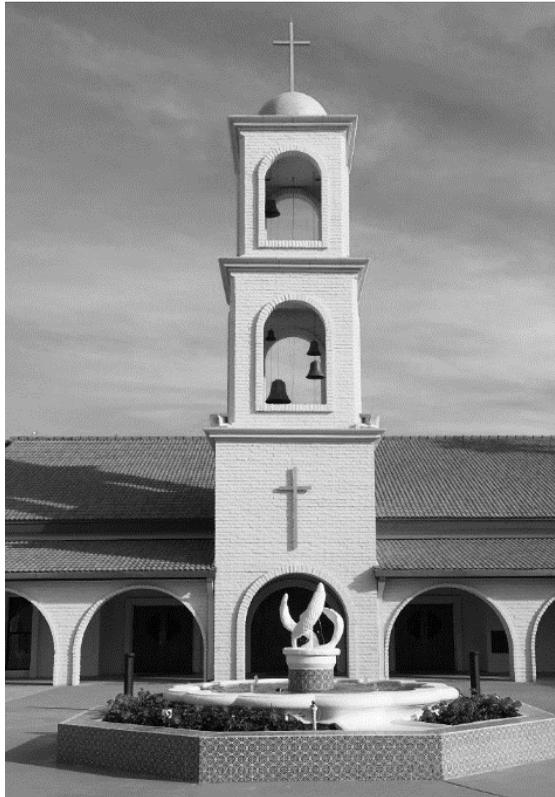


American Lutheran Church of Sun City
May 2019
Outreach Newsletter



MISSION STATEMENT:

To proclaim the love of Jesus Christ, invite others to participate in our faith community, and be a blessing to all in word and deed.

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Welcome to May!

Jesus is risen! He is risen, indeed! Alleluia! What a beautiful Easter weekend with so many people gathered to share in this Gospel proclamation. As we enter into May, we build momentum on this truth towards the Pentecost season beginning in June. May this be a blessed season of spiritual growth formed through faith in God's powerful promise of resurrected life!

First, I want to thank Pastor Gary Garvey for serving our church as Visitation pastor during the winter season. God speed to Gary and Diane as they head north with so many others from our congregation. Second, I want to express my gratitude to Pastor Chuck Paulson for his many years of service to American Lutheran Church and for nearly 55+ years of ordained ministry. Join me in praying for a wonderful retirement for Chuck and Anita - Well done, good and faithful servant!

As we enter May, I am also thankful for the solid stewardship we have demonstrated together in 2019. Records show we are on track to have ample reserves to cover summer month expenses. I will join the Outreach team to welcome and invite new members to our church. No one and I mean no one can bring new members in like Pastor Chuck but together, through our neighborhood groups and in all the opportunities to invite people to join us, we will build momentum towards celebrating our 50th anniversary in 2025. I love working with Pastor Gary and his compassionate leadership of pastoral care and Stephen Ministry along with Lori Kellar's Wellness ministry. May God bless us to be a blessing this upcoming summer!

Speaking of Stewardship, I want to thank Don Garverick who chairs the Trust Committee and its members for lifting up the trusts positive contributions to our congregation and community. Over half a million dollars were distributed over the past 10 years! Generous contributions from our members are wisely managed by Wally Eklund to make generous contributions for perpetuity. Please consider the Trust in your stewardship plans.

Also, the Benevolence Committee has discovered a way for Thrivent members to be generous. American has 137 Thrivent members and each of us has the capability to direct \$500 per year to Action Teams serving the church and community. These are dividends from our common bond in a fraternal organization. Can you imagine \$65,000 directed to fine partners in ministry like Pan de Vida Lutheran and West Valley Food Pantry? This doesn't include Thrivent Choice dollars which can be directed annually.

I look forward to a Thrivent gathering soon so we can learn how to increase our effectiveness and joy!

What a privilege to proclaim the Gospel of Jesus Christ with you!

Love,

Pastor Lowell

PRESIDENT OF THE COUNCIL

Was this your best Lent ever? Should that be a question or an affirmation? Pastor Nelson suggested to us as Lent was beginning that we could make this our best Lent ever.

Thanks to everyone who contributed their efforts during this special season. Especially the choir, and Ah-Men singers, Jane and Janet and Linda and all of you who raised your voice in the singing of the Holden Evening Prayer. Thank you to everyone who purchased flowers that always add to the beauty of our sanctuary.

Now as we begin the move to the warmer weather and some of our friends and neighbors leave for their summer homes we have the opportunity to get to know a whole new group of people. It is always interesting that we almost have three separate congregations; the Saturday congregation and two on Sundays. When we merge the Sunday services we can again renew acquaintances and make new friends. We will look forward to it.

Some other changes include fewer pastors on staff. Bon voyage to Pastor Garvey for the summer and congratulations and best wishes to Pastor Chuck Paulson on his retirement. You will learn more about ministry plans as we move forward. Pastor Nelson is carefully considering delivery of pastoral services including the role of us lay people and how we can work together.

Your Council and the committees will continue to meet and be active as we proceed through the summer months. I hope by now that everyone who filled out the Volunteer Initiative form has been contacted and your interests explored. Thank you again for participating in this remarkable congregation!

Peace,

Dick Jorgenson
President

DIRECTOR OF MUSIC

Spring has sprung, Christ has risen, the tax man has cometh, and snowbirds are heading back (to wherever snowbirds go). But that doesn't mean there aren't still opportunities to enjoy music at American Lutheran. Here are upcoming events for May.

FRIDAY, MAY 3 at 7:30 pm. The **PHOENIX SYMPHONY** will present the final part of their chamber music series, "Mozart and Schubert Chamber Music Festival 3." Join Phoenix Symphony musicians for an intimate performance at the popular Chamber Series in two acoustically superb Valley venues (one of those is us). This season the music continues its focus on Wolfgang Amadeus Mozart and introduces a more in-depth look at the works of Franz Schubert. These performances will sell out, so get your tickets early. Tickets are available by calling the Box Office at (602) 892-6157 or by going online at www.phoenixsymphony.org. If the performance has not sold out, there may be a limited number of tickets available at the door. Please call the box office for more information.

SATURDAY, MAY 4 at 2:00 pm. The **VALLEY CHAMBER CHORALE** presents its 2019 Spring Concert. Renowned for its "silvery sound and precise singing," the Chorale was founded in 1988 and is currently celebrating its 31st season. It is one of the longest running not-for-profit choral organizations in the Valley. This concert features music for choir and organ so it is a wonderful chance for you to hear and enjoy the sounds of our instrument, one of the best in the valley. This is a FREE concert (a free-will offering will be collected).

SUNDAY, MAY 19 at 3:00 pm. The **ARIZONA MASTERWORKS CHORALE** will present its final concert of their 2018-2019 season, "Opera and Broadway Theater Favorites." This is sure to be an afternoon of glorious vocal music. Tickets are available by calling their box office at (602) 350-8261 or by going online at www.arizonamasterworks.com. Tickets will also be available at the door. This chorale is a fine example of the depth and breadth of support and participation in the vocal arts here in our valley. Show your support and enjoy an afternoon of fine music.

NATIONAL DAY OF PRAYER EVENTS: May 2 at 9:00 am
(Chapel prayer vigil from 10:00 am until 4:00 pm)

The theme for the 2019 National Day of Prayer on May 2, 2019 is **Love One Another**. This theme comes from the words of Jesus in John 13:34, "Love one another. Just as I have loved you." This year's participation by American Lutheran in this day of prayer will be a little different. Due to budgetary constraints there will not be a breakfast on that day. Instead, Pastor Nelson will lead an hour-long period of intercessory prayer, focusing on the national theme and other important needs of our faith family and the wider world community. This will take place from 9:00 until 10:00 am in the main church sanctuary. Following this, as in previous years, you will have an opportunity to engage in private prayer in our chapel. 15 minute time slots will be available from 10:00 am until 4:00 pm. There is no need to sign-up in advance.

TREASURER'S REPORT

The good news continues with American Lutheran finances: all loans from last year's financial crisis have been repaid and we are up-to-date with our mortgage payments as well as our benevolence giving. And the rock project was completed and looks great!

As we move into the summer, many are planning to spend time away from Sun City. Have you considered online giving? It is easy to do and is very safe. Not only does it help you with your giving even when you aren't here, it benefits the bottom line at American Lutheran especially through the summer months. To set it up, go to the American Lutheran website and select the "Giving" tab...or just call American Lutheran. They would be pleased to work with you to set it up!

As I write this, my husband and I are packing to go back to Minnesota for the summer. Unfortunately, this means that I will be resigning as your Treasurer as I feel that the job really needs someone that is here through the summer. When you read this, the Council may have named a new Treasurer. It has been a privilege to serve the church in this way and I look forward to continuing with the Finance Committee and the Council when we return to Sun City this fall.

Debra Hortland

WELLNESS MINUTE

Medication Safety: Minimizing Fall Risk

Falls can be common among older adults and medications can contribute to the Risk. Minimize your risk by:

- Having a thorough review of the drugs you take. Bring your medications to each medical visit. This includes Nonprescription medications and supplements. Ask your Doctor or pharmacist if there are drugs you take that may increase your risk of falls, and if so, what may be done to minimize that Risk. Classes of drugs most strongly associated with falls include sleeping Pills, benzodiazepines for anxiety, certain antidepressants, antipsychotics And anti-seizure medications.
- Being aware of side effects that raise the risk of falls:

Feeling lightheaded, particularly when standing up, or feeling dizzy,
Unusually tired, confused or unsteady on your feet are side effects
That make falls more likely.

- Being cautious with drug adjustments:
The first couple of weeks after adding a drug or increasing a drug dose
Is a high-risk time for falls.
- Minimizing risks of nonprescription drugs, herbal supplements and alcohol:
Ask your pharmacist about interactions before using any of the above.

Lori Kellar: ALC Wellness Ministry

WOMEN'S MINISTRIES

Believe it or not planning for the 2019 Holiday Bazaar and Lefse Sale is underway! It will be held on Saturday, November 23rd. We would like all crafters, woodworkers, jewelry makers, knitters, quilters, and others to begin thinking about possible donations. The "Craft Boutique" at last year's bazaar was very popular, and we look forward to expanding our selection of items. If you have questions, please call Marty Livingston at 614-307-0113.

A Holiday Bazaar planning meeting is scheduled for May 7 at 1:30 p.m. at the church. All committee chairpersons should plan to attend.

The May meeting to make diapers and bandages for Global Health Ministries will be on Monday, May 20 at 1:00 p.m. We will meet in the Fellowship Hall. Please continue to donate white t-shirts of all sizes and white sheets. White sheets of any size are particularly needed! All donations should be labeled Global Ministries and placed on the food gathering table in the narthex.

A special thank you to Diane Garvey and Pastor Gary Garvey for delivering over 30 boxes of diapers, bandages, and assorted medical supplies to Global Health Ministries in Fridley, Minnesota. Next stop for these supplies is several Lutheran hospitals in Africa. Their willingness to serve is so greatly appreciated.

Thanks to all who donated tennis balls and wash cloths for our 2019 Operation Christmas Child project. This month we are collecting children's flip flops (or socks) and beach balls. Please drop your items in the marked red bins in the narthex and Fellowship Hall.

Volunteer Initiative Update

The information gathered with the Time and Talent forms has now been entered into the data base. Council liaisons and committee leaders will have access to this information.

We have had over 230 responses, and many group leaders are already using the data. Due to the steady commitment of the data base volunteers, we are about two weeks ahead of my hoped for timeline but are still working to fully utilizing the information we gathered.

The next step will be an after Easter email sent to all who responded with an email address. Those without email, will receive a call sometime before the end of May. This is to check and confirm that we have a means of communicating with everyone who volunteered to help.

We are well into this process but please be patient with us and the leaders of groups in which you indicated interest. The church office can help you identify leaders if you want to speed up your volunteer involvement.

Once again, thank you for answering this invitation to participate in and support the Ministries of our ALC family.

Ann Jones
623 455 9843

SAMPLE EMAIL

Greetings from the Volunteer Initiative team.

This is the test email we are sending to confirm your email and to thank you for your willingness to support the ministry of ALC by volunteering your time and talents. This willingness to be part of our church in so many different ways speaks to you and the community in which we live.

This project is still a process in the works. It is the first time ALC has taken on a volunteer inventory of this size. It will take a few more months to get all the parts working and to find the best ways to utilize each person's offerings. Please be patient. If you are ready to pitch in, please call the church office and ask for the contact information

of your interest group. We will try to put you in contact with that person as quickly as possible.

Thank You

Ann Jones, Ann Skidmore, Perc Peckham, Diane Lewis and all the others who worked so hard to make this project part of our ministry.

STEPHEN MINISTRY

Our continuing education series for 2018-2019 was completed on Thursday, April 11 when Matt Schiumo of the Arizona Attorney General's office presented an informative program on scams and frauds, which seem to bombard us daily; sometimes at great cost. Our 2019-2020 series will begin on Thursday, November 14. Be sure to watch the OUTREACH and bulletins for detailed information.

Our monthly Stephen Ministry meetings will conclude on Thursday, May 9. The large group portion will be a time of general discussion. Peer Support Groups will convene for their final required meeting of the spring session immediately following our refreshment break. **ALL STEPHEN MINISTERS SHOULD ATTEND THIS FINAL SESSION!**

Our summer peer support groups will meet on the last Sunday of each month throughout the summer and early fall (June through September). We will meet during the coffee/fellowship hour, at 10:45, in the Multi-Purpose room. These meetings are voluntary.

Have a blessed summer.

Neighborhood Groups & Stephen Ministry Liaison

Groups

I may be prejudiced, but I believe the ALC Neighborhood group activity is one of the most important sectors of our Church Ministry. Where ever your Neighborhood group meets – be it in a restaurant, at a church campus room, in a neighbor's home, or even at a

bowling alley - you have an opportunity to show to those around you, your love for our Lord and our Church.

I believe our Groups are only used by 40% to 50 % of the members assigned to their group. In addition due to friendships within the church, members of one group do attend with their friends at other groups. There is nothing wrong with this preference. The important thing is to belong to, and be an active part of, an ALC Neighborhood Group.

Many of you members of ALC will be leaving us to travel to cooler climes for several months. We wish you safe travels to where you are going and a safe return to Arizona in the fall.

While you are away would you please ask members of the local church you will visit, during your relocation, if they have Neighborhood groups and what exciting things those groups may do to encourage participation by members at that church?

Then let me know via your Group leader, the church office, or email me, any information that may help encourage more members here at ALC to take part in Neighborhood group activity.

The information received will be presented at a planned meeting of Neighborhood Group leaders in October 2019 at ALC.

Stephen Ministry Liaison

Following the success of the Stephen Ministry Banquet March 23rd I believe we have accounted for all costs and payments.

Blessings to all,

Bryan Cooper-Keeble

623 376-6666 or banddck@aol.com

ALC CAMPUS BIBLE STUDIES

Pastor's Bible Study ~ Every Tuesday, 10 am, in the Fellowship Hall. Pastor Lowell Nelson.

Men's Bible Study ~ Every Thursday, 8 am, (see calendar) Lectionary study.

Summer Friday Morning Bible Study with Chris Weldon ~ A five-week study on “Roman Road”. Sign up today! **Begins May 10 @ 9:00 a.m. in Education A/B**
All are welcome!

WELCA Bible Study with Pastor Lowell will resume October, 2, at 9:30 a.m.

MARK YOUR CALENDARS! The Friday Morning Bible Study will resume on November 1 at 9:00 a.m. It will be a grand time for fellowship and begin another amazing study of the Bible! If you did not get a chance to fill out a survey and would like to suggest a particular study or topic please contact Dianne at 575-551-4207 or digagarvey@gmail.com. See you on November 1!

GIFTS AND MEMORIALS

Gifts were given to American Lutheran Church in Memory of

Rev. Benjamin Nelson

By Joan Jordahl, Sharon J Myers, Carol and Harold Moe, Dick and Judy Laur and Debbra A Nielson

Bill Gill

By Audrey J and Walter R Gutzwiller, Clair Torgerson, DuAnn Torgerson and family

Doris Gary

Anonymous

Frank Marks

By Joan Jordahl

Genevieve Meier

By Duane and Linda Reuer, Marie B Amble, Glennis E Meyer, Charles D Rogness, Clare Randall, Carol and Harold Moe, Curtis and Gayle Bummer,

Gerald Amble

By Marie Amble

Gerald Mertz

By Constance L Carey

Glenn Mabraten

By Sheila Harmell, Joan T Jordahl, Charlotte Riebe, Ardith Fuglie, Constance L Carey, Corine Whinnery, Audrey J Wedul, Carol and Harold Moe, Clare Randal, Rolfe G Blaess,
Nola A Mellstrom, Gilbert B Thoele, Glen E Schulz, Bud and Phyllis Bartel, Charles and Denice Louderback, Ann Laubach, Roger and Katherine Miller, John and Joan Jones,

Judy Bernhoft

By Judith A Morrison & Family

Otto Wedul

By Constance L Carey, Connie and Kellie Carey, Kendra Carey Sathers, Wayne and Ruth Marie Faber and families

Patricia LeRoy

By Clare Randall, Patricia A Parcher

Robert John Schmidt

By Susan C Wickline

Ronald D Hughes

By Constance L Carey, Siri H Poehls

Sally Farmer

By Sheila Harmell

Scott Paulson

By Jerry and Diane Kohler, Harold Peterson, Erwin and Arlene Johnson, Yvonne C Saetre,
Lois McMahan, Ann Laubach, Sheila R Worley, Ellis and Helen Eskritt, Irvin and Beverly Aal,
Constance L Carey, LaDonna Hardt and Sara Green, Tom and Susan Reeb, Robert and Mary Lou Luke, Ron and Marie Pearson, Percy D and Bette G Peckham, Lowell D and Deborah S Nelson, Van and Janet Judd, Darrell and Carole Alexander

Yvonne Spaulding

By Doris and Kenneth Hagen, Judith A Morrison

Marjorie Sherbocker

By Doreen A Weiser, Susan J Sherbocker with honorable mention of Margi Nicholls

Gifts were given by Laura Ferguson; Carol and Harold Moe in honor of Eleanor Simons' birthday; Elizabeth and Ivan Dorn, and Sharon J Myers in honor of Pastor Chuck's retirement.

NEIGHBORHOOD GROUPS

First Thursday, MAY 2

12:00 **2L** Royal Oaks @ Royal Oaks

First Saturday, MAY 4

8:30 **2H** Happy Hour @ Royal Café

9:00 **2D** Thunderbirds no meeting till fall

Second Saturday, MAY 11

8:00 **5D** Sunflower @ Coco's on Bell

9:00 **3C** Care, Chatter, Comfort home of

Judy Alliss (**Last mtg until September**)

9:00 **3H** Jolly Comrades @ Coco's

Third Thursday, MAY 16

8:30 **1A** Quail Run @ Mercer's

Third Saturday, MAY 18

8:00 **5C/5E/5F** Grand West @ Memo's

8:30 **2C** Early Birds—Ji Michael's

9:30 **3A** Wanderers in homes

Fourth Saturday, MAY 25

9:00 **2M** El Dorado @ El Dorado

MEETINGS – ANNOUNCEMENTS - ACTIVITIES

ALC Grief Support Group

A NEW DAY - ALC grief support group meets Tuesday at 10 am in the Lounge. It's not necessary to sign up...just show up. We welcome you.

ALC GOOD BOOK GROUP

Our last meeting of the season will be held on Monday, May 13, at 10:30 a.m. in Room C. In this meeting we will be discussing books we may want to read during the summer. We will resume again on **SEPTEMBER 9 AT 10:30 A.M.** The book will be **“BOYS IN THE BOAT”** by **DANIEL JAMES BROWN**. Gerri Jurisson will lead the discussion. The book is about the interesting sport of rowing; perhaps a new sport for most of us. Please feel free to join us.

Alcoholics Anonymous

The AA Group meets at American Lutheran Church. These are referred to as “closed meetings”. Closed meetings are for AA members only or for those who have a drinking problem and desire to stop drinking. Meetings are Mondays, 7:00 pm, and Wednesday evenings, 6:00 pm, in Education Room C. For more information, call Judie at 623-337-7747.



Al-Anon is a worldwide, 12-step fellowship which offers hope, support and self-care information to anyone concerned about the drinking or drug use of a friend or family member. It has one purpose: To help loved ones of alcoholics by practicing the 12 steps. Meetings are Tuesdays at 6:30 pm in Ed Room A/B. For more information, call Claire at 507-288-6353, or Nancy at 858-735-7456.

West Valley Lutheran Thrift Shop

10615 West Peoria Ave, Sun City

<http://www.wvlutheranthrift.com/>

--623-815-7061--

2018 was a great year for us at the Shop. Here is a summary of what we were blessed to accomplish.

First, our volunteers. We had 325 volunteers, plus youth from Young Life, and some individuals performing community service. They volunteered almost 50,000 hours in 2018. That's about 160 hours per day we were open!

Total volunteer hours (335 volunteers)	48,156
Young Life Surprise	1,151
Young Life NW Valley	177
Community Service	186
Total	49,670

Second, our donations. We donated over \$420,000 to 47 organizations in accordance with our mission: “In gratitude to God and love of neighbors, our mission is to operate a Thrift Shop ... that will provide support for area Lutheran churches, non-profit organizations and assistance for families and individuals in need.” This was allocated as follows:

Community Needs (Non-Profit Support)	34%
Church Outreach Programs	17%
Women's and Children's Shelters	15%
Youth	14%
Church Operations	13%
Church Capital Projects	7%

As volunteers, we feel blessed to be able to participate in this ministry. Will you join us? Shop with us, donate your gently used goods or volunteer as many or as few hours a week as you want.

Check us out on Facebook

Keep up with the WVLTs on Facebook:

www.facebook.com/westvalleylutheranthriftshop/

We are planning on regularly posting specials so check us out. Please “Like” us today!

THANK YOU

My sincere Thank You to all the Pastors, staff and members for your prayers, cards, and concerns over these past months. It was so special to be remembered by people I did not know. It will be so special to be with you at the Easter Service. I now understand the meaning of “The Power of Prayer”. Thanks to all of you!

Sincerely, Joan Jordahl

Thank you to the Volunteers who maintain the Flowers around the Fountain. In recognition for their work in maintaining the flowers around the fountain, a special thank you to Angie Ohnesorge, Lindy Lindahl, Madeline Niccore, and Sandy Schow. Angie has provided the leadership for this effort. The drip system irrigation was in need of some serious repair, so Sandy and Madeline completely rebuilt it. Please convey a personal thank you when you see them. Angie could sure use some additional help. For those who signed up to help with this in the Volunteer Initiative Signup, don’t wait for a call. Go ahead and phone Angie to make yourself available.

Feed My Starving Children

Thank you to everyone who participated in the year's pack; to those who made donations; and the afternoon people who stayed longer to reach our goal and then helped to clean up. We helped pack 134, 192 packs, which will feed 365 children a year.

Judie VanDevere and Ann Skidmore

Directory Changes

We express our deepest sympathy to those who have lost loved ones.

Edith Villalovos on the death of her grandson, Thomas Horton

Centenarians

Carol Howland (107)

Mary Graybiel (104)

Norma Carlsson (104)

Dorothy Noren (101)

Dorothy Hootman (100)

Milan Susina (100)

Maxine Kaiser (100) on 4/24/19

Eleanor Simons (100) on 5/2/19

LOCAL ADDRESS CHANGES

Ms. Nancy Pribyl

10333 W Olive Ave Apt 114

Peoria, AZ 85345

Phone: 623.972.6630

Neighborhood Group 1A

Carroll Egemo & Anita Bobb

17300 N 88th Ave Apt230

Peoria, AZ 85382

Phone: 623-618-5162 (Carroll)

Phone: 602-622-6888 (Anita)

Neighborhood Group: 3I

Mr. Armond Kitzing

10330 W Thunderbird Blvd. Apt A121

Sun City, AZ 85351

Phone: 623-566-4140

Neighborhood Group: 2M

REMOVED FROM ROLLS BY DEATH

James J. Pulk (03/09/2019)

June Van Buren (02/18/19)

American Lutheran Church of Sun City



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www.alcsuncity.org

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Dave Tigges Property / Grounds

Rolfe Blaess / Sound