



# Parish Rebuilder

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

619-463-6633 [www.st-lukes-la-mesa.org](http://www.st-lukes-la-mesa.org)

July 2019

Monthly Newsletter

Volume 19 Issue 7

## **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 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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## ***Vacation Bible School***

July 8th—July 12th

5:30pm—8:00pm

## ***Quarterly Congregational Meeting***

July 28th after service

**BBQ to follow**

## **Luther on Freedom**

Americans celebrate their freedom on Independence Day, generally known as the Fourth of July. Christians celebrate freedom every day. In his commentary on Galatians, Luther writes:

“For freedom Christ has set us free; stand fast therefore” (Galatians 5:1)

Every word is emphatic. “Stand fast,” he says, “in freedom.” In what freedom? Not in the freedom for which the Roman emperor has set us free but in the freedom for which Christ has set us free. The Roman emperor gave—indeed, was forced to give—the Roman pontiff a free city and other lands, as well as certain immunities, privileges, and concessions. This, too, is freedom; but it is a political freedom, according to which the Roman pontiff with all his clergy is free of all public burdens. In addition, there is the freedom of the flesh, which is chiefly prevalent in the world. Those who have this obey neither God nor the laws but do what they please. This is the freedom which the rabble pursues today; so do the fanatical spirits, who want to be free in their opinions and actions, in order that they may teach and do with impunity what they imagine to be right. This is a demonic freedom, by which the devil sets the wicked free to sin against God and men. We are not dealing with this here although it is the most widespread and is the only goal and objective of the entire world. Nor are we dealing with political freedom. No, we are dealing with another kind, which the devil hates and attacks most bitterly.

This is the freedom with which Christ has set us free, not from some human slavery or tyrannical

authority but from the eternal wrath of God. Where? In the conscience. This is where our freedom comes to a halt; it goes no further. For Christ has set us free, not for a political freedom or a freedom of the flesh but for a theological or spiritual freedom, that is, to make our conscience free and joyful, unafraid of the wrath to come (Matt. 3:7). This is the most genuine freedom; it is immeasurable. When the other kinds of freedom—political freedom and the freedom of the flesh—are compared with the greatness and the glory of this kind of freedom, they hardly amount to one little drop. For who can express what a great gift it is for someone to be able to declare for certain that God neither is nor ever will be wrathful but will forever be a gracious and merciful Father for the sake of Christ? It is surely a great and incomprehensible freedom to have this Supreme Majesty kindly disposed toward us, protecting and helping us, and finally even setting us free physically in such a way that our body, which is sown in perishability, in dishonor, and in weakness, is raised in imperishability, in honor, and in power (1 Cor. 15:42–43). Therefore the freedom by which we are free of the wrath of God forever is greater than heaven and earth and all creation.

From this there follows the other freedom, by which we are made safe and free through Christ from the Law, from sin, death, the power of the devil, hell, etc. For just as the wrath of God cannot terrify us—since Christ has set us free from it—so the Law, sin, etc., cannot accuse and condemn us. Even though the Law denounces us and sin terrifies us, they still cannot plunge us into despair. For faith, which is the victor over the world (1 John 5:4), quickly declares: “Those things have nothing to do with me, for Christ has set me free from them.” So it is that death, which is the most powerful and horrible thing in the world, lies conquered in our conscience through this freedom of the Spirit. Therefore the greatness of Christian freedom should be carefully measured and pondered. The words “freedom from the wrath of God, from the Law, sin, death, etc.,” are easy to say; but to feel the greatness of this freedom and to apply its results

to oneself in a struggle, in the agony of conscience, and in practice—this is more difficult than anyone can say.

Therefore let us learn to place a high value on this freedom of ours; not the emperor, not an angel from heaven, but Christ, the Son of God, through whom all things were created in heaven and earth, obtained it for us by His death, to set us free, not from some physical and temporary slavery but from the spiritual and eternal slavery of those most cruel and invincible tyrants, the Law, sin, death, the devil, etc., and to reconcile us to God the Father. Now that these enemies have been defeated and now that we have been reconciled to God through the death of His Son, it is certain that we are righteous in the sight of God and that all our actions are pleasing to Him; and if there is any sin left in us, this is not imputed to us but is forgiven for the sake of Christ. Paul is speaking very precisely when he says that we should stand in the freedom for which Christ has set us free. Therefore this freedom is granted to us, not on account of the Law or our righteousness but freely, on account of Christ. Paul testifies to this and demonstrates it at length throughout this epistle; and Christ says in John 8:36: “If the Son makes you free, you will be free indeed.” He alone is thrust into the middle between us and the evils that oppress us. He conquers and abolishes them, so that they cannot harm us any longer. In fact, in place of sin and death He grants us righteousness and eternal life, and He changes slavery and the terrors of the Law into the freedom of conscience and the comfort of the Gospel, which says (Matt. 9:2): “Take heart, My son; your sins are forgiven.” Therefore he who believes in Christ has this freedom. (LW 27:3–6) [As a reminder, in the course of 1517–1518, Martin Luder changed the spelling of his name to Martin Luther to reflect the Greek word *eleutheros* meaning free. Thus, the name Lutheran implicitly or explicitly describes all those set free through faith alone in Christ alone.]

## La Mesa Flag Day Parade

Once again, St. Luke's participated in the La Mesa Flag Day parade to advertise Vacation Bible School. Our vehicle entry was superb. We wish to thank all those who helped make this year's float a grand success, especially George Hauk and Tom Stubbs for crafting our VBS rocket, Ted Olsen for providing his truck and other equipment, Jillian Barnard for the new St. Luke's vehicle magnetic logos, Jennifer Killion for decorations, and the many others who distributed VBS 2019 flyers to the crowd. It is reported that St. Luke's float even made its way into the following Sunday's sermon by a pastor in a neighbouring church!

## Getting Ready for VBS 2019

Again, this year's vacation bible school (VBS) is scheduled for 8-12 July. The theme is "Miraculous Mission." Each day's lessons take us through God's will for our salvation through his son, Jesus Christ. Get ready to blast off for new adventures. We will rocket to new heights in Bible learning. This is a whole congregational mission event. So, please prepare to help in whatever way that you can. So, get on board now and enjoy the ride!



## Another SLTA Graduate

St. Luke's Theological Academy (SLTA) has been providing meaningful theological learning for many years now. Six courses comprise the Diploma in Theological Studies. Those courses include Foundations of the Christian Faith, Introduction to the Old Testament, Introduction to the New Testament, Reformation Theology, Introduction to Church History, and Liturgy and Church Music. STLA is pleased to announce its third graduate, Mr. Paul Johnston, who joins fellow graduates Bill and Diane Svennson. Mr. Johnston has not only completed all six modules for the diploma, but he has also completed all the post-diploma courses. Congratulations Paul!

*Pastor Mark*



## **Women of St. Luke's**

Summer is here!! Vacations, visitors, with little periods of relaxation between the two. And Bar B Que (that's how it's spelled in Texas, I'm told)!! Oh, did you remember that WSL is putting on a Bar B Que on Sunday July 28 after the congregational meeting? Please plan to come or expect to see cold hot dogs and hamburgers for months as the fellowship hour goodies.

As you receive this, Vacation Bible School is about to begin. I hope you have invited all the children within a mile radius of your home. We are hoping for a robust attendance. Each of us wants to see St. Luke's grow and this is one way of opening doors for that to happen.

Talking about leaders (where did that come from???) I want to tell you about the WSL board. Each of these ladies are leaders not only in the areas where they have committed to serve but also step up to assume leadership in other areas.

MaryAnn is our Vice President. She puts together most of the events we sponsor. "Puts together" means identifying tasks and getting volunteers to assist. She identifies items needed, food needed, what needs to be set up and cleaned up and when, and then works to assist doing all.

Angie is our Treasurer and our quilter emeritus. She, along with MaryAnn, helps make and donate quilts for each of our craft fairs as well as works with the Tuesday AM quilting ladies to finish their projects. She also helps with our Ash Wednesday soup supper and Advent dinner.

JoAnn is our Secretary. She keeps accurate minutes from our meetings and determines if and what type of response is needed to our mail. And she can be relied on to offer new ideas and help in every event doing one or more tasks.

Shirley not only assumes responsibility for the Tuesday AM Quilters, but for identifying groups with needs in the community where WSL can help and coordinate with those groups. She also can be counted on to assist in WSL events.

Martha, our Outreach Chairwoman, is constantly in contact with TACO and Lutheran Border Concerns to determine their needs and arranges to delivery. She is responsible for assisting the group offering the Christmas shopping opportunity to servicemen's wives and is an ongoing supporter of Heifer.

Sheila, our Mission Growth Chairwoman, is new to our board, but has many new ideas to share. I am sure she will follow in the examples offered by the others.

That leaves our 2 members at large – Liz and Marilyn. Liz not only has many ideas to share but is our event decorator emeritus. No event is held without Liz identifying the decorations to coordinate with the theme and arranging for what ever help or materials are required. (Few materials cannot be found in her shop like camels, vines, fruit, ribbons, barns and of course, flowers)

Marilyn not only contributes her ideas to the group but is our cookie baker. In the 2 ½ years I have been president she has only missed 1 board meeting and has baked cookies for every occasion.

Each one of these ladies is a leader. And me – I just follow this train of leaders down the track.

***Nancy Kearns***  
***WSL President***



## St. Luke's Stewards

*This is part of an ongoing look at some of this congregation's STEWARDS, now focusing for several months on our Board members of the Women of St. Luke's, and their role in leadership. You will read a little of where they came from and how they happen to be at St. Luke's.*



SHEILA STUBBS, born in National City, grew up as a member of St. James Lutheran Church in Imperial Beach. She and her husband, Tom, met in Southwest Junior High where they were good friends. After high school graduation, Sheila enrolled in Southwestern Junior Community College, where her major was Business Administration. After meeting and marrying her first husband, they moved to East Bucks County, PA. A second marriage failed, and Sheila moved back to Southern California in 2002, becoming reacquainted with Tom at their 30-year high school class reunion. They were married in 2003 and still love to go dancing, especially since ballet was something Sheila participated in for years.

In the past, Sheila did lots of sewing for daughters and granddaughters, including creating fancy prom dresses. But most important for her was making sure her children and grandchildren were enrolled in Christian schools; she paid the tuition. For many years she has been involved with VBS at St. Luke's, usually seeing her need in the area of food preparation.

For some years, Sheila was CEO and Financial Adviser for Cal Western Manufacturing, a firm that makes shampoo. However, here in La Mesa she has been working for H&R Block as a Premium Tax Adviser, which is why she is one busy lady at income tax time!

Sheila's role as a part of the WSL Board is as head of Mission Growth. As such she oversees the materials the circles select for their monthly Bible studies, and is responsible for the collection of funds for their remuneration. Thanks, Sheila, for your involvement at St. Luke's!



## Parish Potpourri

Those members attending worship regularly of course notice that the St. Luke's Choir is taking their summer leave!! Do you miss their weekly music selections?? Hopefully you do. Our very capable director has a constant challenge to provide music for such a small group. Obviously choir members love singing!!.....that's why they rehearse every week and present music every week. Please, members, let choir members know that you appreciate them.

But most important of all, let our director, Renee, know how much you appreciate her hard work. Without her dedication, the choir's sound would be much less "in tune" and how would selections to sing be made? Renee is a real leader and director!!

If there are members who would love to sing.....please say so!! and let Renee know you are just waiting to volunteer your voice!! You do not need to be perfect.....and Renee will help you "carry a tune"!! There will be publicity about when rehearsals begin in the fall.....just keep reading your PARISH REBUILDER!!

***Martha Applegate***

## SOME HUMOR!!

Probably Burma Shave actually saved some lives. (This is for those who remember BURMA SHAVE.) People laughed and then were perhaps more careful. It was a real "service" to America, even though it was an advertisement.....perhaps a really useful one!

Here are a few:

DON'T STICK YOUR ELBOW OUT SO FAR;  
IT MAY GO HOME IN ANOTHER CAR!

TRAINS DON'T WANDER ALL OVER THE  
MAP 'CAUSE NOBODY SITS IN THE  
ENGINEER'S LAP.

DON'T LOSE YOUR HEAD TO GAIN A  
MINUTE; YOU NEED YOUR HEAD. YOUR  
BRAINS ARE IN IT.

AROUND THE CURVE LICKETY-SPLIT.  
BEAUTIFUL CAR WASN'T IT?

NO MATTER THE PRICE, NO MATTER  
HOW NEW, THE BEST SAFETY DEVICE IN  
THE CAR IS YOU.

CAR IN DITCH, DRIVER IN TREE, THE  
MOON WAS FULL, AND SO WAS HE!  
PASSING SCHOOL ZONE...TAKE IT SLOW.  
LET OUR LITTLE SHAVERS GROW!



# Happy Birthday

Judi Cole — July 12th

Martha Applegate — July 17th

Jennifer Killion — July 20th

Sarah Scott — July 22nd



Peter & Karen Mylerberg

July 26th

George & Karen Parcells

July 29th



(619)463-1484

7633 El Cajon Blvd # 300,

La Mesa, CA 91942

Each month our newsletter is published for free due to the advertisements of local businesses.

Please take a moment and search the last page and see if the services they provide could help you.

## JULY WORSHIP TEXT

**7<sup>th</sup>—Fourth Sunday after Pentecost**

First Lesson — Isaiah 66: 10-14

Psalm 66: 1-7

Second Lesson — Galatians 6: 1-10, 14-18

Gospel Lesson — Luke 10: 1-20

**14<sup>th</sup>—Fifth Sunday after Pentecost**

First Lesson — Leviticus (18: 1-5) 19: 9-18

Psalm 41

Second Lesson — Colossians 1: 1-14

Gospel Lesson — Luke 10: 25-37

**21<sup>st</sup> — Sixth Sunday after Pentecost**

First Lesson — Genesis 18: 1-10a (10b-14)

Psalm 27:(1-6) 7-14

Second Lesson — Colossians 1: 21-29

Gospel Lesson — Luke 10: 38-42

**28<sup>th</sup>—Seventh Sunday after Pentecost**

First Lesson — Genesis 18:(17-19) 20-33

Psalm 138

Second Lesson — Colossians 2: 6-19

Gospel Lesson — Luke 11: 1-13



## PRAYER CALENDAR

### “Christ, Our Life”

1	John 1: 1-5	<p>We come, O Christ, to you, true Son of God and man, by whom all things consist, in whom all life began. In you alone we live and move and have our being in your love.</p> <p>You are the living truth; all wisdom dwells in you, the source of every skill, the one eternal True! O great I AM! in you we rest, sure answer to our every quest.</p> <p>You only are true life to know you is to live the more abundant life that earth can never give. O risen Lord! we live in you: in us each day your life renew!</p> <p>We worship you, Lord Christ, our Savior and our King; to you our youth and strength adoringly we bring: so fill our hearts that all may view your life in us and turn to you!</p> <p style="text-align: center;">Trinity Hymnal Hymn # 288 vss. 1, 3, 4, 5</p>
2	1 John 1: 1-4	
3	John 1:14-18	
4	2 Corinthians 4: 6-12	
5	1 Peter 1: 3-5	
6	2 Peter 1: 3-8	
7	2 Corinthians 1: 19-22	
8	John 3: 13-17	
9	Hebrews 9: 11-14	
10	Romans 5: 1-5	
11	1 Corinthians 1: 28-31	
12	Ephesians 1: 11-14	
13	Ephesians 2: 4-7	
14	1 John 5: 9-12	
15	2 Corinthians 3: 14-18	
16	Galatians 2: 20-21	
17	Colossians 2: 1-7	
18	Colossians 2: 9-14	
19	Romans 8: 9-11	
20	1 Thessalonians 4: 14-18	
21	John 15: 7-11	
22	John 6: 31-35	
23	John 6: 47-51	
24	Colossians 3: 1-4	
25	Colossians 3: 16-17	
26	Philippians 2: 12-16	
27	Ephesians 2: 19-22	
28	Philippians 3: 7-11	
29	Romans 6: 4-11	
30	1 John 5: 20	
31	Ephesians 3: 14-21	



## JULY WORSHIP TEAMS

	Reader	
	Altar Guild	<i>Terry East</i>
	Sound Technician	<i>Matt Kirk</i>
7th	Communion Assistant — Bread	<i>Ted Olsen</i>
	Prayers of the People	<i>Pastor Mark</i>
	Communion Assistants — Wine	<i>Shirley Carrington &amp; Thelma Pace</i>
	Greeters	<i>Ellis Peterson</i>
	Usher Team	<i>George Hauk</i>
	Acolytes	<i>Gabby Bruflat &amp; Jet Bruflat</i>
14th	Communion Assistant — Bread	<i>Judi Cole</i>
	Prayers of the People	<i>Martha Applegate</i>
	Projectionist	<i>Gail Knippelmeyer</i>
	Communion Assistants — Wine	<i>Liz Dunnigan &amp; Terry East</i>
	Greeter	<i>JoAnn Hendrickson</i>
	Usher Team	<i>Jillian Barnard</i>
	Acolytes	<i>Tavis Brown &amp; Paige Yerger</i>
21st	Communion Assistant — Bread	<i>Terry East</i>
	Prayers of the People	<i>Randy Engel</i>
	Projectionist	<i>Tania Salas</i>
	Communion Assistants — Wine	<i>Shirley Carrington &amp; Liz Dunnigan</i>
	Greeters	<i>Marie Handley &amp; Marilyn Burns</i>
	Usher Team	<i>Randy Engel</i>
	Acolytes	<i>Gabby Bruflat &amp; Jet Bruflat</i>
28th	Communion Assistant — Bread	<i>Judi Cole</i>
	Prayers of the People	<i>Laurie Floren</i>
	Projectionist	<i>Gail Knippelmeyer</i>
	Communion Assistant — Wine	<i>Liz Dunnigan &amp; Thelma Pace</i>
	Greeters	<i>Jillian Barnard</i>
	Usher Team	<i>Jillian Barnard</i>
	Acolytes	<i>Tavis Brown &amp; Paige Yerger</i>



# JULY 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 am Counters	2 8:00 am Tai Chi 10:00 am WSL	3	4 Office/campus closed	5	6 9-10 am Altar Guild 9:30 am Bible Study 9:30 am Alz group
7 9:00 am Worship	8 9:00 am Counters	9 8:00 am Tai Chi 11:00 am Staff 9:30 am Project Day 12:30 pm Rebekah Cir	10	11 8:00 am Tai Chi	12	13 9-10 am Altar Guild 9:30 am Bible Study
14 9:00 am Worship	15 9:00 am Coun- ters6:30 pm Council	16 8:00 am Tai Chi 11:00 am Staff 11:30 am Prayer	17 11:00 am Staff	18 8:00 am Tai Chi 10:00 am Deborah Cir	19	20 9-10 am Altar Guild 9:30 am Bible Study 9:30 am Alz group
21 9:00 am Worship	22 9:00 am Counters	23 8:00 am Tai Chi 11:00 am Staff 9:30 am Project Day	24 11:00 am Staff	25 8:00 am Tai Chi	26	27 9-10 am Altar Guild 9:30 am Bible Study
28 9:00 am Worship 10:30 am Quarterly Congregational Mtg & BBQ lunch	29 9:00 am Counters	30 8:00 am Tai Chi 11:00 am Staff	31			

Vacation Bible School July 8th—12th from 5:30pm to 8:00pm

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Dated Material  
JULY 2019

CHANGE SERVICE REQUESTED

**A WARM WELCOME TO ALL**

- Worship Service: Sundays, 9:00 am in the Sanctuary.
- Office/Campus closed July 4th.
- Vacation Bible School: July 8th to July 12th; 5:30pm—8:00pm.
- Congregational Quarterly Meeting: July 28th after service with BBQ lunch following.

**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.*