

March  
2020



# Lord of Life Lutheran LifeLines

## A Note from Pastor Amanda

I often hear from many of you how refreshing those few moments of silence are as we begin worship. I have seen the looks on your faces both before that moment, and afterward; it's obvious: you don't get enough quiet time with God.

I know, because I recognize that look, I know that yearning, I crave that same moment of peace.

We are missing purposeful silence. We are missing intentional time with God. We are missing the opportunity to breathe deeply, to relax our bodies, to calm our nerves, and simply say hello to God. We are missing the opportunity to just listen; to sit in God's presence and say and do *nothing*.

If we're lucky, we can work to find a moment of quiet the rest of the week, but often it's over-taken with the things we need to do that day.

Sometimes, it's because of our surroundings: a child or spouse who wants our attention, a phone that's ringing or buzzing or beeping, a house that's a mess, a stack of work to do on our desk, or the knowledge that a stack of work is coming.

Sometimes, it's what's happening in our own heads that makes silence seem impossible. We start out praying but remember something we were supposed to do, or something we said two weeks ago, or a problem we're trying to figure out, or somehow we

wind up thinking about blue M&M's and wonder how in the *world* we got to *that* topic.

So I invite you to create purposeful, intentional quiet time this Lent, and I want to teach you what to do with it. On the two spiritual renewal retreats at Holy Wisdom Monastery, I learned a few different ways of listening to God and they have been so life-giving to me that I want to share them with you. They are spiritual practices – ways of connecting with God that take effort and intentionality, but will develop into habits that bring life and joy and skills for quieting yourself to better listen to God.

The whole month of March, we will be using Wednesday evenings to learn and practice some very old ways people have used to connect with God. Some may resonate with you, others will seem odd at first, all are simply opportunities to make space for yourself and God. I look forward to listening with you!

In Christ's  
restoring  
peace,

~Pastor  
Amanda



**Join in Wednesday's Lenten Worship at 7pm!**

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### Dates to note:

2nd: 7pm Council Meeting

Wednesdays: 6:15pm Soup Supper &  
7pm Worship

15th—22nd: Loving Families Host  
Week

22nd: 6pm Youth Group

"LifeLines"

# Youth Happenings

## SUNDAY SCHOOL

We need YOU... to teach on Sunday morning. Even those who have never taught before say it's fun and easy. Curriculum is provided with suggested activities, and classes are only 45 minutes long. Some upcoming topics: Storm Watching (Jesus is with us in tough times), The Silliest Donkey for Palm Sunday, and The Trust Test: God Will Always Take Care of Us. Find a theme that resonates with you and teach it!

Most dates between March 15th and May 10th are open. Sign up clipboard is on the kitchen level.

## Youth Group 7th- 12th Grade

### Happy Spring Break!

We will not meet the 2nd week of the month. Enjoy your time off from school and drama, playing video games, and sleeping in!!!!

Sunday, March 22, 6-8pm

Bring friends for Laser Tag and Go-Karts!

We're gonna try and do both that day! Please bring \$10 to help with the cost (but don't let that stop you) and eat before you come! We won't do dinner that day.

## Giving It Up for Lent

Every year as Lent approaches, I think, "Should I give up something this year? Am I **supposed** to? And if so, what?" Then my attention is snagged by something else (look, squirrel!) and I promptly forget about it. This year I decided to look into what's behind the whole "giving-up-something-for-Lent" concept.

Lent is known as a season of conversion: We acknowledge having turned away from God and focus on turning back to Him. The pillars of Lent are prayer, fasting, and giving to the poor.

And here it is. ***Giving up something for Lent is a form of fasting—one of the three pillars.*** We can deprive ourselves of some small pleasure and offer that sacrifice to God. Or we might give up a bad habit (i.e., smoking, overeating, staying up late) as a way to turn our life back toward what God wants for us.

What might you give up this year? Something you really like that you want to sacrifice for a while, like a daily latte? Or a bad habit you want to conquer, like being ten minutes late every day? Or maybe turning off your cell phone for a few hours each day to spend more time with loved ones. Find something meaningful to you, and whatever it is, may it help you to turn toward God in this holy season of Lent.

—Jo Schackman (with an assist from bustedhalo.com)

LENT  
Pray + Fast + Give

# Lord of Life's Mission

God's Word moves us to make connections by welcoming all,  
strengthening and serving the healthy and hurting!

In our almost 45 years of ministry, living out God's love, welcome, hospitality, and graciousness is definitely our thing! So taking in "Loving Families" is a natural step in strengthening and serving those who are hurting in our community!

Our next "Loving Families" host week is coming up mid-month. We will be asking for meal-preppers, meal-servers, life-sharers, cot-sleepers, breakfast and lunch item-providers, bed-makers, compassion-givers, laundry-washers and co-organizers to serve with the strength God gives.

If you or your friends would like to be part of these families' movement out of homelessness, ask for an application by March 8 and attend a training before our next host week. Sign-ups are already in the entry.

Keep your eyes and hearts open to how God's Word is moving us to serving our community!

## Council Highlights

We began reading "The Invitational Christian" - a book about inviting others to be part of the ministries happening in our church. Chapter 1 is about the changing world and the loss of prestige the Christian church had once enjoyed in the 50's and 60's. We discussed how church has changed in our own lives.

Treasurer's report: Undesignated checking: \$509.47; Designated Checking: \$11,171.54; Debit Card checking: \$156.40; Savings: \$3,262.12. No quorum was present, minutes and treasurer's report will be approved at the next meeting.

Pastor's report:

- \* Preparing for Lent, plan on teaching spiritual practices from sabbatical and continuing education retreats at Holy Wisdom Monastery
- \* Making plans to use continuing education time as well as vacation time this year

New Business:

- \* Creating a Safety Team to review exit and emergency procedures and communication to congregation
  - also discussed Disaster Preparedness requirements for Red Cross and ELCA, how can we be ready to serve our community in a large-scale emergency?
- \* Next Loving Families dates discussed, will be contacting other churches for support
- \* Developing 2020 goals: Engage children and youth
  1. Give ministry responsibilities to children and youth: children's sermons, worship planning and leadership, bulletin design—will do for Easter, design invitations to friends for VBS
  2. Engage post-high school young adults in on-going spiritual growth: youth group "reunions" to check in and offer support and a faith community
  3. (loosely defined) working toward building children's ministry to invite new Eielson families into

Things to watch for:

- \* summer camping weekend in June with Saturday worship
- \* encouragement of generosity as people file for the PFD



# Lent 2020

Cease striving and know  
that I am God.

- Psalm 46:10

## How to listen for God in your life.

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On Sundays, hear stories of  
people's encounters with Jesus.

The devil who can't find a foothold

The faith leader challenged by the Spirit

The Samaritan woman becomes the preacher

A blind man sees the light

Mary and Martha face death with hope

The crowds rejoice and ridicule

On Wednesdays, learn practices to  
help you be present with God.

**Humility**—all of faith begins by recognizing that  
we are not God, what a freeing feeling!

**Centering Prayer**—the gift of sitting still in the  
presence of God, listening and resting

**Lectio Divina**—listening to Scripture for how  
God is speaking to your heart

**Examen**—reflecting on your day and your  
presence through the day, searching for the ways  
God is teaching you through it

**Praying the Psalms**—the Bible's prayer book  
can also be yours, if you slow down a bit

**Daily Hours**—intentionally pausing throughout  
your day to acknowledge God's presence in it

**Hospitality**—on Maundy Thursday, we see  
Jesus' care for his disciples and the call to love one  
another as Christ has loved us.



Lord of Life



2020!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> <u>9:30 am</u> Education Hour <u>10:30 am</u> Worship <u>11:30 am</u> Fellowship Treats	<b>2</b> <u>7 pm</u> Council Meeting <u>8 pm</u> AA	<b>3</b> <u>9 am - 12 pm</u> Kuwaa Sewing Group <u>5:30 pm</u> Girl Scouts	<b>4</b> <u>12 pm</u> Food Boxes <u>4:30 pm</u> Girl Scouts - Daisies <u>6:15 pm</u> Soup Supper <u>7 pm</u> Lent Worship	<b>5</b> <u>4 pm</u> Chair Aerobics <u>8 pm</u> AA	<b>6</b>	<b>7</b> <u>9:30 am - 10:30 am</u> Yoga Devotion
<b>8</b> <u>10:30 am</u> Worship <u>11:30 am</u> Fellowship Treats	<b>9</b> <u>8 pm</u> AA	<b>10</b> <u>9 am - 12 pm</u> Kuwaa Sewing Group <u>5:30 pm</u> Girl Scouts	<b>11</b> <u>12 pm</u> Food Boxes <u>4:30 pm</u> Girl Scouts - Daisies <u>6:15 pm</u> Soup Supper <u>7 pm</u> Lent Worship	<b>12</b> <u>9 am - 12 pm</u> 17 Mile Homemakers <u>4 pm</u> Chair Aerobics <u>8 pm</u> AA	<b>13</b>	<b>14</b> <u>9:30 am - 10:30 am</u> Yoga Devotion
<b>15</b> Serving Week <u>9:30 am</u> Education Hour <u>10:30 am</u> Worship <u>11:30 am</u> Fellowship Treats	<b>16</b> Serving Week <u>8 pm</u> AA	<b>17</b> Serving Week <u>9 am - 12 pm</u> Kuwaa Sewing Group <u>5:30 pm</u> Girl Scouts	<b>18</b> Serving Week <u>12 pm</u> Food Boxes <u>4:30 pm</u> Girl Scouts - Daisies <u>6:15 pm</u> Soup Supper <u>7 pm</u> Lent Worship	<b>19</b> Serving Week <u>9 am - 12 pm</u> 17 Mile Homemakers <u>4 pm</u> Chair Aerobics <u>8 pm</u> AA	<b>20</b> Serving Week	<b>21</b> Serving Week <u>9:30 am - 10:30 am</u> Yoga Devotion
<b>22</b> Serving Week <u>9:30 am</u> Education Hour <u>10:30 am</u> Worship <u>11:30 am</u> Fellowship Treats <u>6 pm - 7:30 pm</u> Youth Group	<b>23</b> <u>8 pm</u> AA	<b>24</b> <u>9 am - 12 pm</u> Kuwaa Sewing Group <u>5:30 pm</u> Girl Scouts	<b>25</b> <u>12 pm</u> Food Boxes <u>4:30 pm</u> Girl Scouts - Daisies <u>6:15 pm</u> Soup Supper <u>7 pm</u> Lent Worship	<b>26</b> <u>9 am - 12 pm</u> 17 Mile Homemakers <u>4 pm</u> Chair Aerobics <u>8 pm</u> AA	<b>27</b>	<b>28</b> <u>9:30 am - 10:30 am</u> Yoga Devotion
<b>29</b> <u>9:30 am</u> Education Hour <u>10:30 am</u> 5th Sunday Worship <u>11:30 am</u> Fellowship Treats	<b>30</b> <u>8 pm</u> AA	<b>31</b> <u>9 am - 12 pm</u> Kuwaa Sewing Group <u>5:30 pm</u> Girl Scouts	<b>1</b> <u>12 pm</u> Food Boxes <u>4:30 pm</u> Girl Scouts - Daisies <u>6:15 pm</u> Soup Supper <u>7 pm</u> Lent Worship	<b>2</b> <u>4 pm</u> Chair Aerobics <u>8 pm</u> AA	<b>3</b>	<b>4</b> <u>9:30 am - 10:30 am</u> Yoga Devotion



## Lord of Life Lutheran

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Pastor Amanda's cell: 322-2065

### E-mail:

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Jo: [office@lordoflifeak.com](mailto: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."

## 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:	Dianna Lindhag (Kaylee)	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)

Next Church Council Meeting: \*Mar. 2\* @ 7:00 pm

Newsletter deadline: 20th of each month.  
Get the latest on our website:

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

or

Follow our Facebook page: [www.facebook.com/lordoflifeak](https://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 Barbara & Bob Thoma



### Prayers for:

\* Tim S, Becky P, Karen K—  
healing from surgeries  
\* Hallie—car accident healing and  
recovery  
\* Eileen D's son, Joshua—  
complete recovery from influenza  
\* Steve H — recovery before  
radiation therapy  
\* De S & family—grief and  
healing after loss of Dan  
\* Healing and strength — Meg O  
knees and kidneys, T.J. U hope,  
Pat T cancer, all those feeling  
alone

### March Prayer Partner:

**Faith Lutheran, Delta  
Presbyterian in Delta Junction**

### Please pray for:

- Rejoicing with congregation  
leader Rich Mauer as he  
becomes an ordained ELCA  
Pastor!!! (Mar 14 @ 1pm)  
- Hearing God's questions in  
Lenten season



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

Contact [office@lordoflifeak.com](mailto:office@lordoflifeak.com)  
to sign up for prayer chain emails!