

The Parish Builder

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

September 2010
Volume 10 Issue 9
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

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

Table of Contents

Pastor Mark	page 1
Pastor Mark	page 2
Seniors/Parish Potpourri	page 3
Outreach/Heifer Intl.	page 4
Heifer Intl./WSL	page 5
Library/Treasurer	page 6
Worship Text/Birthdays	page 7
Memorials	
Prayer Calendar	page 8
Worship Teams	page 9
Church Event Calendar	page 10

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.

How Awesome Grace Is

I asked my younger daughter for a theme for this month's newsletter, and she provided me with the topic, "How Awesome Grace Is." After a few seconds of reflection, I decided that it was a nearly perfect theological topic for a church newsletter.

Lutherans confess that we are justified through faith alone by grace alone. The doctrine of justification is, Lutherans claim, the article by which the church stands or falls. Not only the church but, more essentially, all creation lives from God's grace. God's grace is not just a mood or even a general disposition of the divine. Instead, grace is how God deals with sinners. By declaring sinners just or right through the life, death, and resurrection of his son, Jesus Christ, God demonstrates that he is the righteous and the gracious God. In other words, righteousness and graciousness go hand in hand.

In sharp contrast, we sinful human beings live in unbelief. That is our sin. Because we do not trust God and God's graciousness, we seek to secure our own well-being through our own means, even if that means doing so regularly at someone else's expense. Our unbelief (Sin) causes us to engage in deeds of self-righteousness (sins) which wreak havoc with all our relationships, particularly that with God. In other words, our self-righteousness goes hand in hand with our lack of graciousness, which expresses itself in all manner of destructive behaviors and words against others.

Sadly, we are accustomed to human self-righteousness, i.e. lack of righteousness, and lack of graciousness. In fact, we often spurn gracious people as harboring hidden agendas, as being soft, as open to exploitation, or sometimes as just plain fools.

Continued from page 1

When people fall on hard times, we at times find it hard to give even small handouts. When a stranger unexpectedly does us a favour, we wonder where the catch is.

As we know, however, that is not always the reaction. If someone gives us a meal, we are generally grateful. If people give us their friendship, we are blessed with companionship. If someone can heal an infirmity or illness, our whole life might be changed. If someone would advocate for us in the face of our adversaries, we would feel protected. So, what would we do if someone fed us, blessed our relationships, fed us, healed us, and protected us?

Well, of course, we would crucify him. That is what we sinful human beings did to Jesus Christ. So, what kind of a re-action from God would result from such a violent, sinful, human action? Well, God would, of course, resurrect the crucified from the dead and give all those murderous sinners through faith the forgiveness of sin and the promise of eternal life. That is how awesome grace is. We cannot fathom it, and without the work of God's Holy Spirit we cannot even believe it. Nothing is more awesome than God's grace is. In the name of Jesus Christ, share it!

Conference on Christianity and Culture: Saturday, October 23, 2010

Conference Theme: The Theology of the Cross in the Church and World

St. Paul Lutheran Church (ACLC) in Escondido, CA will hold its annual "Conference on Christianity and Culture" on Saturday, October 23.

Conference Speaker: Rev. Dr. Steven A. Hein, Director of the Concordia Institute for Christian Studies

Dr. Hein will give the main morning and afternoon presentations entitled: Double-Crossed: The Way of the Cross in the Church and World

Morning Session: The Afflicted Shall Live by Faith

Afternoon Session: Christian Vocation: Taking the Cross into the World

Conference Reactors

Morning Reactor: Rev. Steven Brockdorf, Pastor of Reformation Lutheran Church (ACLC), Hillsboro, OR

Afternoon Reactor: Rev. David Jay Webber, Pastor of Redeemer Lutheran Church (ELS), Scottsdale, AZ

Conference Schedule

8:30: Coffee
 9:00: The Office of Matins
 9:30: Morning Presentation – Dr. Hein
 10:45: Reactor – Pastor Brockdorf
 11:15: Q & A
 11:45: Lunch
 12:45: Afternoon Presentation – Dr. Hein
 2:00: Reactor – Pastor Webber
 2:30: Q & A
 2:50: Panel Discussion with Dr. Hein, Pastors Brockdorf, and Pastor Webber
 3:20: The Office of Vespers

There is no fee for attending. Lunch is free but donations are welcome.

Registration is due by 04 October by calling Rev. Robert Lawson:

760-743-4440, or send an email to rlawson0651@att.net

New Group Starting at St. Luke's

SENIORS

Are you old enough to join AARP (age 50 or older)? Then consider becoming part of an organization being formed here at St Luke's Lutheran Church.

The intention of this group is to meet approximately one time per month for lunch, fun and fellowship. As time goes by we can decide if we want to potluck in the Lower Level or go out to a nice restaurant; if we want to play cards or other board games or to just have fellowship and set around and tell life stories. Bible study can be considered if that is what we want to do. It is not necessary that attendees or members of this organization be members of St Luke's. Invite your family, friends or neighbors.

If you are interested, contact Lyle Swanson in person or by phone at 619-468-3241 or if you would like, contact the church office at 619-463-6633.

Look forward to getting this off the ground!

Lyle Swanson

PARISH POTPOURRI

More travelers!!! Our own EUGENIO CRUZ and his wife, CARMEN, recently made a trip to their "home town" in Mexico: Puebla. Puebla is approximately 60 miles from Mexico City, and is very historical. Since they had not been there for twenty-six years, they were amazed at the changes!!.....BILL and PHYLLIS FOWLER spent a week with their family in a house by the beach at Lake Tahoe. Ask PHYLLIS for details!!.....Both of the KNIPPELMEYER daughters have been traveling, REBECCA to Austria and Hawaii, and GAIL to Scotland!.....The AP-LEGATES have had several guests from Germany over the past month, and are prepared for more to come.....MORE HUMOR:

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

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

You feel stuck with your debt if you can't budge it.

A lot of money is tainted: Taint yours and taint mine!

A boiled egg in the morning is hard to beat!

Dear Friends of St. Andrew's Lutheran Church (particularly past members),

St. Andrew's is celebrating its 50th anniversary on the weekend of September 18 and 19, and we'd like to invite you to join us. Former pastors will preach at the services on Saturday at 5:30, and on Sunday at 8, 9:30 and 10:45. Following the Sunday services, we'll celebrate with a lunch at 1, followed at 2 by a time of remembrance highlighted by short talks from the former pastors. The cost of the lunch is \$8, but the 2 pm time of remembrance is free. To RSVP for the lunch, or for more information, call St. Andrew's at (619) 464-4211.

OUR ONGOING OUTREACH

NEWS FROM TACO

Perhaps members were not aware that TACO has its own website: tacosd.org, with tons of information about this nonprofit organization that St. Luke's supports. If you would like additional information, like to see pictures, and like to be aware of upcoming events, that's the website to see!

One upcoming event: SUNSET BY THE SEA. This is the annual fall fundraiser, usually held at someone's home in La Jolla where there is an incredible view. The date for this year is October 23, 4:30 – 7:30 p.m. Tickets are \$75; however, if at least six people from St. Luke's can attend, tickets will be \$50 per person instead of \$75. If you are interested in attending, please let Martha Applegate know. There is always a lovely catered dinner plus a silent and not-so-silent auction. Also included: wine, cheese and chocolate tasting.

Thanks to all who brought items for the lunch sacks. As of "press time" there was a good load in the Red Flyer. All items will be taken down to TACO when we serve again, August 30.

NEWS FROM LUTHERAN BORDER CONCERNS MINISTRY

At its meeting on Saturday, August 7, the full board of LBCM unanimously accepted the application of Pastor Ramon Contreras to be Ministry Coordinator/Administrator for LBCM, following the retirement of Manny Cruz. Pastor Contreras has a master's degree from Concordia University, Irvine, as well as two bachelor's degrees: from the Seminario Bautista de la Comunidad Teologica de Mexico, Mexico City, and from the Instituto Internacional de Estudios Superiores, Mexico City.

He is presently at Holy Cross Lutheran Church (MS) in Maywood, California. Holy Cross is not yet an organized congregation.

Special events to honor Manny Cruz as he retires after twenty-five years of Lutheran Border Concerns Ministry leadership are being planned, doubtless on both sides of the border. St. Luke's will be advised of the dates and times of these occasions.

MARK YOUR CALENDARS NOW!!

It's still summer, but not too early to mark your calendars for this year's

ST. LUKE'S ALTERNATIVE GIFT FAIRE

The date: Sunday, November 14, after worship services. The same wonderful nonprofit organizations will be present, plus a couple of new organizations. You won't want to miss this.....and be sure to bring friends and/or relatives!!

HEIFER INTERNATIONAL

HEIFER INTERNATIONAL ANIMAL WELFARE GUIDELINES

.....continuing this series:

HUSBANDRY

1. Encourage management practices such as castration, dehorning, tail docking and debeaking at the earliest age practical and use procedures that reduce or eliminate pain. Skilled technicians should perform these operations. Sanitary methods should be utilized.
2. Full training of the farmers should occur before livestock are provided.
3. Training should include instruction on the mutual benefits derived from an atmosphere of well-being provided to the project family's animals.
4. All family members should receive training in the elements of management including the power of observation for normal and abnormal conditions. Practical hands-on demonstrations are encouraged.

5. . Follow-up refresher training on all important aspects of husbandry should be scheduled throughout the year.
6. During and after natural/man-made disasters, animals should be accounted for right away and cared for appropriately.
7. Animal neglect and abuse should not be tolerated in any instance.
8. The use and/or transportation of animals for the purpose of fighting ventures should not be tolerated in any instance.

WHAT'S HAPPENING AT HEIFER?

You can keep an eye on Heifer's work around the world and stay up-to-date on hunger and poverty issues with Heifer's new blog. Daily contributors post photos, video and reports from the field.

Visit the blog at www.heiferblog.org

THE HARRIS INTERACTIVE POLL HAS PUT HEIFER INTERNATIONAL AMONG THE NATION'S TOP TEN MOST TRUSTED NONPROFITS. PEOPLE RECOGNIZE HEIFER'S TRACK RECORD AND ONGOING COMMITMENT TO THEIR MISSION.

WOMEN OF ST. LUKE'S

BABY SHOWER The annual baby shower to support the Pregnancy Care Center in El Cajon and Lutheran World Relief Layette Project was held on August 19th in the Lower Level. Shirley Carrington and the Project Day ladies were largely responsible for the wonderful turnout and positive response to their requests for baby items. The potluck luncheon was followed by a work party to sort and wrap the layettes. Layettes, school kits, sewing kits, health kits and quilts will be sent off to LWR in October. Thanks to all of you who participated in this outreach.

CIRLCES Circles begin again in September after a summer hiatus. Rebekkah Circle meets on the 2nd Tuesday of each month at 7 p.m. See Betty Wiedmer for the location of the September meeting. Rebekkah Circle is studying WORD, GOD SPEAKS TO US. Deborah Circle meets on the 3rd Thursday of each month at 10:00a.m. Deborah Circle will begin a study of Peter 1 and 2. See JoAnn Hendrickson for details. All ladies of the church and their friends are heartily invited to attend circle. Snacks are provided by the hostess with the Bible Study following. Please join us for this wonderful opportunity for study and fellowship.

SCHOOL KITS are on the agenda for September. Please be on the lookout for good sales on pencils, erasers, rulers, pencil sharpeners, spiral notebooks (8 1/2 by 11) and construction paper. If you are handy, the Project Ladies will provide you with a pattern to make the book bags which hold these items. The kits are used for children as well as adults who are in a learning setting. Every little bit of our effort helps someone who is in need. There is a box in the narthex and a basket in the Lower Level for donated items.

BOARD OPENINGS The offices of President and Treasurer are open for the board term which begins in January 2011. If you would like to serve, please see Margi Buller or Pastor Mark.

MISSION AVIATION FELLOWSHIP AND THE TEEN PREGNANCY CARE CENTER were the recipients of funds from the Women of St. Luke's this month. WSL supports MISSION AVIATION FELLOWSHIP on a regular basis as well as quarterly support of the Ault Family who serve with MISSION AVIATION FELLOWSHIP.

UPCOMING DATES FOR YOUR CALENDAR

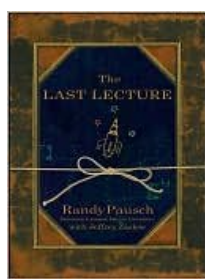
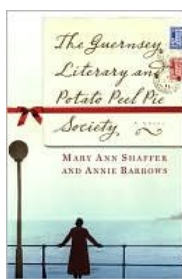
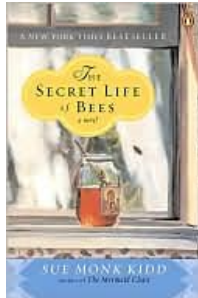
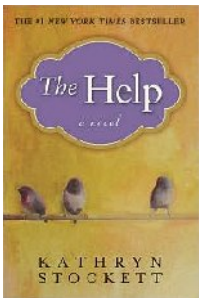
ALTERNATIVE GIFT FAIRE IN THE FAMILY CENTER NOVEMBER 14TH

ADVENT POTLUCK SUPPER IN THE LOWER LEVEL DECEMBER 5TH 5

Books on CD in the SLLC Library

Don't be the last on your block to check out our new books on CD! You can download the CDs to your own computer to listen to them, listen to them in your car while driving, or also borrow the CD player the library has available for checkout and listen to them on the player. Even if you have read the book already, the book on CD is fun to hear, as you will often hear dialects or the author's own voice that you missed from your own reading. You might want to share the CD with someone who is shut-in and would love to hear these delightful stories. Hurry, they are popular!

- The Help
- Secret Life of Bees
- Marley and Me
- Peony
- Guernsey Literary Potato Peel Pie Society
- The Last Lecture (the only nonfiction)



Darcy Barghols, Hazel Knippelmeyer, Karen Skullerud.

TREASURER NOTES

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

Terry East
Treasurer

The Passion Play in Oberammergau, Germany

The passion play in Oberammergau, Bavaria in southern Germany takes place every ten years. It is such a great experience. The cast of the play is the town residents, and one cannot participate in the play unless one has been born there or lived in Oberammergau at least 20 years. Otherwise, the child performers and animals could not participate.

The play is wonderful, a six-hour extravaganza with a three-hour break in the middle for dinner (and shopping). Although the play is presented in German, one can follow along with printed materials in various languages, including English.

The play got its start in the 1600s at the time of the plague as a bargain with God. The town's people promised to perform the play every ten years if God spared the village. The people kept their promise for the whole world to enjoy.

While in the area of Oberammergau, you might want to check out the local woodworking talent. Actually, all of Bavaria is to be enjoyed. One would think that the Disney crew had gone ahead to prepare the area by decorating the buildings and painting the most perfect backdrop. (Edited slightly for inclusion in The Parish Builder)

- Karen Skullerud



**Happy September
Birthday
to you....**

**Darcy Barghols
Pattie Boekamp
Cathie Floegel
Bev Holland
Gene Knippelmeyer
Peter Mylerberg
Bev Newak
Ted Olsen
Karen Skullerud**



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 looking for a mortuary,

PLEASE CALL and THANK. ...

**FEATHERINGILL
MORTUARY
6322 El Cajon Blvd.
San Diego, CA 92115**

*Make sure you tell them you
heard about them from our
newsletter*

SEPTEMBER WORSHIP TEXT

5th Fifteenth Sunday after Pentecost

First Lesson—Deuteronomy 30: 15-20
Second Lesson—Philemon 1-21
Gospel—Luke 14: 25-33

12th Sixteenth Sunday after Pentecost

First Lesson— Exodus 32: 7-14
Second Lesson—I Timothy 1: 12-17
Gospel—Luke 15: 1-10

19th Seventeenth Sunday after Pentecost

First Lesson—Amos 8: 4-7
Second Lesson—I timothy 2: 1-7
Gospel—Luke 16: 1-13

26th Eighteenth Sunday after Pentecost

First Lesson—Amos 6: 1a, 4-7
Second Lesson—I Timothy 6: 6-19
Gospel—Luke 16: 19-31

MEMORIAL GIFTS

Donna Bohnsack Memorial
Glen Bohnsack

Billie Moore Memorial
George Moore

PARISH BUILDER ARTICLES

October 2010 articles,
due in the office by
September 16th

Thank you, Judy

SEPTEMBER PRAYER CALENDAR

Pray for St. Luke's



My Sister Roxie, and the entire Barghols' family would like to thank everyone for their prayers, cards, calls, books, and visits to my mom over the past six months. It was truly appreciated by our mother.

Sincere thanks,
Darcy and Doug Barghols

Dear Friends,

Chuck and I wish to thank you for all the cards, the prayers for our son Tom and grandson Aaron and me. Prayers never fail you and you at St. Luke's are truly prayer warriors.

Our son Tom did have colon cancer and is very much on the mend, In the next week he'll know if he has to choose between chemo or an alternative. He has returned to work and to golf; he has 6 handicap and is working toward a zero. I don't know why he's a golfer.

Our grandson Aaron is very much on the mend, working and caring for his little girl.

Me, I start outpatient therapy today, the 16th, things are looking up.

Chuck and I thank all of you who brought food to us, we had both lost some weight but good food stops all good plans to diet.

We thank Martha Applegate for all she did to organize the dinners. As I have said before, Martha: You are amazing, my friend.

Pastor Mark, thanks for your visits and the prayers. You are all angels.

Marge and Chuck Hersom

PRAYER		
1	Acts 12: 5, (6-11) 12	<i>To be people of prayer</i>
2	II Thessalonians 1: 11, 12	<i>To glorify the name of Jesus</i>
3	Mark 12: 29-31	<i>To love God and neighbor</i>
4	Psalm 37: 5,6	<i>To commit our way to the Lord</i>
5	Psalm 98: 1-3	<i>Praise the LORD!</i>
6	Galatians 5: 16-18	<i>To be led by the Spirit</i>
7	Colossians 3: 1-4	<i>To set our hearts on things above</i>
8	2 Timothy 1: 8-10	<i>To not be ashamed</i>
9	Psalm 89: 14-18	<i>Rejoice in the Lord!</i>
10	Ephesians 6: 19, 20	<i>For Pastor Mark</i>
11	James 5: 7-8, 10-11	<i>To be patient</i>
12	Mark 4: 13-20	<i>To be good soil</i>
13	Romans 15: 5,6	<i>To have a spirit of unity</i>
14	Romans 5: 6-11	<i>Rejoice in God's love</i>
15	Colossians 1: 6-8	<i>To be strengthened in the faith</i>
16	Colossians 1: 9-12	<i>To bear fruit</i>
17	Ephesians 1: 11, 12	<i>To be for the praise of His glory</i>
18	Matthew 5: 14-16	<i>To be light</i>
19	Psalms 104: 31-34	<i>Sing to the LORD!</i>
20	Proverbs 15: 1	<i>To be gentle in speech</i>
21	Proverbs 2: 1-6	<i>To apply our hearts to understanding</i>
22	Psalm 25: 8-12	<i>To be taught by the LORD</i>
23	Philippians 4: 8, 9	<i>To think God's thoughts</i>
24	Psalm 111: 1-9	<i>Praise the Lord!</i>
25	John 10: 3-5	<i>To follow our Shepherd</i>
26	James 1: 12	<i>To persevere under trial</i>
27	I Corinthians 15: 58	<i>To labor in the Lord</i>
28	I Corinthians 12: 24b-26	<i>To have concern for each other</i>
29	I Corinthians 1: 30, 31	<i>He is all we need</i>
30	Ephesians 3: 20,21	<i>To God be the Glory</i>

SEPTEMBER WORSHIP TEAMS

September Reader September Altar Guild Sound Technician	<i>MaryAnn Boullain 5th Darcy Barghols Vi De Marce Ben Wilson</i>
5th Communion Assistant — Bread	<i>Lyle Swanson</i>
Prayers of the People	<i>George Moore</i>
Projectionist	<i>Marie Handley</i>
Communion Assistants —Wine	<i>Dawn Dolan, Marge Buller</i>
Greeters	<i>Loraine Wininger , Bonnie Fuller</i>
Usher Team	<i>Shirley Carrington</i>
Acolytes	<i>Billy Miles, Savannah Scott</i>
12th Communion Assistant— Bread	<i>Judi Dunnigan</i>
Prayers of the People	<i>Pastor Mark</i>
Projectionist	<i>Shirley Carrington</i>
Communion Assistants —Wine	<i>Gene & Hazel Knippelmeyer</i>
Greeters	<i>Bob Becker, Chuck Volker</i>
Usher Team	<i>Chuck Hersom</i>
Acolytes	<i>Makalya Stromenger, Emily Rose Menacher</i>
19th Communion Assistant— Bread	<i>Shirley Carrington</i>
Prayers of the People	<i>Marge Hersom</i>
Projectionist	<i>Gail Knippelmeyer</i>
Communion Assistant —Wine	<i>Cathie Floegel, Joe Makowski</i>
Greeters	<i>Bob & Marilyn Burns</i>
Usher Team	<i>Randy Engel</i>
Acolytes	<i>Billy Miles, Grace Menacher</i>
26th Communion Assistant— Bread	<i>Judi Dunnigan</i>
Prayers of the People	<i>Hazel Knippelmeyer</i>
Projectionist	<i>Marie Handley</i>
Communion Assistant —Wine	<i>Marilyn Burns, Loraine Wininger</i>
Greeters	<i>Darcy Barghols, Jim & Dawn Dolan, Knippelmeyers</i>
Usher Team	<i>Shirley Carrington</i>
Acolytes	<i>Makalya Stromenger, Emily Rose Menacher</i>

September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 9:00 a.m. Worship Service	6 LABOR DAY OFFICE CLOSED	7 9:00 a.m. Facilities Mtg. 8:00 a.m. Tai Chi Noon WSL Board Mtg. 6:00 p.m. Worship Arts 6:30 a.m. Special O 7:00 p.m. Parish Ed	8 8:15 a.m. WW— 1st day of school 6:00 p.m. Choir practice at the Applegates	9 8:00 a.m. Tai Chi	10 10:30 a.m. Seniors	11 7:00 a.m. Men's Bible Study 9-10 a.m. Altar Guild
12 9:00 a.m. Worship Service 11:30 a.m. Future Generations	13 9:00 a.m. Counters 5:30 p.m. Finance 6:00 p.m. Executive Council 7:00 a.m. Council	14 8:00 a.m. Tai Chi 9:00 a.m. Facilities 9:30 a.m. Project day 6:30 a.m. Special O	15 7:00 p.m. Choir	16 8:00 a.m. Tai Chi 5:00 p.m. Deadline for Parish Builder	17	18 7:00 a.m. Men's Bible Study 9-10 a.m. Altar Guild
19 9:00 a.m. Worship Service 10:15 a.m. Sunday school resumes	20 9:00 a.m. Counters	21 8:00 a.m. Tai Chi 9:00 a.m. Facilities 6:30 a.m. Special O	22 5:30 p.m. WNL 6:00 p.m. Bible study 6:00 p.m. Catechism class 7:00 p.m. Choir	23 8:00 a.m. Tai Chi	24	25 7:00 a.m. Men's Bible Study 9-10 a.m. Altar Guild
26 9:00 a.m. Worship Service 10:15 a.m. Sunday school Noon CHURCH PICNIC	27 9:00 a.m. Counters	28 8:00 a.m. Tai Chi 9:00 a.m. Facilities 9:30 a.m. Project day 6:30 a.m. Special O	29 5:30 p.m. WNL 6:00 p.m. Bible study 6:00 p.m. Catechism class 7:00 p.m. Choir	30		

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

Phone: 619-463-6633
Webpage: www.st-lukes-la-mesa.org
Email: office-sllc@att.net

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
EL CAJON, CA
PERMIT NO 262

Dated Material
August 2010

ADDRESS SERVICE REQUESTED

A WARM WELCOME TO ALL

- Worship Service: Sundays—9:00 a.m.
- Sunday school for all ages: Resumes Sunday, September 19 at 10:15 a.m. in the Lower Level.
- Wednesday Night Live: Resumes Wednesday, September 22 at 5:30 p.m. in the Lower Level with Bible study following the dinner.
- Catechism class: Begins Wednesday, September 22.
- St. Luke's Annual Picnic: September 26 on our campus.

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.