



Special points of interest:

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

Church Office Hours
Mon.—Thurs.
8:30 AM—4:30 PM
(Lunch 12:30—1:30)

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From Pastor's Desk:

Monday, November 22, 2021

Volume 48, Issue 22

*"No matter what happens, always be thankful, for this is God's will for you who belong to Christ Jesus"
(1 Thessalonians 5:18).*

This is Paul's encouragement to the faithful in Thessalonica. Be thankful, no matter what happens. Don't be thankful because of your circumstances, but in spite of your circumstances (good or bad) be thankful! Why? Because God - who knows for more about life than we do - firmly believes that this is the best way for you to live in relationship with God. It is something that is hinted at repeatedly in the Bible. Being thankful is right up there with demonstrating our trust in God (through obedience) as the primary ways we build our faith. As our faith grows, so does not just our experience of God but also our awareness of God's movement in our lives.

10 Ways to Cultivate Gratefulness (from Robert Emmon's *Tips for Living a Life of Gratitude*).

1. Keep a Gratitude Journal. Establish a daily practice in which you remind yourself of the gifts, grace, benefits, and good things you enjoy. Setting aside time on a daily basis to recall moments of gratitude associated with ordinary events, your personal attributes, or valued people in your life gives you the potential to interweave a sustainable life theme of gratefulness.
2. Remember the Bad. To be grateful in your current state, it is helpful to remember the hard times that you once experienced. When you remember how difficult life used to be and how far you have come, you set up an explicit contrast in your mind, and this contrast is fertile ground for gratefulness.
3. Ask Yourself Three Questions. "What have I received from God?", "What have I given to God?", and "What troubles and difficulty have I caused?"
4. Learn Prayers of Gratitude. Prayers of gratitude are the most powerful form of prayer, because through these prayers people recognize the ultimate source of all they are and all they will ever be.
5. Come to Your Senses. Through our senses—the ability to touch, see, smell, taste, and hear—we gain an appreciation of what it means to be human and of what an incredible miracle it is to be alive. Seen through the lens of gratitude, the human body is not only a miraculous construction, but also a gift.
6. Use Visual Reminders. Because the two primary obstacles to gratefulness are forgetfulness and a lack of mindful awareness, visual reminders can serve as cues to trigger thoughts of gratitude. Often times, the best visual reminders are other people.
7. Make a Vow to Practice Gratitude. Research shows that making an oath to perform a behavior increases the likelihood that the action will be executed. Therefore, write your own gratitude vow, which could be as simple as "I vow to count my blessings each day," and post it somewhere where you will be reminded of it every day.
8. Watch your Language. Grateful people have a particular linguistic style that uses the language of gifts, givers, blessings, blessed, fortune, fortunate, and abundance. In gratitude, you should not focus on how inherently good you are, but rather on the inherently good things that others have done on your behalf.
9. Go Through the Motions. If you go through grateful motions, the emotion of gratitude should be triggered. Grateful motions include smiling, saying thank you, and writing letters of gratitude.
10. Think Outside the Box. If you want to make the most out of opportunities to flex your gratitude muscles, you must creatively look for new situations and circumstances in which to feel grateful.

BY THE NUMBERS

11/7/21	30 + 77	107	11/14/21	34 + 50	84
11/7 Online views		-	11/14 Online views		26

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

Gen Fund 11/7/21	\$7,751.00	Gen Fund 11/14/21	\$4,293.99
Forward in Faith	\$1,390.00	Forward in Faith	\$953.00
Surplus/Deficit	+\$1,873.27	Surplus/Deficit	-\$2,553.74

53/54.....\$475.00 Unexpected Blessings.....\$202.00 Festival.....\$60.00

Surplus/Deficit YTD..... - \$18,546.23 (10/31/21)



Pray for Alpine members:

Linda Becker, Rick Bried, Cindy Bulthaus, Chris Christiansen, Ernest & Mary DeNale, Marybeth Gillette, Joan Greeny, Louise Hemenway, Rich & Jan Hill, Norma Lucas, Pastor Rick Meier, Valerie Miller, 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, Larry Kagel, Kathleen Lovins, Todd McDonald, Maryann Moorhouse, 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 **Pam Hemenway**, and **Craig & Barb Shelton**. We share our love and condolences with both **Joni Graham** and **Pastor Dan**. Larry Graham died on November 6th and Pastor Dan's mother died on November 10th. **Ralph & Becky** Toro wish to thank everyone for the expressions of sympathy after the loss of Ralph Toro, Sr.

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 will be meeting the first Sunday of the month (skipping January), monthly Grab & Go packets will also be available

Academy Chapel: 2:15 PM every Tuesday

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

Men's Bible Breakfast: Tuesdays, Sunrise Restaurant, **7:00 AM**



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.**

November 28th — Jim & Jan Anderson; Diana Sundeen; Taylor Boustead; and Martin Scott

December 4th — Joan & Nicholas Chockalinam; Gary & Ginny Hunt; Pr. Pam Lojewski; and Bryce & Cindy Bulthaus.



Tuesday, November 23rd—Thanksgiving Worship with the Academy, 11:15 AM

Sunday, November 28th—1st Sunday in Advent

Saturday, December 4th—Altar Guild Meeting and Decorating, 9 AM

Sunday, December 5th—2nd Sunday in Advent



With the Alpine Academy children singing at during our 10 AM worship on the first Sunday of the month, Christian Ed has decided to hold **Children's Church** on those Sundays as well. The children will be dismissed after the Prayer of the Day and return during the Song of the Day. We hope to see you there December 5th!



Thanksgiving is almost here. We, along with the Academy, will have a Thanksgiving worship service on **Tuesday, November 26th at 11 AM**. Unfortunately, the Academy will not be able to have the meal that we usually have following the worship service. We hope to have this popular event back again next year.

Sunday, November 28th is the **1st Sunday of Advent**. The Worship & Music Committee has chosen the Advent devotional "*Wait upon the Lord*", Devotions for Advent by Reed Lessing. "These devotions reveal that the birth of Jesus is worth the wait, and that we are not alone in these waiting days." They will be available in the Memorial Lounge for you to pick up and take home.

From the SCRIP Desk:

Now that the Holiday season is pretty much here don't forget to get your SCRIP cards early. The last day of ordering to guarantee delivery by Christmas is December 13 so place your orders now. SCRIP is offering some low denominational SCRIP cards such as Starbucks, Amazon and many more. Stop by the SCRIP desk for the full list of low denominational cards. If you would like one of these cards just write the name of the card, how many you would like on the back of the SCRIP order form, hand the form to one of the SCRIP volunteers along with your check and the following Sunday your order will be ready for pick up. (Deb Geeser)

KEEP CALM...SHOP SCRIP



Altar Guild are collecting orders for the **Christmas Poinsettias**. Remember your loved ones who have passed or celebrate an event as we decorate the altar with these flowers. The cost will be \$12 per plant (red only). Order envelopes will be on the kiosk in the narthex and will be collected until Sunday, December 5th. (Laurel McVinnie)



It's beginning to look a lot like... Cantata time. Rehearsals are every Tuesday at 7:15 PM. All are welcome to join us. There is no need to be a professional musician, just love to sing praises to God in celebration of the birth of our Lord. We will be performing our cantata on Sunday, December 19th. The choir will be joined by the Hand Bell Choir this year.

The November issue of "**Living Lutheran**" is here! Take a copy home and then share it with a friend. Copies are available on the Cares & Concerns counter and in the box outside of door F.

The Altar Guild is in need of **2 lb. coffee cans** for the delivery of flowers. You may drop them off outside of the office.

A new **Those who Serve** schedule has been sent out. Please check your email for the latest copy. We thank you for your service to Alpine and encourage others to volunteer to serve as well.

Social Ministries continues their collection for the **Christmas Food Baskets**. All items need to be collected by Thursday, December 16th. **Here is a list of items needed:** instant mashed potatoes, Stove Top Stuffing, canned green beans, canned corn, dry gravy packets or canned gravy, canned cranberry sauce, canned fruit, and Jell-O. Additional items that can be donated for the families are: cereal, macaroni & cheese or other dry pastas, canned soups, canned ravioli/spaghetti, canned meats—tuna, Ramen Noodles, and other non-perishable non-expired foods. As always, money to purchase the foods can also be donated. Please make a notation for the baskets on your check. We thank you again for your generosity in helping others. (Social Ministries)

From the book "**Church Chuckles**" - "As Christmas approached. Liam drew a picture of the manger scene with the traditional characters, plus one—a fourth wise man, and a chubby one at that. 'And who is that Liam?' his teacher asked. 'That's Round John Virgin.' he replied."

Our holiday season is upon us and we look forward to celebrating together at Alpine. At the Academy we look forward to sharing learning about Thanksgiving, preparing for celebrations of Christmas, and a new year ahead of us. This continues a very busy season at Alpine but also so many events, discussions and shared experiences. We look forward to seeking unique ways to incorporate all of you at Alpine throughout this season.

We just recently completed our Veterans Program and hope that you were able to join us. Our students did a fantastic job demonstrating what they've been learning in their music class. I was so proud of our students during the week leading up to the program and how they learned and began to better understand all that has been given to us by those who served our military. We were so thankful for the number of parents, grandparents, friends and Alpine members who were able to join us. Having an opportunity to bring you together to celebrate our Veterans with us was such a good feeling.

Our 4th through 6th Grade students are looking forward to helping with and joining our Tuesday November 23rd. Our students and staff are incredibly thankful for everything that Alpine does to support our school and for everyone of you who encourage us, provide for us, volunteer with us and pray for us. Thank you so much for making Alpine Academy a vital mission of our congregation and for being a part of our Alpine Family together.

Our music classes are now preparing for our Christmas program. I am confident that our students will again deliver a program for us all to be proud of. All of our students enjoy performing and sharing their love of Jesus. Being able to share this season with our students brings joy to us all, our staff, parents, families and I hope also to our congregation. The kids bring an extra height to our Christmas celebrations. We will be announcing how we will handle our program attendance soon so please watch for that announcement. We are working to ensure that everyone can enjoy the Christmas program in the safest way possible.

We are always in need of volunteers at the Academy. Currently we are also looking to hire another lunch aide, an After Care Aide and a Preschool Teacher. The need for these additions is due to the continued growth we've seen this school year. If you know of anyone who is interested in joining our family at Alpine please send them my way, I'd love to talk with them.

Thank you to all of our Alpine Family for your ongoing support and prayers!

In Christ
Mr. Scott Dabson
Director
Alpine Academy



The **Altar Guild** would like to invite you to come and help as they decorate the sanctuary for the Advent season. They will be decorating on **Saturday, December 4th** after their meeting at **9 AM**. They have all of the decorations, all they need is you. Come join in the fun!

Celebration Sunday, was **November 21**, we dedicated our 2022 pledges during worship. If you were unable to attend that Sunday, you may still mail them or drop them off in the church office. As we gather these financial pledges we are able to begin the process of planning finances for 2022. Please prayerfully consider your giving to Alpine. We thank you for your support both financially and spiritually.

Holiday Summit Schedule: Due to the way the holidays fall on the calendar this year we have had to change our Summit schedule. Here are the dates that you will receive one, 12/6, 12/20 and 1/10/2022. Any article for the Summit needs to be turned in one week prior.

Are you a **Thrivent Financial** member? If so, did you know that you are allowed 2 Action Team cards per calendar year that can benefit projects and events at Alpine? This \$250 card provides seed money to make the event or project a success. Please see the office to be put on a list if you are a member. We can then contact you when a need arises for an Action Team card.

ATTENTION SNOWBIRDS:

Please be sure to notify the church office when you will be leaving and coming back from your winter get-aways. The church is charged \$.58 every time a Summit is returned for "Temporarily Away". Please provide a stop & start date so we can get you back on the list when you return. If you have a forwarding address, we can continue to send you your Summit while you are away or you can look for it online.

Carpenter's Place is in need of some volunteers. They need handymen/women for repairs and maintenance at CP properties and movers to help with furniture pick-ups and housing move-ins. Please email them if you are able to assist in this need, outreach@carpentersplace.org. Thank you.

Katie's Cup Conversations: "Icons of the Season", Tuesday, December 14 from 12:00 PM to 1:15 PM. Each month, our Katie's Cup Conversations series brings together community officials, educators, mentors, organizers, faith leaders, and business members to discuss relevant topics of interest that affect our local area and its residents. All events are free and open to the public. Featured Speakers will be Fr. Jonathan Bannon of Christ the Saviour Orthodox Church. This Conversations event will be held both in-person at Katie's Cup and live-streamed on Facebook Live.

2021 CHRISTMAS MATCHING GIFT CHALLENGE

DOUBLE MY IMPACT
TO SAVE LIVES



Lutheran World Relief Gifts will be matched dollar for dollar until the full \$215,000 Christmas match amount is met. As always, any donations received after the match is met will be used to do God's work on earth and ensure that your love reaches and eases the burdens of your most vulnerable neighbors.

To donate visit www.donate.lwr.org



STROLL TO KATIE'S CUP

NOVEMBER 27th FROM 5-8pm

POST "MESSIAH" CONCERT
WINTER MARKET FUN

Music at the Cup presents: **Thursday Music on Seventh**



**Thursday
December 9**

**Trinadora's
Annual Holiday Frolic**



Doors open at 6pm. Music begins at 7pm.

Free admission.

CDs and merchandise may be offered for sale.

November Needs List

- ☐ Lysol Sanitizer Spray
- ☐ Earbuds
- ☐ Mixed Veggies
- ☐ Christmas Wrapping Paper
- ☐ Mixed Fruit
- ☐ Gift Bags
- ☐ Coffee
- ☐ Scotch Tape
- ☐ Fall Candy
- ☐ Handwarmers
- ☐ Cough Drops
- ☐ Chapstick
- ☐ Individually Packaged Tissues



rockford rescue mission
HOPE • RECOVERY • RESTORATION



Alpine Lutheran Church
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

Sunday, November 28, 2021

Ushers: (8:00) Bryan Garrett, Tonya Mund
(10:00) Mari Hanson, John Linde
Lector: (8:00) Carla Phillips
(10:00) John Fridh
Lay Assistant: (8:00) Glen McDonald
(10:00) John Fridh
Praise Singers: Chuck & Lynn Valentine



Sunday, December 4, 2021

Ushers: (8:00) Glen McDonald, Kathy Mund
(10:00) DiAnne Beynon, John Gustafson
Lector: (8:00) Terry Hodges
(10:00) Pr. Rick Meier
Lay Assistant: (8:00) Terry Hodges
(10:00) Pr. Rick Meier
Praise Singer: Bob McVinnie

