



Special points of interest:

Sunday Worship
8:00 AM Traditional
10:00 AM Praise
10:00 AM Facebook Live

Church Office Hours
Mon.—Thurs.
8:30 AM—4:30 PM
(Lunch 12:30—1:30)

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Monday, March 7, 2022

Volume 49, Issue 5

From the Pastor:

It seems like every year, Lent kind of sneaks up on me. With so much going on in our lives and in the world (much of it traumatic and discouraging) it might be natural for us to feel some uncertainty about Lent. For many people, Lent brings to mind many strange associations: ashes on our foreheads, the beginnings of Spring, not eating something you love, being really contemplative and serious. But for some, Lent can be just another church holiday that is confusing, weird, and... ignored. Often people ask me "Pastor Dan, what is Lent really all about?" In Short, Lent is all about preparing ourselves as a community so that Easter can be all the more special as a holiday. It also creates a great opportunity for many people who have gotten lost in the busyness of their lives to reconnect to their faith in Jesus. **My prayer for all of us is that during the weeks leading up to Easter we will all be drawn to God and deepened in our faith and understanding of Jesus, feeling, seeing, touching, and knowing His wonderful presence in our lives.** (Here is a short Q & A to help you better understand Lent).

Q: What is Lent?

A: Historically, Lent is the forty-day period before Easter, excluding Sundays, it begins on Ash Wednesday and ends on Holy Saturday (the day before Easter Sunday).

Q: Why are Sundays excluded from the reckoning of the forty days?

A: Because Sunday is the day on which Christ arose, making it an inappropriate day to fast and mourn our sins. On Sunday we must celebrate Christ's resurrection for our salvation.

Q: Why are the forty days called Lent?

A: They are called Lent because that is the Old English word for spring, the season of the year during which they fall. This is something unique to English. In almost all other languages its name is a derivative of the Latin term Quadragesima, or "the forty days."

Q: Why is Lent forty days long?

A: Because forty days is a traditional number of discipline, devotion, and preparation in the Bible. Thus Moses stayed on the Mountain of God forty days (Exodus 24:18 and 34:28), the spies were in the land for forty days (Numbers 13:25), Elijah traveled forty days before he reached the cave where he had his vision (1 Kings 19:8), Nineveh was given forty days to repent (Jonah 3:4), and most importantly, prior to undertaking his ministry, Jesus spent forty days in wilderness praying and fasting (Matthew 4:2).

Since Lent is a period of prayer and fasting, it is fitting for Christians to imitate their Lord with a forty-day period. Christ used a forty-day period of prayer and fasting to prepare for his ministry, which culminated in his death and resurrection. Thus it is fitting for Christians to imitate him with a forty-day period of prayer and fasting to prepare for the celebration of Jesus' ministry's climax - Good Friday (the day of the crucifixion) and Easter Sunday (the day of the resurrection).

Q: What am I supposed to do for Lent?

A: There is no one right way to prepare ourselves. The important thing is that it is a matter of our hearts. Traditionally we fast or sacrifice something to help us better relate to the sacrifice that Jesus made for us. Sometimes this will mean fasting during a meal (sacrificing the food we eat and instead spending the time praying or reading the Bible). We can also sacrifice something of monetary value (i.e. don't buy that new TV) and instead give the money to the poor or make a donation to God's Church. By sacrificing something that is important or of value to us, we can better appreciate the sacrifice of God's own Son that God made out of love for us. We can also sacrifice by taking something on during Lent as opposed to giving something up.

BY THE NUMBERS

2/20/22	29 + 29	58	2/27/22	31 + 37	68
2/20 Online views		16	2/27 Online views		15

Required total receipts weekly.....\$7,458.56

Gen Fund 2/6/22	\$5,103.00	Gen Fund 1/30/22	\$3,221.00
Forward in Faith	\$668.00	Forward in Faith	\$1,153.00
Surplus/Deficit	-\$1,687.56	Surplus/Deficit	-\$2,884.56

Unexpected Blessings.....\$200.00

*Please note that some totals include full-year giving



Pray for Alpine members:

Linda Becker, Rick Bried, Cindy Bulthaus, Chris Christiansen, Ernest & Mary DeNale, Marybeth Gillette, Louise Hemenway, Rich & Jan Hill, Dave Lillegaard, Glen McDonald, Valerie Miller, JR Stropes, and Pat Turmo.

Pray for our friends and family of Alpine:

Sally Atkinson, Jason Bergeron, Kim Braun, Linda Conness, Cornelia Foley, Jerome Gill, Daniel Hendrickson, Darlene Johnson, Debra Johnson, Kathleen Lovins, Todd McDonald, Sharon Mund, Judy Osiwalla, Bob Schult, Jeremy Sturges, Don Tennant, Penny Wendling, all those on the front line and those affected with Covid-19.

All in the Family

Birthday thanks came in from **Jeanne Tengren** and **Lynn Valentine**. **Tina Randolph** sends her thanks for the many prayers. She is doing much better now. Our love and sympathy go out to the **Velma Shoudy family, Rolly Greenland** and **Don Gugliemetti**. Velma died February 19th, Rolly's brother passed away February 22nd, and Judy Gugliemetti died on March 1st. **Carole Rogers** expressed her thanks for the cards, love and sympathies after Tom's recent passing. **Jeanne Tengren** also wishes to thank everyone for the altar flowers she received.

Worship Schedule :

Sunday Worship:

8:00 AM Traditional Worship (in-person)
10:00 AM Praise Worship/ YouTube-Facebook Live (in-person and online)

Children's Church will be meeting the first and third Sundays of the month, monthly Grab & Go packets will also be available for pick-up

Academy Chapel: 2:15 PM every Tuesday

Rejoicing Spirits: Every 1st & 3rd Thursday, via Zoom, 6:00 PM (This service is for those with developmental disabilities, their families, caregivers, and others.)

Men's Bible Breakfast: Tuesdays, Sunrise Restaurant, **7:00 AM**



Pastor Dan's office hours: Mondays 12:00-3:00; Tuesdays 9:00 – 3:00; Wednesdays 9:00 – 3:00; and Thursdays 1:00 – 3:00. He is also available at other times by appointment.



Praying weekly for Alpine's membership has had a very positive effect on our church! We have had many positive and thankful responses from those we have been praying for. The benefits are so great that we have decided to make this an on-going part of Alpine's church life. Some comments we've received are "power of prayer - it works!", "just what we needed", and loads of thanks! Even though we are praying for a few families each week, please call the office whenever the need arises for extra prayers you may have.

**Together we worship, together we pray,
together we love.**

March 13th — Bob & Violet Peterson; John, Kim & Kelly Gustafson; Gregory Garrett; and James & Noreen Christiansen.

March 20th— Janet Gentry; George Wanfalt; Megan, Merrick & Cooper Hill; and Greg & Barb Lee.



LENTEN CALENDAR

Wednesday, March 9th—Lenten Soup Supper, 6 PM
 Wednesday, March 9th—Lenten Worship, 7 PM
 Saturday, March 12th—Altar Guild Meeting, 9 AM
 Wednesday, March 16th—Lenten Soup Supper, 6 PM
 Wednesday, March 9th—Lenten Worship, 7 PM
 Thursday, March 17th—Rejoicing Spirits via Zoom



The Memorial Board in Memorial Lounge has been updated with the 2021 names of loved ones whose families have made memorial donations to Alpine Lutheran Church, whether designated or undetermined.

The Memorial Committee



Join us every Wednesday in Lent for a Soup Supper and Lenten Worship. We will meet at 6 PM for fellowship and a meal in Fellowship Hall. At 7 PM we will move upstairs to begin our Holden Evening Prayer worship service.

This year's Lenten devotional is entitled "**Grace Unbounded**". Explore the many ways God's grace abounds as we hear from many writers and their "unique voices and pastoral wisdom." These devotionals will be available in Memorial Lounge. There will also be some in the box outside the door F.

From the SCRIP Desk:

Easter season is upon us and we have SCRIP cards that will serve all your needs this Easter season. Woodman's cards are great to stock up on items for that Easter meal and Alpine's soup suppers. Sam's/Walmart are great to for stocking up on that holiday activities such as candy for an Easter egg hunt or Easter baskets. Easter decorations Home Goods and Marshall's cards are available.

KEEP CALM...SHOP SCRIP

The Academy needs your help! They are seeking candy and plastic egg donations for our Annual Easter Egg Hunt. Please drop donations off at the church or school office. Also they are seeking volunteers to help fill eggs. If you are able to volunteer please see Scott Dabson. We will begin filling eggs this week and will continue until we reach our goal of 20,000 eggs!

Wednesday Lenten Soup Suppers Sign-up: With the shrinking numbers in our committees, we need your help. We are looking for volunteers to bring soups, desserts, and to help serving and clean-up. A sign-up poster is in the narthex. "More hands make for light work."

Registration for the 2022 Congregational Resourcing Event (CRE) is now open! CRE is the annual synod-wide event which provides workshops on various areas of ministry to congregation members and leaders. This year's event will be in a Zoom format on Saturday, March 12th from 8:30 to 2:15 PM. To register for this event please visit nisynod.org/programs/cre.



Easter will be here before you know it and it is time to make your orders for our **Easter Glory Garden**. An order form is included on pg. 5 of this Summit. There will also be some on the kiosk in the narthex. Cost is \$12 per plant.



Calling all C & E Singers! This year the choir and bell choir will be performing a Good Friday Tenebrae music presentation entitled "It Is Finished" by Mary McDonald. We will begin rehearsals Tuesday, March 8th for anyone interested in joining us. All with a love of music is welcome to join us!

Rockford Rescue Mission has immediate and recurring needs for items we use on a regular basis. Consider picking up a few extra things next time you shop and drop them by the Mission. We would be happy to see you! Here is a list of current needs: men's underwear (L-XXXL), women's underwear (all sizes), tampons (ultra), Bible tabs, spiral notebooks, ear buds, shower mats (washable), sheet straps, paper towels, Lysol disinfectant spray, and laundry detergent (for sensitive skin).

Sunday Morning Coffee Hour—It's great spending time between services enjoying conversations with other members and visitors. It's especially nice when you can share a bite to eat and a beverage. We need volunteers to provide those snacks (purchased or home baked). We also love to have you celebrate birthdays, anniversaries, or other special occasions with your Alpine family. Just sign up on the poster by the coffee. (Laurel McVinnie)

Don't forget that Alpine Lutheran has a **hearing loop** installed in the sanctuary. A hearing loop (sometimes called an audio induction loop) is a special type of sound system for use by people with hearing aids. The hearing loop provides a magnetic, wireless signal that is picked up by the hearing aid when it is set to '**T**' (**Telecoil**) setting. We also have personal units that can be used with a set of ear buds or the headphones that are included. Please see an usher if you would like to try using one of these.



Spring is just about here and we've already enjoyed some warmer weather as a result. Students and staff at Alpine are preparing for Easter and ready for Lent. We're just over a month away from our Easter Break. Lots to celebrate and look forward to in the coming months.

March 6th begins the 2022 ELEA Lutheran Schools Week. We will begin our celebration of all that is happening in our school and the network of Lutheran Schools across the country. The ELEA is comprised of 1,350 Schools and Centers all with a mission to guide students in a walk with Jesus. Everyday in our Lutheran School we encounter opportunities for students to witness and to share Gods love. At Alpine in particular we share those encounters together in our Chapel time through the good deeds displayed by our students. During Lutheran Schools week we have several activities planned. In fact, on Tuesday March 8th, our students will try to "Stump Pastor Dan" at Chapel. Students have been coming up with Bible questions to ask Pastor Dan, you are welcome to join us for Chapel that day in the sanctuary to see if our Academy students are successful in their quest to "Stump Pastor Dan." Students and staff will also be encouraged to celebrate throughout the week by wearing specific colors each day. Each color will represent a part of the Lutheran Rose. You can help us in our celebration by inviting families to join us for one of the two Open House Events we will have. On Thursday March 10th at 5:00pm we will host an Open House and reading the "Perfect Pizza Party" while we share a pizza meal with our guests and offer information about our school. Then on Saturday March 12th we will host a St. Patricks Day themed Open House from 9:00am to 11:00am, again please share and invite families to join us. Finally we will culminate our week with a Family Movie Night in the gym beginning at 4:30pm on Saturday March 12th. Lutheran Schools Week is going to be a fun and busy week, I hope you are looking forward to joining in on some of the fun!

As I said there is going to be a lot to celebrate in the coming months. Lutheran Schools Week will be fun, Lent will bring Easter and a break from school, then we will off to ending this school year. It's been a great school year at Alpine so far and I can only anticipate great things to come. We are looking forward to our Easter Egg Hunt and hope you might consider donating candy or eggs as we work to fill 20,000 eggs for our hunt this year. You might also consider volunteering for this years event on April 16th, please let me know if you'd like to volunteer.

Thank you to everyone at Alpine for your continued support and prayers for Alpine Academy. God is at work at Alpine and it shows in all of our Alpine Family!

In Christ

Mr. Scott Dabson

Director

Alpine Academy





EASTER GLORY GARDEN

Alpine's Altar Guild once again brings you the Easter Glory Garden. It is a celebration of the glorious Resurrection of Our Lord. Please be a part of this beautiful creation. We will be using lilies & tulips. Cost of each plant is \$12.00. Altar Guild will be selling these plants through April 3rd. Please include payment with your order form. Flowers may be taken after the 10:00 Easter Service.

White
Lilies _____

Red
Tulip _____

Yellow
Tulip _____

Will take flowers Y or N (please circle)

Donor name

(Please print name)

Remembering

(Please print name)

Amount Paid \$ _____ Cash _____ Check # _____

“And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful” (Colossians 3:15).

Since last week, the news of the Russian invasion of Ukraine has filled news reports and social media feeds. Heart-breaking images of people saying goodbye to loved ones and lining up at the borders to leave the country are occupying our screens. Prayers and calls for peace are coming from around the world as we watch this crisis unfold.

Civilians fleeing the violence are heading toward Ukraine's western districts and such neighboring countries as Poland, Moldova, Slovakia, Romania and Hungary. Ukrainian men of military age (18-60) are required to stay in the country, so most of those fleeing the violence are women and children. According to one report of the United Nations High Commissioner for Refugees, more than 500,000 people are seeking refuge in neighboring countries including Hungary, Poland, Slovakia and Moldova. There are major humanitarian concerns for both internally displaced people and refugees. Many of these Ukrainians fleeing their homes need shelter and such basic necessities as food, water and toiletries. Care for people also includes pastoral and psychological support to address the trauma they've endured.

Lutheran Disaster Response is accompanying our companion churches in Ukraine, Hungary, Poland and Slovakia, as well as such ecumenical partners as the Lutheran World Federation and Church World Service, in their humanitarian responses to the crisis. These partners provide refugees with immediate support and supplies such as food, blankets, water and hygiene kits. Presiding Bishop Elizabeth Eaton has joined other religious leaders from Europe and around the globe in issuing an interfaith call for peace in the region.

Your gifts will support Ukrainians and others. Gifts to “Eastern Europe Crisis Response” will be used in full (100%) to assist those affected by the crisis in Ukraine and neighboring countries.

Our prayers abound for the loss and devastation experienced in Ukraine and Eastern Europe. To give, visit ELCA.org and click on the European Crisis Response banner.

In Christ's service,
The Rev. Daniel Rift
Director, ELCA World Hunger and Lutheran Disaster Response Fund
Evangelical Lutheran Church in America



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RETURN SERVICE REQUESTED

Sun. Worship Times
8:00 & 10:00 AM



See what Alpine has to
 offer you on the Web!
 alpinelutheran.com

THOSE WHO SERVE

Sunday, March 13, 2022

Ushers: (8:00) Jim Anderson, Bob Fanello
 (10:00) John Linde, Marge Rakoczy
Lector: (8:00) Bob Fanello
 (10:00) Allen Neumann
Lay Assistant: (8:00) Lori Fanello
 (10:00) Allen Neumann
Praise Singer: Bob McVinnie

Sunday, March 20, 2022

Ushers: (8:00) Karl Okeson, Randy Teske
 (10:00) Jim Burnett, Dick Nelson
Lector: (8:00) Randy Teske
 (10:00) Becky Toro
Lay Assistant: (8:00) David DeNale
 (10:00) Chuck Valentine
Praise Singer: Becky Toro



Children's Church will meet
 every 1st and 3rd Sunday
 during the 10 AM worship service.

All are welcome to join us!
 We will also continue our Grab & Go bags
 which are available in the memorial lounge.



Sunday, March 13th