAF 4:00 p.m.-5:30 p.m. SLTA—First Module— <b>"Introduction to the Christian Faith"</b>	<b>14</b> 9:00 a.m. Counters	<b>15</b> 9:00 a.m. Facilities crew 9:00 a.m. Counters	<b>16</b> 7:00 p.m. Choir <b>DEADLINE FOR PARISH BUILDER ARTICLES</b>	<b>17</b> 10:00 a.m. Deborah Circle	<b>18</b>	<b>19</b> 7:00 a.m. Men's Bible Study 9-10 a.m. Altar Guild Choir practice at PB Presbyterian
<b>20</b> 9:00 a.m. Worship Service 9:00 a.m. Cantata 10:25 a.m. Sunday School	<b>21</b> 9:00 a.m. Counters	<b>22</b> 9:00 a.m. Facilities	<b>23</b> 7:00 p.m. Choir	<b>24</b> 6:00 p.m. Christmas Eve Candlelight Service	<b>25</b> <b>Merry Christmas</b> <b>Office closed</b>	<b>26</b> 9-10 a.m. Altar Guild No Men's Bible Study
<b>27</b> 9:00 a.m. Worship Service 10:25 a.m. Sunday School	<b>28</b> 9:00 a.m. Counters	<b>29</b>	<b>30</b> 7:00 p.m. Choir	<b>31</b>		

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

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ADDRESS SERVICE REQUESTED

**WORSHIP: SUNDAYS—9:00 a.m.**  
Sunday school for all ages at  
10:30 am, at various locations

**Christmas Eve Candle Light Service 6:00 pm**

**“An Introduction to the Christian Faith”**  
The First Module of St. Luke's Theological Academy  
Sundays, from 4:00 pm to 5:30 pm in the Lower Level.

***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.*