



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, March 9, 2020

Volume 47, Issue 5

Prayer: A Deeper Connection with God.

This year during Lent we are examining how we pray – in an effort to both dispel some of the myths about prayer and grow in our experience of prayer. Too often we think of prayer as a transaction. I ask and God answers (if I am worthy). This kind of thinking undermines our ability to draw close to God in prayer. Prayer is not a form of transaction but instead it is all about connecting and experiencing the depth of God's love, concern, passions, and joy with us. Truly understanding how prayer brings us closer to God can happen only as we experience prayer – in any of its amazing forms. Come join us every Wednesday in March at 7 PM for life changing prayer experiences.

Listed below are some of my favorite prayer quotes from Henri Nouwen

1. Joy is the experience of knowing that you are unconditionally loved.
2. Prayer is first of all listening to God. It's openness. God is always speaking; he's always doing something.
3. I am deeply convinced that the necessity of prayer, and to pray unceasingly, is not as much based on our desire for God as on God's desire for us. It is God's passionate pursuit of us that calls us to prayer.
4. A spiritual life without prayer is like the Gospel without Christ.
5. It might sound strange, but God wants to find me as much as, if not more than, I want to find God.
6. The only way to pray is to pray, and the way to pray well is to pray much.
7. The real "work" of prayer is to become silent and listen to the voice that says good things about me.
8. I know the only way for me to see the world is to see it through his eyes.
9. To pray, I think, does not mean to think about God in contrast to thinking about other things, or to spend time with God instead of spending time with other people. Rather, it means to think and live in the presence of God.
10. Converting our unceasing thinking into unceasing prayer moves us from a self-centered monologue to a God-centered dialogue.
11. Prayer without action grows into powerless pietism, and action without prayer degenerates into questionable manipulation.
12. If prayer leads us into a deeper unity with the compassionate Christ, it will always give rise to concrete acts of service.
13. Prayer is not what is done by us, but rather what is done by the Holy Spirit in us.
14. To pray means to stop expecting from God the same small-mindedness, which you discover in yourself. To pray is to walk in the full light of God and to simply, without holding back, "I am human and you are God."
15. Why is it so important that you are with God and God alone on the mountain top? It's important because it's the place in which you can listen to the voice of the One who calls you the beloved. To pray is to listen to the One who calls you my beloved daughter, my beloved son, my beloved child. To pray is to let that voice speak to the center of your being, to your guts, and let that voice resound in your whole being.
16. If we don't have a hidden life with God, our public life for God cannot bear fruit.
17. The faithful discipline of prayer reveals to you that you are the blessed one and gives you the power to bless others.
18. To pray is to listen to the One who calls you "my beloved daughter," "my beloved son," my beloved child."

BY THE NUMBERS

Attendance 2/23/20	57 + 49	106	Ash Wednesday	51 + 26	77
	Attendance 3/1/20	62 + 51	113		
Required total receipts weekly..... \$8,215.67					
Gen Fund 2/9/20	\$3,864.00		Gen Fund 3/1/20	\$10,805.00	
Forward in Faith	\$1,205.00		Forward in Faith	\$3,610.00	
Surplus/Deficit	-\$3,146.67		Surplus/Deficit	+\$6,199.33	
Festival.....	\$5.00		Unexpected Blessings.....	\$20.00	

***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 **Jeanne Tengren** and **Lynn Valentine**.

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 15th—Michael, Alyssa Kreigbaum, & Chase Valentine; Andrea Tack, Alex & Sammi Todd; Jim Stropes Jr.; and Nancy Matthews.

March 22nd—Marjorie Pearson; Marge Rakoczy; Karen Conti; and James & Noreen Christiansen.



Wednesday, March 11th—Lenten Soup Supper, Christian Ed/Youth

Wednesday, March 11th—Lenten Worship

Thursday, March 12th—Rejoicing Spirits Worship

Saturday, March 14th—Congregational Resourcing Event

Saturday, March 14th—Academy Family Feud Dinner and Silent Auction

Sunday, March 15th—Adult Forum, Alpine Safety Procedures

(continued)

Wednesday, March 18th—Lenten Soup Supper, Christian Ed/Youth

Wednesday, March 18th—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.



Lenten Worship: Join us for worship every Wednesday evening during Lent at 7 PM. We will be learning more about prayer through prayer stations each week.

Soup's on! Come and enjoy a bowl of soup, some bread, and of course, a dessert every Wednesday prior to the worship service. Each week, a different set of committees hosts the supper, preparing soups, breads and desserts but we need your help. A sign-up poster is in the narthex for those not hosting to volunteer to bring something or to help with set-up or clean-up. This time before our Lenten worship is a great time of fellowship. Invite your friends and neighbors to come and stay for the worship service.

***PLEASE TAKE NOTE:** The **last week of Lent** we will move our Wednesday soup supper and Lenten worship to **Thursday, April 2nd**. This will allow Alpine to include our Rejoicing Spirits worshipers in our Lenten traditions. Please make a note on your calendars and plan to attend this service change.

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.

From the SCRIP Desk:

The SCRIP inventory has collected some extra cards through the Christmas season and we are now in need to get these cards out of our inventory. If you could use the following cards please purchase them at the SCRIP desk. Barns & Noble \$5, iTunes \$25, Olive Garden \$10, Quizno's \$10, Ross Dress for less \$25. Remember the challenge for SCRIP that once a month every family purchase SCRIP cards and donate the profit to church our goal is \$1200.00 to give back to church as unexpected blessings. (Deb Geeser)

KEEP CALM...SHOP SCRIP



The **Altar Guild** is selling **2020 Easter Glory Garden** flowers through **Sunday, March 29th**. Add beauty to our Easter celebration while you remember or celebrate an important person or event in you life. The cost is \$12 per plant. We will have traditional lilies & red and yellow tulips. Order envelopes are on the kiosk in the narthex. (Laurel McVinnie)

Cantata Rehearsals have begun! We are planning a Easter Sunday Cantata this year and started our rehearsals on Tuesday, March 3rd at 7:15 PM. So clear your calendars so you can participate. All are welcome and encouraged to join us. (Richard Dowling)

Alpine Lutheran & the Alpine Academy are hosting an **Easter Egg Hunt** on Saturday, April 4th and we need your help. We are looking for donations of candy and gift items (both for the eggs and door prizes) by March 30th. If you are able to help, please see Scott Dabson.

Congratulations to Our 2020 Council Members

**President: Scott Dabson, Vice-President: Pam Lojewski,
Secretary: DiAnne Beynon, Treasurer: Allen Geeser**

Christian Ed/ Youth

Mari Hanson, John Linde, Barb Milton

Finance/ Stewardship

Al Geeser, Scott Christiansen

Social Ministry/Alpine Connections

Gail Davidson, John Linde, Richard Nelson, Mike Schultz

Property

Scott Dabson, Al Geeser

Worship & Music

Pam Lojewski, Bob McVinnie

Vitality

Scott Dabson, David DeNale

On **Sunday, March 22nd**, we will be installing our 2020 Council members at both services. Please plan to attend to show your support of these Alpine volunteers.



Alpine Academy of Rockford

Faith • Family • Future

Big events are coming our way. Alpine had an Open House and registration on March 7. By the time you read this, it will be past, but it hasn't occurred yet, as I am typing this. Therefore, I hope it was hugely successful. Please let friends know about the Academy. If you refer a family and they enroll, they will receive a \$1000 discount for the first year.

Our fund raising dinner-Alpine Family Feud- is March 14 and we have over 150 people signed up, so far. I am so looking forward to this event. Two teams of 5 each have been selected to play for the school and the same number have been selected for the church. Scott Dabson has a nice number of silent auction items to bid on. I know my wife has a couple items she plans to bid on, and so do I. We also have a variety of raffle items to choose from. Food is catered from Sam's Ristorante Riverside Blvd and consists of mostaccioli, Italian sausage, baked chicken, salad, bread, deserts, and drink. Children, the age of Alpine Academy students, may go to Fellowship Hall for pizza and playtime, while parents remain in the gym. Alpine Academy staff will monitor Fellowship Hall. I am looking forward to this dinner. I'm planning on having fun. I hope you will, also.

This week is Lutheran School Week. Our students have decorated their doors or bulletin boards for you to view. Our youngest are also celebrating Dr. Seuss birthday, this week, by dressing creatively. Check our Facebook page to find out how some of the students look.

We have been discussing Lent during Chapel, preparing the students for Easter. They are practicing their Easter program in music class. This will be presented the Wednesday of Holy Week. I hope you can attend.

Let us all thank God and pray to him often.

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 **Adult Forum schedule** will be a bit different for the months of March and April. 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)

Rockford Lutheran has offered to let Alpine use their **van on Sundays** to transport people to church for second service. We are going to see what interest there is starting with people at Peterson Meadows. If you would be willing to drive one Sunday a month, no special license is required, please let Laurel McVinnie or the office know. (Scott Christiansen)

The March issue of **"Living Lutheran"** is here. The feature article for this month is entitled "They bring good news—Understanding the ELCA's rostered ministers". The article helps explain some of the ever-changing terms used for those involved in the ministry of the church. A limited number of copies are available on the Care & Concern desk in the narthex.

Are you making the most of your Thrivent account?

Each year you need to designate where your Thrivent Choice Dollars go. The deadline for designating your Choice Dollars is March 31st. Last year, \$3,230 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.

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.

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. (Lynn Valentine)

Do you already give electronically? We have envelopes for celebration Sundays, Lent, Advent, etc. made up for you. You may pick them up from the counter in the coat room. Thank you for supporting 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-Coordinator 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.

CARPENTER'S PLACE
and
OSF SAINT ANTHONY MEDICAL CENTER

present

HOLY WEEK

Maundy Thursday

FOOT CARE EVENT



Each guest will receive...

1. Foot washing and nail trim by Podiatry Residents from OSF Saint Anthony with referrals for further care, if needed.
2. A new pair of shoes and socks
3. A delicious lunch

How You Can Help...

DROP-OFF OR
MAIL DONATIONS:
Carpenter's Place
1149 Railroad Ave
Rockford, IL 61104

1. Donate a new pair of shoes or socks
2. Make a monetary donation
3. Organize a collection at your church, school or business.





5001 Forest View Ave. Rockford, IL 61108
alpinelutheran@comcast.net
www.alpinelutheran.com

Non-profit org
U.S. Postage
PAID
Rockford, IL
Permit #2653

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 15, 2020

Ushers: (8:00) Jim Anderson, Bob Fanello, Bryan Garrett, Kathy Mund
(10:00) Dick Nelson, Mike Schultz, Brandon Williams, Volunteer
Ambass.: (8:00) Gwyn Brechtel, Louise Hemenway
(10:00) David Linde, John Linde
Elements: (8:00) Chuck & Janet Gentry
(10:00) Mark & Christine Stohle
Lector: (8:00) Bob McVinnie (10:00) Becky Toro
Lay Assist: (8:00) Bob McVinnie, Deb Okeson
(10:00) Zoey Doubek, Rashad Hoel
Altar Guild: Anita Ramage, Cary Ralston
Praise Singers: Chuck & Lynn Valentine

Sun., March 22, 2020

Ushers: (8:00) Les Johnson, Karl Okeson, Randy Teske, Volunteer
(10:00) John Linde, Volunteers
Ambass.: (8:00) Bill & Diane Billert
(10:00) Diana Sundee, Volunteer
Elements: (8:00) Kathy Mund, Eugene Mund
(10:00) Amanda Dabson, Nancy Lorenzen
Lector: (8:00) Gwyn Brechtel (10:00) Craig Shelton
Lay Assist: (8:00) David DeNale, Chuck Gentry
(10:00) Mike Schultz, Craig Shelton
Altar Guild: Janet Gentry, Laurel McVinnie
Praise Singers: Chuck & Lynn Valentine