

VERSE OF THE WEEK

"Cast all your anxiety upon him
because he cares for you."

1 Peter 5:7

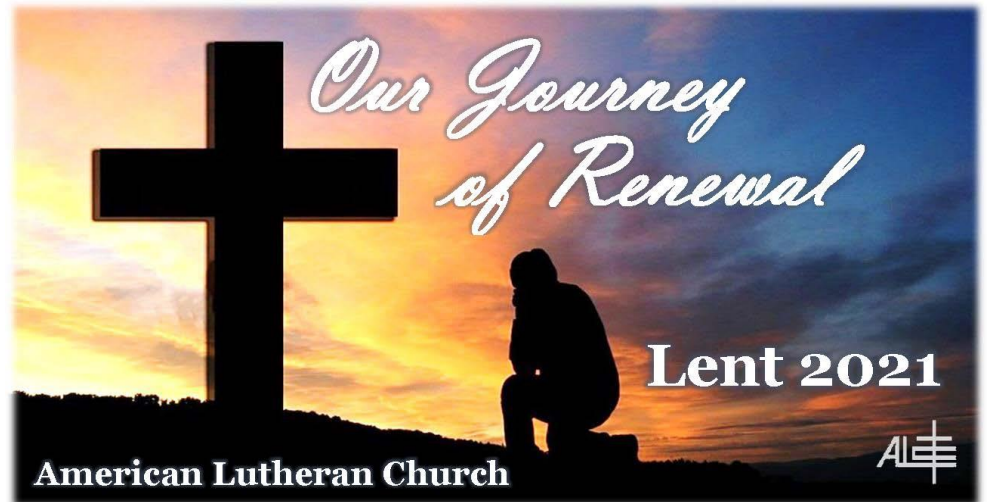
Everyone struggles with loneliness and anxiety at some point. Whether we are going through something hard like the pandemic, controversy, illness, loss of loved ones through death, damaged relationships, or difficult changes in life. We can trust that God will give us the way to endure, not just to survive but to thrive. We often know what to do for self-care but lose the desire to do so. Suggestions for today include but are not limited to: getting out in nature and walking, sharing with another trusted human being, reading something positive, making a gratitude list, or connecting with another person with a phone call. Most of all BELIEVE GOD AND RELY ON HIS WORD AS THIS VERSE STATES.

MIDWEEK MESSAGES

February 3, 2021

OUR JOURNEY OF RENEWAL: LENT 2021

The season of Lent is traditionally a time of prayer and repentance, an opportunity for spiritual renewal. After a year of living through the COVID-19 health pandemic, our hopes for renewal this Lent have a far greater emotional impact on us as we long for a return to normalcy in all areas of our lives, being with family and friends, enjoying a variety of activities, and a revival of worship and events at ALC.



Our congregation will begin our journey of renewal during its Lenten observance. ALC will once again offer in-person worship opportunities with simple services celebrated in our courtyard beginning on Ash Wednesday, February 17, and continuing with weekend services and

Wednesday midweek services. The health and safety of our congregation is a top priority for us. An outdoor gathering presents fewer risks for us while addressing the desire of many within our congregation to gather for worship. Your clergy, staff and council leadership continue to monitor our situation with COVID-19, and as more people are vaccinated and coronavirus infections become better controlled, we will make the decision to move our worship from the courtyard into our beautiful sanctuary.

Our upcoming schedule for in-person worship at ALC:

February 17, Ash Wednesday: 12:00 noon and 4:00 pm

Weekend Worship: Saturdays at 4:00 pm and Sundays at 9:30 am

Wednesday Midweek Worship: 4:00 pm (February 24, March 3, 10, 17, 24)

To attend in-person worship, please pre-register through our website or by contacting the church office. We will wear face coverings and maintain social distancing to help minimize any health risks. We will provide chairs appropriately spaced for you. For those who cannot attend a service in-person, ALC will continue to offer worship services on-line.

We look forward to the glorious days ahead when all may gather to celebrate and praise God for His wondrous works. We will take this journey together, step by step, and by continuing to support and care for one another along the way.

A THANK YOU

I believe it is time for a thank you to Pastors, church leaders, and many wonderful, caring ladies in our parish. All gifts, materials, prayers, and love are so much appreciated. We look forward to the day when we can be reunited as a church family.

Sincerely, Lois and Alger Arness

MEET YOUR 2021 ALC COUNCIL OFFICERS

I would like to introduce you to the ALC Council Officers for 2021:

Council President— Sharon Grambow Sharon is married to Gary Grambow (28 years) and combined they have 6 children, 21 grandchildren and 5 great grandchildren. Sharon was born in Milwaukee, Wisconsin and has been living in Phoenix since 1997. She has lived in Sun City for 14 years and has been a member of ALC for over 12 years. Sharon currently is Chief Financial Officer for Sun Health. She is a Certified Public Accountant (CPA), licensed through the State of Wisconsin (current) and a Licensed Nursing Home Administrator (LNHA) licensed through the State of Arizona currently. Sharon served as Chair of the Call Committee at ALC in 2018.

Council Vice-President—Ron Prekker Ron is married to Carol Prekker (61+years) and they have 3 adult children, 8 grandchildren and 2 great-grandchildren. Ron is a snowbird from Minnesota and has been a member of ALC since 2005. Before retirement Ron held various management positions with six different companies; he holds a Mechanical Engineering degree from the University of Minnesota. Ron served in various positions with Trinity Lutheran in Long Lake, Mn. and with the Boy Scouts in various leadership positions.

Council Secretary—Rita Van Stelle This is Rita's second year as ALC Council Secretary. Rita is married to Pete Van Stelle for 21 + years and combined they have 4 daughters and sons-in-laws, and 7 grandchildren. Rita was previously employed at H & R Block for 11 years and retired from Eau Claire Area School District in Wisconsin where she held several different positions. Rita has done extensive volunteer work not only in the community but also at her church in Wisconsin and at ALC. Rita is a member of our ALC Choir.

Council Treasurer—Carol Weber Carol has been appointed to be Treasurer and is currently a nominee for 2021 ALC Church Council. Carol was born and raised in Buffalo, N.Y. and moved to Michigan in 1975 where she worked for Chrysler for 24 years. In 2001 Carol was laid off from Chrysler and moved to AZ. She started her own business in March 2009 after working for AMEX and Robert Half. She has a M.S. in Accounting and is a Enrolled Agent, which allows her to practice before the IRS. Carol works mostly with small businesses for accounting and also does tax preparation for anyone. Carol assists business clients with all their financial needs including training in QuickBooks, updating files every month, preparing TPT returns, and filing tax returns. Carol has an office in Surprise and she also provides a mobile service for senior citizens who have trouble getting out. Carol has served ALC as Interim Treasurer in the past.

WELCOME AND THANK YOU!

In Awe of God,
Terri Polk

SCRIPTURE FOR THIS WEEKEND'S SERVICE

Lesson: 1 Corinthians 9:16-23

Psalm 147:1-11

Gospel: Mark 1:29-39

GREETING TO HIKERS

As we head into our Lenten journey, I have been inspired to invite you to join me in a co-ed hiking group at ALC. It will be a safe outdoor activity and we can rejoice in the beautiful weather in Arizona. We can exercise our bodies as we experience more of God's creation in nature.

The plan is to meet each Friday afternoon at 1 pm in the church parking lot by the carport. The beginning date will be February 12, 2021. We will begin with a group prayer and then drive in our own vehicles and safely head to our destination. Each week we will explore a new location. No matter what your fitness level is, it will improve as you hike according to your own ability.

We will celebrate our health and safety as we expand our opportunities to find healthy ways to grow spiritually on our pilgrimage during this difficult time in our world. My prayer is that our activity will continue to enhance body, mind and soul while we live happy, joyous and free as brothers and sisters in Christ.

Peace,
Judith Rainforth
Pastor of Spirituality and Care