



# SEPTEMBER OUTREACH

September 1, 2021

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## 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](http://www.alcsuncity.org)

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

YouTube

<https://www.youtube.com/channel/UCbpaGz0rEpgGJ34zfR8rNJg>

## MESSAGE FROM PASTOR JUDITH

Greetings,

I pray you are seeking peace in the midst of all that is happening in God's world. Jesus said in Matthew 7:7 "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives, the one who seeks finds, and to the one who knocks, the door will be opened."

Do we as Christians believe that? And if so, let's do it! Let's not be divided by the turmoil we are facing but have a spirit of cooperation. Prayers are answered according to God's time and way. Let's be encouraged by answered and unanswered prayers as each gives us the opportunity for more wisdom, gratitude and spiritual growth.

The following are some examples I would like to share from my recent experience. The cancer that was discovered in my body has been treated successfully and I am now cancer free. Health and other challenges in life afford us opportunities to focus more on what is important, the importance of each moment and

relationship. We are blessed with many advances in modern medicine that often afford us cures and prevention opportunities. The world is in turmoil, but we are called to keep praying, which strengthens us in our faith.

We are always left with more questions than answers. I pray we can accept that many things are out of our control, but God always has the answer. Even Jesus suffered, and before he died on the cross for us he prayed, "Father, if you are willing, take this cup of suffering away from me. But do what you want, not what I want."  
Luke 22:42

In the hardest and heaviest times of our lives we, like Jesus, need to cry out to God. And we also are to run to God when things are going well. I am hearing more accounts of people paying it forward than I ever have. I believe that is a sign that many people are trying to do their part in these dark times we are going through.

In James 1:2-3 we read *"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance."*

Many words in the Bible teach us by Jesus' example how to pray in times of crisis. Our world is in crisis, so I am asking that each of us keep praying for one another and for our world every day. In times such as these we can be restored, blessed, and strengthened as individuals and as a community of believers, to feel blessed to be a blessing in this day and in the days to come.

In conclusion, I want to once again thank you for your prayers, love and support during my recent health challenge as you inspired me to wait upon the Lord. God answers prayers and brings peace in the midst of turmoil. Let's keep praying and supporting one another as we move forward serving as the hands and feet of Jesus by asking him what we can do each day to make this the world a better place.



Go in peace and serve the Lord.

Prayerfully,

*Judith Rainforth*

Pastor Judith

# LETTER FROM THE COUNCIL PRESIDENT

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*“When you pass through the waters, I will be with you.”  
Isaiah 43:1*

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“Find me in the midst of the maelstrom.” These words began my daily devotion today. I must admit that I had to look up “Maelstrom.” I found the definition – a powerful whirlpool in the sea or river – to be a vivid picture of my world lately.



Consider this – the monsoon reports of raging washes and flooded roads, of homes and cars being washed away. The swirling COVID-19 Delta Variant rages. The daily demands of work and family overwhelms. Can I keep my head above water? I pray, Dear God, how can I persevere?

It is then I realize that I have to let go. I must look to God, to believe that He will lead me through this, and He is with me. If it is difficult, He will give me strength and courage to get through it.

Do you sometimes feel this way? As if the world is swirling around you and you've lost control? It's easy to feel overwhelmed today. As people of faith though, we know that God is always with us and in the midst of the Maelstrom, His presence is our Comfort.

So, in this crazy whirlpool of our life, let us whisper His name when we are feeling swamped. He is there. He will bring peace.

Prayerfully,

*Sharon Grambow*  
Sharon Grambow



# Wellness Minute:

## HEART CONDITIONS



### Heart Palpitations

You feel it in your heart. A quick couple of beats. A butterfly feeling in your chest. A trembling or quivering sensation. Pounding or skipping beats. These are Palpitations. They're the most common reason people seek medical care for heart issues.

### Ventricular Tachycardia:

This very fast, continuous beating in the heart's lower chambers may last for a few seconds or longer. An episode lasting less than 30 seconds may not cause problems, but beyond that, the heart may be pushed into sustained ventricular tachycardia or possibly, ventricular fibrillation. It's important to get a prompt and accurate diagnosis and appropriate care if you have chest pain, difficulty breathing or fainting.

### Supra Ventricular tachycardia:

SVT includes many forms of arrhythmia that originate above the ventricles and usually causes a burst of rapid, consistent heartbeats that begins and ends suddenly but can last from minutes to hours. In an otherwise healthy heart, SVT is generally not life-threatening, through the rapid beating can be quite uncomfortable. Most people with SVT don't require medical treatment. For those with frequent episodes, treatment may include drugs or procedures to destroy the abnormal heart tissue.

### An Array of Arrhythmias:

**Premature Beats.** This is the most common and may produce the sensation of a skipped beat or fluttering in the chest. They are called premature atrial contractions (PAC's) and if they occur in the lower ventricle chambers they are known as Premature Ventricular Contractions (PVC's). They usually are harmless and are the most common. Most people never notice them.

### Atrial Fibrillation or atrial flutter:

Produces fast and chaotic beats in the heart's upper chambers. The atria can't pump blood down to the ventricles, which causes pounding, fluttering or irregular beating, usually for a few seconds to a few minutes. Atrial flutter also is common, especially with atrial fibrillation. It produces a very fast, consistent heartbeat. Over time, atrial fibrillation may lead to increased risk of stroke or heart failure. A doctor will try to identify the underlying cause and propose a treatment of medications, an ablation treatment or possibly a pacemaker.

*As with any medical concerns  
always contact your doctor.*

*Lori Kellar  
Wellness Ministry  
L.kellar@alcsuncity.org*

# THE FINANCE COMMITTEE

ALC financial position for the month of July 2021			
JULY 2021	ACTUAL	BUDGET	BETTER/(WORSE)
Regular Giving	78,833	102,785	(23,952)
Operational Expense	87,930	100,559	(12,629)
YTD 2021	ACTUAL	BUDGET	BETTER/(WORSE)
Regular Giving	613,428	719,490	(106,062)
Operational Expense	612,692	709,411	(96,719)

## WOMEN'S MINISTRY

### Global Health Ministries:

Thank you to the ladies who have been spinning bandages for Lutheran Global Health Ministries. Please join us in the Fellowship Hall on Monday, September 20<sup>th</sup> from 1:00-3:00 p.m. to spin and visit.

### Operation Christmas Child:

Now is the perfect time to buy flip flops, beach balls and school supplies for the Operation Christmas Child boxes. We will be distributing the boxes in mid-October for you to fill. There's such a need to share the love of God in our world and you can be part of that by filling a box.

### Holiday Bazaar:

Well, we are hopeful and cautiously optimistic that come November 20<sup>th</sup> our annual Women's Ministry Holiday Bazaar will take place this year. We are moving forward but carefully watching the data for the COVID Delta Variant. We call on all crafters and woodworkers to donate items. Two Raffle Baskets are ready so far!

Thank you for your continued support of our mission projects.

**The Women's Ministry Board**

# WORSHIP AND MUSIC

As the autumn months approach, we have so many things to look forward to: cooler temperatures, many of our friends returning to Sun City and wonderful activities at American Lutheran Church.

Our Sunday Worship will soon return to the full expression of the Lutheran liturgy with more liturgical elements, more congregational singing, the choir and bell choir presenting musical offerings, and the congregation coming forward to receive communion at the altar rail. We will soon host concerts; Pro Musica, the Phoenix Chorale, The Handbell Ringers of Sun City, West Valley Chorale, Monroe Crossing, Concordia College Choir, and Desert Brass have all expressed interest in performing in our beautiful Sanctuary. Our Choir will present their concert programs and I am planning on presenting an organ concert in late October. Watch for the announcements with specific details informing you of those dates and times. The Wednesday Night Alive! committee is planning an outstanding series of programs for this coming year as well. There are many other activities being planned that we can all look forward to – we have hope, and the momentum continues to build at ALC.

At this time however, the Delta variant of the COVID-19 virus is throwing a wrench into the timeline of implementing some of our plans. So once again, we need to be patient, watch what is currently happening, and make some adjustments so we can keep as many people as possible safe and healthy.

I would like to thank all of you for helping make my first year serving American Lutheran a wonderful experience. It is a joy to continue to get to know the members of this congregation and be among you each week. It has also been filled with challenges requiring many adjustments to our routine, all of which we have boldly faced together with faith and the guidance of the Holy Spirit; for if God is for us, who can be against us? (Romans 8:33)



**James Gerber**  
**Organist and Worship Coordinator**

# NEIGHBORHOOD GROUPS

The Groups should all be preparing to meet in September for the Fall 2021 through Spring 2022 monthly meetings.



As a member of ALC each one of you is encouraged to support the group to which you were appointed when you joined the Church. You may however move, or have moved to another group if you have close friends in that other group. Or, heaven forbid, you don't like the people in your assigned group.

The important thing is to belong and partake in this pleasant ALC activity. If you do not know or remember to which group you were assigned, please contact Toni Molck at ALC for help.

**Bryan Cooper-Keeble**

## WEST VALLEY LUTHERAN THRIFT SHOP

10615 West Peoria Ave, Sun City

[www.lutheranthrift.com](http://www.lutheranthrift.com)

--623-815-7061--

This is a thank you to our volunteers who have faithfully served through another long hot summer. Thanks also to our faithful customers who continued to shop with us in spite of the heat and all that's going on.

We're getting ready for the return of the snowbirds and the nice cool weather they bring with them. Our Holiday House is gearing up for Fall and Thanksgiving. We have a great selection of decorations for indoors and out.

Now is a great time to join the LTS volunteer community! We are currently seeking people in all areas. Whatever your interest or talent we have a place for you!

Keep up with the WVLTs on Facebook:

[www.facebook.com/westvalleylutheranthriftshop/](https://www.facebook.com/westvalleylutheranthriftshop/)

Please "Like" us today!



# Grief Journey

A GRIEF SUPPORT GROUP facilitated by LINDA SHIRCK

Change and loss are part of our human condition. Some losses are obvious – the death of a loved one, divorce, loss of job, separation from family. Others are not so obvious, like moving, illness, loss of financial independence. Some of our losses are related to aging – retirement, giving up driving, loss of independent living, hearing, and vision challenges.

Whether ours is a major loss, or considered a lesser one, recovering from a loss takes place in three overlapping stages: (1) Shock/denial/numbness (2) Fear/anger/depression (3) Understanding/ acceptance/moving on. To find peace in our life, it's important to acknowledge our losses and find ways to deal with the changes they bring (more on that next month).

"Weeping may linger for the night, but joy comes with the morning." Psalm 30:5

**Linda Shirck, Facilitator**  
**Grief Journey Support Group**

## ATTENTION SINGERS – CHOIR REHEARSALS



Choir rehearsals resume Thursday, September 16<sup>th</sup> at 2:30 pm. Our first rehearsal will be in the Sanctuary. New members are encouraged to attend!

**Janet MacDonald**  
**Choir Director**



# stephen MINISTRY®

Stephen Ministers contact their Care Receivers in many different ways each month to ensure they are fully cared for.

Stephen Ministers are asked to attend the Fall/Winter meetings which start October 14<sup>th</sup>. There will be Refresher Training in the Fellowship Hall at 9:00 am. Also mark your calendars for the 'Welcome Back Breakfast' planned for Thursday November 11<sup>th</sup> at 9:00 am.

Thank you,  
Bryan Cooper-Keeble

**HAPPY BIRTHDAY**

**SEPTEMBER BIRTHDAYS**

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

Corinne Kellar	1	Linda Messer	5
Carol Moe	1	David Ramsey	5
Raylin Olson	1	Myril Schultz	5
Carolyn Christianson	2	Burt Elfrink	6
Barbara Dahl	2	Lyla Mae Gaardsmoe	6
Murray Rowe	2	Ruth Lomenda	6
Ken Janzen	3	Olga Redstrom	6
Deanna Hains	4	Audrey Ward	6
Judy Lueck	4	Marilyn Appollo	7
Roger Raduenz	4	Alice Cowperthwaite	7
Tom Johnson	5	Chuck Gerke	7

Eyvonne Langehough	7	Emojean Nelson	17
Ellie Rutherford	7	Larry Stage	17
Bob Shirck	7	Jo Bartlett	18
David Richmond	8	Edward Konieczny	18
Don Thompson	8	Debbie Harrington	19
Neil Wernsing	8	Phil Solberg	19
Thomas Anderson	9	William Clayton	20
Wilda Best	9	Cindy Jaranson	20
Melinda Ewert	9	Sandra Tollers	20
Myron Johnsrud	9	Caroline Woodruff	20
Mary Mohr	9	Jack Carter	21
Gail Wedan	9	Lindy Lindahl	21
Connie Archer	10	Paulette Roth	21
Mary Kay	10	Jerald Van	21
John Mattson	10	Woudenberg	21
Barb Renshaw	10	Janet McNamara	22
Thomas Cote	11	Carla Ramsey	22
Dorothy Noren	11	Curt Bah	23
Shirley Olson	11	Norine Shamberger	23
Richard Adamski	12	Carol Dahl	25
Dick Erickson	12	Sandi Doyen	26
Kathryn Purdon	12	Kay Knutson	26
James Balk	13	Ray Brodland	27
Bill Imig	13	Annette Garm	27
Donald Sandstede	13	Monte Ryan	27
Dave Cox	14	Gail Salameh	27
Muriel Johnsrud	14	Ruth Youngblood	27
Jan Kallheim	14	Marlene Cook	28
Tina Lund	14	Camille Eliason	28
Gene Milleville	14	Kathleen Helm	28
Steve Tollers	14	Bill Peterson	28
Tom Wegner	14	Bryan Cooper-Keeble	29
Helen Nelson	15	Gail Wightman-Bouldin	29
Wally Pottenger	15	Emil Authelet	30
Peter Van Stelle	15	V. Roxanne Lundberg	30
Beverly Jean Day	16	Marilyn Torgrimson	30
Barbie Huggenvik	17	M. Gloria Varney	30
Don Kappes	17		

# GIFTS AND MEMORIALS

*gifts given to American Lutheran Church in memory of*

## **Florence Back**

Daughter, Susan

## **Gary Moen, his daughter Kim and son-in-law Rodney Alvarez**

Marilyn A. Thompson, Audrey Wedul and Peggy Germain

## **David Livingston**

Carol Jones and Elaine Thompson

Judy & Richard Jorgenson

Debra A. Nielson

Georgene M. Marks

Donna W. Borden

Judy Jensen

## **Helen Rogness**

Judy & Richard Jorgenson

Judy Jensen

## **Christi DeBrock**

Irene DeBrock

## **Dona Helseth**

Jeanne Pribnow

## **Jone Jensen**

Judy Jensen

## **Marguerite Johnson**

Judy Jensen

## **Richard Borden**

Donna W. Borden

## ALTAR FLOWERS

**Tom & Jeanine Hoden- August 1** – in memory of Harold & Bernice Hoden, Paulette Erk and Yvette Fimiez

**Jeanette Danielson- August 8** – in memory of Bob Danielson

**Carol Weber-August 15** – in memory of her father

**Carie Binger- August 22** – in celebration of Roger Binger's birthday

**James Gerber- August 22** – in memory of her father Jack Gerber

**Emil & Donna Authelet- August 29** – in memory of their son Jeffrey

Gifts were given to the Stephen Ministry by Judy Jensen in honor of Helen Rogness, Jone Jensen, Marguerite Johnson

## DIRECTORY CHANGES

<b><u>RECENT DEATHS</u></b>	
<b><i>We express our deepest sympathy to those who have lost loved ones.</i></b>	
June E. Herrling (7/24/2021) Carolyn A. Lake (7/25/2021)	Verna J. Larson (8/20/2021) Daniel McNamara (8/24/2021)
<b><u>CENTENARIANS</u></b>	
Mary Graybiel (106) Norma Carlsson (106) Dorothy Noren (103) Florence Johnson (101) Dorothy Jensena Johnson (101) Bess Glander (100) Irene Quill (100) Jo Fletcher (100)	
<b><u>LOCAL ADDRESS CHANGES – None</u></b>	
Deborah Kullman 16101 N El Mirage Rd Lot 351 El Mirage, AZ 85335-2993	
<b><u>MOVED OUT OF AREA PERMANENTLY</u></b>	
Curtis & Marilyn Bah 4403 Pioneer Rd SE Alexandria, MN 56308	

# STAFF DIRECTORY

Rev. Lowell D. Nelson

Senior Pastor

[l.nelson@alcsuncity.org](mailto:l.nelson@alcsuncity.org)

Rev. Judith Rainforth

Pastor of Spirituality & Care

[j.rainforth@alcsuncity.org](mailto:j.rainforth@alcsuncity.org)

## MUSIC MINISTRY

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Organist/Worship Coordinator

[j.gerber@alcsuncity.org](mailto:j.gerber@alcsuncity.org)

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Choir Director

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George Zoske

Director of Christo Bells

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## ADMINISTRATIVE STAFF

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Lori Kellar

Wellness Ministry

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Dave Tigges

Property / Grounds

[d.tigges@alcsuncity.org](mailto:d.tigges@alcsuncity.org)

Rolfe Blaess

Sound

# SEPTEMBER CALENDAR

SUNDAY	MONDAY	TUESDAY
<b>LOCATION LEGEND:</b> 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 – Outreach Pastor 18 – Business Admin 19 – Admin. Mtg. Rm 20 – Columbarium Z – Zoom CC– Conference Call	
5	<b>LABOR DAY</b> OFFICE CLOSED	7
9:30 Communion Worship – 1		12:00 Cactus Conference- 9 1:30-3:00 Grief Journey- 4
12	13	14
9:30 Worship with Deacon Kate – 1	8:00 Quilters-6 1:30 Card Making Class- 10	9:00 Finance-19/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
19	20	21
9:30 Communion Worship – 1	8:00 Quilters-6 1-3 WM Spinning Bandages- 5 1:30 Card Making Class-10	10:00 Pastor's Bible Study- 5/CC 12:00 Cactus Conference- 9 1:30-3:00 Grief Journey- 4 3:00 Bell Choir Rehearsal-1
26	27	28
9:30 Worship (New Members Received) – 1  10:45 SM Peer Support Group- 6	8:00 Quilters-6 1:30 Card Making Class- 10	10:00 Pastor's Bible Study- 5/CC 12:00 Cactus Conference- 9 1:30-3:00 ALC Council- 9/Z/CC 1:30-3:00 Grief Journey- 4 3:00 Bell Choir Rehearsal-1

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 10:30 Helen Rogness Memorial-1	4 4:00 Communion Worship- 1
8	9 1:00 Lutheran Thrift Shop Committee- 10	10	11 4:00 Worship - 1
15 8-9 Executive Council- 15	16 2:30-4 Choir Rehearsal - 1  <b>OUTREACH ARTICLE DEADLINE</b>	17	18 10-12 New Members Session-9 4:00 Communion Worship - 1
22	23 2:30-4 Choir Rehearsal – 1/9/12	24	25 9-12 Church Council Retreat- 9 12-2 New Members Session- 9 4:00 Worship - 1
29	30 2:30-4 Choir Rehearsal – 1/9/12		

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