

Parish Rebuilder

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

www.st-lukes-la-mesa.org

August 2025
Monthly Newsletter
Volume 25 Issue 8

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

Table of Contents

Pastor Mark	page 1
WSL	page 4
Project Day Ladies	page 5
Coffee Hour Hosts	page 6
Worship Text/Birthdays	page 7
Prayer Calendar	page 8
Worship Teams	page 9
Monthly Activity Calendar	page 10

Hello
August

Counting Our Blessings?

We often hear the phrase “count your blessings,” but what does that mean? Upon reflection, it can be taken positively or negatively. For example, “counting one’s blessings” could be an expression of gratitude for the good things which we have received in life. Alternatively, it could refer to a sense of relief when one realizes that others have experienced greater loss or misfortune that we have experienced. Either way, when was the last time that you “counted your blessings”?

Even with the best of intentions, that might be a hard questions to answer. After all, what exactly is a blessing? The Oxford Concise Dictionary defines blessing as: “1) God's favor and protection, 2) a prayer asking for blessing, 3) a beneficial thing for which one is grateful, 4) a person's sanction or support.” In addition to these various meanings, defining this term can be particularly problematic if the blessing is “a blessing in disguise”!

Perhaps the greatest obstacle to us counting our blessings is not a matter of definition but of disposition. According to the formal definitions above, a blessings is primarily something which is given to be received by another. In that respect, a blessing is a gift, is something granted, and perhaps that makes counting them difficult. This may be so because we take just about every aspect of our lives “for granted.” This disposition often leads to a sense of entitlement, and when our sense of entitlement is called into question, then our sinful sense of envy frequently takes over.

This dynamic of envy is as old as humanity itself. “In the beginning ...,” after God created Adam and Eve, God gave them a glorious garden filled with every living thing. Everything creaturely was

granted to them. What more could they want or need?

The crafty serpent, however, came up with an idea for envy. He led Adam and Eve to believe that God was withholding something from them, namely his divinity. In reality, God was doing nothing of the sort. A creature is a creature made by a creator. A creator does not make another creator. Thus, by their very natures as creatures, Adam and Eve were complete. God had given them their existence, life, and a universe in which to live in relation to God, to one another, and to everything else. In other words, all of reality was created as God's pure gift to humanity.

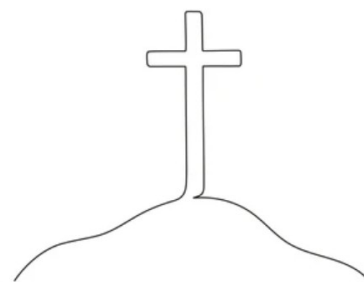
When Adam and Eve, however, started listening to the serpent and stopped listening to and trusting God, their whole perspective was distorted and destroyed beyond belief. When they stopped believing God, they started to assume that God's gift was now their possession to which they were entitled. Furthermore, this sense of entitlement extended to wanting to be like God himself (Gen. 3:5). Humanity continues to maintain this disposition; so hopelessly possessed by its sense of possessing that God is perceived not as their creator but as their enemy, even as the devil himself (Mt. 12:22-24).

So, when we wake most days, we take it for granted and "earned" that we wake up in our beds. We take it for granted that we get dressed in our own clothes, in our own homes, in our neighborhoods, in our towns, in our country, etc. Beginning each day with such grandiose entitlement, when was the last time that you stopped and thought that each breath which we take is a gift of the atmosphere which is part of God's grand creation? Unconsciously, minute by minute, breath by breath, our bodies inhale and exhale in rhythmic fashion free of charge our atmosphere which provides us with the life-giving and life-sustaining oxygen for the entirety of our lives. Yet, we take each breath thoughtlessly and thanklessly for granted.

So, when was the last time that you stopped and considered that each breath is a blessing? Likewise, almost entirely unconscious of its continual efforts, when did you last thank God for every heartbeat which brings that life-sustaining oxygen to the thousands of cells in your body? Sadly, we probably worry instead whether our stocks are up or down, whether our cars are new or not, whether our clothes are out of fashion, or whether our cell phones now being twelve months have reached obsolescence! In a life plagued with envy, the breathing and beating which keep us alive remain taken for granted.

Instead of thanking God for each and every breath which we take (from his creation) and instead of counting each breath as a blessing, our sin has so warped our perception of God and of the reality created by his breathed word that we not only take his creation for granted, but we also expect God to fulfill our godless fancies and fantasies. Then, when God does not do so according to our wishes, we write him off as no God at all and withhold our belief. In this, our sinful derangement, we like Adam and Eve exhibit our blindness to the fact that the "god" of our fancies only exists as an atheistic figment of our distorted imagination.

Into such idolatrous godlessness, God's son, the second person of the Trinity, became incarnate of the Virgin Mary and became man. After roughly 33 years, our sinful godlessness caught up with him. While hanging on the cross, "Jesus said, 'Father, forgive them, for they know not what they do.'" Then, "... calling out with a loud voice, said, 'Father, into your hands I commit my spirit!' And having said this he breathed his last" (Luke 23:46).



VBS Success

We wish to thank W. Utley and all the volunteers who helped make Vacation Bible School 2025 at St. Luke's a grand success. This year's theme was "Restored in Christ." The Bible teaches that we are restored in Christ through baptism. Each evening during the week July 21-25 from 5:00 pm to 8:00 pm was filled with dinner, singing, lessons, games, and crafts. Post-COVID, it was nice to return to a five evening VBS format. If you missed VBS this year, then we look forward to you volunteering or participating in VBS 2026!



Dear Women of St. Luke's,

I moved to San Diego when I was 23 years old. I had graduated from college, earned two Teaching Credentials after a year of Student Teaching, and, now, I was to be THE TEACHER of a group of Special Education students grades four through six.

I remember standing in that classroom amidst too many desks, the dust of Summer, and old faded construction paper on the empty bulletin boards. Somehow, my task was to set up the room, make it welcoming, and prepare for the first day of school the next week. I remember standing frozen – just staring – trying to imagine that, in a week, a group of children full of individual personalities, disabilities, strengths and weaknesses were going to come to this room and think that I was THE TEACHER! I was terrified!

Suddenly, I didn't even know how to start arranging the room, let alone how to address their multitude of educational and emotional needs. I had learned much in my classes, had seen so much as I observed many classroom teachers, and student taught with my mentors' oversight. But now these unknown children were going to see me as THEIR TEACHER. I felt so uncertain, so ill-equipped, and so frightened. I didn't know where to even begin.

I remember the school custodian coming by and asking if I had any furniture I'd like him to remove or anything that I needed. I said, "I don't know! But, I promise, when I do know, you will be the first to know!" I think I stood in that room, frozen in place, just gazing at the tables, bookcases, chalkboards, empty bulletin boards and chairs soon to be filled with children for several hours – immobile. Where do I even begin?

Can you imagine what the disciples must have felt when Jesus sent them out saying "Go to the lost sheep of Israel" (Matthew 10:6). "I am sending you out like sheep among wolves" (Matthew 10:16a). "But when they arrest you, do not worry about what to say or how to say it. At that time you will be given what to say" (Matthew 10:19). "What I tell you in the dark, speak in the daylight, what is whispered in your ear, proclaim from the roofs" (Matthew 10:27). "Be not afraid of those who kill the body but cannot kill the soul, rather be afraid of one who can destroy both soul and body in hell" (Matthew 10:28). WOW! That is quite a pep talk – and what a daunting mission! Were they as frozen in their steps as I was in my classroom? I tend to think so.

When Jesus in chapter 10 of Luke appoints the 72 and sends them out to prepare the people for Jesus' approaching visits, He told them "The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field. Go! I am sending you out like lambs among wolves" (Luke 10:2-3). Jesus told them there would be struggles along the way, but GO! He sent them out two by two. I imagine they also felt that sense of terrified immobility. But somehow they and I stepped out to begin the journey and God helped them and He helped me.

My classroom did get set up. The children did come. And God did help me, moment by moment, to minister to their needs and be the teacher they needed. I encourage each of us to take a deep breath, hear God's call, and take a step into serving. Ask someone to join you in a particular opportunity. Let us remember Jesus' proclamation, "**The harvest is plentiful, but the workers are few**" (Luke 10:2). Let's see what God will enable us to do together, hand in hand with each other and with Him.

In His service,





Dearest Quilters & Kit Makers,

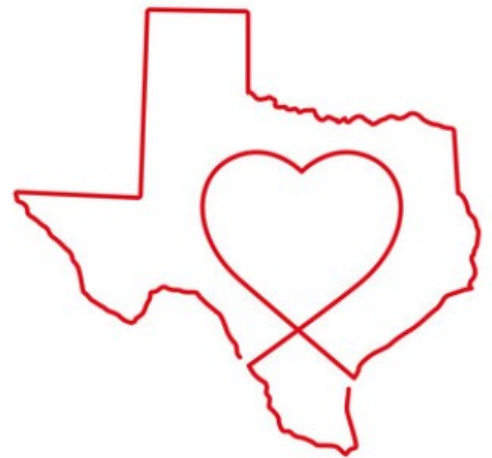
We know that many of you have seen the news of the terrible flooding and resulting tragedy coming out of Central Texas. Our hearts and prayer go out to those families who have experienced such unfathomable loss and we wanted you to know how YOU are already comforting our neighbors.

Your quilts and kits were ready-to-go even before disaster struck, being prepositioned in San Antonio with a partner organization. Our partner shared this with us:

"The fact that Lutheran World Relief [LWR] products had previously been provided to San Antonio demonstrated the amazing value of prepositioning supplies. Within 12 hours of the flash flooding, the products were in the hands of those that most needed them."

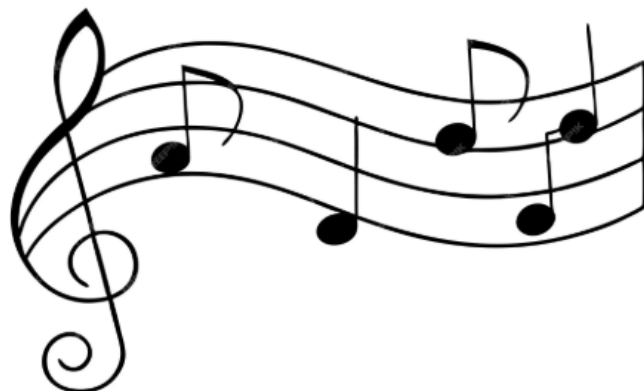
WITHIN TWELVE HOURS, your love was with our neighbors in crisis. Your quilts and kits are such precious and grateful gifts!

Thank you for being Christ's love in the world!



MUSIC NOTES

Thanks to all who participated in the St. Luke's music program last season. It was very uplifting and greatly contributed to the worship services. I am Looking forward to the new music season. Our choir resumes in September and the first practice will be on September 3rd at 5:30 PM in the Fireside Room.



Do you have an interest in singing? Please come for a few weeks and have fun with us without any obligation!

Do you play a musical instrument? Richard is always looking for hidden talent. If you have any questions, talk to him after a morning service or call/text him at 619-567-9085.

Musically in Christ,

Richard Deal



Coffee Hour Hosts for August

August 3, 2025 — Diana Sjostrom

August 10, 2025 — Pending Volunteer

August 17, 2025 — Pending Volunteer

August 24, 2025 — Pending Volunteer

August 31, 2025 — Pending Volunteer

AUGUST WORSHIP TEXTS

Eighth Sunday after Pentecost

— August 3, 2025

First Lesson — Ecclesiastes 1:2,
12-14; 2:18-26

Psalm 100

Second Lesson — Colossians 3:1-11

Gospel — Luke 12:13-21

Ninth Sunday after Pentecost

— August 10, 2025

First Lesson — Genesis 15:1-6

Psalm 33:12-22

Second Lesson — Hebrews 11:1-16

Gospel — Luke 12:22-34

Tenth Sunday after Pentecost

— August 17, 2025

First Lesson — Jeremiah 23:16-29

Psalm 119:81-88

Second Lesson — Hebrews 11:17-31; 12:1-3

Gospel — Luke 12:49-56

Eleventh Sunday after Pentecost

— August 24, 2025

First Lesson — Isaiah 66:18-23

Psalm 50:1-15

Second Lesson — Hebrews 12:4-24

Gospel — Luke 13:22-30

Twelfth Sunday after Pentecost

— August 31, 2025

First Lesson — Proverbs 25:2-10

Psalm 131

Second Lesson — Hebrews 13:1-17

Gospel — Luke 14:1-14



Jody Iverson	8/1
Karen Parcels	8/4
Tavis Brown	8/5
Judy Horning	8/10
Kathy Coleman	8/13
Nancy Kearns	8/18
Tom Stubbs	8/27
Dana Towers	8/28
Marie Handley	8/29
Alice Boe	8/31



Gary & Kathy Coleman 8/31

AUGUST PRAYER CALENDAR

“Baptized into Christ”

1	Acts 2:36-41	<p>1. O gracious Lord, with love draw near <i>To these your children Gathered here; The Spirit gift in them renew, The gift of Faith that Clings to you.</i></p> <p>2. Sustain the work you have begun <i>In these united to your son For in the pure baptismal Flood, they have cleansed By Jesus blood.</i></p> <p>4. Lord keep them firm <i>In their intent To you, your word and Sacrament O make them bold, their Faith to share and Make them strong, each Cross to bear.</i></p> <p style="text-align: center;"><i>Hymn #599 Vs 1,2, 4 Lutheran Service Book</i></p>
2	Romans 6:1-11	
3	Romans 7:4-6	
4	Romans 8:1-3	
5	I Corinthians 1:19	
6	I Corinthians 1:26-31	
7	2 Corinthians 1:20-22	
8	2 Corinthians 13:1-4	
9	Galatians 2:17-21	
10	Galatians 3:23-29	
11	Galatians 5:1-6	
12	Ephesians 2:1-10	
13	Ephesians 2:11-15	
14	Ephesians 3:14-21	
15	Philippians 3:8-11	
16	Titus 3:4-7	
17	John 3:1-8	
18	I Corinthians 15:19-22	
19	II Corinthians 1:14-22	
20	Ephesians 1:3-10	
21	Ephesians 1:11-14	
22	Ephesians 4:15-16	
23	Philippians 4:4-9	
24	I Peter 3:18-22	
25	I John 4:13-16	
26	Colossians 2:6-15	
27	Colossians 3:1-4	
28	Colossians 1:15-20	
29	Colossians 1	
30	Ephesians 4:1-7	
31	I Thessalonians 1:11-12	

WORSHIP TEAMS

	Reader(s)	<i>Ted Olsen</i>
	Altar Guild	<i>Terry East</i>
3rd	Communion Assistant —bread	<i>Bob Urich</i>
	Communion Assistants—wine	<i>Nola & Rick Godfrey</i>
	Greeter	<i>Randy Engel</i>
	Prayers of the People	<i>Pastor Mark Menacher</i>
	Projectionist	<i>Gail Knippelmeyer</i>
	Usher Team	<i>Bob & Cheryl Gray</i>
	Acolytes	<i>Stasha Raschtschenia and Audrey Utley</i>
	Sound Tech	<i>Kendrick Jennings</i>
10th	Communion Assistant —bread	<i>Gleason Snashall</i>
	Communion Assistants—wine	<i>Max Castillo & Jillian Barnard</i>
	Greeter	<i>JoAnn Hendrickson</i>
	Prayers of the People	<i>Pastor Mark Menacher</i>
	Projectionist	<i>Shirley Carrington</i>
	Usher Team	<i>Randy Engel & Carol Prior</i>
	Acolytes	<i>Phoenix Griffin and Audrey Utley</i>
	Sound Tech	<i>Kendrick Jennings</i>
17th	Communion Assistant —bread	<i>Ted Olsen</i>
	Communion Assistants—wine	<i>Jillian Barnard & Randy Engel</i>
	Greeter	<i>Laurie Floren</i>
	Prayers of the People	<i>Ted Olsen</i>
	Projectionist	<i>Gail Knippelmeyer</i>
	Usher Team	<i>Kim & David Emerson</i>
	Acolytes	<i>Stasha Raschtschenia and Audrey Utley</i>
	Sound Tech	<i>Kendrick Jennings</i>
24th	Communion Assistant —bread	<i>Ted Olsen</i>
	Communion Assistants—wine	<i>Cheri Murrell & Laurie Floren</i>
	Greeter	<i>Randy Engel</i>
	Prayers of the People	<i>Laurie Floren</i>
	Projectionist	<i>Shirley Carrington</i>
	Usher Team	<i>Gary & Carol Prior</i>
	Acolytes	<i>Phoenix Griffin and Volunteer</i>
	Sound Tech	<i>Kendrick Jennings</i>
31st	Communion Assistant —bread	<i>Gleason Snashall</i>
	Communion Assistants—wine	<i>Max Castillo & Judi Cole</i>
	Greeter	<i>Jillian Barnard</i>
	Prayers of the People	<i>Randy Engel</i>
	Projectionist	<i>Gail Knippelmeyer</i>
	Usher Team	<i>Kim & David Emerson</i>
	Acolytes	<i>Stasha Raschtschenia and Audrey Utley</i>
	Sound Tech	<i>Kendrick Jennings</i>

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:00 am Craft Fair	2 8:00 am JOY 8:00 am Craft Fair
3 9:00 am Worship 10:30 am Adult Sunday School 5:00 pm Al-Anon	4 9:00 am Counters 5:00 pm Al-Anon 6:30 pm AA	5 8:00 am Tai Chi 9:30 am Project Day	6 10:00 WSL Bible Study 11:00 Staff 7:00 Service	7 8:00 am Tai Chi 6:30 pm Al-Anon	8	9 8:00 am JOY Castillo Wedding
10 9:00 am Worship 10:30 am Adult Sunday School 5:00 pm Al-Anon	11 9:00 am Counters 5:00 pm Al-Anon 6:30 pm AA	12 8:00 am Tai Chi 9:30 am Project Day 6:00pm Council mtg	13 11:00 Staff 7:00 Service	14 8:00 am Tai Chi 6:30 pm Al-Anon	15	16 7:00 am Finding Solutions for Seniors 8:00 am JOY
17 9:00 am Worship 10:30 am Adult Sunday School 5:00 pm Al-Anon	18 9:00 am Counters 5:00 pm Al-Anon 6:30 pm AA	19 8:00 am Tai Chi 9:30 am Project Day	20 10:00 WSL Bible Study 11:00 Staff 7:00 Service	21 8:00 am Tai Chi 6:30 pm Al-Anon	22	23 8:00 am JOY 1:00 pm Gideons
24 9:00 am Worship 10:30 am Adult Sunday School 5:00 pm Al-Anon	25 9:00 am Counters 5:00 pm Al-Anon 6:30 pm AA	26 8:00 am Tai Chi 9:30 am Project Day	27 11:00 Staff 7:00 Service	28 12:00 pm Book Club 8:00 am Tai Chi 6:30 pm Al-Anon	29	30 8:00 am JOY
31 9:00 am Worship 10:30 am Adult Sunday School						

ST. LUKE'S LUTHERAN CHURCH

5150 WILSON ST.

LA MESA, CA 91942

Phone: 619-463-6633

Website: 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 2025

A WARM WELCOME TO ALL

- Sunday Worship: 9:00 am in the Sanctuary
- Sunday School: 10:30 am in the Lower Level
- Wednesday Pericope / Communion Service: 7:00 pm in the Fireside Room

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.