

SCRIPTURE FOR THIS WEEKEND'S SERVICE

Lesson: 1 Thessalonians 1:1-10

Psalm: Psalms 96:1-13

Gospel: Matthew 22:15-22

MIDWEEK MESSAGES

October 14, 2020

MESSAGE FROM PASTOR LOWELL NELSON

Verse of the Week

Philippians 4:6-7: "Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."



I loved preaching about these verses during worship last weekend. Whether you joined the ALC online worship community or the ALC Sanctuary, here is the Gospel truth — do not worry about anything! How utterly refreshing! In prayer, we sense the presence of God and freely lift requests for God's grace to touch lives, from ourselves, to loved ones and into the broader community and world. Instead of trying to figure everything out, we figure out that we are gratefully indebted to God for the gift of life itself and receive His peace which surpasses all understanding.

The first article of the Apostle's Creed states, "I believe in God the Father Almighty, Creator of heaven and earth". Martin Luther shared this insight on what this simple but profound statement means:

"I believe that God created me, along with all creatures. God gave to me: body and soul, eyes, ears and all the other parts of my body, my mind and all my senses and preserves them as well. God gives me clothing and shoes, food and drink, house and land, spouse and children, fields, animals, and all I own. Every day God abundantly provides everything I need to nourish this body and life. God protects me against all danger, shields and defends me from all evil. God does all this because of pure, fatherly, and divine goodness and mercy, not because I've earned it or deserved it. For all of this, I must thank, praise, serve, and obey God. Yes, this is most certainly true!"

I encourage you to use your "worry" as a 100% accurate indication for the need for prayer. A friend spoke of the need to "Stop, Drop and Pray". Stop worrying, drop what you're doing and pray. Luther said it this way, "Pray and let God worry". Let's be the congregation where worries are diminished and turned into the prayers of the faithful.

Love,
Pastor Lowell



WHAT GOES AROUND COMES AROUND

Seems like just yesterday...I remember the good old days, playing outside until the street lights came on. All the neighborhood kids seemed to gather at our house after supper, and we would play in our front yard, games like dodgeball, red rover, and tag. We would play hopscotch on the driveway or roller skate in the street or play jacks on the front stair step. I have had a lot of time to think lately. I think that is one thing the pandemic has done, good or bad, given us time to reflect.



I remember that many weekends we would go to Grandma and Grandpa's house. During the day, we would ride the tractor, pick potatoes, play in the creek, work in the garden, and eat those delicious fresh vegetables. At night we would watch our grandparents and their friends play cards and visit. I would often get to sit on Grandpa's lap and put his bet on the center of the table. Their conversation always turned to "crops" and then who was sick or who had died....and I thought to myself "my goodness, when I get older I will have many different things to talk about"....and here I am, Lord.

With thankfulness,
Terri Polk, ALC Council President

PREVENTING FALLS AND IMPROVING YOUR BALANCE

One of the most important ways to prevent falls is to stay physically active and take care of your wellbeing. There are many things you can do to help prevent falls and improve your balance. Some of these things include the following:

Balance

- Stand on one foot, walk heel to toe and walk in a straight line with one foot in front of the other.

Legs Exercises

- Lower body strength exercises such as back leg raises, knee curls and toe stand exercises.
- Start by using a wall or chair for support.

Well Being

- Have your eyes and hearing tested often.
- Find out side effects of your medications.
- Get enough sleep
- Stand up slowly after eating, lying down, or sitting.
- Wear rubber-soled shoes that support your feet well.

Lori Kellar,
Wellness Ministry

THE ALC CHURCH OFFICE is now open Monday – Friday, 8 am–4:30 pm, by appointment or walk-in if staff is available. Welcome back 😊