



Special points of interest:

Sunday Worship
8:00 AM & 10:00 AM

Academy Chapel
Every Tuesday, 2:15 PM

Rejoicing Spirits
6:00 PM (2nd Thursday)

Family Worship (Gym)
4:30 PM (2nd Saturday)

815-399-5013

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From Pastor Desk:

Monday, February 24, 2020

Volume 47, Issue 4

God's Not Done with Us Yet!

As we enter into Lent, I am reminded about how confusing this season is. Often, I am confronted with questions of "Why am I supposed to give something up?" or "Why so gloomy? Aren't we supposed to be joyful?" The answers to those questions lie in the reasons why we celebrate Lent. Lent is a time of preparation. Lent is a time of sacrifice. Lent is a time of repentance. All of this is true. But at its heart, Lent is all about getting ready to experience the miracle of Easter in new and life transforming ways.

In our busy schedules and hectic lives, it is often easy to just dispense with Lent. We can endeavor to pass through it as quickly as we can and not get too worried about it. In my mind this would be a mistake. For the more we put into celebrating Lent, the more Easter will be significant for us.

Author William Sundberg writes that it is very hard to face up to the ugliness of the true self, to take the journey that Martin Luther took into the dark night of the soul. This culture resists it. But if we take the journey, we may find that we are able to hear the gospel in its purest form – telling us that God is not done with us yet! The point of repentance is not to remain downtrodden in the gloom of our sin, but to be prepared to hear the gospel as if for the first time.

So, during Lent we explore the inner parts of who we are. We take a hard look at our own sinfulness, pride, and self-destructive lifestyles. We are horrified but encouraged to not hide from the truth. Instead we turn to God with repentant hearts, rejoicing that because of Easter, we are made anew - ready to become the people God created for us to be. Often the practice goes like this. During Lent we offer up a sacrifice or fast to God - to help get our attention away from the demands of the false self, so that the Holy Spirit can lead us to repentance. Repentance then leads us to the further and deeper work that Jesus has for our lives. Come join us at Alpine Lutheran Church this lent as we learn how God really is not done with us yet. There is a much deeper work inside of us that awaits.

Upcoming Lenten Services

Wed Feb 26th Ash Wednesday Services at 11:00 A.M. and 7:00 P.M.

Worship every Sunday at 8:00 and 10:00 A.M.

Lenten Soup Suppers every Wednesday in March at 6:00 P.M. (March 4th, 11th, 18th, 25th)

Lenten midweek service in March following our soup supper at 7:00 P.M. This year's Lenten mid-week service will focus on the power of prayer to connect us with God.

BY THE NUMBERS

Attendance 2/9/20	49 + 67	116	Attendance 2/16/20	55 + 48	103
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Required total receipts weekly.....**\$8,215.67**

Gen Fund 2/9/20	\$2,390.00	Gen Fund 2/16/20	\$5,731.75
Forward in Faith	\$655.00	Forward in Faith	\$810.00
Surplus/Deficit	-\$5,170.67	Surplus/Deficit	-\$1,673.92

***Surplus/Deficit YTD..... + \$12,743.26 (11/31/20)**

*Please note that these figures include several prepayments of full pledges.



Pray for Alpine members:

Pat Anderson, Rick Bried, Cindy Bulthaus, Pat Christiansen, Scott Christiansen, Ernest & Mary DeNale, Doris Fransen, Chuck & Janet Gentry, Marybeth Gillette, Rich & Jan Hill, Gary Hunt, Peggy Lillegaard, Ed Lorenzen, Richard Lovitt, Jack & Norma Lucas, Marguerite Lusth, Valerie Miller, Marian Olson, Ron Pauly, Marge Pearson, Donna Steele, JR Stropes, Melissa (Bukowski) Stucky & Family and Darold Walker.

Pray for our friends and family of Alpine:

Sally Atkinson, Tim Babcock, Kim Braun, Linda Carter, Linda Conness, Linda Fry, Jerome Gill, Daniel Hendrickson, Debra Johnson, Kathleen Lovins, Todd McDonald, Sharon Mund, Carol Nelsen, Helen Newsome, Judy Osiwalla, Tom Rogers, Bob Schult, Jeremy Sturges, Elizabeth Tankersley, Don Tennant, Brendan Welsh, Penny Wendling, Sharon Wrye and Karen & Delaney Younglove.



All In the Family

Birthday thanks came in from **Diana Sundeen.**

Worship Schedule :

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

Every 2nd Thursday, Rejoicing Spirits Worship at **6 PM**. A service for those with developmental disabilities, their families, caregivers, and others.

Every 2nd Saturday, Family Worship at **4:30 PM**. A service in our gym with family activities following.

Bible Studies :

- * Tuesday Men's Breakfast Bible Study at 6:45 am at Sunrise Restaurant on Stowmarket
- * Wednesday Morning Bible Study at 10 AM, Conference Room #1

Adult Forums: Meets between services on the 1st Sunday of every month. A light breakfast will be served. Doesn't meet during Summer.

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.

March 1st—Margo Grigalonas; Sue Peterson; Mike & Loretta Schultz; and Jim & Linda Whale.

March 8th—Jeanne Tengren; Barb Yahn; David & Diane McCue; and Michael & Tina Speaker.



Lent begins

Tuesday, February 25th—Shrove Pancake Supper, 5—7 PM

Wednesday, February 26th—Ash Wednesday Worship, 11AM & 7 PM

Friday, February 28th—Lifeline Screening

Sunday, March 1st—Adult Forum

Wednesday, March 4th—Lenten Soup Supper, Prop/Tech & Fin/Stew

Wednesday, March 4th—Lenten Worship



Second Sunday @ Katie's Cup. Second Sunday is a youth group led youth. All high school youth are encouraged to attend the second Sunday of every month, 7 PM at Katie's Cup. There is meaningful worship, coffee, games and more. To stay up-to-date on Second Sunday things, be sure to like Second Sunday Rockford on Facebook and follow @secondssundayrockford on Instagram.



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

Wednesday, February 26th 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 4th** 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.

From the SCRIP Desk:

Feeling like you have been locked up in your house because of the cold weather, the ice, and snow? Scrip can help you with your boredom and yet you do not have to go outside to your local stores. SCRIP carries Amazon and I-tunes SCRIP cards that all you have to do is enter the code into your account go shopping and your order appears on your porch in a few days. Or if you need to get out of the cold and go where it is warm SCRIP also has SCRIP cards for hotels and Royal Caribbean Cruises. A reminder that hotel and cruise gift cards do take a week to get the cards plan accordingly. (Deb Geeser)

KEEP CALM...SHOP SCRIP

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 contact Laurel McVinnie.

Friday, February 28th, Alpine will host **Lifeline Screening.** These screenings go beyond regular checkups to look inside your arteries for signs of plaque build-up. Registration is required with 3 ways to register: call 866-229-0469; register online at lifelinescreening.com/communitycircle; or text "circle" to 797979.



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, February 25th,** 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)

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.



You are invited to a night of fun, food and fellowship (with a side of competition). **Alpine Academy's "Family Feud"** fundraiser dinner is **Saturday, March 14th.** Come and enjoy some Italian food, silent auction items, door prizes and of course some Family Feud entertainment. Scott Dabson will be available between worship services to purchase your tickets. This event hopes to become an Alpine favorite! We thank you for your support of our school.

This year's daily devotional for the Lenten season is "**From Suffering to Salvation**" by Henri J. M. Nouwen. "Henri Nouwen was one of the most innovative spiritual writers of the past century. His vision of spirituality was broad and inclusive, and his compassion embraced all of humankind." These books will be ready to pick up Ash Wednesday.



Alpine Academy
of Rockford
Faith • Family • Future

Lutheran School Week is coming. March 1st-7th is the week. Our teachers will be decorating their doors in the theme of "Blessed to be a Blessing". We will also be asking students to dress in certain colors on specific days. These colors represent Biblical themes. We expect this to be a fun week.

At the end of that week, March 7th, we will have an Open House. This will focus on preschool and kindergarten. We hope to have a great turn out. If you know anyone searching for a school with Christian values, please send them our way.

March 14th is our big fundraising dinner, catered from Sam's Ristorante. We will be entertained by a Family Feud between Alpine Church and Alpine Academy. We have raffles and auctions with many nice baskets. We need a great attendance to help our Academy expenses for the year. Please sign up to attend. Sign up can occur between church services or call the Academy office at 815-227-8849 to register. Cost is \$15 for the meal (mostaccioli, Italian sausage, baked chicken, and salad). Academy age children can have pizza and games in Fellowship Hall for \$5.

In Christ,
Principal Bob McVinnie



Children's Church

Join us 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 through crafts and games.

The **2020 Congregational Resourcing Event** will be **Saturday, March 14th** at Kishwaukee Community College in Malta, IL. The keynote speaker will be ELCA Presiding Bishop Elizabeth Eaton. Many workshops will be offered including Administration, Education, Stewardship, Evangelism, Social Justice and many others (see list on pg. 5). 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.

The Social Ministry/Connections committee is sponsoring lunch at **Carpenters Place** on **Thursday, March 5th at 12:30 PM**. If you would like to help serve and/or provide cookies, other dessert item or fresh fruit please contact Janet Gentry at 815-985-6262. Items can be brought to church any Sunday or before March 5th, 9:30 AM.

The **Adult Forum schedule** will be a bit different for the months of March and April. On the **1st Sunday, March 1st**, there will be a forum on the mental health referendum that is proposed for the March voting ballot. On the **3rd Sunday, March 15th**, Al Geeser will be holding a forum in the sanctuary discussing safety procedures. Then finally on the **5th Sunday, March 29th**, there will be a forum to discuss the Vitality conference that was held in February and how Alpine can benefit from what was learned. In April, the 1st Sunday is Palm Sunday and the 2nd Sunday is Easter, there will not be any forums in April. (Mike Schultz)

Due to the Congregational Resourcing event being held at Kishwaukee College on March 14th, we are cancelling the **Men's Breakfast** for the month of March. See you in April!



On March 8th
move your clocks ahead one hour.

Cantata Rehearsals will begin soon! Can you believe that Lent starts this week? We are planning a Easter Sunday Cantata this year and will start our rehearsals on Tuesdays at 7:15 PM March 3rd. So clear your calendars so you can participate. All are welcome and encouraged to join us. (Richard Dowling)

The **2020 Flower and Eternal Candle charts** are now up and ready for you to sign-up for your dedications. Remember loved ones passed or celebrate a special event. Each sponsorship helps to defray the cost of our flowers every year and we thank everyone for contributing to this ministry. (Laurel McVinnie).

Do you give electronically? We have envelopes for celebration Sundays, Lent, Advent, etc. made up for you. You may pick up a batch from the counter in the coat room. Thank you for your support of Alpine Lutheran. (Laurel McVinnie)



-Katie's Choice Book Club meets every 2nd 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 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-Coordinators are Bob Black & Dave Musser.

On **Saturday, March 14th**, **Becca's Closet** will open for the prom season in Rockford. Becca's Closet collects and distributes formalwear free of charge to young women from Rockford and surrounding communities. We need volunteers during the spring on Saturdays, March 14— May 2, 9 AM - noon with set-up starting at 8:30 am. It is located at: Lutheran Church of the Good Shepherd, 1829 North Rockton. We also have a cleaning day before we open for the season, February 29 starting at 9 AM. RALM office, 815.962.4279.

Congregational Resourcing Event Workshops Saturday, March 14, 2020

Town Hall with Presiding Bishop Elizabeth Eaton

Congregational Leadership

Called to Lead:

Candidacy for Rostered Ministries in the ELCA
Congregational Constitutions
Healthy Boundaries between

Congregation and Rostered Minister:
What a Congregation Needs to Know

Leadership Conversation

Resources for Recognizing the 50th Anniversary
of the Ordination of Women

Walking Together: Congregation/
Collaboration/ Sharing Ministries

Evangelism/ Outreach/Hospitality

Becoming a Mosaic Community:
Zion/Rockford

Congregational Ministry Review

Congregational Vitality

Developing an Effective Outreach Strategy

Making Connections

Visiting the Sick: What to Say
(and what not to say)

Faith Formation and Growth

"If the Church Were Christian then..."

50 Forward Ministries for Adults

Addiction & Spirituality: Getting Started
In Addiction Ministry

Experiences in an Old Order Amish Community

Growing in Faith through diakonia

Social Justice

Addressing Racial Justice in Our
Congregation

Advocacy and the LGBTQIA+ Community

Biblical Interpretation and the LGBTQIA+
Community

Declaration of the ELCA to People of
African Descent

Hunger by the Numbers- Mapping hunger in
your community

Introduction to the LGBTQIA+ Community

TerraCycling-An Alternative Recycling Program

The True Cost: Human Trafficking Panel
Discussion

We Can End Hunger in Our Times
What is Sanctuary?

Spirituality/ Wellness

It isn't CPR if you don't break some ribs:
a Paramedic, a Chaplain, Death & Life

A Journey Through Grief

Barnabas Caregiving Ministry

Medicines for the Church Leader

Stewardship

Gold Nuggets of Stewardship

Stewardship's Flip-Side: Recognizing and
Removing Obstacles to Generosity

Worship

Celebrating the Vigil of Pentecost

Rejoicing Spirits – How to provide an inclusive,
shush-free worship in your community

The Altar Guild: The unsung Heroes of a
Congregation

Youth/ Family/ Children

Boundless – God Beyond Measure – the 2021
ELCA Youth Gathering – what you need
to know

Campus Ministry: Connecting with Young Adults
in Campus Ministry

Organized Sports: Where does it get its power?

Schools in Churches: A Partnership

Why Come to Church – High School Youth



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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

Sun., March 1, 2020

Ushers: (8:00) Larry & Joni Graham, Don Torgerson, Volunteer
 (10:00) DiAnne Beynon, John Gustafson, Volunteers
Ambass.: (8:00) Les & Carol Johnson
 (10:00) Mark & Christine Stohle
Elements: (8:00) Les & Carol Johnson
 (10:00) Mark & Christine Stohle
Lector: (8:00) Pam Lojewski (10:00) Jari Sproule
Lay Assist: (8:00) Pam Lojewski, Deb Okeson
 (10:00) Bea Lundgren, Nancy Matthews
Altar Guild: Gwyn Brechtel, Gail Davidson
Praise Singers: Ted Croisant, Bob McVinnie

Sun., March 8, 2020

Ushers: (8:00) Chuck Gentry, Glen McDonald, Volunteers
 (10:00) Marge Rakoczy, Volunteers
Ambass.: (8:00) Larry & Joni Graham
 (10:00) Amanda Dabson, Mari Hanson
Elements: (8:00) David & Laura DeNale
 (10:00) Amanda Dabson, Mari Hanson
Lector: (8:00) Bob Fanello (10:00) Craig Shelton
Lay Assist: (8:00) Bob & Lori Fanello
 (10:00) Zada Doubek, Craig Shelton
Altar Guild: Anita Rumage, Cary Ralston
Praise Singers: Chuck & Lynn Valentine