

October
2020



Lord of Life Lutheran

Lifelines

A Note from Pastor Amanda

The following brought me some hope and a boost to my mental health, so I wanted to share it with you. It is from Dr. Aisha S. Ahmad who is a political science professor at the University of Toronto and has endured many long-term crises, giving her this wisdom I adapted and now share with you:

The 6-month mark in any sustained crisis is always difficult. We have all adjusted to this “new normal,” but might now feel like we’re running out of steam.

The desire to “get away” or “make it stop” is intense, and there is nowhere to run. Right now, it feels like we’re looking head at a long, dark wintery tunnel. But it will not be like this forever.

Rather, this is our next major adaptation phase. We’ve already re-learned how to do groceries, host meetings, and even teach classes. And we have found new ways to be happy and have fun. But as the days get shorter and colder, we need to be ready to innovate again.

So, what can I share to help you? First, the wall is real and normal. And frankly, it’s not productive to try to ram your head through it. It will break naturally.

Of course, these are things we have to do. Work. Teach. Cook. Exercise. But just don’t expect to be sparkingly happy or wildly creative in the middle of your wall. Right now, if you can meet your

obligations and be kind to your loved ones, you get an A+.

Also, don’t be afraid that your happiness and creativity are gone for the rest of this marathon. Not true. I assure you that it will soon break and you will hit a new stride. But today, roll with it. Finish up less challenging projects. Read a novel. Download that meditation app.

Take a mental or figurative “shore leave”. Short mental escapes from routine can offer respite and distance from the everyday struggle. Try to support your mental and emotional health.

Take heart. We have navigated a harrowing global disaster for 6 months with resourcefulness and courage. We have already found new ways to live, love, and be happy under these rough conditions. A miracle and a marvel. This is hard proof that we have what it takes to keep going.

So, dear friends, do not despair of the 6-month wall. It’s not permanent, nor will it define you in this period of adversity. Trust that the magic that helped you through the first phase is still there. Take a breath and a pause. You’ll be on the other side in no time.

Breathe, pray, and trust in God’s work within you in these months.

Peace,
~Pastor Amanda

Gathering for Worship

Worship on the front lawn is over for the season—it’s just getting too cold!

We will keep our online worship going and only gather in person when the alert level is low-medium. This decision is based on the 14-day average of the Covid case rate in the borough found on the alert level map at: <http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/alertlevels.aspx>

10 or more case rate (per 14-day average): worship will be online only

5-9 case rate: worship will be inside, required face coverings the entire time

under 5 case rate: worship will be inside, masks optional during the service

The decision will be made each week, and an email will be sent out by Friday. If you don’t get a notice, email office@lordoflifeak.com and request to be added!

God's Work Our Hands

More than 30 people stuck around for our nationwide God's Work Our Hands service day!! Thank you all for your hard work and determination to make a difference in our community and around the world!!

Up to 10 volunteers cut, split, stacked (and re-stacked) donated wood



Masks were cut and sewn



and feminine hygiene kits assembled



6 bags of trash were removed from St. Nicholas Drive

and even little hands did God's work (they carried wood, raked, cleared and decorated the sidewalk... and played)



Thank you for sharing your hands in God's work!

See more in the slideshow at: <https://lordoflifeak.com/the-latest>

Forming Faith

"Fun with Faith" packets are available during each week with activities, challenges, games, and fun stuff to engage your faith during the week!



3rd—6th graders October 18 from 4—5:30pm

Join Pastor Amanda for a few "distance" games and time to chat about how you're doing!

7—12th grades October 25 from 6—7:30pm

We know you're missing your friends and what's normal, so this is mostly time to check in with each other and play a few card games.

October Weekly Bible Study!

Need a little encouragement to keep going even in the middle of troubles? Wonder where God is when there's suffering? Looking for the connection between your faith and the way you live?

Then let's read Philippians together!

Each week in October, we will send out a study on a chapter of Philippians and make it available in "The Latest" on our website (lordoflifeak.com).

You'll be invited to read the chapter of the Bible and the study guide and share your thoughts with each other online each week (using [facebook.com/lordoflifeak](https://www.facebook.com/lordoflifeak), our website, or email us back and we'll post your thoughts). God bless our lives in study!

Anti-Racism Reading List

It's hard to know how to react to experiences we don't identify with. We suggest the following to expand your compassion:

- "So You Want to Talk About Race" by Ijeoma Oluo. She also gave a 50 minute talk at Google that you can watch here: <https://www.youtube.com/watch?v=TnybJZRWipg>
- "How to be Anti-Racist" by Ibram X. Kendi. Explores ways to recognize and act against racism in our every-day life.
- "White Fragility" by Robin DiAngelo. Examines why it is hard for white people to talk about race.

Loving Families

Love INC is recruiting families for the Loving Families program. Families will NOT stay at individual churches, though churches will still provide meals and dine with families under COVID protocols. Meals will occur at the Love INC day center in Fairbanks.

Our host week is October 4 - 11

Please email lizsandbo@gmail.com if you would like to provide groceries, prepare a meal, and/or host a dinner.

Council Highlights

Book Study: Ch. 8 of The Invitational Christian, "Following Up." 4 ways to follow up: cards, calls, path to involvement, accompany a guest/make connections. Brainstormed a "path to involvement": 5 "Get Ins": Get In (the door); Get In-formed – Email list, newsletter, website, Facebook; Get In-volved – Fellowship, Bible Study, serving on Sunday; Get In-vested – New membership class and events; Get In-grained – Become new members and add lives to the ministry of Lord of Life. Will develop and present at a later date.



Master Calendar and Goal Check: Congregational meeting set for November 8th, 11:45am. Increase church visibility: Renner family created a lit cross which hangs outside the church, well trimmed trees make it visible. Engage youth and children: Nancy Uptgraft planned a visit for 3rd -6th graders to Dan and Missy's farm with stop at adjoining corn field maze, 9/26. Support for those in crisis: Nancy sent cards to let people know they are thought of and see if they need help. Engage members in mission: ~30 people participated in God's Work Our Hands, splitting and stacking wood, mounting the new cross, working on Kuwaa kits or sewing masks, and clearing highway trash.

Treasurer's report: Undesignated checking: \$12,958.98 inc. \$938.45 CARES; Designated Checking: \$10,500.33; Debit Card checking: \$2,833.55; Savings: \$7,004.65. As of Sept. 14, all bills are paid. \$938.35 remains in the Cares Act funding, which will be used for fuel.

Pastor's report: Leading in Liminal Spaces class done. Nominating team and Advent planning team being organized. Will be off Sunday, 10/11. Provide council reports by 9/30 if possible.

Ongoing Business:

- ◆ Covid-19 Mitigation Plan is in place. Decision will be made between Tuesday and Thursday whether worship will be online only and announced Friday, based on case rates.
- ◆ By-Law changes re council positions and terms will be presented at the annual meeting in November.

New Business:

- ◆ Sunday School: If school is closed, take-home bags for use during the week will be sent home. If school is open, resume last year's model.
- ◆ Borrowing Church Property for Public Use, Building Use, Code and Key, and receiving Gifts and Memorials Policies all passed.
- ◆ Reformation party—Evie Free, Pastor Amanda Kempthorne, and Liz Sandbo will plan a celebration if lower Covid numbers allow one.
- ◆ Mask ministry: 400+ masks have been distributed throughout the community. Council approved moving funds from Social Ministries account to purchase needed supplies for additional masks.



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

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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: October 12 @ 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

- 10/3 John Kowalski
- 10/4 Tony Fazio
- 10/6 Denise Hradecky
- 10/6 Mark Uptgraft
- 10/15 Janis Robertson
- 10/16 Robert Workman
- 10/24 Amie Maranville
- 10/30 Gary Ojala



Anniversaries

- 10/1 Kristi & Morgan Boatman
- 10/11 Amanda & Jason Kempthorne
- 10/16 Carol & Duane Dahl
- 10/21 Jo & Tim Schackman



*If your important date is missing,
please let us know!
We don't want to miss
celebrating with you!*

Prayers for:

- * Greg, healing from heart attack
- * Blais family grieving Hanno
- * Marilyn Woolace family grieving her mom, Pauline Boyle
- * Chris B's mother, transition to life in a nursing facility
- * Betty S, former NP teacher, healing from knee surgery and fell and created more damage
- * Tony and Patsy F, as they settle in Oregon.
- * Those with on-going health complications: Meg O, Gary O, Paula F, Polly H, Erich H, Evie F, Gary F, Steve H

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

October Prayer Partner:

Central Lutheran Church,
Anchorage, AK

Please pray for:

- * New Intern, Ollie Bergh as he learns ministry in a pandemic! Gratitude for his technical skills.
- * Ministries to the needy on hold (cold weather shelter, wound clinic shut down, and clothing, and food banks cut back)
- * Homeless in the community
- * AFACT (Anchorage Faith in Action—Congregations Together) working to help people register to vote.

