

April
2020



Lord of Life Lutheran

Lifelines

A Note from Pastor Amanda

Each of our experiences of the last few weeks have been different. Some of us hunkered down long ago, others are still going to work; some are paging through novels, others are back to reading at a 3rd grade level; some are wondering if they'll be paid, others are nervously checking retirement accounts.

Things around us seem to be moving so fast – changing not just every day, but every 12 hours. Websites and news stations update us every few minutes with the number of cases. Governments and businesses weigh the risks and shift their procedures.

Amid the external speed of things, we personally exist in a holding pattern. We're missing our routines, our freedom, and the variety each day used to hold. We weigh the risk of going to the grocery store. It's unnerving – for ALL of us.

Jesus sat with his disciples at their final meal and offered the same thing. After telling them he would be leaving them and Judas goes off to betray him, Jesus offers words of encouragement in John chapter 14, and the promise of the Spirit to be with them.

“Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.”

Every time I offer the greeting, blessing, or sending of peace, these words echo in

my soul: “I do not give to you as the world gives.” Our peace is grounded in the good mercy of God, not in everything going our way in the world. So I offer the same blessing with every phone call check-in I make: Peace. Peace as you figure out your new normal. Peace as you balance new responsibilities. Peace as you work hard to trust in God and fight fear and panic and the constant rumble of anxiety we currently live in.

Peace as you seek to find comfort in the new rhythms of life. May you find beauty in the sunrise and in the fresh (and melting) snow. May you develop deeper relationships with the people in your life. May you cultivate a sense of gratitude for the blessings you have. May you find time alone to acknowledge your feelings and fears and faith. May you find new ways to celebrate the gift of abundant life that rises from the grave.

We are Easter people – waiting for God's resurrecting power even while death breathes threats around us.

Peace. Peace. Peace.
~Pastor Amanda



Easter is April 12!

Worship in person has been suspended—it has not ended!

Join us on Facebook (www.facebook.com/lordoflifeak) for an abbreviated worship on Sundays at 10:30am. It is later uploaded to our webpage: www.lordoflifeak.com for you to watch, pray, and listen to God's word of hope for these days. Then, share it with your friends!

Watch your email for Zoom video conference invitations to participate in mid-week worship as we “see” and worship with each other!

April 5—Palm Sunday and the beginning of Holy Week

April 9—Maundy Thursday with Jesus' last mandate and washing of “feet”

April 10—Good Friday at noon, a self-guided reflection on Christ's sacrifice

April 12—Easter Sunday we are dreaming about a drive-in worship, staying in our cars but gathering together to sing, pray, and proclaim God's victory over sin and death—ESPECIALLY NOW!

Giving It Up: The Sequel

I have a deep (*really* deep) fondness for Ruffles potato chips. As in that family-size bag of chips is single-serving and I don't share (ask my husband, he'll tell you). Stick with me, setting the scene here.



Giving up Ruffles was a double play, giving up a simple pleasure **and** a bad habit. Because no matter what the bag says (farm-grown potatoes! No artificial ingredients!), potato chips are a bad habit, topping every junk food list.

Did it feel like a small sacrifice? Yes. Did it feel like I was being kinder to my body, even though—full disclosure—I ate pretzel crackers instead? Yes.

Lent is about getting rid of the “trash” that would keep your heart from God. It's about remembering, preparing for the Easter miracle, and making sure you're ready for the work God wants to do in and through you.

—Jo Schackman

Council Highlights

Bible study: Ch. 2 of The Invitational Christian. Why should anyone come? Wrong reasons for inviting others and what is inviting to others.

Treasurer's report: Undesignated checking: \$3,513.38; Designated Checking: \$11,109.37; Debit Card checking: \$1,156.68; Savings: \$2,272.12. It was decided to move \$472.17 from Loving Families into Fuel to cover increases during hosting weeks. **Since suspending worship, these figures have dramatically dropped. Please continue supporting your church with financial gifts as fuel, electricity bills, and work for our Pastor and office manager has not stopped.**

Pastor's report: Lent and Easter planning are almost done. Facebook posts are scheduled for vacation, worship leaders set, ELCA reporting being finished. Emergency pastor is Curt Matz from New Hope.

President's report: Constitution and Bylaws committee meeting will be scheduled in March.

Education report: People are needed to teach Sunday School after Spring Break.

Facilities report: A Spring Clean-up date will be set and a To-Do List prepared.

Mission & Social Ministry: A Spring Fashion Show and Summer Beach Party are being planned.

Stewardship: Invitations to teller training on March 29 will be issued; Julie is working with Jo to create a teller schedule.

Worship & Music: Liturgy will change to “Now the Feast” on Easter Sunday.

Youth: ELCA Youth Gathering is Summer 2021, fundraising ideas are being planned. Youth group events are planned through the summer.

Ongoing Business:

- ◆ The Nytkos' membership was transferred to Spokane. Sarah and Stella Gregory were welcomed as members.
- ◆ Loving Families signup is posted. Julie will share info with EAFB leadership as a volunteer opportunity for service members. Next host week is in May.
- ◆ VBS is set for July 20-24, with online registration before 4th of July. There will be a float or walk in NP 4th of July parade to hand out invites.

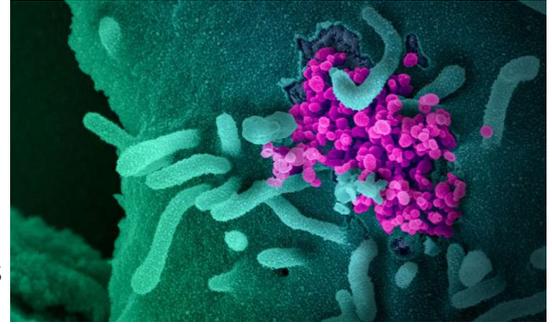
New Business:

- ◆ Support for those in crisis, including home-caregivers' support group with weekly meetings, resources for at-risk teens and active-duty and retired military, and a Mental First Aid Workshop.
- ◆ Cliff Sandbo volunteered to organize the Men's Breakfast Easter Sunday.

Living in Quarantine

We stand in the middle of a crisis. Here are nine ways Christians can love our neighbors in this moment of crisis.

1. **Glorify God by Obeying Authorities.** One of the primary ways to help curb the spread of a virus is to comply with government recommendations (Rom. 13:1–5). Over the next few months our lives will be filled with the inconvenience of canceling cherished events—but self-sacrificing love is always inconvenient.
2. **Organize Errands.** The church is well-practiced at bringing meals to new parents or grieving relatives; now is our time to use these systems to benefit the vulnerable. Let us know if you'd be willing to make meals, go grocery shopping, or run errands for people who need to stay home.
3. **Don't Panic.** Quality of sleep relates to how you think, your mood, and personal relations. Create a bedtime routine that calms your breath and mind. Sleep is essential to getting through.
4. **Go outside.** Spending time in nature is good for your mental and physical health. So is exercise. You don't need to work out two hours a day, but moving every day should be part of your quarantine schedule.
5. **Dust off a hobby.** Practice an instrument, try a craft, or make some art. The quiet and absorption of a physical book — one that doesn't tempt you to open a new tab — is priceless.
6. **Keep a journal.** Writing about your experiences will help put them in perspective and let you look back later on what this unique time in history has meant.
7. **Connect with loved ones.** Isolation is damaging not only to our mental health, but to our physical health. Reach out to someone *every day*. Technology makes it easy.
8. **Listen to the experts.** When the subject is rocket science, go to a rocket scientist. In other words, ignore poorly informed social media sites. In this case, go to the [World Health Organization](#) and the Johns Hopkins [Coronavirus Resource Center](#). And once you've gotten an update, turn it off. Frequently checking on the latest only increases anxiety.



Community of Faith

The Christian life is lived in community: community worship, fellowship in Bible studies and after-church treats, and joining our abilities in serving the healthy and hurting in our community and around the world. We share God's peace together, eat the Eucharist together, pray together, and give together.

Of the things on that list, we still have prayer and giving as our communal acts.

Prayer: Inspired by Pastor Sandy Van Zyl at Amazing Grace Lutheran in Anchorage, let's join our hearts in prayer for our state, our government leaders, our churches, our healthcare workers, our first responders, and the native communities at 9:07 in the morning and at night!

Giving: Ensure the security of our ministry together when the chaos is over.

Mail: 1005 St Nicholas Drive, North Pole, AK 99705

Online: www.lordoflifeak.com/giving and click on "I want to give"

Phone App: search and download "Give Plus Church", search for our church by zip code, select a fund and amount to give, submit your offering securely.

**GIVE
PLUS+**



Lord of Life Lutheran Church

North Pole, Alaska

2020 CHURCH COUNCIL

President:	Liz Sandbo	687-1918
Vice President:	Sean Garrison	888-2052
Secretary:	Cheryl Park	488-4167
Treasurer:	Sam Aleshire	488-4692
Education:	Paula Fritsche	488-3017
Mission & Social Ministry:	Evie Freeman	385-9588
Worship & Music:	Curt Renner	488-4405
Youth:	Kaylee Lindhag	388-5273
Stewardship:	Julie Tanguay	906-290-9456
Evangelism:	Nancy Uptgraft	378-4633
Facilities:	Tim Schackman	210-488-5961
Financial Secretary:	Becky Peterson	385-9581
Pastor:	Amanda Kempthorne	322-2065 (cell)

Lord of Life Lutheran

1005 Saint Nicholas Drive
North Pole Alaska, 99705
Website: www.lordoflifeak.com

Phone: 488-6720
Pastor Amanda's cell: 322-2065

E-mail:

Pastor Amanda: pastor@lordoflifeak.com
Jo: office@lordoflifeak.com

Office Hours:

Monday - Friday 9am to 1pm

Mission Statement

"God's word moves us to make connections by welcoming all, strengthening and serving the healthy and hurting."

Next Church Council Meeting: April 13 @ 7:00 pm

Newsletter deadline: 20th of each month.

Get the latest on our website:

www.lordoflifeak.com

or

Follow our Facebook page: www.facebook.com/lordoflifeak

Special Prayers and Concerns

Birthdays

4/7 Jacoppi Pahkamaa
4/13 Zach Fennell
4/20 Jo Small
4/22 Samantha Aleshire
4/23 Caden Lindhag
4/26 Kaylee Aleshire
4/30 Darlene Matz



Anniversaries

4/1 Missy & Dan Rees
4/3 Lisa & Sean Garrison
4/8 Marge & Fred Austin
4/11 Karen & Jim Kuhnert



Prayers for:

- * All those who have immune complications: Cheryl, Evie, Steve, Meg, Lynne, Lars, Pat, Dory, Gary, Darlene, Loretta, and many others
- * All those living in isolation, especially single people.
- * Military members deployed and their families as they wait for return dates
- * Those celebrating special events in their lives that they cannot share with others

Contact office@lordoflifeak.com to sign up for prayer chain emails!

April Prayer Partner:
Fairbanks Lutheran Church,
Fairbanks, AK

Please pray for:

- Ministry in the time of crisis
- Nearing end of interim pastor's time with them
- Search for a pastor on hold
- God's peace in chaos and for the health of the congregation members



If your info is missing, let us know!
Email the office or write a note!