



Special points of interest:

Sunday Worship
10:00 AM Facebook Live

Academy Chapel
Every Tuesday, 2:15 PM

Rejoicing Spirits
6:00 PM (2nd & 4th
Thursday via Zoom)

815-399-5013

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From Pastor's Desk:

Monday, February 22, 2021

Volume 48, Issue 4

Heart Building Habits.

Routines are important. They help us to build healthy habits that guide us in getting the most out of life. Author Bill Hybels, in his book *Too Busy Not To Pray*, shares a pertinent example with us. He writes about what happens when you join a health club. Usually there is a professional there who will give you a tour and demonstrate all the different kinds of exercises and machines that you can use to get your body in shape. Then he or she will give you a routine that will help you to get a well-rounded work out. It is important to listen to their advice. Unfortunately, most people tend to ignore the routines given them and inevitably wind up just doing the easy exercises. This happens because we often find routines difficult. Our culture encourages us to focus on immediate gratification and not long term gains. The result is we only exercises certain muscles and do not benefitting from a well-rounded workout. The same is true for prayer. There are many different aspects or parts to prayer. The part of prayer that Christians tend to devote the most effort to is "asking for what we need" (supplication). This results in a stunted or underdeveloped prayer life which leads to an inconsistent faith in God.

Certainly praying about our needs and desires is important and God wants to hear about them, but it is only a small part of what prayer is. One main reason why we spend so much time praying just for what we desire or need (i.e. asking God for something) is because desperation and need (and little else) are what tend to drive us to prayer. One way to begin to pray differently is to remember this handy little acronym (A.C.T.S.) which can guide us so that, when we pray, we will have well rounded prayers. Spelled out it stands for adoration, confession, thanksgiving, and supplication. Adoration is when we express our Praise to God for being so great. It is focused on God, not us. Confession is when we acknowledge our sins (verbally) before God and receive forgiveness. Thanksgiving is when we simply express our gratitude to God for all the wonderful blessings he has given us. Supplication happens when we share our needs, burdens, and requests with God. Too often we hurry through the first 3 things and get right to our requests. But when we take time to praise God, confess our sins, and express our gratitude, it puts are hearts and minds into the right perspective/attitude before God. This enables us to connect with God and hear or receive God's response when we express our needs. We pray through each area so that our prayers can be more effective in changing us, deepening our faith and our experience of God. But this takes effort and discipline. It requires us to be willing to develop and stick to a routine. It is not easy, but it is life transforming. Lent provides one of the best opportunities to adapt a new prayer routine that can be life changing.

BY THE NUMBERS

2/7/21	9	2/14/21	10
2/7 Online views	101	2/14 Online views	91
	Rejoicing Spirits	58	

Required total receipts weekly.....\$7,902.73

Gen Fund 2/7/21	\$7,843.00	Gen Fund 2/14/21	\$15,910.00
Forward in Faith	\$1,635.00	Forward in Faith	\$6,171.00
Surplus/Deficit	+ \$1,640.27	Surplus/Deficit	+ \$14,178.27
Unexpected Blessing	\$25.00	Festival	\$40.00

*Please note, the giving amounts at the beginning of the year include several full year pledge receipts.

Surplus/Deficit YTD..... + \$13,000.27 (1/31/21)



Pray for Alpine members:

Pat Anderson, Linda Becker, Vince Bertolotto, Tim Beynon, Rick Bried, Cindy Bulthaus, Tim & JoAnn Christiansen, Pat Christiansen, Scott Christiansen, Ernest & Mary DeNale, Doris Fransen, Marybeth Gillette, Louise Hemenway, Rich & Jan Hill, Jim Hill, Dave & Peggy Lillegaard, Norma Lucas, Marguerite Lusth, Pastor Rick Meier, Valerie Miller, Ron & Jan Pauly, Marge Pearson, Steve Shoudy, JR Stropes, Melissa (Bukowski) Stucky & family, Gyla Tomlinson, Pat Turmo and Darold & Sharron 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, Judy Osiwalla, Tina Randolph, Tom Rogers, Bob Schult, Jeremy Sturges, Don Tennant, Penny Wendling, all those on the front line and those affected with Covid-19.



All in the Family

Birthday thanks came in from **Diana Sundeen. Vince Bertolotto** sends his thanks for the flowers he received.

Worship Schedule :

Sunday Worship:

8:00 AM Traditional Worship (starting March 7th)
10:00 AM Praise Worship/ YouTube-Facebook Live (in-person and online)

*Children's Church on hiatus, monthly Grab & Go packets will be available

Academy Chapel: 2:15 PM every Tuesday via Academy YouTube channel

Rejoicing Spirits: Every 2nd & 4th Thursday, via Zoom, 6:00 PM (This service is for those with developmental disabilities, their families, caregivers, and others.)

Our in person **Worship, Bible Studies, Women's Circles, Adult Forums & Men's Breakfasts** watch for a Zoom Bible Study starting soon!

Wednesday Evening Prayer meeting: On pause through Lent

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.**

February 28th —Genevieve Johnson; Bill & Diane Billert; Richard Nelson; and Christi & Rachael Parker.

March 7th —Carla Personette; Steve, Susan & Ava Louthain; Dan, Deby, Jeff, Cally & Katy Damken.



LENTEN CALENDAR

Wednesday, February 24th—Virtual Soup Supper and Lenten Worship, Zoom, 6 PM

Thursday, February 25th—Rejoicing Spirits via Zoom, 6 PM

Sunday, February 28th—2nd Sunday in Lent, 10 AM

Sunday, February 28th—Drive-Up Communion, 11 AM—12:30 PM

Wednesday, March 3rd—Virtual Soup Supper and Lenten Worship, Zoom, 6 PM

Sunday, February 28th—3rd Sunday in Lent, 8 & 10 AM



The **2021 Church Council** is having difficulty making contacts to fill church council vacancies. We need your help. If you are interested in serving on the church council and are willing to serve, please let us know by calling the church office. (DiAnne Beynon)



Starting **Sunday, March 7th**, we will return to two worship services; **8 AM, traditional and 10 AM, praise worship style**. We thank you for your patience during this very difficult time and can't wait to see everyone again. We will be taking temperatures for those in attendance and a face covering will be required at all times.

This year's **Lenten devotional** is entitled "*A Story to Tell*". Several writers have contributed to this set of devotions for 2021. You may stop by the church to pick one up. There will also be some in the box outside the door.

Join us every Wednesday in Lent at 6 PM for a **Virtual Soup Supper and Lenten Worship** on Zoom. A link will be emailed out for everyone to join in fellowship as we enjoy some soup and then enjoy a Holden Evening Prayer worship service. The link will be the same every week. You will be invited to a "waiting room" and then be accepted into the "meeting". We provide the link, you provide the soup.

March 7th—13th is Lutheran Schools week and in celebration of it the Academy will be participating in our worship service for **Sunday, March 7th**. Join us on Facebook/YouTube or in person for this special worship service and show your support for this ministry of Alpine.

Easter will be here before you know it and it is time to make your orders for our **Easter Glory Garden**. An order form can be found as an insert in this Summit and available from Lynn in the office. Laurel McVinnie will also take orders over the phone if you would like to order that way. Her contact info is located on the order form.

On **Sunday, March 14th**, Katie's Cup will hold the fundraiser "**Pie It Forward**". Order a pie for Pi day ($\pi = 3.14$) while you raise money for Katie's Cup. The pies will be from "By The Dozen Bakery" in Rockford and the "Norske Nook" in De Forest, WI. You can order your pies by downloading the flyer from the Katie's Cup website or their Facebook Page. The orders are due by the end of February. You can also "Pie It Forward" and give someone else a pie when you pick yours up on March 14th!

On **Sunday, February 28th**, Pastor Dan will host an in-person **drive-up communion**. From **11 AM to 12:30 PM**, after the 10 AM worship service, you may drive up to door "C" to receive communion and a blessing from Pastor Dan. You may drop off any offerings for that week if you would like as well.

From the SCRIP Desk:

Are you tired of the cold? Need a little pick-me-up in this weather? Online shopping may be the ticket. We carry several cards for store that you can shop at in the comfort of your own home; Amazon, iTunes, Kohl's and many others. Check out our list of stores on a current order form. (Deb Geeser)

KEEP CALM...SHOP SCRIP

The **Congregational Resourcing Event** will be held via Zoom this year. It will be on Saturday, March 13th from 8:30 AM to 2 PM. Registration for the event opened on February 1st and will run until March 7th. Many workshops will be offered including Stewardship, Evangelism, Social Justice and many others. For more information on the event and to register online please visit <https://nisynod.org/annual-events/cre>. This event is open to all church members.

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)

Please prayerfully consider volunteering for a ministry at Alpine. It is becoming more and more difficult to complete our "Those Who Serve" schedule especially during our "snow-bird" months. If you are interested in the any of the areas of serving, please contact the church office and we will direct you to the person who heads up each volunteer position. (Lynn Valentine)

A **2021 Altar Flower and Eternal Candle** chart will be up soon. 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. If you are not currently worshipping in-person, you may call either Laurel, 815-980-5326, or Lynn in the office, 815-399-5013, to sign-up.



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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: :

With Ash Wednesday behind us we are now on a journey through Lent. Pastor Dan invited the 3rd through 5th Grade classes into the sanctuary for an Ash Wednesday service where they all did a fantastic job. They sang the songs and participated in readings. Now our Academy is moving on and preparing to provide an Easter Program for all of you and their parents. This year's program will be on March 31st. More details will follow soon.

In just a couple short weeks beginning on March 7th through March 13th we will invite you to join us in celebration ELCA Lutheran Schools Week. This week long celebration will kick off on March 7th when our Academy will lead worship that Sunday. There will be several activities and opportunities to share about the Academy during this week. We look forward to having each of you join us in this celebration in our Sanctuary.

Our enrollment for next school year is now in full swing. We're excited to meet new families looking for a quality Christian education for their children. Please consider referring those who you know to come learn about what it's like to join our Alpine Family.

We've also been fortunate to welcome new families to Alpine through the Invest In Kids Act and Empower Illinois. In the coming weeks and months we will be offering opportunities to learn more about how you might be able to help us reach these families. This program has helped us to introduce young students and their families not only to our school and Alpine family but also to a life of faith. Watch for more details on upcoming opportunities to learn how you can help.

Thank you to everyone in our Alpine Family for the continued support of the Academy and for the many blessings you offer our students.

In Christ,
Scott Dabson
Operations Director, Alpine Academy



Alpine Academy
of Rockford
Faith • Family • Future