



Special points of interest:

Sunday Worship
 8:00 AM Traditional
 10:00 AM Praise
 10:00 AM Facebook Live

Academy Chapel
 Every Tuesday, 2:15 PM
 YouTube

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

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Monday, July 19 2021

Volume 48, Issue 13

From Pastor's Desk:

The Perils of Perfectionism

What is the difference between being a perfectionist and simply wanting to excel at whatever you do? It is a tough question. Certainly, there is nothing wrong with wanting to be the best. Excellence in anything is something to be admired and respected. The difficulty arises when we began to ask the question "Who defines what excellence or success means in our lives?" Too often we allow our culture to set definitions or goals for us, standards that can be too high or unrealistic. Take for example the standard *what does it mean to be a good parent?* Some might feel that this means you need to have a certain size house, take certain type vacations, have your kids enrolled in only the best schools etc... Only if you are accomplishing these things can you be considered an excellent parent. Or look at the standards many people have regarding their appearance. They might say, "In order to excel in life, I need to look a certain way!" That means I need to be a certain weight, have certain features in my face (naturally or surgically), the right clothes, accessories, jewelry etc... The problem is that the standards that our culture so seductively impart upon us are unrealistic. They are set by commercial entities that want to sell us something, not by someone who is concerned with our personal wellbeing. Living up to these expectations can often drive us, manipulate us, or compel us to extremes that are very unhealthy or destructive to us and those whom we are in relationship with. This is when perfectionism sets in. We no longer are striving to be the best at something, instead we are consumed with reaching a goal that we will never attain. Since we often connect our identity or self-esteem to the achievement of these goals, this pursuit can often lead to deflated lives filled with depression, unhappiness, or loneliness.

For most of us, either we or people we know have fallen into this trap. One of the greatest blessings that we have of being in relationship with God is that we no longer need to be slaves to the false ideals and goals that are placed on us. We can allow God to determine what it means to be excellent. We can allow God to guide us so that we are pursuing healthy, even lofty goals, yet without having to sacrifice our own identities, families, or friends. This is but one of the things that we refer to when we claim that Jesus can set us free from the world that binds us. Freedom really can be found in God. True freedom, that lets us be who we were created to be.

"So we have stopped evaluating others from a human point of view. At one time we thought of Christ merely from a human point of view. How differently we know him now! This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! (2 Cor. 5:16-17)."

BY THE NUMBERS

6/27/21	53+30	83	7/4/21	49+33	82	7/11/21	38 + 28	66
6/27 Online views		26	7/4 Online views (no recording)			7/11 Online views		25

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

Gen Fund 6/27/21	\$6,416.00	Gen Fund 7/4/21	\$8,667.05	Gen Fund 7/11/21	\$2,628.00
Forward in Faith	\$1,610.00	Forward in Faith	\$1,330.00	Forward in Faith	\$605.00
Surplus/Deficit	+\$123.27	Surplus/Deficit	+\$2,115.27	Surplus/Deficit	-\$4,024.73

53/54.....\$645.00 Unexpected Blessings.....\$20.00

Surplus/Deficit YTD..... + \$2,949.32 (5/31/21)



Pray for Alpine members:

Pat Anderson, Linda Becker, Vince Bertolotto, Tim Beynon, Rick Bried, Cindy Bulthaus, Chris Christiansen, Ernest & Mary DeNale, Marybeth Gillette, Joan Greeny, Louise Hemenway, Rich & Jan Hill, Dave & Peggy Lillegaard, Norma Lucas, Pastor Rick Meier, Valerie Miller, Jan Pauly, Marge Pearson, JR Stropes, Melissa (Bukowski) Stucky & family, and Pat Turmo.

Pray for our friends and family of Alpine:

Sally Atkinson, Kim Braun, 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 **Cary Ralston, Scott Dabson, Pam Hodges and Gwyn Brechtel. Jack Phillips** would like to thank everyone who celebrated his 80th birthday with him, for all the cards, and a special thank you to Violet Peterson for the cupcakes. Our love and sympathies go out to **Jan Pauly** and the family. Ron passed away July 1st.

Worship Schedule :

Sunday Worship:

8:00 AM Traditional Worship (in-person)
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 Alpine Academy of Rockford 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.)

Bible Studies, Women's Circles, Adult Forums & Men's Breakfasts: Tuesday Men's Bible Study, Sunrise, 6:45 AM

Wednesday Evening Prayer meeting: every Wednesday on Facebook, 7 PM (none during summer)

Pastor Dan's office hours: Mondays 9:00-12:00; Tuesdays 9:00 – 3:00; Wednesdays 9:00 – 3:00; and Thursdays 1:00 – 3:00. He is also available at other times by appointment.



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.**

July 25th —Fred & Ardy Stevens; Elizabeth Peterson; Barbara Johnson; and Craig & Louise Skorood.

August 1st — Don & Pat Lundquist; Jeanne Tengren; Barb Yahn; and Carl Steele.



Thursday, July 22nd—Rejoicing Spirits
Sunday, July 25th—Youth Game & Movie Night, St Mark, 6:30 PM
Sunday, August 15th—Work Camp Sunday
Wednesday, August 18th—Academy 1st Day of School
Sunday, August 22nd—AlpineFest



ELCA Youth Game & Movie Night: Come and join St. Mark and Our Savior's for an outdoor game and movie night on Sunday July 25th from 6:30—9:30 PM at St. Mark Lutheran Church. They will also be assembling care packages. If you have any of the following items, please bring them with you: bubbles individually wrapped candy, chalk or yard games. This event is open to all Jr. and Sr. High school students.

Many **thanks** to **Scott Dabson** and the **Vitality team** for a wonderful picnic with our neighbors. The weather held out for food, bingo and lots of fellowship. Remember to put our next event, **AlpineFest**, on your calendars for Sunday, August 22nd. We will be looking for volunteers to help serve food, tend games and for set up and tear down.

Recently the **Stewardship/Finance Committee** sent out 6 month statements and 53/54 week envelopes. Please make it a point to put your **name and envelope #** on the blue envelope so that you can receive proper financial credit for your giving. We thank you for your support of Alpine Lutheran Church and its ministries.

From the SCRIP Desk:

The SCRIP desk is open and ready to help you with all your gift card needs. Remember school will be back in session in a month and back to school sales will be starting very soon. Remember SCRIP carries many area retailers to help you with all your back-to-school needs. SCRIP has some new vendors take a look at the SCRIP order form to find out who has joined the SCRIP team. We are still in need of SCRIP volunteers. The volunteer position is for 1 Sunday a month for an hour between services.

The best part about volunteering is your desk is right next to the coffee hour treats which makes it very assessable to have a quick snack. If you are interested in volunteering, please contact Deb Geeser at 815-262-6247.(Deb Geeser)

KEEP CALM...SHOP SCRIP

Katie's Choice Book Club meets every 2nd Thursday of the month at 10 AM. Each month a new book is chosen to discuss. The book for August is "A Woman Is No Man" by Etaf Rum. "In her unflinching story of both loss and hope, strewn with enthralling, vibrant characters, Rum has accomplished the extraordinary: a tale that bridges the domestic and the global, memory and future, the old world and the new." - Bookbrowse Bring your copy and join the discussion.

Pastor Rick Meier will be "re-retiring" from service at Faith Lutheran in So. Beloit on **Sunday, July 25th**. A pot luck picnic will be held following the worship service which is at 9:30 AM; fried chicken provided, bring a dish to pass. To RSVP. Please call or text 608-295-2590.



Alpine Academy
of Rockford
Faith • Family • Future

Throughout this summer our summer day camp, now named "Thunderland", has been successfully running since we ended the 2020-21 school year. Mrs. Jody Dabson, Ms. Diana Sundeen and Mrs. Donna Pozezinski have done a fantastic job keeping these kids moving, excited and energized all summer long. Camp has averaged 15 to 20 kids each week reaching 26 kids this past week. We're always looking to add more kids to our "Thunderland Summer Day Camp" so refer friends and family we'd love to have them join us!

As we enter our final month of summer before the beginning of our 2021-22 School Year we continue to invite new families to join us. We will be hosting Open House events on July 28th from 4:00pm to 6:00pm and again on July 31st from 9:00am to 11:00am to provide tours and offer information about Alpine Academy. Please share this dates with those you know who may have a desire for a Christian Education for their children. We are preparing for another exciting and successful school year at Alpine.

We continue to work with Empower Illinois and the Invest In Kids Act. We have many families still waiting on a waiting list for funds to become available to allow them to find the education they are looking for. If you are interested in learning more about how you can help these families and their students attend Alpine Academy contact me at school I'd be happy to answer any questions. This is a great way to ensure we can share our faith with these families and also a great way for you to determine where you tax dollars are used.

I'd like to thank everyone who joined us at the picnic. This was a successful neighborhood event that brought our church and school family together with our neighbors. I am currently looking for volunteers to take shifts at the Boone County Fair from August 10th to August 15th. We will have a booth at the fair to share information about Alpine Lutheran Church and Alpine Academy. Please consider volunteering to participate by spending some time at our booth.

Thank you all for continuing to partner with Alpine Academy!
 In Christ
 Scott Dabson
 Director
 Alpine Academy



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

Non-profit org
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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., July 25, 2021

Ushers: (8:00) Gene & Donna Seefeldt
(10:00) Laurel McVinnie, Marge Rakoczy

Remote Lector: Lynn Valentine

Cantor: Craig Shelton

Praise Singer: Bob McVinnie

Sun., August 1, 2021

Ushers: (8:00) Mari Hanson, Jack Phillips
(10:00) DiAnne Beynon, John Linde

Remote Lector: Violet Peterson

Cantor: Carla Phillips

Praise Singer: Jaime Doubek

Alpine Lutheran
Vitality Events

Save This Date:

August 22nd—AlpineFest

These events are designed to connect and
build relationships with our community
around us and to keep the vitality of Alpine
Lutheran going into our future.