

March  
2019



Lord of Life Lutheran

Lifelines

## A Note from Pastor Amanda

I tend to think we all have a church season that resonates with us more than others. Some are at home with hopeful anticipation, some thrive in the joy of Christmas and God-with-us, some find the Easter messages of new life most compelling. Others naturally look for God in the ordinary times.

I blossom in Lent. Yep – the season devoted to repentance and returning to God. Half the time, I don't even realize when I'm out of step with God until the Spirit's nudge (or shove) in the right direction. That means, the other half of my life is spent recognizing my need for God, seeking forgiveness, and re-orienting my life.

I need Lent. I need a pause to recognize my limitations and lean into God. I need time to study deeply and ask big questions and imagine bigger things. I need to meet God and rest, be renewed, and look to the future with hope. That's what Lent is about. And, not surprising, that is what a sabbatical is about. So during this season, I will also be preparing for my sabbatical.

This is a first – for me, and for Lord of Life – so I understand if you're nervous. Let me assure you: I am not taking a break to look for a different call. North Pole is my family's home – our past and I believe our future, is here. I will simply be taking a mental and spiritual break from ministry's weekly weight from May 13 – July 21.

But a pastor's sabbatical is not a

vacation. It is a time of rest, but not inaction – it's a different kind of work. I'll be engaging in exercises and activities that will add some new tools to my pastoral toolbox. I'll be getting some much-needed training and new skills that will equip me to be a more effective leader for our church. And I will take time to do the things that feed my spirit and connect me to God. My Lent-loving soul is thrilled with the possibilities!

Over the next couple months, some of my plans will be finalized, and council will be sharing more about how we as a church will use this time for renewal as well. Pastor Dan Bollerud (served in Anchorage for <30 years and has a cabin on Harding) will be with you all through this time of renewal, listening to God's voice with you over those 10 weeks.

But before that happens, if you would like to draw nearer to God and serve your church (during my sabbatical or otherwise), come talk to me about planning worship or visiting our home-bound members, about tackling little projects or posting on Facebook.

I am thrilled to return to God with you this Lenten season (beginning March 6) and the renewal that comes from leaning on God in the uncertainty (our topic on Wednesday evenings!)

Christ's Peace be with you,  
~Pastor Amanda

### Lent Season: March 6—April 20

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#### March dates to note:

- \*Lenten Wednesday Worship  
6:15 Soup Supper  
7 pm Worship
- \***March 8 School Lunches gam!**
- \***Mar 8-10, Youth Trip to Valdez**
- \***Sun March 10, No Education Hour and Daylight Savings Time**
- \* **March 17, 3-6 Grade Group 4-5:30**
- \* **March 24, 7-12 Youth Group 6-7:30**

# 2019 Lent & Easter Worship Schedule



Wednesday, March 6  
6:15pm Soup Supper  
7:00pm Worship



March 10  
Daylight Savings time  
No Sunday School  
10:30am Worship

Wednesday, March 13  
6:15pm Soup Supper  
7:00pm Worship



March 17  
9:30 am Sunday School  
10:30 am Worship

Wednesday, March 20  
6:15pm Soup Supper  
7:00pm Worship



March 24  
9:30am Sunday School  
10:30am Worship

Wednesday, March 27  
6:15pm Soup Supper  
7:00pm Worship



March 31  
9:30am Sunday School  
10:30am Worship

Wednesday, April 3  
6:15pm Soup Supper  
7:00pm Worship



April 7  
9:30am Sunday School  
10:30am Worship

Wednesday, April 10  
6:15pm Soup Supper  
7:00pm Worship



April 14  
9:30am Sunday School  
10:30am Worship with



April 18  
7:00pm Worship  
with Communion



April 19  
7:00pm Ecumenical  
Tenebrae Worship  
(location to be determined)



**April 21, EASTER!**

8:00am Worship  
9am-10:15am Men's  
Breakfast

(No Sunday School)

10:30am Worship

## THE UNDERGROUND 3-6 graders

The Underground group will meet  
**March 17 from 4:00 - 5:30pm.**

We gather at Lord of Life to explore our faith and learn about life. We'll have a special St. Patrick's Day challenge—wear green!

### Loving Families

In early March, Lord of Life will be opening our doors and hearts to those experiencing homelessness one last time in this rotation.

If you can cook or buy a little extra food, or sleep on a foam mattress, there is a way for you to serve! Sign up on the red bulletin board and be part of transforming these families lives!

If you have questions or comments for the future, please contact Ann Dulany (a signed note in her mailbox will do—anonymous notes not accepted)

## Youth Group News 7 - 12 Graders

**Friday March 8, 2:00pm through  
Sunday, March 10, 8:00pm!**

Kick off Spring Break right and join the journey to Valdez for a weekend of snowshoeing, enjoying God's creation, serving others, meeting with Bishop Shelley, and seeing just how BIG God is!

Cost: \$75 for food, hotel, and gas money.  
Bring: snacks, clothes, winter gear, and a Bible on your phone. Bring friends, it'll be great!

**Register by March 3 with your \$75.**

Regular Youth Group 6-7:30 on March 24.

**No Education Hour  
Sunday, March 10  
(spring break and  
daylight savings time!)**

## Appreciation Corner

I would like to personally thank Janis for all the “behind the scenes” jobs she does. The children's bags are filled and changed with the different seasons. The welcome packets are updated every month with the newest newsletter and “Christ in Our Home” books. You can find her downstairs getting 45 bag lunches put together for local schools. The beautiful floral arrangement on our altar is part of her love for God. Remember to thank her on Sunday.

To help her, please: Place all toys, books back into kids' bags. See what items are needed for the local school bags. If you'd like to donate items for children's bags, please let her know. Donations always accepted.

Nancy Uptgraft



Dear Lord of Life Lutheran Church,  
On behalf of the Board of Directors and the staff of the Rescue Mission, thank you for making a difference in our community by supporting the Mission. With your help we were able to provide food and shelter to the homeless and help many escape homelessness through our Green Collar Job Program, veterans programs, the Genesis Recovery Program, 30/60/90, Joshua Community Projects and the MyPlace Rapid Rehousing Program. We are very grateful for your trust and generosity.

Watching God work,

Rodney Gaskins, Executive Director

## February Council Highlights

Bible study: How has the Lord's Prayer affected your prayers?

- ◆ Goals for 2019 developed from January's Council Retreat: Make church more visible; Engage children and youth; Increase communication between church and members; Recognize and follow up with new members; Identify and reach out to members absent from worship
- ◆ President's report: One beef share remains, all proceeds to the fuel bill. New Hope will team up with us for the next Loving Families week.
- ◆ Treasurer's report: Undesignated checking: \$1,641.22, Designated Checking: \$13,966.36, Debit Card checking: \$3,942.49, Savings: \$7,322.82. Less than \$11,000 is owed on the roof loan.
- ◆ Pastor's report: After fraudulent use of the church debit card, it was canceled and a new one issued. A less expensive Lord of Life website, with better security and more features, is being designed. The church PO box will be closed; a carrier will deliver mail to a box near the church.
- ◆ Mission & Social Ministry report: A local church runs a free clothing swap the 1st Saturday of each month. Evie Freeman will get details for interested volunteers.
- ◆ Worship & Music report: Suggestions for Easter decorations are welcome.
- ◆ Youth report: 30 people are coming on the Valdez trip planned for March 8-10.

### Facilities Update:

Our septic system has been a headache for years. The drain line from the church to the septic tank has settled, creating a dip in the line that freezes and backs up into the church. After consultation with church members and a report from Bob Thoma, Council agreed to replace the system. With members providing labor and materials, estimated cost is \$5,000. Work will begin when the ground thaws.

Spring cleanup is scheduled for **April 28th**. Please mark it on your calendar!

Tim Schackman, Facilities Chairman

## School Lunches

School lunches will be prepared an hour earlier than usual, at 9:00 am on March 8<sup>th</sup> due to early dismissal. Never done it? It's easy and fun—just show up at the church!



## Daylight Savings Time

On Saturday night, March 9<sup>th</sup>, don't forget to turn your clocks *forward* an hour when you go to bed. Or for you night owls who happen to still be awake, move them forward at **2 am** Sunday morning.



## Suicide Prevention

*Fact or Myth?* Suicide rates are highest just after the Christmas holidays. *Myth!* Suicide rates are highest in the spring in Alaska, specifically in April in the North Star Borough. If you or your friend is isolating themselves, finding little joy in life, or cannot see hope, please say something to Pastor Amanda. Your life matters, you are not a failure, and it is possible to feel better.

*Suicide prevention works. People can and do put suicidal thoughts behind them. You are not trapped.*

If you're having thoughts of suicide, call **the Alaska CARELINE** (1-877-266-4357), for help or contact a mental health professional, or reach out to someone you love and trust. You can also text **4help** to 839863, 3 - 11 pm Tuesday – Saturday and someone will contact you.

# MARCH

## at Lord of Life

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>24</b> <u>9:30 am</u> Education Hour  <u>10:30 am</u> Worship  <u>11:30 am</u> Fellowship  <u>6 pm - 7:30 pm</u> 7-12 Youth Group	<b>25</b> <u>8 pm</u> AA	<b>26</b> <u>9 am - 1 pm</u> Kuwaa Sewing Group  <u>6 pm - 8 pm</u> Girl Scouts	<b>27</b> <u>12 pm</u> Food Boxes	<b>28</b> <u>8 pm</u> AA	<b>March 1</b>	<b>2</b> <u>9 am - 12 pm</u> Banner Bunch
<b>3</b> Serving Week  <u>9:30 am</u> Education Hour  <u>10:30 am</u> Worship  <u>11:30 am</u> Fellowship	<b>4</b> Serving Week  <u>8 pm</u> AA	<b>5</b> Serving Week  <u>9 am - 1 pm</u> Kuwaa Sewing Group  <u>6 pm - 8 pm</u> Girl Scouts	<b>6</b> Serving Week  <u>12 pm</u> Food Boxes  <u>7 pm - 8 pm</u> Ash Wednesday Worship	<b>7</b> Serving Week  <u>2:45 pm - 3:45 pm</u> Band Practice  <u>8 pm</u> AA	<b>8</b> Serving Week  <u>9 am</u> School Lunches	<b>9</b> Serving Week  <u>9 am - 12 pm</u> Banner Bunch
<b>10</b> <u>10:30 am</u> Worship  <u>11:30 am</u> Fellowship	<b>11</b> <u>8 pm</u> AA	<b>12</b> <u>9 am - 1 pm</u> Kuwaa Sewing Group	<b>13</b> <u>12 pm</u> Food Boxes  <u>6:15 pm</u> Soup Supper  <u>7 pm</u> Lenten Worship	<b>14</b> <u>8 pm</u> AA	<b>15</b>	<b>16</b> <u>9 am - 12 pm</u> Banner Bunch
<b>17</b> <u>9:30 am</u> Education Hour  <u>10:30 am</u> Worship  <u>11:30 am</u> Fellowship  <u>4 pm - 5:30 pm</u> Underground 3-6 grade	<b>18</b> <u>7 pm</u> Council Meeting  <u>8 pm</u> AA	<b>19</b> <u>9 am - 1 pm</u> Kuwaa Sewing Group  <u>6 pm - 8 pm</u> Girl Scouts	<b>20</b> <u>12 pm</u> Food Boxes  <u>6:15 pm</u> Soup Supper  <u>7 pm</u> Lenten Worship	<b>21</b> <u>2:45 am - 3:45 am</u> Band Practice  <u>8 pm</u> AA	<b>22</b>	<b>23</b> <u>9 am - 12 pm</u> Banner Bunch
<b>24</b> <u>9:30 am</u> Education Hour  <u>10:30 am</u> Worship  <u>11:30 am</u> Fellowship  <u>6 pm - 7:30 pm</u> 7-12 Youth Group	<b>25</b> <u>8 pm</u> AA	<b>26</b> <u>9 am - 1 pm</u> Kuwaa Sewing Group  <u>6 pm - 8 pm</u> Girl Scouts	<b>27</b> <u>12 pm</u> Food Boxes  <u>6:15 pm</u> Soup Supper  <u>7 pm</u> Lenten Worship	<b>28</b> <u>8 pm</u> AA	<b>29</b>	<b>30</b> <u>9 am - 12 pm</u> Banner Bunch
<b>31</b> <u>9:30 am</u> Education Hour  <u>10:30 am</u> Worship  <u>11:30 am</u> Fellowship	<b>1</b> <u>8 pm</u> AA	<b>2</b> <u>6 pm - 8 pm</u> Girl Scouts	<b>3</b> <u>12 pm</u> Food Boxes  <u>6:15 pm</u> Soup Supper  <u>7 pm</u> Lenten Worship	<b>4</b> <u>8 pm</u> AA	<b>5</b>	<b>6</b> <u>9 am - 12 pm</u> Banner Bunch



Lord of Life Lutheran Church

North Pole, Alaska

## 2019 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:	Jacoppi Pahkamaa	388-2620
<b>Stewardship:</b>	<b>open</b>	
Evangelism:	Nancy Uptgraft	378-4633
Facilities:	Tim Schackman	210-488-5961
Financial Secretary:	Amie Maranville	488-0552
Pastor:	Amanda Kempthorne	322-2065 (cell)

## Lord of Life Lutheran

1005 Saint Nicholas Drive  
North Pole Alaska, 99705  
Website: [www.lordoflifeak.com](http://www.lordoflifeak.com)

Church Office: 907-488-6720  
Pastor's cell: 322-2065

### E-mail:

Pastor Amanda: [pastor@lordoflifeak.com](mailto:pastor@lordoflifeak.com)  
Jo: [office@lordoflifeak.com](mailto:office@lordoflifeak.com)

### Office Hours:

Monday to Friday 9am - 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 – March 18 7:00 pm

Newsletter deadline: 20th of each month.

Website updates:  
[www.lordoflifeak.com](http://www.lordoflifeak.com)

or

Follow our Facebook page: [www.facebook.com/lordoflifeak](http://www.facebook.com/lordoflifeak)  
(even if you don't have a Facebook page!)

## Special Prayers and Concerns

### Birthdays

- 3/3 Dianna Lindhag
- 3/6 Steve Heideman
- 3/7 Amanda Kempthorne
- 3/12 Lisa Garrison
- 3/17 Jordan Boatman
- 3/23 Rosealynn Aleshire
- 3/29 Sean Garrison
- 3/30 Tim Schackman



### Anniversaries

- 3/18 Bob & Barb Thoma

*If your birthday or anniversary is missing from the newsletter or bulletin, please call or e-mail the office with your information.*

### Prayers for:

- Barb Thoma's family on loss of Vera (Barb's mother)
- Jane Braun, former NP teacher, as she starts chemotherapy
- Steve H, cancer treatments
- Meg O, leg weakness, kidneys and strength
- Paula F, multiple surgeries scheduled
- Evie F, foot troubles, healing from a fall

Send an email to [office@lordoflifeak.com](mailto:office@lordoflifeak.com) to sign up for our prayer chain emails!

### March Prayer Partner:

**Sitka Lutheran Church**  
**Sitka, Alaska**

Please pray for:

- \* Large number of people struggling with illnesses
- \* Picking up from being broken into in January, working on forgiveness AND justice, and feeling of vulnerability
- \* "Manna Meals" group of 5 churches providing meals enduring changes and needing extra funds
- \* Many surprising obstacles to ministry together

