

November
2025



Lord of Life Lutheran

LifeLines

Notes from David

On the heels of All Saints day I remember how much we can learn from the saints. My history class has us looking at different saints during the early church. Saint Macrina was an interesting leader that lived a life of a teacher.

Saint Macrina the Younger stands as one of its most luminous and inspiring figures. Though overshadowed by her famous brothers—Saint Basil the Great and Saint Gregory of Nyssa—Macrina was, in many ways, their greatest teacher. Her life reveals a deep devotion to God, a profound love for others, and a model of spiritual wisdom that shaped the heart of early Christian monasticism.

Born in Cappadocia in the 4th century, Macrina was raised in a devout Christian family. Though she was betrothed at a young age, Macrina dedicated herself to God when her fiancé died. This marked the beginning of a life combining the simplicity of monastic discipline with the warmth of Christian community.

My reading of Saint Macrina is one that lives her life fully devoted to God and it seems to come from a place of gratitude. The somewhat secluded lifestyle that she lived gave her ample time to contemplate and grow her relationship with God. Saint Macrina is lauded as a wonderful teacher, one empowered with the ability to explain

spiritual things to the people. Her work for God was to teach the people. In her contemplative monastic lifestyle there would be plenty of time to learn from God through scriptures and worship to then pass off to others. Teaching others is in a way walking with them through their journey living a life in Christ. When a teacher is truly a part of that journey through that relationship the teacher is accompanying them in life.

By teaching and accompanying those people around her Saint Macrina is loving her neighbors. She leads a contemplative life and shows her love and gratitude to God through that lifestyle. Her life exemplifies the greatest commandment of Love the Lord your God and Love your neighbor.

Saint Macrina was noted as being interested in divine realities and not in worldly glories. She kept her focus on being in relationship with God. She was also noted as desiring to give back to God because she believed that God was doing so much for her. She kept her focus on God and that leads to being around other people in a loving manner. The monastic life goes hand in hand with also being in relationship with our neighbors. We can learn so much from Saint Macrina of loving God and loving our neighbors.

Adopt-a-Family info—coming soon

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Dates to Note

10th: 7pm Council Mtg
11th/27th/28th: OFFICE CLOSED
16th: Annual Meeting
26th: 12-2pm Thanksgiving Food Boxes

“LifeLines”

What Americans Lost When They Stopped Going to Church

A quarter of Americans now identify as atheists, agnostics, or religiously “unaffiliated,” the highest in history. No faith’s evangelism has been as successful in this century as religious skepticism.

As recently as the 1980s, 70% said they belonged to a church. In the 1990s, 40 million people stopped going to church. The sudden decline of religion likely relates to changes in politics and family life. Religion seemed less appealing to liberal young people. In the late 1980s, one in 10 liberals said they didn’t belong to any religion; 30 years later, that figure was four in 10.



The United States is in the midst of an unprecedented decline in face-to-face socializing. Social collapse is steepest for groups with the largest declines in religiosity. Young people have seen the largest decline in socializing. There is no period in history where young people were less likely to attend religious services, and no period when young people spend more time on their own. Similarly, as marriage [has] declined, men’s church attendance has fallen. Today, low-income and unmarried men have more alone time than almost any other group. More Americans are spending Sunday mornings on their couches, and it’s affected the quality of our collective life.

Americans today have fewer shared spaces where connections are formed: churches, libraries, parks, school gyms, and union halls. Places that used to anchor community life have become less accessible or shuttered altogether. Many people, having lost the scaffolding of organized religion, have found no alternative to build a sense of community.

Imagine a world where Americans suddenly gave up on sit-down restaurants. In surveys, they named many reasonable motivations for their abstinence: the expense, the overuse of salt, the temptation to drink alcohol. As restaurants disappeared, some mourned their closure, while others said it simply didn’t matter. After all, there were still plenty of ways for people to feed themselves. Over time, however, Americans as a group never found another social activity to replace their dining-out time. They saw less of one another with each passing decade. The demise of restaurants correlated with a rise in aloneness and an increase in anxiety and depression. Something like this is happening, with organized religion playing the role of alcohol (or salt).

The internet is an everything store with no opening or closing times

Just as America’s churches were depopulated, we have developed a new relationship with the smartphone. Digital life is disembodied, shallow, and solitary. Religious rituals are the opposite. They are embodied, deep, and collective.

We must wonder if, in forgoing organized religion, an isolated country has discarded a proven source of ritual at a time when we most need it. Making friends as an adult can be hard; it’s especially hard without a scheduled weekly reunion of congregants. Finding meaning in the world is hard too; it’s especially difficult if the oldest systems of meaning-making hold less and less

appeal. It took decades for Americans to lose religion. It might take decades to understand the entirety of what we lost.

-- By Derek Thompson, *The Atlantic*, 4-4-24



Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 <u>10:30 am</u> <u>Sunday</u> <u>Worship</u> <u>2 pm - 5 pm</u> <u>Lord of Life's</u> <u>50th</u> <u>Anniversary</u>	27 <u>10 am</u> <u>Bible Study</u> <u>8 pm</u> <u>AA</u>	28 <u>5:30 pm</u> <u>Girl Scouts</u>	29 <u>10 am</u> <u>TOPS Meeting</u> <u>12 pm</u> <u>Food Boxes</u> <u>5:15 pm</u> <u>TOPS Meeting</u>	30 <u>8 pm</u> <u>AA</u>	31	November 1
2 <u>10:30 am</u> <u>Sunday</u> <u>Worship</u>	3 <u>10 am</u> <u>Bible Study</u> <u>8 pm</u> <u>AA</u>	4 <u>5:30 pm</u> <u>Girl Scouts</u>	5 <u>10 am</u> <u>TOPS Meeting</u> <u>12 pm</u> <u>Food Boxes</u> <u>5:15 pm</u> <u>TOPS Meeting</u>	6 <u>8 pm</u> <u>AA</u>	7	8
9 <u>10:30 am</u> <u>Sunday</u> <u>Worship</u>	10 <u>10 am</u> <u>Bible Study</u> <u>7 pm</u> <u>Council</u> <u>Meeting</u> <u>8 pm</u> <u>AA</u>	11 <u>OFFICE</u> <u>CLOSED</u> <u>5:30 pm</u> <u>Girl Scouts</u>	12 <u>10 am</u> <u>TOPS Meeting</u> <u>12 pm</u> <u>Food Boxes</u> <u>5:15 pm</u> <u>TOPS Meeting</u>	13 <u>12 pm</u> <u>School</u> <u>Lunches Prep</u> <u>8 pm</u> <u>AA</u>	14	15
16 <u>10:30 am</u> <u>Sunday</u> <u>Worship</u> <u>12 pm</u> <u>Annual</u> <u>Congregational</u> <u>Meeting</u>	17 <u>10 am</u> <u>Bible Study</u> <u>8 pm</u> <u>AA</u>	18 <u>5:30 pm</u> <u>Girl Scouts</u>	19 <u>10 am</u> <u>TOPS Meeting</u> <u>12 pm</u> <u>Food Boxes</u> <u>5:15 pm</u> <u>TOPS Meeting</u>	20 <u>8 pm</u> <u>AA</u>	21	22
23 <u>10:30 am</u> <u>Sunday</u> <u>Worship</u>	24 <u>10 am</u> <u>Bible Study</u> <u>8 pm</u> <u>AA</u>	25 <u>5:30 pm</u> <u>Girl Scouts</u>	26 <u>10 am</u> <u>TOPS Meeting</u> <u>12 pm - 2 pm</u> <u>Thanksgiving</u> <u>Food Boxes</u> <u>5:15 pm</u> <u>TOPS Meeting</u>	27 <u>OFFICE</u> <u>CLOSED</u> <u>8 pm</u> <u>AA</u>	28 <u>OFFICE</u> <u>CLOSED</u>	29
30 <u>10:30 am</u> <u>Sunday</u> <u>Worship</u>	1 <u>10 am</u> <u>Bible Study</u> <u>8 pm</u> <u>AA</u>	2 <u>5:30 pm</u> <u>Girl Scouts</u>	3 <u>10 am</u> <u>TOPS Meeting</u> <u>12 pm</u> <u>Food Boxes</u> <u>5:15 pm</u> <u>TOPS Meeting</u>	4 <u>8 pm</u> <u>AA</u>	5	6



Lord of Life Lutheran Church

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E-mail

Jo: office@lordoflifeak.com

Office Hours
Weekday mornings

Mission Statement
Sharing the Light &
Warmth of God's Love

2025 CHURCH COUNCIL

President: Becky McElveen
Vice President: Brent Strickland
Secretary: Ranae Browning
Treasurer: Mary Mills

At Large Members: Evan Keil
John Dart
Margi Ungrodt
Vacant

Intern Pastor: David Ingram

Financial Secretary: Carol Dahl

**Serve on
Council
and be
heard!**

Next Church Council Meeting: **Nov. 10 @ 7pm**

Newsletter deadline: 20th of each month.

Get the latest on our website:

www.lordoflifeak.com/the-latest

or

Follow our Facebook page, worship live Sundays at 10:30am:
www.facebook.com/lordoflifeak

Special Prayers and Concerns

Birthdays

11/1 John Dart
11/6 Ranae Browning
11/7 Margi Ungrodt
11/12 Hannah Musgraves
11/19 Kevin Powers
11/27 Chris Blais
11/28 Dennis Musgraves
11/28 JJ Castor



Prayers for:

~ Snowbirds leaving Alaska
for the winter
~ Those with ongoing health
issues

Contact

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

Anniversaries

None

*Is your important date missing?
please let us know so we can
celebrate with you!*



Alaska Synod Prayer Partner for November:

Epiphany Lutheran Episcopal
Church, Valdez, Alaska

Loving Lord,

I thank You for all the saints
who have walked this path
of faith before me—for their
courage, their faithfulness,
and their quiet trust in You.

Through our baptism and
faith in Jesus we are
connected

