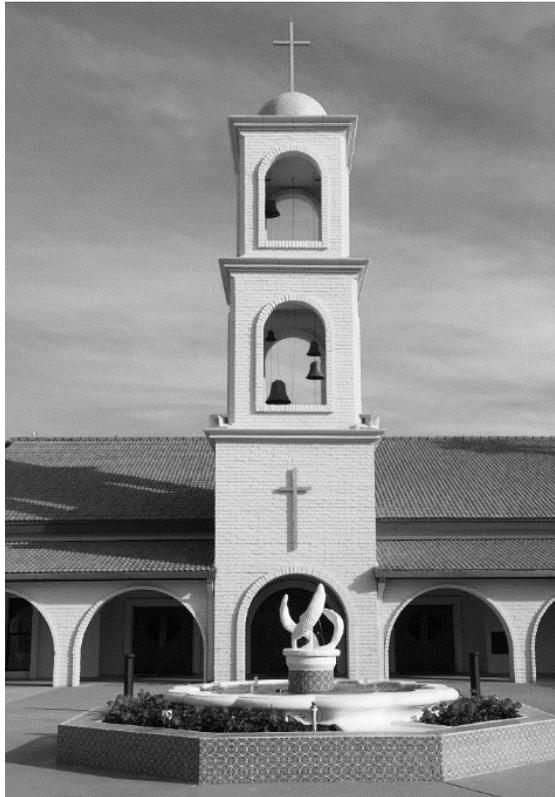


American Lutheran Church of Sun City
June 2019
Outreach Newsletter



MISSION STATEMENT:

To proclaim the love of Jesus Christ, invite others to participate in our faith community, and be a blessing to all in word and deed.

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Dear American Lutheran Church Family & Friends,

Welcome to June, 2019! May God continue blessing you to share Christ's love in word and deed with family and friends, our community, Grand Canyon Synod ministries and the ELCA! We begin our Pentecost season this month and as I encouraged you to make this past Lent "your best Lent ever!", I encourage you to make this "your best Pentecost ever!"

Of course, there's a bit of humor in this phrase as liturgical seasons are not in competition with each other, but it is an invitation to relish the particular joys and challenges of each season. Although Debbie and I spent 14 years in Tucson and are familiar with summer heat & monsoons, we have been warned that it will become incredibly hot in Sun City. We have experienced marvelously moderate temperatures in May, but we know it will warm up. I'm looking forward to learning how to thrive in the summer season in Arizona. One thing I know is the early morning hours are to be treasured for their coolness. Getting up and enjoying sunrise walks and golf are part of enjoying the desert beauty. I was a bit flabbergasted to hear a recommendation to have oven gloves available to grip the steering wheel after my car's day in the sun, but I'm open to any desert survival skills! ☺

For our fellow members who travel north for the summer, while cooler temperatures may abound, you will relearn how to thrive in the midst of afternoon thunderstorms and evening invasions of mosquitos. The key for all of us is to adjust to each season to thrive in the beautiful setting and wonderful people with which we live. It's in the relationships of life that we learn to thrive. Theologically, our relationship with the Holy Spirit serves as our internal guide, advocate, and comforter in the midst of life's adjustments. I have not experienced a "Haboob", the intense dust storm that can build up and move quickly across the desert. Sometimes I fear the Holy Spirit is like that, an overwhelming force disrupting my life. I rely upon Luther's insights that the Holy Spirit is nothing like that and is so much more like this:

**"The heart overflows with gladness, and leaps and dances for the joy it has found in God.
In this experience the Holy Spirit is active,
and has taught us in the flash of a moment the deep secret of joy.
You will have as much joy and laughter in life as you have faith in God."**

So, the Pentecost season can be our season of deep joy as we seek to thrive as a community of faith in proclaiming the Gospel of Jesus Christ, inviting others to join us and bless all in word and deed.

One distinctive Pentecost adjustment is moving to communion incorporated within each worship service. As your pastor, it is my joy to use these summer months to experiment with your with communion settings and means of distribution to strengthen our faith community in joyful celebration. Luther said, “in the Sacrament of Holy Communion is forgiveness of sins, life, and salvation are given us through these words. For where there is forgiveness of sins, there is also life and salvation.” Come, Holy Spirit, and bring deep secrets of joy found in Jesus Christ.

Love,
Pastor Lowell

PRESIDENT OF THE COUNCIL

As we begin the summer season it is time to think about the upcoming Grand Canyon Synod Assembly.

What is a synod assembly? A short answer is it’s our annual gathering to do business and to celebrate that we are a church together. This year the assembly will take place at Love of Christ Lutheran Church in Mesa, AZ beginning June 14.

This year the delegates are Pastor Lowell and Deborah Nelson, Sharon and Gary Grambow, and Dick and Judy Jorgenson. The number of delegates is determined by the size of our congregation and since we are among the largest we have 5 lay delegates and the Senior Pastor. How are the delegates chosen? At the annual meeting the congregation is asked to delegate to the President the selection and appointment of synod delegates, and this was done last January. Usually, the President or Vice-President is a delegate and then one of the members of the council and their spouse is selected.

The Assembly schedule calls for worship opportunities, business meetings, and workshops. Some examples of the workshops include Church and Culture: Then and Now - What is Happening in Our World; Communicating the Lutheran Identity; Standing with Martin Luther in Public Witness, as faithful Lutherans; and Singing the New Song - Healthy Change; and Congregational Security in an Insecure Time. There are many other choices.

We are looking forward to this opportunity to learn about matters that can benefit our church.

Dick Jorgenson, President

WELLNESS MINUTE

Exercise and Arthritis

Exercise may be the last thing on many arthritis sufferer's minds, but exercise can play a vital role in reducing the often-painful symptoms associated with arthritis. It also can strengthen the muscles around arthritic joints and maintain bone strength. In addition, lack of exercise can make joints more painful and stiff, as a sedentary lifestyle will ultimately contribute to putting more stress on joints.

EXERCISES:

Aerobic: Low impact exercises such as walking and swimming also helps shed a few extra pounds.

Range of Motion: A physician or physical therapist might advise you to do range of motion exercises each day, and you may even need to do them a few times each day.

Strength Training: Strength training will strengthen the muscles around the joints, providing more support for those joints and ultimately reducing symptoms of pain.

Lori Kellar, ALC Wellness Ministry

WOMEN'S MINISTRIES

The June meeting to make diapers and bandages for Global Health Ministries will be on Monday, June 24 at 1:00 p.m. We will meet in the Fellowship Hall. Please continue to donate white t-shirts of all sizes and white sheets. White sheets of any size are particularly needed! All donations should be labeled Global Ministries and placed on the food gathering table in the Narthex.

Believe it or not, planning for the 2019 Holiday Bazaar and Lefse Sale is underway! It will be held on Saturday, November 23. We would like all crafters, woodworkers, jewelry makers, knitters, quilters, artists, and others to begin thinking about possible donations. The "Craft Boutique" at last year's bazaar was very popular, and we look forward to expanding our selection of items. If you have questions, please call Marty Livingston at 614-307-0113.

Thanks to all who donated flip flops and beach balls for our 2019 Operation Christmas Child project. This month we will continue to collect children's flip flops (or socks), beach balls, and hair brushes. Please drop your items in the marked red bins in the Narthex and Fellowship Hall.

STEPHEN MINISTRY

SUMMER PEER SUPPORT GROUPS HAVE BEEN SCHEDULED

Summer Peer Support Groups for all active Stephen Ministers who are here for the summer have been scheduled. The summer Peer Support Groups will meet on the last Sunday of each month, June through September, during the coffee fellowship hour following the service. We will meet in the multi-purpose room at 10:45. Please plan to enjoy a beverage and treat and meet with your fellow Stephen Ministers in a brief time of support and renewal on the last Sunday of each month beginning June 30th. There will be no formal programs, only a time of providing support to one another. We have several new Stephen Ministers so our experienced Stephen Ministers who are here during the summer will be most welcome and helpful. Thank you all.

Benevolence Committee

A reminder for some and information for others. American Lutheran Church is registered with Fry's Food Stores for receiving their benefit of Community Rewards. When you sign up online and then shop at Fry's they will contribute a percentage of every dollar you spend to ALC. They send a quarterly check, which is income for use in our benevolence fund. As we all know in our own budgets, every little bit of income helps. Please consider and sign-up for this reward at FrysFood.com. You will need an email address and then create a Fry's account. There is a step-by-step instruction sheet in the Narthex if you need help. Thank you for all you contribute for the blessing to others.
Ann Skidmore, Benevolence Committee

ALC CAMPUS BIBLE STUDIES

Pastor's Bible Study ~ Every Tuesday, 10 am, in the Fellowship Hall.

Pastor Lowell Nelson.

Men's Bible Study ~ Every Thursday, 8 am, (see calendar) Lectionary study.

Summer Friday Morning Bible Study with Chris Weldon ~ A five-week study on "Roman Road" will continue every Friday thru June 14 at 9:00 a.m. in Education A/B. All are welcome!

GIFTS AND MEMORIALS

Gifts were given to American Lutheran Church in Memory of

Reverend Benjamin Nelson

By Marty and David Livingston, Helen L Teply,
Terri Polk & Jim Becker, Clare Randall, Constance L Carey,
Sheila Harmell, Gilbert B Thoele, Glen E Schulz, Ruth I Recker,
Judith A Morrison, Richard & Judy Jorgenson, Charlotte Ley Riebe,
Gerald and Patsy Pokrandt, Wallace & Margery Eklund, Gail Laabs, Arvid & Kay
Peterson, Gena Marks, Jeanette Danielson

Scott Paulson

By Bette Lynn Ryan, Ronald and Carol
Prekker

Art Wisener

By Dana M Oravec, Jeanette F
Danielson

Ruth DeJarnette

By Barbara S Nord

Glenn Mobraten

By Don and Violet Anderson

Rose Kroepflin

By Joyce DeVantier

William Gill

By Betty Nieman

Genevieve Meier

By Kay and Arvid Peterson

Janet Lindahl

By Lindy Lindahl

Joanne Johnson

By J. Philip Johnson

Mark Young

By Anonymous

Betty J Payne

By Eugene A Meier

Dorothy Loch

By Sherry Loch

Pastor Paulson's Retirement

By Marty and David Livingston, Anonymous, Charlotte Ley Riebe,
Wallace and Margery Eklund, Wanda Meyer, Charles and Joan Earnshaw,
Lola J Spitz, Sheila Harmell, Irvin and Beverly Aal, John and Arlis Riedel,
Ann R Jones, Ken and Sharon Friedrichsen, Darryl and Kathleen Oachs

Gifts were given by Constance L Carey in celebration of Kellie's 9th Anniversary of surviving with cancer; Sheila Harmell in honor of Wally and Ferne Harmell's wedding anniversary and Mother's Day; Bud Roufs for WNA; Donald Danielson for debt reduction; Richard and Donna Borden for carpet cleaning in Fellowship Hall; Anonymous for operating expenses

NEIGHBORHOOD GROUPS

First Saturday, June 1

8:30 **2H** Happy Hour @ Royal Café

9:00 **2D** Thunderbirds no meeting till fall

First Thursday, June 6

12:00 **2L** Royal Oaks @ Royal Oaks

Second Saturday, June 8

9:00 **3H** Jolly Comrades no meeting till fall

9:00 3C Care, Chatter, Comfort no meeting till Sept

Third Thursday, June 20

8:30 **1A** Quail Run @ Mercer's

Third Saturday, June 15

8:00 **5C/5E/5F** Grand West @ Memo's

9:30 **3A** Wanderers in homes

Fourth Saturday, June 22

9:00 **2M** El Dorado @ El Dorado

American Lutheran Church of Sun City **Upper Midwest** Get-together!

The annual Upper Midwest summer get together for American Lutheran Church of Sun City will be held Wednesday, August 14, 2019, 11:00 a.m. – 1:30 p.m. at Incarnation Lutheran Church in Shoreview, Minnesota (note that this is a new location). The cost is \$10 per person (\$20 per couple) and lunch is included. Reservations are due by August 1. There is no special program – this is a time to reconnect, socialize, and have fun with our American Lutheran Church of Sun City friends. The location of Incarnation Lutheran Church is 4880 Hodgson Rd, Shoreview, MN 55126.

To attend, send attendee names and a check (made out to David Hjortland by August 1), to David & Debra Hjortland, 24 Osprey Ct, North Oaks MN 55127. If you have questions, you can call David at 612-790-9216 or e-mail Debra at deb.hjortland@gmail.com.

MEETINGS – ANNOUNCEMENTS - ACTIVITIES

ALC Grief Support Group

A NEW DAY - ALC grief support group meets Tuesday at 10 am in the Lounge. It's not necessary to sign up...just show up. We welcome you.

BBQ Potluck, June 12, 12:00 Noon

Sign-up after services on Saturdays and Sundays. Buns, hot dogs and hamburgers will be provided. Please sign-up to bring Hot Dishes, Salads, or Desserts. Looking forward to a GREAT time! See you there!

Alcoholics Anonymous

The AA Group meets at American Lutheran Church. These are referred to as “closed meetings”. Closed meetings are for AA members only or for those who have a drinking problem and desire to stop drinking. Meetings are Mondays, 7:00 pm and Wednesday evenings, 6:00 pm, in Education Room C. For more information, call Judie at 623-337-7747.



Al-Anon is a worldwide, 12-step fellowship which offers hope, support and self-care information to anyone concerned about the drinking or drug use of a friend or family member. It has one purpose: To help loved ones of alcoholics by practicing the 12 steps. Meetings are Tuesdays at 6:30 pm in Ed Room A/B. For more information, call Claire at 507-288-6353 or Nancy at 858-735-7456.

West Valley Lutheran Thrift Shop

10615 West Peoria Ave, Sun City

<http://www.wvlutheranthrift.com/>

www.facebook.com/westvalleylutheranthriftshop/

--623-815-7061--

Christmas in July!

It's that time again . . . when there's a chill in the air and everything smells like evergreens! Well, maybe that chill is coming from the A/C, but next month it's “Christmas in July” at the Lutheran Thrift Shop! Our most popular event of the year starts Monday, July 1!

Our Holiday Shop is decked out with an incredible variety of Christmas things. We have holiday ornaments, dishes, twinkling colored lights, pre-lit Christmas trees, unique Nativity sets, decorated wreaths, table linens and every imaginable decoration in red, green, silver and gold! More Santa Claus and Angel figures than you can count. You'll also find collectable Christmas towns, outdoor lighted yard figures, music, movies and more.

Come Volunteer with Us

Volunteer opportunities at the shop are as varied as the kinds of donations we receive. Many volunteers prefer to work behind the scene accepting, testing, categorizing, pricing, and stocking donations. Others prefer to interact with customers by strolling the sales floor or cashiering. Truckers are always needed.

Volunteering at the WVLTS is as much a social opportunity as it is work time. Most day's fresh baked goodies add a few yummy calories to break time where the coffee is always hot and fellowship is abundant. An added perk - 20% off purchases if you're a volunteer!

Call us to schedule your tour soon. 623.815.7061

THANK YOU

As this June Outreach is published, I have officially been retired for one month, the first time in 19 years. I'm still getting adjusted to not looking for prospective members. I enjoyed my ministry at ALC all that time and will miss it now. However, the time has come! I want to thank everyone for their support during my years at ALC and especially for the retirement party on April 28. I think there were about 400 people in attendance, standing room only. We realized that if many snowbirds had not already headed out, there wouldn't have been room.

For those who could not be at that occasion, you missed learning about the true identity of Frick and Frack. Pastor Bud made a clear decision on who was who, that he was Frick and I was Frack. Former Sr. Pastor, Mark Huggenvik, also gave a great tribute to me over the years. Thanks also to Chuck Alliss and Harold Peterson for their comments and all those who made arrangements for a wonderful afternoon. If you have any pictures from that event that would be of interest to us, please feel free to give them to us. We are not moving out of the area so certainly will have contact with many of you. We will find a different church for our regular worship as neither Anita nor I want to be in a church where I am seen as "a Pastor".

Thanks again for your partnership in ministry at ALC. If I were younger, I would love to keep working with Pastor Lowell. Give him the support he needs to keep ALC as an alive and vital congregation in the Sun City area.

Chuck and Anita Paulson

Thank you for all your prayers, cards, and memorials after the death of my mother, Carol and my brother, Jeff.

Lori and Dennis Kellar

Directory Changes

We express our deepest sympathy to those who have lost loved ones.

Dennis & Lori Kellar on the death of Lori's mother, Carol Crain

Lori and Dennis Kellar on the death of Lori's brother, Jeffrey Telkamp

Jerry & Pat Pokrandt on the death of Jerry's brother, Ron

Centenarians

Carol Howland (107)

Mary Graybiel (104)

Norma Carlsson (104)

Dorothy Noren (101)

Dorothy Hootman (100)

Milan Susina (100)

Maxine Kaiser (100)

Eleanor Simons (100)

REMOVED FROM ROLLS BY DEATH

Janet M. Lindahl (05/01/19)

Barbara J. Pitcher (05/04/19)

Earl M. Olson (05/18/19)

Kay Long (05/20/19)

Edward A. Jensen (05/22/19)

John W. Prinz (05/24/19)

LOCAL ADDRESS CHANGES

John & Rosemary Johnson

18441 N 87th Ave #241

Peoria, AZ 85382

Phone: 623.972.4661

Del & Beulah Jenson

18616 N 99th Ave Apt 2057

Sun City, AZ 85373

Phone: 623.974.3437

Don & Barbara Kappes

10330 W Thunderbird Blvd Apt B112

Sun City, AZ 85351

Phone: 623.235.9960

MARRIAGE

William Kozlowski and Sheri Boelman married 05/09/19

MOVED OUT OF VALLEY PERMANENTLY

Burton & Marlene Jacobson

4201 Corbett Dr. Apt 122

Fort Collins, CO 80525

Mrs. Eleanor Simons

14211 Firewood Dr #106

Baxter, MN 56425

Roger & Lois Leslie

4932 S 36th St

Greenfield, WI 53221-2524



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Rev. Gary R. Garvey Seasonal Leave

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lshirck70@gmail.com

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gzoske@mac.com

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Dave Tigges Property / Grounds

Rolfé Blaess / Sound