



**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

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**From Pastor Desk:**

Monday, April 29, 2019

Volume 46, Issue 9

**The Power of Humility**

Have you ever been publically humiliated? It is a horrible experience. I am not sure what is worse, having people laugh at you or that horrible sinking rock like feeling of shame that sits in the pit of your stomach for days afterword. I am sure that there are wise sage-like people out there that will tell us that it is good for us to go through humiliating circumstances. They will reassure us that it shapes our character and helps us to get over our self pride. Somehow, those words really don't help me all that much. Sounds too much like something my father would say to me as I was learning all those "life lessons" while I was growing up.

Let's face it, humiliation is painful. It scares us. It creates huge obstacles to trust and openness in our lives. Isn't there some other way for God to build or character? It is interesting though that the word humiliation has the same root as humility - a characteristic that Christians revere. Both have to do with being made or brought *low* or *down*. In the case of humiliation, it is your pride or dignity that is brought down. In the case of humility, it is your character (note: not your self-worth) being brought low/down. The difficulty for us is the fact that our pride and dignity are so closely connected to our character and self-value that *one* cannot be brought low without the other. Since our pride and dignity are often defined by cultural influences outside the thoughts or opinions of God, our character (and with it our identity and self-value) become enslaved to our pride and dignity. Our pride and dignity are in turn are ruled by the world around us. Not a good situation to be in. What we need is to sever the cords that bind our dignity and pride to the whimsical standards of the world and learn to fasten them to God's values, thoughts, and opinions. Not any easy thing to do. Yet Jesus gave us a great example. When we look at the Easter story, one huge truth stares out at us. Jesus was humiliated for my sake. His dignity, His reputation, His image, His standing in the world; all of it was trashed on my account. Often, we focus on the pain that Jesus went through. But I wonder if the humiliation was far worse? How could Jesus have chosen to go through that? The answer lies somewhere in this vital truth; ***The humiliation, pain, and suffering wasn't as important to him as us experiencing God's love and forgiveness.*** People spitting, laughing, throwing rocks, insults etc.. it just didn't compare. Jesus' pride was connected to how fully he could be obedient to God. His dignity was based on God's feelings and thoughts towards him, not what the world thought. This is a great lesson for us to learn. To value the experiencing of God's love and forgiveness (by me and others) so highly that we are willing to sacrifice all else for it. To connect our pride and dignity to this very task. Then, when the world assails us, when they laugh or mock or even spit in our faces, it just won't seem to matter. For our pride, dignity, self-worth, and character will not be under their control.

## BY THE NUMBERS

Thursday Lent & Rejoicing Spirits 4/11/19	124	Maundy Thursday 4/18/19	21 + 27	48
Attendance 4/14/19	45 + 87	Attendance 4/21/19	113	84
			92 + 76	168

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

Gen Fund 4/14/19	\$12,998.00	Gen Fund 4/18/19	\$5,106.00
Forward in Faith	\$6,490.00	Forward in Faith	\$475.00
Festival	\$622.00	Festival	\$2,753.00
Surplus/Deficit	+\$2,834.29	Surplus/Deficit	+\$120.29
53/54		\$100.00	

**Surplus/Deficit YTD..... +\$8,386 (2/28/19)**

\*Please note that year to date totals include several pre-payments of annual pledges.

*Please be  
Praying for...*

**Pray for Alpine members:**

Pat Anderson, Rick Bried, Mike Bukowski, Cindy Bulthaus, Pat Christiansen, Ernest & Mary DeNale, Doris Fransen, Al Garrett, Marybeth Gillette, Rich & Jan Hill, Peggy Lillegaard, Jack & Norma Lucas, Marguerite Lusth, Marian Olson, Ron & 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, Patrick Cooper, Jerome Gill, Daniel Hendrickson, Shirley Kagel, Kathleen Lovins, Sharon Mund, Carol Nelsen, Aileen Petersen, Tom Rogers, Bob Schult, Jeremy Sturges, Don Tennant, Brendan Welsh, and Penny Wendling.

**All In the Family**

Birthday thanks came in from **Gil Okeson, Terry Hodges and Karl Okeson. Amanda & Morgan Dabson and Jim & Glenda Watson** send their thanks for the flowers they received.



**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

**Adult Forums:** Meet between services on the 1<sup>st</sup> 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 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 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.

**May 5<sup>th</sup>**—Robert, Jari & Jennifer Sproule; Carl & Donna Steele; Corey, Brianna, Brandon & Brett Williams; and Bryce & Cindy Bulthaus.

**May 12<sup>th</sup>**—Chris & Pat Christiansen; Carla Personette; Ron & Jan Pauly; Jack & Norma Lucas; and Sharon Milbourn.



**Thursday, May 2<sup>nd</sup>**—Property Committee, 6:30 PM  
**Saturday, May 4<sup>th</sup>**—New Academy Worship, Gym  
**Sunday, May 5<sup>th</sup>**—Adult Forum, Fellowship Hall, 9:15 AM  
**Monday, May 6<sup>th</sup>**—Alpine Blood Drive, 3-6:30 PM  
**Thursday, May 9<sup>th</sup>**—Rejoicing Spirits Worship, 6 PM  
**Saturday, May 11<sup>th</sup>**—Men's Breakfast, 9 AM  
**Sunday, May 12<sup>th</sup>**—Mother's Day



**Second Sunday Youth Worship @ Katie's Cup.** To stay up-to-date on Second Sunday things, be sure to like Second Sunday Rockford on Facebook and follow @secondsundayrockford on Instagram.



**May Adult Forum:** May is Mental Health Awareness Month. For the Adult Forum on Sunday, May 5<sup>th</sup>, we will welcome Kerry Larson, Unit Coordinator at Rosecrance. She will be speaking about personal and clinical experience of substance use disorders, their prevalence, some warning signs, and what family can do if they are concerned. Please plan to join us for a light breakfast and discussion. All are invited to attend.



**Many thanks to Tim & JoAnn Christiansen and family** for creating the beautiful display of flowers for our Easter Glory Garden. Their artistic talent is a blessing to Alpine.

The **Alpine Scholarship Committee** will begin collecting scholarship applications now through the end of May. Applications can be found on the counter in the coatroom or from Lynn in the office. We are pleased to be able to offer this assistance to our students. Please turn them in to the church office. (Gary Hunt)

**Would you like to give automatically from your bank account?** We can schedule your withdrawal weekly, monthly or twice a month. Please see Lynn in the office for more details.

**PROPERTY CORNER**

- ⇒ The property committee is requesting if you split any of your **perennials** this spring and would like to donate them to the church please contact Deb Geeser. We can use all sun or all shade perennials. If you are interested in helping keep a SMALL area of flowers watered and weeded through out the summer please contact Deb.
- ⇒ The property committee is requesting your presence at the annual **Spring Clean Up** on **May 4**. The clean up includes many areas around the church including trimming of trees/bushes, raking, painting and other varies jobs that need to be done. No matter your skill level we are willing to train any participant. Please bring yard waste bags, rakes, hedge trimmers. A light breakfast will be served at 8:30 AM and work begins at 9:00 AM.  
See any Property Committee Member for more information.

**The Youth** would like to thank everyone for the support of their Youth Convention trip by attending the **Easter Breakfast**. With your generous donations the youth were able to add \$700 to their account for expenses such as van rental, gas, and monetary assistance. (John Linde)

Our "**Snow Birds**" have begun making their return flight to the Midwest. If you receive your Summit via mail, please notify Lynn, in the office, when you have returned and she will put you back on the mailing list. We wish everyone a safe return!



The **Social Ministry/Connections Committee** is sponsoring our **annual blood drive** for the Rock River Valley Blood Center on **May 6<sup>th</sup> from 3 PM to 6:30 PM**. The bus will be parked outside of the church's front entrance. Signing up ahead of time is encouraged. Walk ins are welcome. Please contact Janet Gentry at 815-985-6262 to sign up or sign up on the poster. Our goal is to have at least 20 people sign up. (Janet Gentry)

**Doing your Spring cleaning?** The youth will be holding a garage sale in the gym on the weekend of **May 31<sup>st</sup> and June 1<sup>st</sup>**. Donations may be dropped off at the church and placed in the Fellowship Hall behind the partitions. Please contact John Linde with any questions.

ELCA presiding bishop Rev. Elizabeth Eaton and Northern IL Synod Bishop Jeff Clements would like to share their **Easter messages** to all congregations. To watch their video messages please visit [elca.org](http://elca.org) for Rev. Eaton and [nisynod.org](http://nisynod.org) for Bishop Clements. Click on the banners with their photos.

**Worship in the Park!**

This summer, Alpine Lutheran, joined with Shepherd of the Valley, will be holding a worship service and meal in the great outdoors. On Sunday, August 11<sup>th</sup> we will gather at **Olson Swedish Heritage Park** for our Sunday service. This will be a great opportunity to connect with family, friends and neighbors through God's Word and great fellowship. We are looking for volunteers to help coordinate and plan this event along with volunteers from Shepherd of the Valley. Please contact Pastor Dan if you are interested.



**Alpine Academy**  
of Rockford  
Faith • Family • Future

It's finally SPRING!! That season we all never thought we ever see. Easter has now past and we are beginning our final push to the end of the 2018/2019 school year.

As many in our Alpine Academy family prepare for the ending of a school year, I on the other hand focus on the beginning of our next. Already we are doing well preparing for the 2019/2020 school year. We just finished our Easter Egg Hunt themed Open House with over 200 kids attending and participating in the Hunt. This event have been fun to do each of the last 4 years and I can't express enough the thanks to everyone who helped out. Without naming names (so I don't forget anyone) I want to thank everyone who provided candy, prizes, eggs, bags and other goodies. I want to say how much I appreciate the hands that filled over 6,000 eggs and for the painting of the new Easter Backdrop for the Easter Bunny. What a success! Thanks to everyone who joined us and those who helped out during this event. Now it's on to the next themed Open House, this time a Carnival with games and even a Dunk Tank, who knows who might be in the Dunk Tank. Join us May 18<sup>th</sup> from 11a to 2pm and invite your friends.

Our school continues to head in a positive direction and our name continues to spread. This past month in fact, an Alpine Academy family was mentioned in the Illinois House of Representatives as part of a bi-partisan resolution supporting the Invest In Kids Act. In this resolution it states, a mother whose daughter is "attending Alpine Academy in Rockford as a first grade student, where she receives a quality education....." That's right in a resolution submitted to the Illinois House it was stated Alpine Academy is providing a quality education. Be proud to be part of a congregation who is supporting this quality education at Alpine Academy. We continue to seek your support of the Invest In Kids Act. We have families who were blessed by the scholarships they received to attend our school this school year that need our help. Consider making a Tax Credit donation to Empower Illinois and help to allow more families to be touched by our family here at Alpine. If you have questions about how you can help please let me know.

As this school year closes I ask that you join with me in making real invitations to your friends, family, neighbors, co workers and anyone else that you come into contact with to join us and our family here at Alpine. Together Alpine Lutheran Church and Alpine Academy are one Alpine Family lets grow together!

In Christ  
Scott Dabson  
Admissions Director  
Alpine Academy

**ATTENTION ALL GRADUATES:** Graduation time is fast approaching. As you make your plan to celebrate your graduation don't forget to please contact the church office so we may join in your celebration by acknowledging you in the Summit. (Lynn Valentine)

The **Alpine Chancel Choir and C & E Singers** wish to thank everyone for attending their performance of "Songs of the Cross" by Jay Rouse on Palm Sunday. We especially thank **Richard Dowling** for his continued dedication to the music at Alpine.

**From the SCRIP Desk:**

SCRIP prides itself in keeping everyone notified of an upcoming holiday or important event so once again here is your notification MOTHER'S DAY will be here in just a few weeks. Remember mom likes going out to restaurants, a little TLC from the Ulta store, and of course chocolates are always a hit. SCRIP can help you in all the mentioned areas. Stop by the SCRIP desk pick up an order form and browse all the different restaurants, Ulta gift cards, and chocolates from Fannie May. (Deb Geeser)

**KEEP CALM...SHOP SCRIP**



**It's Golfing Time Again!** Spread the word...Please invite your friends to join our league. Send all contact info for new players to Chuck Valentine. The league will begin this Wednesday, May 1<sup>st</sup>, at Elliot Golf Course, tee-off 8:30 AM. (Chuck Valentine)

**In the midst of the cold and flu season,** there are ways that we can help ourselves remain healthy. Besides the flu shot; stay hydrated; get plenty of sleep; exercise and of course, wash your hands often. Many everyday areas are germ zones: The coffee pot, elevator buttons, grocery carts, door knobs, restaurant menus, and worst of all, your cell phone. At church, if you are concerned about passing/receiving germs during the sharing of the peace, you can fist bump, touch elbows or just wave. **Here is to staying healthy.**

**Alpine's Children Ministry**



Alpine Lutheran's **Vacation Bible School** this summer will be run jointly with Alpine Academy's summer camp program. The program, lead by Diana Sundeen, will explore Paul's Travels Around the World. The camp will begin on May 31<sup>st</sup> and run throughout the summer. Bible lessons will be on Tuesdays through Fridays with regular camp activities on Mondays. Please contact Diana Sundeen or Alpine Academy for more information on times and details, 815-227-8894.



**-Katie's Choice Book Club meets** every 2<sup>nd</sup> Thursday of the month at 10 AM. Each month a new book is chosen to discuss. Bring your copy and join the discussion.

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

**-Katie's Cup Conversation:** Plans for Hospital Expansion, Tuesday, May 21, 11:00 AM 12:00 PM. Swedish American Hospital has a long history and presence in the Midtown neighborhoods. We will hear about that history and what the current and future plans for Swedish American Hospital. The \$126 million expansion plan is expanding its East State Street campus! The hospital will have invested more than \$630 million at its 35-acre campus since 2001. Join us as we learn more about this important neighborhood and community partner. A presentation and conversation with Dr. Michael Born, CEO and Jedediah Cantrell, V.P. of Operations.

\* \* \* \* \*

**Laundry Love**—This program, part of **RALM**, provides free laundry services to the needy every 3<sup>rd</sup> 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.

**An Easter Prayer**—from Dayspring Cards

Dear Jesus,

Thank you for the gift of eternal salvation that we get to celebrate on Easter morning. Your love is so great! Come close to me and renew my mind to let go of everything I've held on to that hinders me and entangles me. I ask you to draw near to me as I draw near to you and purify my heart.

Thank you for being the example of mercy when you ministered to and saved a thief while you suffered your own death. Your love covers a multitude of sins! I repent of my sins and ask you to cover me with your love and help me love others deeply.

Help me to forgive those who have offended me and give me the courage to bless my enemies.

Thank you for the anchoring of peace the Cross gives us. When difficult times find me, help me keep my eyes on you. Help me calm and quiet my soul so I can find full contentment in You alone.

Thank you for the promise of joy and the restoration to the Father through the work of the Cross. Let me remember to take active steps in rejoicing together in fellowship with family and friends. May we never forget the good works You have done in our lives.

I praise you that you are the gift of HOPE. Nothing can separate me from your love for not even death could do it. I love you, Jesus!

Amen!

2nd Annual  
**#CycleToSynod**  
 ELCA World Hunger  
 Evangelical Lutheran Church in America  
 God's work. Our hands.  
 2019

Tuesday, June 11 - Friday, June 14  
 to raise money for ELCA World Hunger  
[nisynod.org/cycletosynod](http://nisynod.org/cycletosynod)

Sponsored by  
 Rockford Area Lutheran Ministries

Northern Illinois Synod  
 Evangelical Lutheran Church in America  
 God's work. Our hands.

2nd Annual  
**#CycleToSynod**  
 ELCA World Hunger  
 Evangelical Lutheran Church in America  
 God's work. Our hands.  
 Breaking the Hunger Cycle  
 2019  
 Northern Illinois Synod  
 Evangelical Lutheran Church in America  
 God's work. Our hands.  
[nisynod.org/cycletosynod](http://nisynod.org/cycletosynod)



**Alpine Lutheran Church**  
 5001 Forest View Ave. Rockford, IL 61108  
 alpinelutheran@comcast.net  
 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., May 5, 2019**

**Ushers:** (8:00) Larry & Joni Graham, Don Torgerson, Volunteer  
 (10:00) DiAnne Beynon, John Gustafson, Bob Peterson, Volunteer  
**Ambass.:** (8:00) Bettie Everson, Tonya Mund  
 (10:00) Laurel McVinnie, Diana Sundeen  
**Elements:** (8:00) Kathy Mund, Eugene Mund  
 (10:00) Ardy Stevens, Diana Sundeen  
**Lector:** (8:00) Craig Shelton (10:00) Violet Peterson  
**Lay Assist:** (8:00) Deb Okeson, Craig Shelton  
 (10:00) Nancy Matthews, Volunteer  
**Altar Guild:** Gwyn Brechtel, Ardy Stevens  
**Praise Singers:** Ted Croisant, Bob McVinnie

**Sun., May 12, 2019**

**Ushers:** (8:00) Chuck Gentry, Glen McDonald, Volunteers  
 (10:00) Marge Rakoczy, Volunteers  
**Ambass.:** (8:00) Les & Carol Johnson  
 (10:00) John Linde, David Linde  
**Elements:** (8:00) Les & Carol Johnson  
 (10:00) Volunteers  
**Lector:** (8:00) Becky Toro (10:00) Dick Nelson  
**Lay Assist:** (8:00) Al Garrett, David DeNale  
 (10:00) Zada Doubek, Bea Lundgren  
**Altar Guild:** Kathy Mund, Sarah Neumann  
**Praise Singers:** Ted Croisant, Jaime Doubek, Bob McVinnie