



OCTOBER OUTREACH

October 1, 2021

IN THIS ISSUE

- Message from Pastor Lowell-1
- Wellness Minute-3
- The Finance Committee-4
- Women's Ministry-5
- Worship and Music-5
- Stephen Ministry-7
- West Valley Lutheran Shop-7
- Grief Journey Group-8
- Neighborhood Groups-8
- October Birthdays-9
- Stephen Ministry News-10
- Gifts and Memorials-11
- Directory Changes-12
- October Calendar-14

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.*

FOLLOW US ONLINE

Our Website
www.alcsuncity.org

Facebook
<https://www.facebook.com/AmericanLutheranChurchofSunCity>

YouTube
<https://www.youtube.com/channel/UCbpaGz0rEpqGJ34zfR8rNJg>

MESSAGE FROM PASTOR LOWELL

Dear Family & Friends of
American Lutheran Church,

Reformation is our key theme in October as we celebrate the Reformation of the Christian church. As Lutherans, we understand that we still continue as reformers of the catholic (universal) church. The same core principles of the reforming movement 500 years ago are still with us today. The reformers in their wisdom expressed their thoughts of Biblical truth through the use of the "5 Sola's":

Sola Scriptura- "Scripture alone"

Sola Gratia- "Grace alone"

Sola Fide- "Faith alone"

Solus Christus- "Christ alone" and

Soli Deo Gloria- "to the glory of God alone"

Together, God's Word is our foundational authority expressing the Gospel truth we are saved by grace alone, through faith alone, in Christ alone, and all in thanksgiving to the glory of God alone. Our ongoing reformation of the church is built on this jewel of the Bible:

**“For there is no distinction, since all have sinned and fall short of the glory of God; they are now justified by his grace as a gift, through the redemption that is in Christ Jesus, whom God put forward as a sacrifice of atonement by his blood, effective through faith.”
Romans 3:22b-25a**

So, as people of the reformation, we keep the core principle as the “main thing” but are open to reforming anything that limits God’s amazing Word. While this can pose challenges, as we ourselves have experienced within this pandemic challenge, we are people who join together with confidence. Luther expressed it in this way:

“Faith is a living, daring confidence in God’s grace, so sure and certain, that a man could stake his life on it a thousand times.”

Now that’s confidence! May our confidence in God shape and reform our way forward as we eagerly anticipate and begin preparing for our 50th anniversary year in 2025. May God continue to bless us to proclaim the Gospel, invite others and be a blessing in word and deed.

Speaking of changes, please note we now have two Sunday worship services, one at 8:30 am and the other at 10:30 am. Saturday worship maintains a 4:00 pm start time throughout the year. I am looking forward to the restarting of concerts and special events such as Dr. James Gerber Organ Recital on Sunday afternoon, October 24th. I look forward with eager anticipation to the preaching of Rev. Jim Hanson on Reformation weekend as he shares the Gospel and with Executive Director Eric Simonson as he shares information about our partner in the Grand Canyon Synod, “Spirit in the Desert Retreat Center” in Carefree. It is so good to be together!

Love,

A handwritten signature in black ink that reads "Pastor Lowell". The signature is written in a cursive, flowing style.

Pastor Lowell

Wellness Minute:

HEART FAILURE:

Heart failure - sometimes known as congestive heart failure - occurs when the heart muscle doesn't pump blood as well as it should. When this happens, blood often backs up and fluid can build up in the lungs, causing shortness of breath.

One way to prevent heart failure is to prevent and control conditions that can cause it, such as coronary artery disease, high blood pressure, diabetes and obesity. Heart failure can be ongoing (chronic), or it may start suddenly (acute).

Heart failure signs and symptoms may include:

- Shortness of breath with activity or when lying down
- Fatigue and weakness
- Swelling in the legs, ankles, and feet
- Rapid or irregular heartbeat
- Reduced ability to exercise
- Persistent cough/wheezing with white or pink blood-tinged mucus
- Swelling of the belly area (abdomen)
- Very rapid weight gain from fluid buildup
- Nausea and lack of appetite
- Difficulty concentrating or decreased alertness
- Chest pain if heart failure is caused by a heart attack

When to see a doctor:

See your doctor if you think you might be experiencing signs or symptoms of heart failure.

Call 911/emergency medical help if you have any of the following:

- Chest pain
- Fainting or severe weakness
- Rapid or irregular heartbeat associated with shortness of breath, chest pain or fainting
- Sudden, severe shortness of breath and coughing up white or pink, foamy mucus

Although these signs and symptoms may be due to heart failure, there are many other possible causes, including other life-threatening heart and lung conditions.

Causes:

Heart failure often develops after other conditions have damaged or weakened the heart.

Risk Factors: coronary artery disease, heart attack, high blood pressure, diabetes, certain medications, alcohol use, smoking or tobacco use, obesity and some viruses.

Complications: Depending on the severity of heart disease, your overall health, and other factors such as your age. Possible complications can include kidney damage or failure, heart valve problems, heart rhythm problems and liver damage.

Prevention: The key to preventing heart failure is to reduce your risk factors. By making lifestyle changes you can help you prevent heart failure such as not smoking, controlling your blood pressure and diabetes, staying physically active, eating healthy foods, maintaining a healthy weight, and reducing and managing your stress levels.

Lori Kellar
Wellness Ministry
l.kellar@alcsuncity.org

THE FINANCE COMMITTEE

ALC financial position for the month of August 2021			
AUGUST 2021	ACTUAL	BUDGET	BETTER/(WORSE)
Regular Giving	80,929	102,785	(21,856)
Operational Expense	88,111	100,559	(12,448)
YTD 2021	ACTUAL	BUDGET	BETTER/(WORSE)
Regular Giving	694,358	822,273	(127,915)
Operational Expense	701,124	806,006	(104,882)

WOMEN'S MINISTRY

GLOBAL HEALTH MINISTRY:

We are so grateful to the devoted ALC ladies who spin bandages for Lutheran Global Health Ministries. Please join us in the Fellowship Hall on Monday, October 18th, from 1:00 - 3:00 p.m. to spin and visit.

OPERATION CHRISTMAS CHILD:

Finally, October has arrived...which means the red and green shoeboxes will soon be at ALC. Some of you have been shopping for school supplies and other items. Please pick up boxes to fill following the worship services the weekend of October 16th-17th in the courtyard near the fountain. A list of items and instructions will be included with the boxes. Your completed boxes should be returned the weekend of November 6th-7th. With so many children in need, we are blessed to have the opportunity to share the love of God through these shoebox gifts.

HOLIDAY BAZAAR:

We so look forward to once again having our Holiday Bazaar on November 20th in the Fellowship Hall. A huge 'thank you' to the crafters who have indicated they will donate items. The Lefse has been ordered and will be sold at the Holiday Bazaar.

Thank you for your support of our activities which fund our mission projects.

The Women's Ministry Board

WORSHIP AND MUSIC

Choir

We say goodbye to Summer and hello to Autumn. Seasonal residents return. The choir grows a little each week. New singers are always welcome. We are meeting Thursdays, 2:30 pm- 4:15 pm safely distanced in the Fellowship Hall which provides adequate space, bright lighting, and good rehearsal acoustics. On October 14th, the choir will meet for an extended "retreat" to reconnect and delve into "Light Shines in the Darkness". This is a stunningly beautiful

8-movement 30-minute work with organ and string quartet scheduled to be presented at 3:00 pm on Sunday, November 14th in the ALC sanctuary. More information will be forthcoming in the November newsletter.

Here is what the choir is preparing for live worship in October:

- October 3 "You Are Holy" by Per Harlig, arranged by John Helgen
- October 10 "Treasures in Heaven" by Joseph W. Clokey based on Matthew 6: 19-21 and Matthew 7: 7,8
- October 17 "Many Gifts, One Spirit" by Allen Pote
- October 24 "If My People Will Pray/Hear Our Prayer, O Lord" arranged by Keith Christopher
- October 31 "Reformation Christ Is Made the Sure Foundation" arranged by John Ferguson

Ah Men Singers resume Thursday, October 7th, 1:30 pm- 2:15 pm in the Sanctuary.

It is wonderful to hear the congregation singing together. Congregational singing is one of the very few places where corporate singing happens. And it happens with enthusiasm at ALC.

Keep a song in your heart.
Blessings, Peace and Love,
Janet MacDonald, Choir Director

American Lutheran Church of Sun City

Organ Recital

James Gerber

Sunday, October 24, 2021
3:00 PM

ALC

The poster features a background image of an organ console and a large, colorful stained glass window. The text is overlaid on the image in various fonts and colors. The ALC logo is in the bottom left corner.

stephen MINISTRY®

With many of our travelling ALC Stephen Ministers (SM) returning to the Valley, we are planning a busy winter schedule starting in October.

Thursday 14 th	9-12	Refresher Training	Fellowship Hall	All SM's
Friday 15 th	9-12	Leadership Meeting	Rooms A & B	Team
Friday 23 rd	9-12	Facilitator training/lunch	Fellowship Hall	Facilitators

Also, all Stephen Ministers remember to note the Welcome Back breakfast 9:00 am on Thursday November 11th.

Blessings, Bryan Cooper-Keeble

WEST VALLEY LUTHERAN THRIFT SHOP

10615 West Peoria Ave, Sun City
<http://www.lutheranthrift.com/>
--623-815-7061--

The West Valley Lutheran Thrift Shop is approaching a significant milestone. By the end of September 2021, we will have donated over \$10 million to Lutheran Churches, Schools, and Charitable Organizations primarily in the West Valley. We started in 1994 with donations totaling \$94,000. This year we are on track to donate over \$400,000.

We have been blessed with terrific volunteers and leadership, and with loyal customers and givers. We will be celebrating this accomplishment on Sunday, November 14, 2021, from 2 to 4 at the Shop. There will be more information in the November newsletter. But please save the date for an open house and refreshments.

Our hours of operation are currently 9am-3pm, Monday through Friday and 9am-4pm on Saturdays. Donations are accepted on Tuesday and Thursday from 9 am to 2 pm. Donations are accepted at our Red Door in the back of our building; just ring the doorbell for a volunteer to help you. We accept just about everything from your home, your garage, or your closet.

Check us out on Facebook. We'll post our hours there and occasionally post specials as well.



Haven't we all dealt with change and loss in our lives, brought on by the pandemic?! Last month I wrote "To find peace in our life, it's important to acknowledge our losses and find ways to deal with the changes they bring." Here are a few suggestions to navigate the changes in your life:

- ~ Be patient with yourself while you reorient to your 'new normal.'
- ~ Keep additional changes to a minimum right now.
- ~ Take care of yourself in little ways, like daily devotions and quiet time.
- ~ Look at the positive side of change. What good has come from it?
- ~ Seek support from your friends, family. You don't have to go it alone.
- ~ Attend to your spiritual needs. Find strength in worshipping with your church family.

Linda Shirck, Facilitator
Grief Journey Support Group

NEIGHBORHOOD GROUPS

All neighborhood groups should be starting their routine monthly meetings by now. However, be aware that you may need to have COVID face masks with you wherever you are meeting. Also, there may still be problems being able to social distance satisfactorily at some restaurants. In addition, some groups may need to consider a new leader to coordinate your group meetings since COVID has affected members. If you need assistance, please contact me or Toni Molck for help.

Blessings, Bryan Cooper-Keeble

HAPPY BIRTHDAY

OCTOBER BIRTHDAYS

Please reach out to wish them a happy birthday.
From the staff of ALC, we wish all a wonderful birthday!

Angy Felcyn	1	Bob Sosa	8
Michelle Hannah	1	Ted Guenther	9
Ann Wood	1	Fawn Lawrence	9
Don Bortz	2	John Cliff	10
Betty Davis	2	Larry Ohnesorge	10
Joan Jordahl	2	Sharron Schueman	10
Linda McClentic	2	Daniel Baumgartner	11
Inge McKenzie	2	Steven Kluge	11
Carol Sorum	2	Orin Schueler	11
Marilyn Bah	3	Chris Weldon	11
Barb Cliff	3	Sylvia Anderson	12
Bess Glander	3	Gary Garvey	12
Karen Kinnaman	3	Robert Morrison	12
Harold Peterson	3	Carol Moe	13
June Raymond	3	Harold Moe	13
Jeanine Hoden	4	Judy Goforth	14
Kathy House	4	Wayne Hegna	14
Lowanne Brokaw	5	Clayton Cook	15
Joan Carlson	5	Myron Missling	15
Bill Dickinson	5	Lari Schweig	15
Roger Matzke	5	Karen Vitez	15
Joe Pfeiffer	5	Darrell Alexander	16
Marge Evenson	6	Donald Gehrman	16
Tom Husnik	6	Barbara Kurtis	16
Debi Lamprecht	6	Ron Parker	16
Arthur Wienke	6	Rochelle Shroyer	16
Diane Billings	7	Charlene Young	16
Ardith Fuglie	7	Judy Appel	17
Laura Galchutt	7	Anita Paulson	17
Margaret Hannemann	7	Betty Sleeman	17
Nola Mellstrom	7	Pam Geiger	18
David Moe	7	Iliene Heidtke	18
Ellsa Sorenson	7	Karen Miller	18
Susan Brandt	8	Jim Napier	18

Jerry Zink	18	Terry Adams	26
Glenn Radeke	19	Sarah Imig	26
John VanDomelen	19	Dick Johnson	26
Dale Bollman	20	Sabrina Peoples	26
Wendy Hagan	21	Ann Powers	26
Evonne Phillippe	21	Kathy Bjerkreim	27
Glen Vanic	21	Kathy Darbutas	27
Don Becker	22	Linda Hall	27
Evelyn Sandstede	22	Barb Lehto	27
Darrell Smith	22	Connie Anderson	28
Al Arness	23	John Dahl	28
Arvid Peterson	23	Jerry Kallheim	28
Don Tucker	23	Char Riebe	28
Sally Baumgartner	24	Carmen Smith	28
Jane Coughlin	24	Curtis Drievold	30
Nancy Math	24	Joe Q Quintanilla	30
Judy Peterson	24	Paul Erickson	31
Duane Hovick	25	Donna Illgner	31
Barbara Jacobsen	25	Deborah Kullman	31
Jim Keck	25	Ruth Myklebust	31
Naomi McColley	25		



STEPHEN MINISTRY NEWS

Mark Your Calendars!! We are off and running for 2021-2022! Come to our first **Refresher Course Training Session** for all Stephen Ministers. Anna Spradlin and Terri Polk will lead a “delightful” review of literature used in the Stephen Minister training class. Remember the koala bear and the Compass? Join us for this refresher from 9:00 a.m. to noon on Thursday, October 14, 2021, in Fellowship Hall. Refreshments will hopefully be provided.....

AND

Attention Stephen Ministers: We need additional Peer Group Facilitators and Substitutes for our upcoming monthly meetings. Our Training Workshop is Friday, October 22nd, from 9 am to noon in Fellowship Hall. Refreshments will be served, and the training will be fun! Come and learn Stephen Ministry methods of effective Peer Group facilitation. For more information, contact Anna Spradlin (303-877-0475) or Sharron Schueman (208-659-3690).

Thanks and talk soon,
Anna and Terri

GIFTS AND MEMORIALS

Florence Back

Susan Beach

David Livingston

Joyce Wikum

Judy Jensen

Karen & Rich Bergfeld

Glen Schulz

Alan & Nancy Filipa

Martha Livingston

Kay & Arvid Peterson

Helen Rogness

Janet Harding

Tony & Jan Rogness

Curtis & Marilyn Bah

Donna Borden

Judith Morrison

Charlotte & Gary Rogness

Christine Provance

Mr & Mrs Wallace Eklund

Duane & Linda Reuer

V.M. Anderson

Keith & Rebecca Severson

Helen Teply

Verna Larson

Myron & Monica Petersen

Paul & Sharon Blaess

Char Riebe

Judith Morrison

Lorna Davis

Kelly Carey

Myron & Monica Petersen

Clare Randall

Myron & Monica Petersen

ALTAR FLOWERS

Ronald Pearson-September 5- *memory of daughter, Kimberly Wheeler*

Elizabeth Borgman-September 5- *memory of parents*

Claudia Bachtel-September 12- *memory of family*

David & Leslie Mitchell-September 12- *memory of fathers, David C. Mitchell & Jack Fuller*

Dave & Kathy Bjorseth-September 19- *celebration of 18th Wedding Anniversary*

Carie Binger-September 26- *in memory of Donna Binger*

STEPHEN MINISTRIES

Carol & Harold Moe in honor of Helen Rogness

MUSIC DEPARTMENT

Sheila Harmell in memory of Verna Larson

G.E. & D. Schulz in memory of Verna Larson

CHOIR MINISTRIES

Otto & Audrey Wedul in memory of Verna Larson

V.M. Anderson in memory of Verna Larson

DIRECTORY CHANGES

<u>RECENT DEATHS</u>	
<i>We express our deepest sympathy to those who have lost loved ones.</i>	
Elroy L. Odland (8/29/21) Richard C. Herrmann (9/2/21)	Gail S. Wedan (9/8/21) John M. Stark (9/18/21)
<u>CENTENARIANS</u>	
Mary Graybiel (106) Norma Carlsson (106) Dorothy Noren (104) Florence Johnson (102) Dorothy Jensena Johnson (101) Bess Glander (100) Irene Quill (100) Jo Fletcher (100)	
<u>LOCAL ADDRESS CHANGES – None</u>	
<u>MOVED OUT OF AREA PERMANENTLY</u>	
Howard & Jean Peterson PO Box 27 Edgerton, WI 53534	

STAFF DIRECTORY

Rev. Lowell D. Nelson

Senior Pastor
l.nelson@alcsuncity.org

Rev. Maria Valenzuela

Pastor of Care

MUSIC MINISTRY

Dr. James Gerber

Organist/Worship Coordinator
j.gerber@alcsuncity.org

Janet MacDonald

Choir Director
j.macdonald@alcsuncity.org

George Zoske

Director of Christo Bells
gzoske@mac.com

ADMINISTRATIVE STAFF

Toni Molck

Ministry Operations Coordinator
t.molck@alcsuncity.org

Jill Leon

Financial Coordinator
j.leon@alcsuncity.org

Elizabeth Borgman

Receptionist
e.borgman@alcsuncity.org

Oddesy Hernandez

Communications/Media
o.hernandez@alcsuncity.org

Lori Kellar

Wellness Ministry
l.kellar@alcsuncity.org

Dave Tigges

Property / Grounds
d.figges@alcsuncity.org

Rolfe Blaess

Sound

OCTOBER CALENDAR

SUNDAY	MONDAY	TUESDAY			
LOCATION LEGEND: 1 – Sanctuary 2 – Chapel 3 – Narthex 4 – Lounge 5 – Fellowship Hall 6 – Multi-Purpose 7 – Education A 8 – Education B 9 – Education A&B 10 – Education C 11 – Ed. D/ Library	12 – Choir Room 13 – Courtyard 14 – Office Workroom 15 – Senior Pastor 16 – Pastor of Care 17 – Pastor of Outreach 18 – Business Admin 19 – Admin. Mtg. Rm 20 – Columbarium Z – Zoom CC – Conference Call				
8:30 Worship – 1 10:30 Worship – 1	3	8:00 Quilters-6 3:00 Personnel Committee-19 1:30 Card Making Class-10	4	10:00 Pastor's Bible Study- 5/CC 12:00 Cactus Conference- 9 1:30-3:00 Grief Journey- 4 3:30 Bell Choir Rehearsal-1/12	5
8:30 Worship – 1 10:30 Worship – 1	10	8:00 Quilters-6 1:30 Card Making Class-10 3:00 Personnel Committee-19	11	9:00 Finance- 9/CC 10:00 Pastor's Bible Study-5/CC 12:00 Cactus Conference- 9 1:30 Trust Committee- 9 1:30-3:00 Grief Journey- 4 3:30 Bell Choir Rehearsal-1	12
8:30 Worship – 1 9:00-11:45 Distribution of OCC boxes- 13 10:30 Worship – 1 3:30 ProMusica - 1	17	8:00 Quilters-6 1-3 WM Spinning Bandages- 5 1:30 Card Making Class-10 3:00 Personnel Committee-19	18	10:00 Pastor's Bible Study- 5/CC 12:00 Cactus Conference- 9 1:30-3:00 Grief Journey- 4 3:30 Bell Choir Rehearsal-1	19
8:30 Worship – 1 10:30 Worship – 1 3:00 James Gerber Organ Recital – 1	24	8:00 Quilters-6 1:30 Card Making Class-10 3:00 Personnel Committee -19	25	10:00 Pastor's Bible Study- 5/CC 1:30-3:00 ALC Council- 9/Z/CC 1:30-3:00 Grief Journey-4 3:30 Bell Choir Rehearsal-1	26
Reformation Sunday 31 8:30 Worship – 1 10:30 Worship – 1	31				

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 4:00 Communion Worship- 1
6	7 8-9 Men's Bible Study- 9/CC 1:30-2:15 Ah-Men Singers- 1 2:30-4:15 Choir Rehearsal-5	8	9 9-11 3C Group Meeting – 5 4:00 Worship - 1
13	14 8-9 Men's Bible Study-9/CC 9-12 Refresher Training-5 1-5 Choir Retreat- 1/5/12	15 9:30-12 SM Leadership- 9	16 4:30 – 5:15 Distribution of OCC boxes- 13 4:00 Communion Worship – 1
20 8-9 Executive Council- 15	21 8-9 Men's Bible Study- 9/CC 1:30-2:15 Ah-Men Singers- 1 2:30-4:15 Choir Rehearsal-5	22	23 9-12 Facilitator Training & Lunch - 5 4:00 Worship - 1
27	28 8-9 Men's Bible Study- 9/CC 1:30-2:15 Ah-Men Singers-1 2:30-4:15 Choir Rehearsal-5	29	30 4:00 Worship - 1

American Lutheran Church of Sun City
17200 N Del Webb Blvd.
Sun City, AZ 85373
P: 623.974.2512
F: 623.974.2515

Non Profit
Organization
U.S. POSTAGE
PAID
Permit No. 59
Youngtown, AZ

CHANGE SERVICE REQUESTED

