

# Parish Rebuilder

St. Luke's Lutheran Church - 5150 Wilson Street, La Mesa, CA 91942

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

March 2024  
Monthly Newsletter  
Volume 24 Issue 3

**We invite you to attend**

**St. Luke's Lutheran Church**

Please contact Lupita in the office to discuss a visit or to arrange an appointment with Pastor Mark:

619-463-6633 or [office-sllc@att.net](mailto:office-sllc@att.net)

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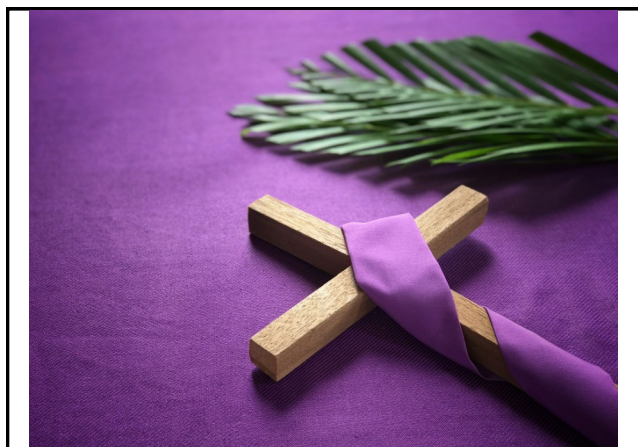
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## **The Resurrection of the Dead**

We all have varied and various ideas of what transpires after we die. We often hear people say, "So-and-so' has gone to be with Jesus." In the Apostles' Creed, we confess that we believe in "the resurrection of the body," but what happens in the time between death and "the resurrection on the last day" (John 11:24)? Part of the reason why we have varied and various ideas regarding life after death is that scripture itself gives us no definitive description of events postmortem. That said, scripture does give us some pretty clear indications. Based perhaps on his encounter with the resurrected Christ, the best description of a resurrected person is arguably provided by St. Paul in the fifteenth chapter of his letter First Letter to the Corinthians. If you have not read I Corinthians 15 lately or not at all, take a few moments to read it. If you have read it lately, find someone and read it to them.

1 Now I would remind you, brothers, of the gospel I preached to you, which you received, in which you stand, 2 and by which you are being saved, if you hold fast to the word I preached to you—unless you believed in vain.

3 For I delivered to you as of first importance what I also received: that Christ died for our sins in accordance with the Scriptures, 4 that he was buried, that he was raised on the third day in accordance with the Scriptures, 5 and that he appeared to Cephas, then to the twelve. 6 Then he appeared to more than five hundred brothers at one time, most of whom are still alive, though some have fallen asleep. 7 Then he appeared to James, then to all the apostles. 8 Last of all, as to one untimely born, he appeared also to me. 9 For I am the least of the apostles, unworthy to be called an apostle, because I persecuted the church of God. 10 But by the grace of



God I am what I am, and his grace toward me was not in vain. On the contrary, I worked harder than any of them, though it was not I, but the grace of God that is with me. 11 Whether then it was I or they, so we preach and so you believed.

12 Now if Christ is proclaimed as raised from the dead, how can some of you say that there is no resurrection of the dead? 13 But if there is no resurrection of the dead, then not even Christ has been raised. 14 And if Christ has not been raised, then our preaching is in vain and your faith is in vain. 15 We are even found to be misrepresenting God, because we testified about God that he raised Christ, whom he did not raise if it is true that the dead are not raised. 16 For if the dead are not raised, not even Christ has been raised. 17 And if Christ has not been raised, your faith is futile and you are still in your sins. 18 Then those also who have fallen asleep in Christ have perished. 19 If in Christ we have hope in this life only, we are of all people most to be pitied.

20 But in fact Christ has been raised from the dead, the first fruits of those who have fallen asleep. 21 For as by a man came death, by a man has come also the resurrection of the dead. 22 For as in Adam all die, so also in Christ shall all be made alive. 23 But each in his own order: Christ the first fruits, then at his coming those who belong to Christ. 24 Then comes the end, when he delivers the kingdom to God the Father after destroying every rule and every authority and power. 25 For he must reign until he has put all his enemies under his feet. 26 The last enemy to be destroyed is death. 27 For "God has put all things in subjection under his feet." But when it says, "all things are put in subjection," it is plain that he is excepted who put all things in subjection under him. 28 When all things are subjected to him, then the Son himself will also be subjected to him who put all things in subjection under him, that God may be all in all.

29 Otherwise, what do people mean by being baptized on behalf of the dead? If the dead are not raised at all, why are people baptized on

their behalf? 30 Why are we in danger every hour? 31 I protest, brothers, by my pride in you, which I have in Christ Jesus our Lord, I die every day! 32 What do I gain if, humanly speaking, I fought with beasts at Ephesus? If the dead are not raised, "Let us eat and drink, for tomorrow we die." 33 Do not be deceived: "Bad company ruins good morals." 34 Wake up from your drunken stupor, as is right, and do not go on sinning. For some have no knowledge of God. I say this to your shame.

35 But someone will ask, "How are the dead raised? With what kind of body do they come?" 36 You foolish person! What you sow does not come to life unless it dies. 37 And what you sow is not the body that is to be, but a bare kernel, perhaps of wheat or of some other grain. 38 But God gives it a body as he has chosen, and to each kind of seed its own body. 39 For not all flesh is the same, but there is one kind for humans, another for animals, another for birds, and another for fish. 40 There are heavenly bodies and earthly bodies, but the glory of the heavenly is of one kind, and the glory of the earthly is of another. 41 There is one glory of the sun, and another glory of the moon, and another glory of the stars; for star differs from star in glory.

42 So is it with the resurrection of the dead. What is sown is perishable; what is raised is imperishable. 43 It is sown in dishonor; it is raised in glory. It is sown in weakness; it is raised in power. 44 It is sown a natural body; it is raised a spiritual body. If there is a natural body, there is also a spiritual body. 45 Thus it is written, "The first man Adam became a living being"; the last Adam became a life-giving spirit. 46 But it is not the spiritual that is first but the natural, and then the spiritual. 47 The first man was from the earth, a man of dust; the second man is from heaven. 48 As was the man of dust, so also are those who are of the dust, and as is the man of heaven, so also are those who are of heaven. 49 Just as we have borne the image of the man of dust, we shall also bear the image of the man of heaven.

50 I tell you this, brothers: flesh and

blood cannot inherit the kingdom of God, nor does the perishable inherit the imperishable. 51 Behold! I tell you a mystery. We shall not all sleep, but we shall all be changed, 52 in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised imperishable, and we shall be changed. 53 For this perishable body must put on the imperishable, and this mortal body must put on immortality. 54 When the perishable puts on the imperishable, and the mortal puts on immortality, then shall come to pass the saying that is written: "Death is swallowed up in victory." 55 "O death, where is your victory? O death, where is your sting?" 56 The sting of death is sin, and the power of sin is the law. 57 But thanks be to God, who gives us the victory through our Lord Jesus Christ.

58 Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain (I Cor 15:1-58 - ESV).

- Pastor Mark

## Stefan Raschtschenia is an Eagle Scout!

Sunday, January 21st, was an occasion for pride and joy, as well as a time for serious reflection as Stefan Raschtschenia celebrated with family and friends at his Eagle Scout Ceremony. The Eagle rank is the highest recognition that is offered to Scouts. It is earned through the advancement program, and only a small percentage of boys who begin in Scouting receive this honor. The wearer of the Eagle award is the epitome of Scouting's best efforts and beliefs.

Stefan distinguished himself through his continued performance of active service in Scouting that began with Cub Scouts in 2014. Stefan's years in scouting will be fondly remembered through memories of countless merit badges earned, hikes and camping adventures, including 79 miles at Philmont, New Mexico. Stefan was also involved in many service events for memorial flag placement, for carrying flags and banners in parades, and for Christmas caroling for Seniors. All of these activities helped Stefan practice his leadership abilities that are marked by the character gained through an understanding of his citizenship, community and religious beliefs. Stefan received the "God and Church" religious medal in 2019, further strengthening his faith.

The attainment of this award was made possible through the assistance of many Scoutmasters, Troop leaders, fellow Scouts, parents, family, friends, and members of the community. A very big thankyou to Pastor Mark Menacher for the moving Benediction closing the Eagle Scout ceremony.







# Spaghetti Dinner

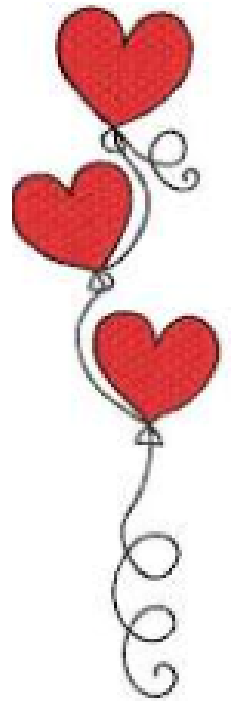
## BINGO



blessed ♡







**ASH WEDNESDAY**  
BEGINS THE SEASON OF LENT



*faith*

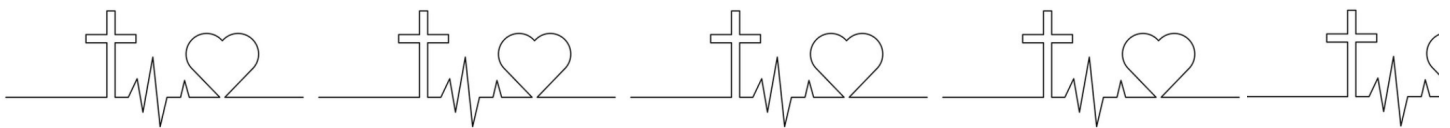


## Music Notes

The choir and musicians thank you for the congregational support of our ministry in music. We are busy preparing a cantata, "Out of the Shadows", for the Easter season that will be presented in three consecutive services. This will include the choir, instrumental music and narration reflecting on the Passion and Resurrection of Christ.

You are invited to come and share in the worship of our Lord on Maundy Thursday, Good Friday and Easter morning. Please invite your friends and family to come with you to experience these meaningful services!

Musically in Christ, Richard



### ***To all the Women of St. Luke's Lutheran:***

*We value one another's gifts in the Body of Christ, and look forward to getting better acquainted with each woman in one or another of our activity offerings.*

#### **Hebrews Bible Study:**

The Hebrew Bible Study will be meeting on March 6th and 20th at 10:00 am – 11:30 am.

It's not too late to join this study. We alternate facilitators each lesson and have wonderful, encouraging discussions through the readings and questions.

#### **Project Day Dates in March:**

Project ladies will meet March 12 and 26 from 9 - 11:30 am. in the Lower Level. The plan is to stretch and pin together 1 or 2 large family-sized quilts for Lutheran World Relief each time. These quilts are collected in October and sent all over the world to those in need.

If we are blessed in having more than 4 participants on these days, we will be cutting up sheets to make quilt backs for future quilts! (For now we have plenty of tops ready to use.)

***Remember, you do not have to know how to sew to help with these projects!***

#### **Prayer Quilts:**

In order to allow all members of St. Luke's an opportunity to tie a knot and lift a prayer for our future Prayer Quilt recipients, we will try to place the quilts on a rack in the narthex/foyer of our sanctuary on a Sunday morning before church. It will move downstairs to the Lower Level for fellowship/ Sunday School time. *If you've been a recipient of one of these quilts, you know just how good this prayer covering feels!!*

- Dianne Foreman

## MARCH WORSHIP TEXTS

### Third Sunday in Lent — 3/3

First Lesson — Exodus 20:1-17

Psalm 19

Second Lesson — 1 Corinthians 1:18-31

Gospel — John 2:13-22 (23-25)

### Fourth Sunday in Lent — 3/10

First Lesson — Numbers 21:4-9

Psalm 107:1-9

Second Lesson — Ephesians 2:1-10

Gospel — John 3:14-21

### Fifth Sunday in Lent — 3/17

First Lesson — Jeremiah 31:31-34

Psalm 119:9-16

Second Lesson — Hebrews 5:1-10

Gospel — Mark 10:(32-34) 35-45

### Palm Sunday / Sunday of the Passion

— 3/24

First Lesson — Zechariah 9:9-12

Psalm 118:19-29 / Psalm 31:9-16

Second Lesson — Philippians 2:5-11

Gospel — John 12:1-19

### The Resurrection of Our Lord—

Easter Day — 3/31

First Lesson — Isaiah 25:6-9

Psalm 16

Second Lesson — 1 Corinthians 15:1-11

Gospel — Mark 16:1-8

## Happy Birthday

Henry Reisert	3/6
Robin Wheeler	3/9
Mary Ann Boullain	3/10
Katrina Wilborn	3/11
Carol Prior	3/13
David Emerson	3/14
Sandee Handy	3/19
Stuart Olsen	3/23

## Happy Anniversary

Ted & Colleen Olsen	3/29
Nancy & Rick Parkhurst	3/23

## Coffee & Jesus

3/3 — Bonnie Halverson &

Lori Ann Linn

3/10 — Scott Widmann

3/17 — Stephanie Brown

3/24 — Judi Cole

3/31 — EASTER

## MARCH PRAYER CALENDAR

### *“The Church, the Body of Christ”*

1	Romans 12:3-13	
2	Colossians 1:16-19	<i>The church's one foundation</i>
3	I Corinthians 12:12-18	<i>Is Jesus Christ her Lord;</i>
4	Ephesians 1:16-23	<i>She is his new creation</i>
5	Ephesians 4:1-8	<i>By water and the Word.</i>
6	Ephesians 4:11-16	<i>From heaven he came and sought her</i>
7	I Timothy 3:14-16	<i>To be his holy bride;</i>
8	II Peter 1:3-8	<i>With his own blood he bought her,</i>
9	Ephesians 5:22-32	<i>And for her life he died.</i>
10	I Peter 2:1-5	
11	I Peter 2:-10	<i>Elect from every nation,</i>
12	I Corinthians 3:16-17	<i>Yet one over all the earth;</i>
13	Ephesians 2:17-22	<i>Her charter of salvation:</i>
14	I Corinthians 12:20-27	<i>One Lord, one faith, one birth.</i>
15	Colossians 1:24-29	<i>One holy name she blesses.</i>
16	Acts 2:36-42	<i>Partakes one holy food,</i>
17	Romans 5:1-5	<i>And to one hope she presses</i>
18	Romans 6:1-11	<i>With every grace endured.</i>
19	Romans 7:4-6	
20	Colossians 2:16-19	<i>Yet she on earth has union</i>
21	II Thessalonians 1:11-12	<i>With God, the Three in One,</i>
22	Hebrews 4:14-16	<i>And mystic sweet communion</i>
23	Colossians 3:12-17	<i>With those whose rest is won.</i>
24	Philippians 1:9-11	<i>O blessed heavenly chorus!</i>
25	Titus 3:1-7	<i>Lord save us by you grace,</i>
26	I John 3:1-3	<i>That we, like saints before us,</i>
27	Matthew 16:13-18	<i>May see you face to face.</i>
28	Romans 15:1-7	
29	I Thessalonians 5:12-18	<i>Hymn # 369</i>
30	I Peter 5:6-11	<i>Verses 1, 2, 5</i>
31	Jude 20-25	<i>LBW</i>



## **MARCH WORSHIP TEAMS**

	Reader(s)	<i>Jennifer Killion</i>
	Altar Guild	<i>Shirley Carrington</i>
3rd	Communion Assistant —bread	<i>Bob Urich</i>
	Communion Assistants—wine	<i>Jillian Barnard &amp; Gleason Snashall</i>
	Greeter	<i>JoAnn Hendrickson</i>
	Prayers of the People	<i>Pastor Mark Menacher</i>
	Projectionist	<i>Gail Knippelmeyer</i>
	Usher Team	<i>Randy Engel</i>
10th	Communion Assistant —bread	<i>Judi Cole</i>
	Communion Assistants—wine	<i>Brad Sollenberger &amp; Cheri Murrell</i>
	Greeter	<i>JoAnn Hendrickson</i>
	Prayers of the People	<i>Jillian Barnard</i>
	Projectionist	<i>Shirley Carrington</i>
	Usher Team	<i>Randy Engel</i>
17th	Communion Assistant —bread	<i>Brad Sollenberger</i>
	Communion Assistants—wine	<i>Cheri Murrell &amp; Laurie Floren</i>
	Greeter	<i>Jillian Barnard</i>
	Prayers of the People	<i>Laurie Floren</i>
	Projectionist	<i>Gail Knippelmeyer</i>
	Usher Team	<i>Randy Engel</i>
24th	Communion Assistant —bread	<i>Laurie Floren</i>
	Communion Assistants—wine	<i>Cheri Murrell &amp; Jillian Barnard</i>
	Greeter	<i>Jillian Barnard</i>
	Prayers of the People	<i>Gleason Snashall</i>
	Projectionist	<i>Shirley Carrington</i>
	Usher Team	<i>Bob Gray</i>
31st	Communion Assistant —bread	<i>Bob Urich</i>
	Communion Assistants—wine	<i>Jillian Barnard &amp; Terri East</i>
	Greeter	<i>Jillian Barnard</i>
	Prayers of the People	<i>Dianne Foreman</i>
	Projectionist	<i>Gail Knippelmeyer</i>
	Usher Team	<i>Randy Engel</i>

# March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 9:00am Craft Fair	<b>2</b> 8:30 am JOY 9:00am Craft Fair
<b>3</b> 9:00am Craft Fair 9:00am Worship 10:30am Sunday School 3:00pm SLTA 6:30pm A- Alon	<b>4</b> 1:00pm Counters	<b>5</b> 8:00am Tai Chi 10:00 Bible Study 6:30 pm Special Olympics	<b>6</b> 10:00 WSL Bible Study 6:00 Soup Supper 7:00 Service 7:30 Choir	<b>7</b> 8:00am Tai Chi 6:30pm A- Alon	<b>8</b>	<b>9</b> 8:30 am JOY 1:30 Gideons Int'l
<b>10</b> 9:00am Worship 10:30am Sunday School 3:00pm SLTA 6:30pm A- Alon	<b>11</b> 1:00pm Counters	<b>12</b> 8:00am Tai Chi 9:30am Project Day 10:00 Bible Study 6:00pm Council mtg	<b>13</b> 6:00 Soup Supper 7:00 Lent Service 7:30 Choir	<b>14</b> 8:00am Tai Chi 6:30pm A- Alon	<b>15</b>	<b>16</b> 8:30 am JOY 4:00pm A-Alon Bingo night
<b>17</b> 9:00am Worship 10:30am Sunday School 3:00pm SLTA 6:30pm A- Alon	<b>18</b> 1:00pm Counters	<b>19</b> 8:00am Tai Ch 10:00 Bible Study	<b>20</b> 10:00 WSL Bible Study 6:00 Soup Supper 7:00 Service 7:30 Choir	<b>21</b> 8:00am Tai Chi 6:30pm A- Alon	<b>22</b>	<b>23</b> 8:30 am JOY 10:00am Bible Study
<b>24</b> 9:00am Worship 10:30am Sunday School 3:00pm SLTA 6:30pm A- Alon	<b>25</b> 1:00pm Counters	<b>26</b> 8:00am Tai Chi 9:30am Project Day 10:00 Bible Study	<b>27</b> 7:30 Choir	<b>28</b> 8:00am Tai Chi 12:00pm Bookclub 6:30pm A- Alon	<b>29</b> 7:00pm Service	<b>30</b> 8:30 am JOY 11:00am Easter Egg Hunt
<b>31</b> 9:00am Worship 10:30am East Brunch						

**ST. LUKE'S LUTHERAN CHURCH**

**5150 WILSON ST.**

**LA MESA, CA 91942**

Phone: 619-463-6633

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Dated Material  
March 2024

CHANGE SERVICE REQUESTED

- A WARM WELCOME TO ALL**
- Sunday Worship: 9:00 am in the Sanctuary
  - Sunday School: 10:30 am in the Lower Level
  - Wednesday Choir Practice: 5:30 pm in the Fireside Room (Lower Level)
  - Wednesday Pericope / Communion Service: 7:00 pm in the Fireside Room
  - Hebrews Bible Study: 3/6 and 3/20 at 10:00 am – 11:30 am in the LL

**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.*