

Lord of Life Lutheranism

June
2020



A Note from Pastor Amanda

I think it's time to reclaim the faithful practice of lament.

We have gotten really good at pretending everything is fine, at holding things together, at being flexible when troubles come. We're exceptionally good at keeping up appearances, putting a smile on our faces so people around us aren't uncomfortable at our pain. We shrug off bad feelings, keep ourselves busy, and avoid others. We do all these things at the expense of our own mental health.

When you stub your toe, don't you cry out at the pain? In the same way, when your spirit hurts, lament is the way it cries out.

We feel "my God, my God, why have you forsaken me?" and we might think, "I shouldn't feel this way! I'm losing my faith!" But lament corrects a false, naïve, and overly rational view of faith. It invites us to feel the way we're feeling, to cry out to God while trusting that God is with us.

Over half the psalms in your Bible include lament. And in the times when you can't find the words for what you're feeling, chances are there's a psalm that has them.

Psalm 6: "O Lord, do not rebuke me in your anger, or discipline me in your wrath. Be gracious to me, O Lord, for I am languishing; O Lord, heal me, for my bones are shaking with terror. My soul also is struck with terror, while you, O Lord—how long? Turn, O Lord, save my life; deliver me for the sake of your steadfast love. For in death there is no remembrance of you; in Sheol who can give you praise? I am weary with my moaning; every night I flood my bed with tears; I drench my couch with my weeping. My eyes waste away because of grief; they grow weak because of all my foes. Depart from me, all you

workers of evil, for the Lord has heard the sound of my weeping. The Lord has heard my supplication; the Lord accepts my prayer. All my enemies shall be ashamed and struck with terror; they shall turn back, and in a moment be put to shame."

Dear siblings in Christ, it is ok to not feel ok. Your worry, your grief, your fear, your exhaustion, your impatience, AND guilt for feeling fine! – these are all normal responses to what we've been going through the last 3 months.

But, you've got to face the feelings. You've got to take time to lament for what is lost and hurting in your life. Search the psalms. Find what tugs at your soul and don't turn away from it.

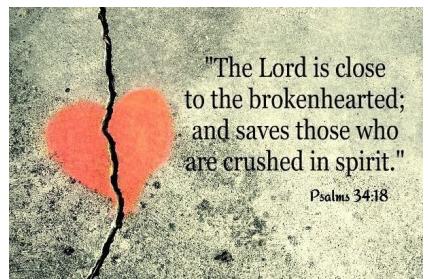
When you can name that hurt, be curious about it—but do it with all the gentleness you'd show when you're helping your best friend through difficulty. Don't judge yourself. Ask: what hurts and why?, what message am I telling myself?, what does this vulnerable place need?

That pain is a sign you are suffering. So next, act with compassion for yourself. If it's reassurance or forgiveness, companionship or love, grant it. Acknowledge that this is hard and rejoice that you've managed so far.

Finally, offer that pain to God. "I am weary with my moaning, hear and accept my pain." Trust that God is listening and working in you for healing.

Peace
to your
spirit,

~Pastor
Amanda



What's Happening?

Join us on Facebook (www.facebook.com/lordoflifeak) for worship on Sundays at 10:30am, or on Lord of Life's Youtube channel linked to our website: lordoflifeak.com. If you can't be part of worship this way, call the church to request a DVD of our worship service to be delivered that weekend. Don't hesitate to share it on your own Facebook page (host a watch party) and invite others to worship!

Pentecost Sunday May 31: Round the fire pit - or in your car

This is a **blended service**. Want to gather around the fire pit? We'd love to see you "up close" and in person! If you're more comfortable or your health requires, stay in your car: **Drive-in Worship** will be set up too! What is Drive in Worship? We gather in our cars in the church parking lot to sing, pray, hear Scripture, and share in Holy Communion. A radio transmitter broadcasts our service on 89.5 FM, and it reaches to North Pole Middle School if we run out of parking.



1. Arrive early. Those wishing to stay in their vehicles park in the front row / handicap parking spaces. Others may bring a folding chair from home and settle on the front lawn 6 feet away from others.
2. Wear a mask. Use the bathroom at home before coming. Please keep physical distance.
3. Bulletins, devotion books, Communion cups, and an offering basket will be on an entrance table and passed out by ushers.
4. Pray for sunshine!

If you'd like to serve with cleaning/set up starting May 26, or by handing out Communion cups or bulletins to those walking OR to those in cars, or tending the fire, please contact Pastor Amanda.

Youth Group for 7-12 grades is still meeting every other Sunday via Zoom so we can catch up, "be" church for each other, play some games (no really!), and figure out what's important to us when everything is so chaotic.

We will meet at the fire pit on May 31 at 7pm and talk about plans for June 14 and 28th!

Youth—watch for texts from Pastor Amanda with the link the day of our gatherings!

Virtual Coffee Hour

every Sunday at 11am. Pour your own coffee, tea, or cocoa and sign in to see one another, share survival tips, and be part of the Spirit's building the body of Christ!

Go to Zoom.com, click "join meeting" and use the code: 922 5244 9173 to join in, or call (253) 215-8782 and type in the same code.

Guest Preachers



Mark your calendars! Several wonderful pastors are sharing God's Word in upcoming worship services. We are honored to "host":

June 7: Elizabeth Eaton, ELCA Presiding Bishop

July 5: Pastor Lisa Smith-Fiegel, Director of Evangelical Mission, Alaska Synod

August 16: Bishop Shelley Wickstrom, Alaska Synod

AA Groups

Alcoholics Anonymous groups are meeting in person in the church once again. Monday and Thursday nights at 8pm. Please wear a mask!

Things We Must Ponder...

“The restrictions have been lifted, why aren’t we meeting in the church?”

There’s a lot of risk that needs to be managed when answering this question. Since the virus is easily transmitted in droplets, we will need to change the way we worship in order to quell any spread.

Imagine for a moment: As you walk in, you are greeted by a church council member wearing a mask, who takes your temperature via an infrared thermometer. You are asked if you have shown symptoms in the last two weeks or have been exposed to anyone showing symptoms in the last two weeks. If you have, that council member refuses to allow you to enter the building. How would you feel about your church? How would that council member feel about the experience?

We also have to face the reality that the worship service will be altered to eliminate singing (which produces the same amount of droplets as a sneeze), spoken liturgy, passing the peace, and collecting an offering due to the risk of viral spread. We will not be coming forward for Communion either.

We are blessed to have outdoor spaces for worship and will use them as much as possible this summer. As for gathering in the building ... we will need to wait. It’s the best way to care for one another for the time being. So please, keep waiting – and keep praying.

Council Highlights

Book Study: Ch. 4 of The Invitational Christian. “Knowing Our Story.” The ability to point to God’s work in our lives and sharing that with others at church is a marker of being a Christian. What has our church done to invite people to reflect on their spiritual life? How well do we create space for people to share?

-> Welcome To Events, Lent Spiritual Practices, Lent sharing faith stories, asking what keeps people returning to church, etc

Master calendar and goal check: Church visibility, engaging youth and children (survey families), support for those in crisis.

Treasurer’s report: Undesignated checking: \$3,157.85; Designated Checking: \$10,344.80; Debit Card checking: \$444.49; Savings: \$2,583.27. Profit and loss for the year: -\$3,035.07 (in the hole).

- Dianna Lindhag will arrange an Audit Team Meeting to audit the first quarter financials; we will hear a report from them by June.

Pastor’s report: Worship has switched to pre-recorded video played live on Facebook. Worship attendance: 14 consistently watch live on Facebook. 20-40 watch later on Facebook (82 when shared!). 13-25 watch YouTube link on our website. Working on communication with congregation at large.

Ongoing Business: Discussed gathering for worship while in a pandemic. Singing is not advised. Pentecost Sunday worship will be around the fire pit. Weekly bible study will resume over Zoom. Amanda has Payroll Protection Program loan/grant info and will gather documents and apply this week.

New Business:

- Guest preachers are offering sermons as a way to support pastors; so far, four have been lined up.
- Remember to reach out to members to offer birthday and anniversary greetings.
- Ministry planning is on a month-by-month basis. Outdoor worship depends on additional people helping with set-up and clean-up using safe practices. We will always be weeks behind opening phases





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

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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: June 8 @ 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
(even if you don't have a Facebook page!)

Special Prayers and Concerns

Birthdays

- 6/3 Max Peterson
- 6/4 Jeromey Lindhag
- 6/5 Karen Erickson
- 6/7 Missy Rees
- 6/10 Eileen Dubowski
- 6/12 Patsy Fazio
- 6/13 Fran Hradecky
- 6/14 Dan Rees
- 6/15 Duane Dahl
- 6/15 Alexes Lindquist
- 6/20 Jesse Fults
- 6/22 Evan Keil
- 6/23 Eric Peterson
- 6/26 Loretta Pananen
- 6/30 Amelia Dulany



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

Anniversaries

- 6/14 Chris & Ken Blais
- 6/17 Jo & Roger Bolish
- 6/19 Brenda & John Kowalski
- 6/28 Sheri & Marty Pahkamaa



Prayers for:

- * Those grieving loved ones
- * People preparing for surgeries and treatments: Steve H, Paula F, John H, Eric P.
- * Those with on-going health complications: Cheryl P, Meg O, Gary O.

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

June Prayer Partner:

Dillingham Trinity Lutheran Church, Dillingham, AK

Please pray for:

- God's protection and guidance through the pandemic.
- Guidance and hope for the future.

