

VERSE OF THE WEEK

"But surely, God is my helper; the Lord is the upholder of my life."

Psalm 54:4

When we grow weary
God is always there.
When we are refreshed,
we have God to thank.
Praise God from whom all
blessings flow!



WORSHIP SERVICES

Saturday 4:00 pm
Sunday 9:30 am



Arizona Broadway Theater

Thursday, October 28th
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

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SCRIPTURE FOR SERVICE

Lesson: James 3:13-4:3, 7-8a
Psalm 54
Gospel: Mark 9:30-37

MIDWEEK MESSAGES

September 15, 2021

MESSAGE FROM PASTOR JUDITH

Greetings,

This is an update on my current plan for participation at ALC. While I have found the ministry as Pastor of Spirituality and Care at ALC a blessing, I must now say my time as such has ended. My last day will now be September 15th instead of the end of the year as I had thought earlier.

My growing concerns about health issues have been the main reason for my retirement at this time. As my youngest son so wisely told me during my prayerful discernment, "Mother, do not work until you are not able to work anymore!" He knows me well. I learned the work ethic the same way he did.

I am blessed to be retiring from a church that allows the pastors who have served here to continue attending the church. Most churches have a rule that the pastor must leave for at least a year so the new pastors that come on staff will be able to establish their identity in the role that the other pastor vacated.

My wish is to continue as an active and contributing member of ALC. I plan to continue living at Ventana Lakes, which is close by and enjoy where God has called me to in my retirement years.

I am trying to resurrect the travel opportunities many at ALC have often been involved with earlier in the history of this church. Many of you will be traveling with me on the Camino Santiago after Easter and hopefully, other trips such as the one to Germany in June to attend the Passion Play and tour in Greece, Italy and Austria.

My plan is to continue to participate here but in a different way. My goal in retirement is to worship God, spend more time with family and friends, travel and read. I will continue to attend to my health and try to eat well and exercise as I experience more relaxation in the last decades of my life here on earth.

Thanks to each of you for the opportunity to serve at ALC as we continue to live, love and learn together. May God continue to give us many more years to serve as Brothers and Sisters in Christ.

Prayerfully,

A handwritten signature in black ink that reads 'Judith Rainforth'.

Pastor Judith



THANK YOU, PASTOR JUDITH

How we will miss you! We love you! Thank you so much for all you have given in service to the Lord here at ALC, to the staff, and to all that you meet. -Pastor Lowell, Pastor Maria, and ALC Staff



WELLNESS MINUTE: PSORIASIS

Managing symptoms and living better:

If you have psoriasis, you may be very familiar with the patchy, scaly or dry skin, as well as the itching and soreness that may result. What you may not know is that treatment options for psoriasis have expanded greatly over the years.

A look at the symptoms:

While it's easy to think of psoriasis as just a skin condition, what underlies it is an immune system problem. Although the signs and symptoms are different for everyone, they often include:



- *Red patches of skin covered with thick, silvery scales.
- *Dry, cracked skin that may bleed.
- *Itching, burning or soreness.
- *Thickened, pitted, or ridged nails.

Most types of psoriasis go through cycles, flaring for a few weeks or months, then subsiding for a time or even going into full remission.

In addition to scaly skin, a form of arthritis also may develop. Psoriatic arthritis causes swollen, painful

joints that are similar to other forms of arthritis. Symptoms can range from mild to severe and can affect any joint. Research has also linked psoriasis to conditions such as cardiovascular disease, diabetes, and metabolic syndrome.

Numerous treatment options:

Treatments for psoriasis aim to reduce inflammation and improve the skin. Treatments are based on the type and severity of psoriasis and the areas of skin affected. The traditional approach is to start with the mildest treatments- Topical medication and sometimes UV light therapy-and then progress to stronger ones only if necessary, such as systemic medications, which are taken orally or injections.

Caring for your skin:

Good skin care is a critical daily step in controlling your psoriasis. Bathe daily and use a moisturizer. A controlled amount of sunlight can improve psoriasis symptoms.

Lori Kellar
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