



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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Monday, May 18, 2020

Volume 47, Issue 10

From Pastor Desk:

“The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen.” Elisabeth Kübler-Ross

Mental Health Awareness Month

Mental health is integral to living a healthy, balanced life. According to the National Alliance of Mental Illness (NAMI), one in five American experience mental health issues which translates to more than 40 million adults a year (doctorondemand.com/why-its-important-to-care-for-your-mental-health).

Our mental health encompasses our psychological, emotional and social well-being. This means it impacts how we feel, think and behave each day. Our mental health also contributes to our decision-making process, how we cope with stress and how we relate to others in our lives.

Why is emotional health important?

Emotional and mental health is important because it's a vital part of your life and impacts your thoughts, behaviors and emotions. Being healthy emotionally can promote productivity and effectiveness in activities like work, school or caregiving. It plays an important part in the health of your relationships and allows you to adapt to changes in your life and cope with adversity.

How can you improve your emotional health day-to-day?

There are steps you can take to improve your mental health every day. Small things like exercising, eating a balanced and healthy meals, opening up to other people in your life, taking a break when you need to, remembering something you are grateful for and getting a good night's sleep, can be helpful in boosting your emotional health.

When is a good time to reach out for help?

Issues related to mental health can impact different people in different ways. If you start to see changes in your overall happiness and relationships, there are always ways get the support you want. Here are some ways you can get help:

- **Connect with other individuals, friends and family** — reaching out and opening up to other people in your life can help provide emotional support.
- **Learn more about mental health** — there are many resources through NAMI. Their web site is www.nami.org.
- **Talk to a professional** — if you start to feel like your emotional health is starting to impact you, it may be time to reach out for extra support.

Alpine Lutheran Church wants everyone to know that mental illnesses are real, that recovery is always the goal, and that even if you or someone you love is engaging in risky behavior, there is help. It is important to understand early symptoms of mental illness and know when certain behaviors are potentially signs of something more. We encourage everyone to monitor and take steps so that you can be healthy mentally, physically, and spiritually.

BY THE NUMBERS

Online Views 5/3/20	135	Online Views 5/10/20	106
Required total receipts weekly..... \$8,215.67			
Gen Fund 5/3/20	\$6,753.00	Gen Fund 5/10/20	\$7,223.00
Forward in Faith	\$2,160.00	Forward in Faith	\$1,695.00
Surplus/Deficit	-\$697.33	Surplus/Deficit	-\$702.33
Festival.....	\$150.00	Unexpected Blessing.....	\$3,450.00

***Surplus/Deficit YTD..... + \$8,177.06 (3/31/20)**

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



Pray for Alpine members:

Pat Anderson, Vince Bertolotto, Tim Beynon, Rick Bried, Cindy Bulthaus, Pat Christensen, Ernest & Mary DeNale, Bettie Everson, Doris Fransen, Marybeth Gillette, Rich & Jan Hill, Nancy Hornbeck, Gary Hunt, Peggy Lillegaard, Ed Lorenzen, Richard Lovitt, Jack & Norma Lucas, Marguerite Lusth, Valerie Miller, Ron Pauly, Marge Pearson, Irving Perala, 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, Linda Fry, Jerome Gill, Daniel Hendrickson, Debra Johnson, Kathleen Lovins, Todd McDonald, Sharon Mund, Helen Newsome, Judy Osiwalla, Tom Rogers, Bob Schult, Jeremy Sturges, Elizabeth Tankersley, Don Tennant, Brendan Welsh, Penny Wendling, Sharon Wrye, Karen & Delaney Younglove, all those on the front line and those affected with Covid-19.

Worship Schedule: when we're able to meet in person again 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 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.

May 24th—Elliot, Rebecca, Charlotte & Elizabeth Kallstrom; Debbie & Ryan Matthews; Greg & Barb Lee; and Aaron Ayen.

May 31st—Dan & Margie Carlson; Richard & Christie Bried; Shawn & Judy Lee; Emily Christiansen; and Gerald & Mari Hanson.



All church, Academy and outside activities and meetings are either canceled or postponed through the end of the stay at home order. We will reevaluate as we are updated by officials.

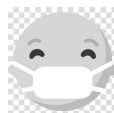
Wednesday, May 20th—Prayer Meeting, Facebook live, 7 PM
 Sunday, May 24th—Worship service, Facebook live, 9 AM
 Wednesday, May 27th—Prayer Meeting, Facebook live, 7 PM
 Sunday, May 31st—Worship service, Facebook live, 9 AM



Just a note to all those who planned on attending this year's Youth Work Camp. It has been postponed until 2021. The payments and deposits that you have made will be carried over to next year. If you will be unable to attend next year, please contact John Linde and arrangements can be made for a refund.

Ways to connect with Alpine: We continue to broadcast our worship services at 9 AM Sundays online via Facebook and then post them shortly after on YouTube. Pastor Dan is posting a devotional every day (except Sunday) on Facebook and YouTube. Every Wednesday evening, Pastor Dan holds a prayer meeting via Facebook at 7 PM. You can find us on Facebook and YouTube by searching Alpine Lutheran Church of Rockford. Even though we are apart, we can be together in the Lord.

Drive-Up Worship: We will be having a drive up worship service on Friday, June 5th at 7:00 PM in our church parking lot by door "A", school end. This will be a live worship service with communion. (Please note you will be required to remain in your cars at all times in order to stay safe and comply with county health rules). Please plan to join us as we celebrate and worship together. More details to come.



OK all you crafty people. We are in need of face masks in preparation of worshipping at Alpine together again. We would also like to be able to provide a mask for anyone who is unable to get one during the new state mandates. If you sew or can donate any masks, they will be greatly appreciated. Together we can fight this invisible enemy and keep each other safe.

ATTENTION GRADUATES: Graduation may be different this year but we would still like to acknowledge you. Please contact the church office so we may join in your celebration. (Lynn Valentine)

The May issue of *Living Lutheran* is here and will be put in the box outside of the door behind the flower pot. This month's cover story, "A season of growth", discusses how an Ohio congregation has partnered with the local juvenile court system and created a garden ministry. Please share your copy with those who may not have access to this resource.

The **Alpine Scholarship Committee** will begin collecting scholarship applications now through the end of May. Applications may be requested by calling 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)

Alpine Lutheran Church Yard Signs: For a donation, we will plant a sign in your yard. All donations collected will go to support Mosaic and Carpenters Placed in this difficult time. Please email the church office, office@alpinelutheran.com, to order a sign. Suggested donation is \$15 but all donations are accepted. Let's make this collection a success and share Alpine's information with our community. To see what the sign looks like check out our Facebook page, watch Pastor Dan's Daily Devotions or see it at the beginning of our Worship Service.

If anyone has an old **i-phone or i-pad** that they are no longer using, version 6 or above, and would like to donate it to the church, please contact Scott Dabson, 815-494-3002. We only need the Wi-Fi and camera, no cell service, for recording the worship services.

From the SCRIP Desk:

Starting June 1st, we would like to offer a pick-up service for our SCRIP cards. Please call the church office, 815-399-5013, and make an order. A pick-up date and time will then be scheduled for you to receive your cards. (Deb Geeser)

KEEP CALM...SHOP SCRIP

Many people have wondered about the **Altar Flowers** for our Sunday services. Even though we are not meeting physically, we are still ordering the flowers each week. Not only does that give us a sense of normalcy while worshipping, it also supports a local business in our community. Since we can't deliver the flowers to our shut-ins, if you would like to pick up the flowers you sponsored, they can be put outside the church doors on Monday. Please call the office Monday morning if you would like us to put them out for you to pick up.



Children's Church

Once we are able to meet in person again, 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.



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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

ALPINE ACADEMY UPDATE:

We are continuing to navigate our way through the remainder of our 2019-20 School Year. Quite honestly the most unique school year for all of us staff, students and families. We've continued to adapt and are proud of the successes our Teachers and Students have had while navigating all of this new "Remote Learning."

At Alpine there have been several conversations around what our response to COVID-19 should be. Following a Alpine Lutheran Church Council Zoom gathering we were able to join together as one Alpine Family and begin to host a "Product Donation Drive." The drive is hosted along with the Academy "Remote Learning Pickup Days" on Saturday's throughout May. Just drive up to the school entrance and someone there, who will be wearing a mask and gloves, will unload any donations. We are collecting donations for Mosaic (who partner with Pastor Dan for Rejoicing Spirits Worship), Carpenters Place and the Rock River Pantry. You can contact the Church or School for information on items being collected or find those on the Church or School Facebook pages. It's great to be working together with our Alpine Family to help organizations in our community.

We will soon be working hard to recognize our 5th Grade Class in unique ways as we prepare to say good bye to these students and they move on to the next educational phase. The ceremony will be different as we cannot be together but we will celebrate and honor their time with us at Alpine. We will remind them throughout that they will always be a part of our Alpine Family. Please pray for these students and their families as they end their educational experience at Alpine and prepare for Junior High.

Even as we are working to finish this year outside of our building there is so much happening to end this school year. We are so proud of how our Alpine Family has handled this situation. Thank you for your continued support we hope to be together again soon!

In Christ,
Scott Dabson
Admissions Director
Alpine Academy



Alpine Academy
of Rockford
Faith • Family • Future