

VERSE OF THE WEEK

"Do not fear, Your Word is a lamp
for my feet, a light on my path."

Psalm 119:105

As we continue our Lenten journey, may we embrace this verse as vital to our life not only during Lent but throughout our days on earth as we become more of who God is calling us to be.

WEEKLY DEVOTION

March 9

[Community](#)



WORSHIP SERVICES

[Wednesday 4:00pm](#)

[Saturday 4:00 pm](#)

[Sunday 8:30 am](#)

[Sunday 10:30 am](#)

GROUP STUDIES

Pastor's Bible Study

Tuesdays 10 am

Conference Call 339.209.5700

Men's Bible Study

Thursdays 8:00 am

Room A/B & Conference Call

339.209.5700

Women's Book Study

Fridays 9:00 am

Fellowship Hall

SCRIPTURE FOR WEEKEND SERVICE

Lesson: Numbers 21:4-9

Psalm 107:1-3, 17-19

Gospel: John 3:14-21

MIDWEEK MESSAGES

March 10, 2021

MINISTRY MOMENTUM II

I love worshipping with you at ALC! It is a privilege to proclaim the love of Jesus Christ, whether in person with 3 weekend services on Saturday at 4 pm and Sunday at 8:30 am or 10:30 am or online at alcsuncity.org/servicesanddevotions. Please join our weekly Lenten Service on Wednesday at 4 pm in person or online. This week we will focus on apologizing and "making things right." Remember that we have room for your friends and family in worship so please invite them to join you. Thank you so much for your ongoing patience in the registration process!

New Member Sessions are Saturday, March 20th from 10-11:30 am and Saturday, March 27th from 9:30 to 11:30 am. Please encourage friends, family and neighbors to join us in our faith community. Any questions? Pastor Judith and I are delighted to be of assistance.

This Lenten Season leads to Holy Week with **Palm Sunday** weekend worship services including the reception of our new members at the 8:30 am service. We will have two options for both **Maundy Thursday** on April 1 and **Good Friday** on April 2; either 12 noon or 6 pm each day. Pastor Gary will lead Maundy Thursday worship and Pastor Judith will lead worship on Good Friday.

Easter Weekend worship includes Saturday at 4 pm and Sunday with 4 services! **6:30 am** outdoor service in the Courtyard and 3 services in the Sanctuary; **8:00, 9:30 and 11:00 am**.

Gathered by the Holy Spirit, we are gaining momentum in the most important aspect of congregational life, worshipping and praising God together!

Love,

Pastor Lowell

Pastor Lowell



THE IMPORTANCE OF "DAYTIME" PAUSES

The last time I wrote, I spoke about the "pauses" I take in the morning hours:

Pause #1 - "Prayer and Peace"

Pause #2 - "Centering"

Pause #3 - "Energizing"

I find that when I pause, I have time to reflect and pray.

I have to admit that 11:00 am to 6:00 pm tends to be the most challenging time to take a "pause." You see, I am a "make a list" kind of person. I like to check things off my list and I tend to focus on getting through that list. Therefore, I take very few pauses, other than at mealtimes when I pause and pray before meals. I run a lot of my errands between 11 and 6...going to the gym, visiting

people, running to church to help out, shopping, library...you get the idea. So, I am asking myself, "what can I do to remind myself to pause and reflect?"

The light bulb went off! When I was working, I would often come into the office and someone was always there waiting to speak with me immediately. So, I would acknowledge them and then ask them to give me a minute or two. I remembered that I needed to take some "transition time," 1-5 minutes, to say hello to co-workers and hang up my coat, check the office, perhaps get a cup of coffee. Transition time worked for me...calming and preparing me...centering me. If it worked for me then, it

can work for me now. I think this transition time is important in my afternoon. I should "transition" between each activity and use this time to be thankful and pray. I am going to try this. I will let you know how this is working for me. Stay tuned and I will share with you Part 3 - "Evening Hours."

And on another subject, I just loved Pastor Lowell's sermon this past Sunday. I loved his review of the 10 Commandments. Thanks, Pastor, for reminding me of the basics. And I will leave you with words from Pastor Lowell:

With zeal that generates God's Love,
Terri Polk; ALC member

QUILTS

Thanks to those who donated fabric and bought quilts. The quilters were able to raise \$500!

CARD MAKING MINISTRY WITH CHRIS WELDON

I am starting a class for those that are interested in sending cards to members in hospice, recovering from an illness or surgery. You may know of someone who needs encouragement or just a note to say, "Hey we are thinking of you." If you are interested, please sign up at the church office or call me at 760-217-8141. You can leave a message if I cannot answer or text me.

I need to have a count by March 16th, to have enough supplies for everyone. The class will start on March 17th at 1:30 pm in Education A&B for 45 minutes. You will need a pencil, double-sided tape, a glue stick, and scissors. It will be \$5.00 for supplies.

DON'T WORRY. **YOU CAN DO IT.** I HAVE FAITH IN YOU.

BENEVOLENCE COMMITTEE

Bob Rogalski, Benevolence Committee, reports the following news from the latest newsletter of the Navajo Lutheran Mission: "The really good news is that the drilling team will arrive on March 8! In January 2020, American Lutheran Church in Sun City sponsored a Walk for Navajo Water raising \$50,000 to restore the old well on the mission campus. With travel restrictions lifted, we are thrilled to begin this absolute game changer for the whole community."

