



Special points of interest:

Worship Sunday
8:00 AM
10:00 AM

Rejoicing Spirits
6:00 PM (2nd Thursday)

Contact:
office@alpinelutheran.com
815-399-5013

In this issue:

Ash Wednesday	3
Property Note	3
No. IL Synod publications	4
Invest In Kids	5

From Pastor Desk:

Monday, March 4, 2019

Volume 46, Issue 5

What is Prayer and why is it so important? (Part 2)

Prayer is one of the greatest tools one can have in the world because it opens the door to a dialogue with God. God calls out to us. The story of scripture is the story of a God who pursues us, who wants to be in relationship with us. Prayer is our basic component of communication.

Praying is one of the best opportunities we have that deepens our relationship with God. Don't let past experiences, or false perceptions, or embarrassment stop you from praying. My desire for all of us is that the power of God's presence, love, and grace will be unleashed in our lives through prayer. The best way to learn about prayer... it is through praying, by yourself and with others.

Biblical truths about prayer that we need to remember.

- Prayer opens us up to the wonder and truth of who God is. It is more than just asking for what we want. Prayer is about us being changed as we encounter God.
- Prayer is our most vital form of communication with God.
- Prayer is as much about listening as it is about asking
- Praying with others is a great way to learn about prayer
- Prayer illuminates the many misconceptions we have about God and our life.

Book Recommendations on Prayer. (These three books have helped to form my prayer life more than anything else I have read or experienced.).

Prayer by Richard Foster

Prayer: Does it Make any Difference? by Philip Yancy

Too Busy Not to Pray by Bill Hybels

Different Types of Prayer (not an exhaustive list). See Richard Foster's book on prayer for further information on each of these types of prayer.

- | | |
|--------------------------|----------------------|
| Simple Prayer | Sacramental Prayer |
| Prayer of the Forsaken | Unceasing Prayer |
| Prayer of Examen | Prayer of the Heart |
| Prayer of Tears | Meditative Prayer |
| Prayer of Relinquishment | Contemplative Prayer |
| Formation Prayer | Intercessory Prayer |
| Covenant Prayer | Healing Prayer |
| Prayer of Adoration | Prayer of Suffering |

BY THE NUMBERS

Attendance 2/17/19 46 + 58 104 Attendance 2/24/19 42 + 45 87

Required total receipts weekly.....\$8,213.71

Gen Fund 2/3/19	\$4,798.00	Gen Fund 2/10/19	\$10,428.00
Forward in Faith	\$910.00	Forward in Faith	\$4,300.00
Surplus/Deficit	-\$2,505.71	Surplus/Deficit	+\$6,514.29

Surplus/Deficit YTD..... +\$10,501 (1/31/19)

*Please note that January and February totals include several pre-payments of annual pledges.

Pray for Alpine members:

Pat Anderson, Rick Bried, Pat Christiansen, Ernest & Mary DeNale, Doris Fransen, Marybeth Gillette, Rich & Jan Hill, Peggy Lillegaard, Jack & Norma Lucas, Marguerite Lusth, Marian Olson, Jan Pauly, Donna Steele, JR Stropes, Melissa (Bukowski) Stucky & Family and Darold Walker.

Pray for our friends and family of Alpine:

Sally Atkinson, Kim Braun, Linda Carter, Linda Conness, Jerome Gill, Elena Hember, Daniel Hendrickson, Gwyn Johnson, Shirley Kagel, Kathleen Lovins, John Mick, Sharon Mund, Carol Nelsen, Aileen Petersen, Tom Rogers, Bob Schult, Jeremy Sturges, Don Tennant, Brendan Welsh, Penny Wendling and Curt Wrye.

All In the Family

Birthday thanks came in from **Jeanne Tengren, Diana Sundeen and Lynn Valentine**. Congratulations and God's Blessings to **Rashad, Payton & Emma Hoel** who were baptized into God's family Sunday, February 17th. Their parents are Scott & Ramona Hoel. Our love and sympathy goes out to **Irv Perala** and family for the loss of Gerry Perala on February 19th. The **Staff at Alpine Lutheran** expressed their sincere thanks for the generous donations to the Staff gift. It is great to work in such a loving family of God.



Worship Schedule :

Our Sunday worship service times are **8 & 10:00 AM**. Children's Church will continue to meet during the 10:00 AM worship service.

Bible Studies :

- * Tuesday Men's Breakfast Bible Study at 6:45 am at Sunrise Restaurant
- * Wednesday Morning Bible Study at 10 AM, Conference Room
- * Wednesday Evening Bible Study at 7 PM, check board for location

Adult Forums: Meet between services on the 1st Sunday of every month, unless announced otherwise. A light breakfast will be served.

To reach Pastor Dan after office hours, you may call 815-399-5487. Please leave a message and he will respond as soon as possible.

Praying weekly for Alpine's membership has had a very

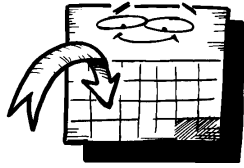
positive effect on our church! We have had many positive and thankful responses from those we have been praying for. The benefits are so great that we have decided to make this an ongoing part of Alpine's church life. Some comments we've received are "power of prayer - it works!", "just what we needed",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

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

Here are the members for the next few weeks.

March 10th—Tom & Marge Rakoczy; Mike & Loretta Schultz; Craig & Barb Shelton; and Randy & Linda Teske.

March 17th—Darold & Sharon Walker; Jeff, Jaime, Zada & Zoey Doubek; Bob & Laurel McVinnie; and Nancy Matthews.



Wednesday, March 6th—Ash Wednesday Worship, 11 AM & 7 PM

Saturday, March 9th—Congregational Resourcing Event

Sunday, March 10th—Spring Ahead

Thursday, March 14th—Rejoicing Spirits Worship, 6 PM

Saturday, March 16th—Nancy Ewert Memorial, 11 AM



Second Sunday Youth Worship @ Katie's Cup. All high school youth are encouraged to attend. To stay up-to-date on Second Sunday things, be sure to like Second Sunday Rockford on Facebook and follow @secondundayrockford on Instagram.



"For dust you are and to dust you shall return" (Genesis 3:19)

Wednesday, March 6th is Ash Wednesday. We will have worship services with the imposition of ashes at both **11 AM and 7 PM.** This marks the beginning of the Lenten season and our journey towards the cross. Our Lenten Soup Suppers will begin on Wednesday, March 13th at 6 PM. Lenten worship will follow at 7 PM. A sign-up sheet is in the narthex to help with the Soup Suppers. Please mark your calendars and make the time to attend.

Our daily devotional for this Lenten season is entitled "**Hope-Full Living**". This large print devotional helps us to reflect on Christ's journey to the cross and how we can live our lives to the fullest. They will be available on Ash Wednesday.

The **2019 Congregational Resourcing Event** will be **Saturday, March 9th** at Kishwaukee Community College in Malta, IL. Many workshops will be offered including Administration, Education, Stewardship, Evangelism, Social Justice and many others. The event is open to all congregation members. Take advantage of this learning event and discover new ways to enhance our congregation. Please call the office or see Pastor Dan if you are interested in attending. A handout with registration information was in your recent worship folder.



SHROVE TUESDAY

Shrove Tuesday, or Fat Tuesday, is the day before Lent, the period of traditional fasting and prayer that precedes Easter. The tradition of eating pancakes on Shrove Tuesday began as a way to use up ingredients including butter, milk and eggs that were not supposed to be eaten and would go bad during the period of Lent. Tuesday, March 5th, the youth will be serving a Shrove Pancake Supper from 5 – 7 PM in Fellowship Hall. Come and enjoy the celebration. All monies collected will go to youth expenses. We do need donations of pancake mix (just add water kind) and syrup. (John Linde)

Men's Breakfast will not meet in March due to the Congregational Resourcing Event being held on the same day and time. Please watch for an notice regarding next month's breakfast.

With Lenten services on Wednesday evenings, the **Wednesday Evening Bible Study** will go on hiatus until sometime in May. Please watch future Summits for an article announcing it's return.

Property Committee Note: We thank the congregation for your patience this winter with all of our snow and ice. We will continue to maintain the parking lots and sidewalks to ensure your safety when coming to church. If you find any issues that need to be addressed, salt is available at both doors or you may speak to Scott Dabson.

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. All you need to bring are some treats (purchased or home baked) and a cold beverage. Everything else is provided. 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. If you are new to doing this, or if you'd just like some help in serving, please see a member of the Alpine Connections Committee. Thank you.



On March 10th
move your clocks ahead one hour.

Cantata Rehearsals will begin soon! Can you believe that Lent starts in one week? We are planning a Palm Sunday Cantata this year and will start our rehearsals on Tuesdays at 7:15 PM mid March. So clear your calendars so you can participate. All are welcome and encouraged to join us. (Richard Dowling)

The **Altar Guild** will begin selling **2019 Easter Glory Garden** flowers on Sunday, March 17th. Add beauty to our Easter celebration while you remember or celebrate an important person or event in your life. The cost is \$12 per plant. We will have traditional lilies & red and yellow tulips. Order envelopes will be on the kiosk in the narthex soon.



Alpine Academy
of Rockford
Faith • Family • Future

God continues to be kind to the Alpine Academy family. We've been having some tours and Open Houses that have brought interest in our program to the community. We have a special Preschool/ kindergarten registration Open House on March 16 from 9-12. We will have special St. Patrick's Day activities for the visiting students. Another Open House will be held in April that coincides with our Easter Egg Hunt. We expect a hundred children to be in attendance. Please let your family and friends know about the quality of the education, both academic and Christian that is provided at Alpine Academy. Invite them to check out the school and attend an Open House.

I will be putting out first names of our students for you to choose to pray for during Lent. It is hard to believe Lent has arrived, since it is so bitterly cold outside. This weather has taken a toll on our students and staff. As I am typing this, we are missing four staff members. We have called on some people to help out and they have been able to provide. If any in the congregation can volunteer to help us, I would appreciate it

I hope you all have a blessed beginning to Lent.

In Christ,
Bob McVinnie, Principal

Alpine Academy of Rockford

In partnership with

Alpine Lutheran Church

Give your child the gift of a quality education that enriches the lives, spirits, and minds in a safe environment.

815-227-8894

The March issue of "*Living Lutheran*" is here. The lead story for this issue touches on Pastor Dan's recent articles, and is entitled "Pray without ceasing: A Lutheran approach to prayer". The authors discuss why prayer is important and how it changes us in the process. Please stop and pick up a copy from the Cares & Concern desk while supplies last.

From the SCRIP Desk:

Are you in a hurry in the morning and can't find time to make yourself a quick breakfast and by mid morning you are starving? SCRIP can help you solve your "I don't have time for breakfast blues". SCRIP has area retailers that can get you a quick morning breakfast sandwich, donuts, or even a bagel.

Do you know you can purchase SCRIP cards for Dunkin Donuts, Starbucks, Chick-Fil-A (yes they have breakfast sandwiches), Panera, and Great Harvest? All these retailers will be happy to help you with your "I don't have time for breakfast" dilemma. (Deb Geeser)

KEEP CALM...SHOP SCRIP

Did you know that the **Northern IL Synod** has two informational publications that come out at various times during the year. They are "*Making Christ Known*" and "*Walking Together*". "*Making Christ Known*" is published online six times a year. It contains many interesting stories, videos and links about happenings in not only the Northern IL Synod but the ELCA Synod as a whole. You may find this publication by visiting nisynod.org and clicking on the pull down menu "publications". "*Walking Together*" is a weekly newsletter with events and prayer requests that is sent via email. You may sign up to receive the email by visiting the same website, clicking on the same pull down menu, and clicking on the subscribe statement. These publications will help keep us connected to all that our synod is doing.

Do you own a Thrivent Financial policy? Each year you need to designate where your Thrivent Choice Dollars go. The deadline for designating your Choice Dollars is March 31st. Last year, \$3,108 was contributed to Alpine through this program. This does not count the amount we received through the Action Team monies that are available for different fundraising projects. Please contact your Thrivent Financial agent for more information or see the flyers posted on the bulletin board in the narthex.



Children's
Church

Join us on Sunday for Children's Church during the 10 AM worship. We will be learning about the lessons from the worship service and how we can share God's Word with others. Please consider bringing a friend with you.



-Katie's Choice Book Club meets every 2nd Thursday of the month at 10 AM. Each month a new book is chosen to discuss. The book for March is *"Big Little Lies"* by Liane Moriarty. The Washington Post writes *"Big Little Lies* toll a warning bell about the big little lies we tell in order to survive. It takes a powerful stand against domestic violence even as it makes us laugh at the adults whose silly costume party seems more reminiscent of a middle-school dance." Bring your copy and join the discussion.

-Katie's Cup Bunco: Join us every 3rd Thursday of the month at Katie's Cup for a session of Bunco and great fellowship. We meet from 1:30—3 PM.

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Laundry Love—This program, part of **RALM**, provides free laundry services to the needy every 3rd Wednesday of the month at Charles Street Laundromat. The program exists to help alleviate the strain that poor health and hygiene places on the most venerable members of our community. Co-Coordinator are Bob Black & Dave Musser.

Keep Alpine Updated: With current HIPAA laws, **the church is not informed when you are hospitalized.** Please have a friend or family member notify the church directly. OSF St. Anthony's and Rockford Memorial does not call at all, Swedish American only calls when you are admitted to the hospital through your physician, not the ER. We want to keep in contact with you especially when you are in need of support.

Our Savior's Lutheran is holding a **Stephen Ministry Introductory Workshop** on Saturday, March 23rd from 9 AM to 1 PM. The Stephen Ministry is a group of lay caregivers who help pastors minister to people who are hurting after a loss or life changing event. They provide comfort and support for the "after" in someone's life. To register, visit stephenministry.org/workshop or call 314-428-2600. A flyer is posted on the bulletin board in the narthex.



Illinois enacted the Invest In Kids Scholarship Tax Credit Program in 2017. This program offers a 75 percent income tax credit to individuals and businesses that contribute to qualified Scholarship Granting Organizations (SGOs). The SGOs then provide scholarships for students whose families meet the income requirements to attend qualified, non-public schools in Illinois such as Alpine Academy and other private schools. The Grater Rockford Area Lutheran Schools have chosen to work with SGO Empower Illinois. Questions, please contact Scott Dabson, 815-494-3002, or visit <http://www.revenue.state.il.us/>

InvestInKids/



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 www.alpinelutheran.com

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RETURN SERVICE REQUESTED

Worship Times –
Sun. 8:00
& 10:00 AM

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

THOSE WHO SERVE

Sun., March 10, 2019

Ushers: (8:00) Chuck Gentry, Glen McDonald, Volunteers
 (10:00) Marge Rakoczy, Volunteers
Ambass.: (8:00) Bettie Everson, Shirley Schou
 (10:00) Laurel McVinnie, Diana Sundeen
Elements: (8:00) Kathy & Eugene Mund
 (10:00) Mark & Christine Stohle
Lector: (8:00) Pam Lojewski (10:00) Allen Neumann
Lay Assist: (8:00) David DeNale, Pam Lojewski
 (10:00) Bea Lundgren, Allen Neumann
Altar Guild: Kathy Mund, Sarah Neumann
Praise Singers: Ted Croisant, Jaime Doubek, Bob McVinnie

Sun., March 17, 2019

Ushers: (8:00) Jim Anderson, Bob Fanello, Bryan Garrett, Kathy Mund
 (10:00) Russ Hornbeck, Dick Nelson, Mike Schultz, Brandon Williams
Ambass.: (8:00) Jan Anderson, Carole Rogers
 (10:00) Amanda Dabson, Mari Hanson
Elements: (8:00) Jack & Carla Phillips
 (10:00) DiAnne Beynon, Diana Sundeen
Lector: (8:00) Carla Phillips (10:00) Craig Shelton
Lay Assist: (8:00) Roger Bastian, Alan Garrett
 (10:00) Craig Shelton, Volunteer
Altar Guild: Laurel McVinnie, Cary Ralston
Praise Singers: Chuck & Lynn Valentne