

## VERSE OF THE WEEK

*"The Lord will fight for you;  
you need only to be still."*

Exodus 14:14

This is a confirmation of what is said often in 12 Step Programs. Let go and let God. However, we need to do the footwork and be responsible by being obedient to God's will. God performs miracles in many ways if we but pray that his will be done and wait upon the Lord.

## WORSHIP SERVICES

Saturday 4:00 pm  
Sunday 9:30 am



### Arizona Broadway Theater

Thursday, October 28<sup>th</sup>  
Dinner at 5:30; Show at 7:30.

If you missed signing up for this show in 2019, a few tickets will be available!

#### Please contact

John Tate (623-224-1750)  
Vicki Tate (309-335-3141)  
Johnvickitate@gmail.com

## SCRIPTURE FOR SERVICE

**Lesson:** James 1:17-27

**Psalm** 15

**Gospel:** Mark 7:1-8, 14-15,  
21-23

# MIDWEEK MESSAGES

August 25, 2021

## MESSAGE FROM PASTOR JUDITH

Greetings, I write this today as I just returned home from another doctor appointment with Dr. Galamaga at the outpatient Cancer Treatment Center of America in Phoenix, AZ. I praise God for their healing presence in my life. I was told today that no further treatment is necessary as the cancer is gone!

I want to express my sincere gratitude for your prayers and support during this month of ongoing testing and successful health procedures. God answers prayers in so many ways. I now understand more about what it is like to have a diagnosis that many of you have had. I have walked the journey with others, but this is my first time to experience it personally. The big "C" is a diagnosis no one wants to hear, but we are given the strength to endure every unknown moment as we wait upon the Lord.

As I prepare for leading worship my first weekend back at ALC, I am blessed to have Bishop Deborah Hutterer from the Grand Canyon Synod join me. On Sunday, August 29<sup>th</sup>, I will be leading worship alone but Timothy Mullner, D. Min. will be presenting on the spiritual aspect of upcoming journeys of faith, culture, and history as an informational addition to our worship service. You may have already seen the brochure on our planned pilgrimage, as many of us from ALC will be walking the Camino Santiago Trail together in Portugal and Spain. He will also be sharing about a trip to Europe, THE FOOTSTEPS OF ST. PAUL, featuring the 2022 Passion Play. It will be a tour of Austria, Germany, Greece, and Italy in June.

While you may not be planning to go with us, you may know others who would like to. Please invite them to join us for this presentation, as they may be inspired to explore new horizons. My spirit of adventure is a gift from God, and I am giving thanks that now that my cancer is history, I can get on with serving at ALC in numerous ways, including travel opportunities for us.

I love my ministry and all of you who are part of our faith community who have given me the opportunity to serve alongside you while we grow stronger in our faith life.

Please pray for continuing recovery of not only us as people of God but also for the world that is in such turmoil from COVID and the ongoing struggles in Afghanistan and other parts of the world suffering in so many ways. Let's also remember to focus on our gratitude list.

Prayerfully,

A handwritten signature in cursive script that reads 'Judith Rainforth'.

Pastor Judith



## FRIENDLY REMINDER

Just a friendly reminder that it is the time of year to get your flu shot and also get a booster for the COVID vaccine. Call your doctor's office or pharmacy to schedule these appointments.

Lori Kellar, Wellness Ministry

## VERNA LARSON CELEBRATION OF LIFE SERVICE



A Celebration of Life will be held in the Sanctuary **this Friday, August 27 at 11:00 am** for Verna Larson. There will be a Lunch Reception following in Fellowship Hall.

## HELEN ROGNESS MEMORIAL SERVICE



A Memorial will be held in the Sanctuary on **Friday, September 3<sup>rd</sup> at 10:30 am** for Helen Rogness. There will be an inurnment afterwards in the Columbarium, followed by a Luncheon in Fellowship Hall.

## WELLNESS MINUTE: HELPING A SICK FRIEND

When a friend is navigating a serious illness, it can be hard to know how to be supportive. Use these tips to best offer a hand or an ear:

### CONNECT REGULARLY

- Send brief, frequent notes or text messages or make short phone calls.
- Call at times that work best for your friend and return messages quickly.

### VISIT WITH LIMITS

- Visits can offer welcome distraction and sense of normalcy. But don't overdo it.
- Call beforehand to make sure it's a good time.
- Schedule regular visits, but keep them short, especially if you sense your friend is becoming fatigued.
- While you visit, focus on your friend's interests and abilities.

### BE WILLING TO LISTEN

- Try to hear and understand how your friend feels, even if you must put your own feelings and fears aside.
- Active listening sends an important message that your friend is heard and supported.

### KNOW WHAT TO SAY

- Keep the conversation flowing if your friend has the energy. Ask questions and for advice or opinions.
- Focus on topics that bring up positive emotions, but also resist the urge to change the subject if the conversation takes a negative turn.
- Don't offer medical advice or insert your opinions on treatments, diet or alternative remedies.

### MAKE A CLEAR OFFER

- While "How can I help?" may seem thoughtful, it places the burden on your friend to come up with a task. Instead, offer a specific service at a set time. "I'd like to bring you dinner on Thursday" or "Can I drive you to your next appointment?". Your friend can choose to accept or not. Then, always follow through with your offers.

### DON'T TAKE OFFENSE

- Don't take offense if your friend refuses your help, because he or she may be trying to maintain pride or a sense of independence.

*Lori Kellar,  
Wellness Ministry  
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