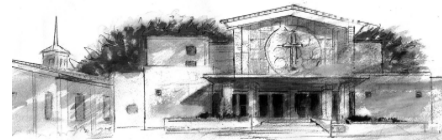




St. Luke Lutheran Church

9100 Menaul Blvd. NE, Albuquerque, NM 87112
505.299.2621 Email: stluke@thuntek.net Website: stlukeabq.org

Rooted in God's Word, Serving in God's World



JANUARY 2023

ST LUKE WORSHIP SERVICES

The Lord's Supper is shared at all weekend services.

Nursery care available during services and Sunday classes

In-Person Worship Services

Saturday at 5 PM

Live-stream worship at 5 PM (facebook.com/stlukeabq)

Sunday at 8:15 AM and at 10:30 AM (no 8:15 service on Jan. 1)

Christian Education (after the 8:15 service)

Resumes Jan. 8 after the Christmas holiday

9:15 AM Adult Forum, in the Fellowship Hall

9:20 AM Children's Sunday School Opening, in the Sanctuary

Highlights:

Journeys with Jesus
and Pastors Christa
& Wayne p 1, 2

GRACE - a new
Discussion Group p 3

Annual Congregational
Meeting &
Budget Q & A p 3

New Members p 4, 5

Children, Youth &
Family p 6, 7

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Hearing Assistance
During Worship
at St. Luke p 8

Women's Ministry p10, 11

Outreach p 14, 15, 21

Wellness Ministry p 16, 17

St. Luke Preschool p 19

Global Ministries p 20, 21

January Celebrations p 23

Journeys with Jesus

and Pastors Christa & Wayne



*Here we come a-wassailing
Among the leaves so green,
Here we come a-wand'ring
So fair to be seen.
Love and joy come to you.
And to you your wassail, too
And God bless you, and send you
a Happy New Year!
And God send you a Happy New Year!*

I've always loved the melody of this Christmas carol, but I've never known

its meaning! I've always sung the first line as: "Here, we come a-sailing ..." and imagined a group of people sailing among the leaves so green – which, I admit, does not make that much sense!

But thanks to a recent article in the Christian Century, my nescience was once again transformed. I learned that January was the season of wassailing and people did it on the Twelfth Night of Christmas! Well what does "wassail" mean and what did they do?

Continued next page

Well, the word “wassail” comes from the Anglo Saxon phrase “waes pu hael” which was a greeting a 1000 years ago and meant “be in good health.” By the 12th century it was shortened to “waes hael” and these words were offered as a toast before having a drink together (“usually hot spiced wine, beer or cider fortified with brandy, whiskey, or whatever stronger spirits were at hand”). Uhm, I didn’t know that! Should we start this practice at St. Luke!

It appears that the wassailing tradition precedes the word. It turns out that there were two traditions: house-visiting-caroling-wassailing and orchard wassailing. The house-visiting wassailing began in the middle ages where an exchange took place between the feudal lords and the peasants as a form of “recipient initiated charitable giving.” The peasants weren’t begging as the second verse (and the additional verses) in the carol makes clear: “We are not daily beggars/ that beg from door to door/ But we are neighbors’ children/ Whom you have seen before/ Love and joy ...” The peasants were just asking for food and drink, in exchange for the blessing and goodwill of the feudal Lord. This practice was gradually transformed into caroling from door to door on the Twelfth Night of Christmas.

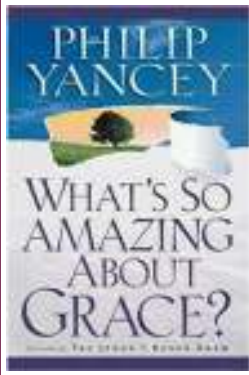


The other tradition is orchard wassailing. Here the tradition is for people to enter their orchards and to bless the fruit trees – which involves drinking and singing to the health of the fruit trees in hope that they will provide a plentiful harvest in the autumn. Sometimes this meant pouring cider at the base of the tree and then hanging pieces of toast on its branches!

So ... the lyrics are definitely not: “Here we go a-sailing ...” but “Here we go wassailing!” But, perhaps, the point of these old traditions are exchange of blessing and goodwill for the present, the new year and the future – in the many avenues (and wassails!) of the splendiferous lives we have been given by our Lord. So I say to you:

*Love and joy come to you.
And to you your wassail, too
And God bless you, and send you
a Happy New Year!
And God send you a Happy New Year!*

Pastors Wayne & Christa



Announcing a Discussion Group on

Grace

Beginning: Wednesday, January 25th

Time: 8 AM and Noon by ZOOM

Resources:

“What’s So Amazing About Grace” by Philip Yancey

“The Gift of Grace – The Future of Lutheran Theology” Edited by Niels Henrik Gregersen, Bo Holm, Ted Peters and Peter Widman (We will read small selections from this resource.)

Pastor Wayne: When Yancey first published this book on grace (in 1997), I thought, this author had a more compelling, unfeigned understanding of grace than the high theology I learned at seminary. It “hit closer to home” for me. I’d like to see if this is still true or if I have changed (with your help!). I’d like to hear what you think too, by the way! In addition, we will be reading small sections of a more recent academic book on grace by international Lutheran faculty who state that “Lutheran theology no longer can claim intellectual hegemony in international discussions in theology.” We live in a post-confessional global setting!



You are welcome to attend! Please buy a copy (Yancey’s book) online (used are much cheaper than new!) and more information will be forthcoming!



2023 Annual Congregational Meeting

Sunday, January 22, 2023

The St. Luke Annual Meeting will be held Sunday, January 22, immediately following the 10:30 AM service. The meeting will be held in the Sanctuary. The main topics of business will be a review of the preceding year, passing of the 2023 budget, and election of new Church Council members. We hope to see you there. Your vote counts! And so does your presence, your perspective and participation!

2023 Budget Q & A

Adult Forum class on Sunday, January 15, 2023

9:15 AM (*immediately following the 8:15 AM service*)

In the Fellowship Hall

You are invited to preview the 2023 Budget before the annual congregational meeting and to have your questions answered by the St. Luke Budget Committee.

Just for this one session of Adult Forum, we will take a break from our History of Christianity II class.



Welcome to Our New Members

Maribel Alvarez

Cindy Callisto

St. Luke proved itself a welcome and inviting community at a time when I was seeking community. I'm a Nurse Practitioner and recently retired from the U.S. Air Force after 22 years ... separating me from a community. St. Luke's has been a great transition to continue my service to community.



Nancy Granert

I have worked in churches since I was 15, but have never belonged to a church other than my childhood church in Illinois. I retired to Albuquerque and sought another church where I could play the organ, but what I found here was a group of people with strengths, faults, and faith, just like me. I have loved joining in to Elders Alive and Bible Study, and, of course, Choir and all things musical. I am so grateful to have found a place to grow and trust and learn, and where I can be a part of the community.

Andrew and Robin James

(daughter Emory was baptized at St Luke early 2022)

From front left: Robin, Emory & Andrew



Welcome to Our New Members

Camille and Daniel Lynn

Camille: *I have just moved to ABQ to be closer to family. I have family that are members of the church and was so glad that they had found such a wonderful church to belong to. That's why I decided to join after coming to services with my family.**

* Camille is the daughter of Nancy Espy and sister of Shane Jorgensen

Hazel Mella

an individual saved by the grace of my Savior, Jesus Christ ... knowing that - St. Luke is a place where (our) stories come alive in God's story. And God's story comes alive in our stories.



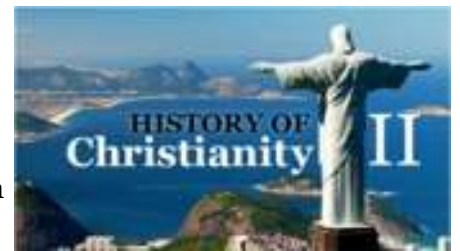
Diane Quarles

I grew up in the Lutheran church and have been a member of the Lutheran church my entire life. I am retired from my full-time job and enjoying every minute of retirement. I am joining St. Luke because the people are so friendly and welcoming. St. Luke feeds my spiritual needs.

As children, Pastor Christa and I attended the same church (St. Mark Lutheran) in Rockford, IL. So becoming a member of her church is very special. Pastor Wayne and Pastor Christa are true blessings and I feel blessed to become a member.

The History of Christianity II: From the Reformation to the Modern Megachurch

Taught by Dr. Molly Worthen, a professor of history at the University of North Carolina, these 36 fascinating lectures trace the story of Christianity as it transformed from the end of the Middle Ages into the diverse global religion of today.



ADULT FORUM

Sundays, 9:15 AM, in the Fellowship Hall

Beginning January 8, 2023: Our study of "Religion and Revolution in the 18th Century," examines Christianity in our modern world. We begin examining Christianity with conflicts that have arisen in the USA in the late 20th and 21st centuries, examine its theology in Latin America, then consider its nature in Africa, China, and Korea. Our final lesson will consider the future of Christianity as it interacts with other world religions and modern trends.

All are invited! Each lesson can be viewed and understood independently.

For more information, see or contact David Follstaedt at dfollstd@unm.edu.

**No class on January 1.

**Adult Forum on January 15 will be the 2023 St. Luke Budget Q & A. All are invited!

Weekly Children, Youth and Family Music & Bible Adventures



Spread the word! Invite a friend!

Sundays 9:15-10:15 between worship services

Salt & Spark Sunday School Opening (Music and more with Ms. Danielle)

Meet in the Main Sanctuary, then we split off into our respective groups:



GODLY PLAY for 2 ½ - 5 year olds *plus one* (with a parent, grandparent or caregiver) Godly Play is a creative, imaginative approach to Bible Story-telling. We recognize that children have an innate sense of the presence of God and have been gifted to help rekindle that sense of wonder in others. Based on Montessori methods, Godly Play enables faith exploration in children through story, the use of manipulatives, and encouragement of a sense of imaginative curiosity. Parents, godparents and grandparents find OUR faith rekindled, too. Please join us!



KIDS SPARK for 5 to 12 year olds With games, crafts, and conversation, we gather “family style” helping each other to pray, read the Bible, and explore ways to activate our faith in everyday life throughout the week. We discover and re-discover God speaking to us afresh!

Classes resume classes January 8, 2023



Music Ministries Danielle Cordova, Coordinator

Christmas
caroling at a
nursing home
and at Leah
Coughenour's (as
pictured)





**Love God, Love Neighbor 2022-2023
Youth Service-Learning Adventures
Second Sundays, 12:00– 4:00pm
grades 6-10 and up**

(friends, older youth and parents or mentors warmly welcome)

General schedule: 12 noon simple lunch & choose your own board games, cards, basketball, etc. provided by host church. (arrive at the host church anytime 12-1)
1-3:30 Service/Learning 3:30-4pm wrap up, youth-led worship

PREVIOUS EPISODES:

October 9th Visit to The Storehouse
November 13th Visit to the ABQ Asylum Seeker Welcome and FaithWorks
December 11th Visit to Mandy's Farm

NEXT EPISODE: (note location change!!)

Jan. 8 Host Church: Cross of Hope: Contact person: Nancy Lacher Lunch! Then, parent/pastor/youth leader-drivers will accompany our youth to **Tres Hermanas Farm** a ministry of **Lutheran Family Services** to train and empower refugees through the use of land for producing crops. *(Becca Marshall) is contact for Tres Hermanas.*

End with devotions/skit led by St. Luke Youth?? Wear clothes suitable for outside work!



FUTURE EPISODES: *(all in planning stage, details to be confirmed)*

* **Feb. 12, 2023** Host Church: St. Paul Lutheran Church; Contact person: Pastor Kristi Koppel

The Storehouse - a community resource fighting hunger, Storehouse offers FREE food to people who need it regardless of their income; Superbowl activities: (Youth at each church collects tasty nutritious canned goods to bring along for donation. Make it fun – at your Super Bowl Sunday worship services, hold out big soup pots in church to collect soup or money for the Storehouse. Which church will bring the most and most nutritious food for this collection? See <http://www.souperbowl.org>

* **March 12, 2023** Host Church: Holy Cross or All Saints Lutheran Church or, TBA
??**Trip to Santa Fe** with Kurt Rager director of Lutheran Advocacy Ministry - NM. to see how state government works and learn about faith-based advocacy, OR **Wings of Life**: Transforming lives to break generational cycles of incarceration.

* **April – May ? TBA**

+++++

Service-Learning Resource Coordinator: Katie Hallstrom - see more about service-learning projects at <https://servicelearningcamps.com/> *(not directly affiliated with Love God. Love Neighbor. Program)*

Project Manager ☺: Pastor Christa von Zychlin. pastorchristaabq@gmail.com at St. Luke Lutheran Church, ABQ or text 920-489-0650

Prayer Meetings

All are invited to participate!

You may attend either the evening or the morning prayer time, or both, on Zoom, as scheduled below:

Thursday, Jan. 12, at 10 AM Go online at Zoom.us; enter Meeting ID: 869 0387 7019, then, Passcode: STLUKEPRAY

Thursday, Jan. 12, at 7 PM Go online at Zoom.us; enter Meeting ID: 850 0312 6952, then, Passcode: STLUKEPRAY

For the first part of the meeting, we will meditate on God's Word using meditation for the day on the Pray-as-you-go website. Then, we will pray together for all that are on the St. Luke prayer list, for any new prayer requests, and for St. Luke church.

For information, contact Bev Ronkos at StLukeABQPrays@yahoo.com or by phone call or text at 505.307.4732.



Prayer Shawl Ministry

By Pam Mares, Coordinator

Our most sincere thanks to all our knitters, crocheters, and quilters who have generously shared their time and talents in the making of prayer shawls and lap robes. If you know of a person who would be in need of the comfort and warmth of one of these gifts, please feel free to select one. The shawls are located in the Narthex. If you have any questions or would like to be involved, please contact Pam Mares at 505-238-8449 or at phmares@hotmail.com.



Hearing Assistance at St. Luke

By Greg Haschke, Worship, Music & the Arts

Have you ever wondered about (or needed) hearing assistance during worship services at St. Luke?

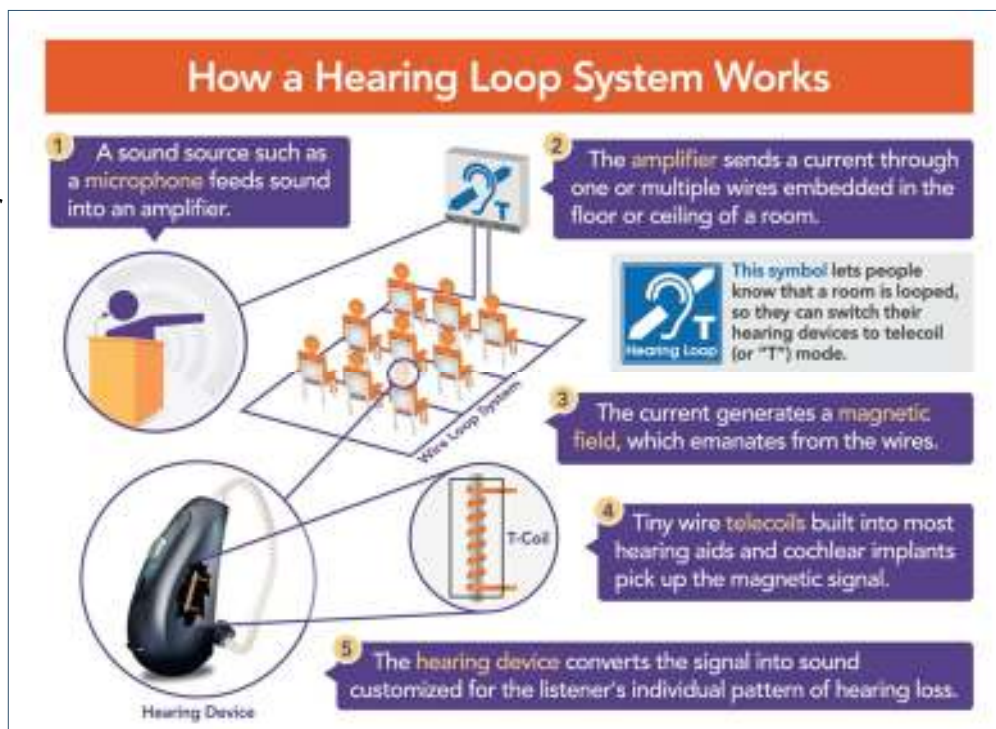
We have a system called a hearing loop system that automatically works with any hearing aid device that has a t-coil. The following diagram briefly explains how this system works (courtesy of www.otojoy.com). The loop zone of our system covers the entire nave, so a user can sit anywhere in the nave.

Consumer research indicates that, except for the very smallest hearing aids that are invisible and fit completely in the canal, 81 percent of hearing aid models either come with t-coils or offer t-coils as an option. All cochlear implant processors have t-coils.

So, if you or someone you know needs hearing assistance at St. Luke, please consider using our system. The Hearing Loss Association of

America provides a lot more information at

<https://www.hearingloss.org/hearing-help/technology/hat/hearing-loop-technology/>



You're Invited to ...

Elders Alive!

- ❄ Tuesday, January 10 - We will have a planning meeting at 1:15 PM, via Zoom
- ❄ Tuesday, February 14 - Event: "I Love to Tell the Story." We will gather in the Fellowship Hall. Watch out for more information in the St Luke GPS and February Horizon newsletter.

For more information or to join the planning team, please contact Judy Moore at EldersAlive@StLukeABQ.org.



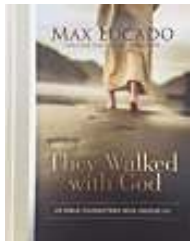
Pictures from the December 2022 Elders Alive Event

Christmas Cookies & Exchange and White Elephant Gift Exchange



and a demonstration by Nancy Krenz
on making Italian cookies called
Pizzelles





Lamplighters

Thursday, January 5

2:00 - 3:30 PM, in the Lounge/Library.

All women are invited! Bring a friend!

We are reading "They Walked with God: 40 Bible Characters Who Inspire Us," by Max Lucado. At the January meeting we will discuss chapters: Josiah, Esther, and Paralyzed Man. Leader: Shirley Smith.

If you have any questions contact Gayle Carleton at 505-559-3012 or at lamplighters@stlukeABQ.org.

Church Women United (CWU) Meeting

Friday, January 6, 2023, 9:30 AM via ZOOM

“Welcoming New Neighbors as We Begin a New Year”

Come learn about the wide variety of work being done in ABQ with immigrant/asylees and ways that one might choose to reach out to welcome these new neighbors. A panel of three guests will present stories of their work: Pat Bonilla of Asylee Welcome ABQ; Julia Cusatis, Director of Development for Encuentro; and Sarah Camp, representative for ABQ FaithWorks; with Jessica Corley, Panel Moderator, ABQ FaithWorks Executive Director.

The Zoom link will go out to women on the CWU email list 2-3 days prior to January 6. If you are NOT on the regular email list for newsletters, but want to be included in the Zoom meeting, please contact Marilyn Stoops at mstoops@swcp.com to be added to the list. For more information, see St. Luke member Betty Begeal.

Nancy Granert and Danielle Cordova invite you to an ...



Epiphany Organ Recital at St. Luke

Presented by John Garlisch

Sunday, January 15, 2023

2:30 PM, in the Sanctuary

John Garlisch, one of our substitute organists, will present the beautiful Epiphany Chorale, “How brightly shines the Morningstar” in many styles, from many centuries and from an interesting array of composers, including Leyding, Krebs, Markull, Drischner, Walcha, Bender, van der Hel, and a new variation written by Frederick Frahm

This recital is free to St. Luke church members and the public
- given as a gift of live music!

Women's GATHER Bible Study, Brunch & Mini-Retreat

Saturday, January 21, 2023
9:15 - 11:45 AM, in the Fellowship Hall

Invite someone who may or may not be a member of our congregation.
Bring a brunch item to share.

January to April 2023 Study:

THE TEN COMMANDMENTS

By The Rev. Christa von Zychlin

(We're going to dig deep!!!)

We are so fortunate to have the author, our own Pastor Christa, lead a four-session Bible study that examines how The Ten Commandments still speak to the challenges of our world today: faith, joy and romance; violence, murders and minding our tongues; the spirituality of sex; integrity in the marketplace; overcoming generational divisions; hectic and overscheduled lives; peace and respect; and more.



Pastor Christa will help us see how these commandments are more than they may appear at first glance. Get ready to explore old and new interpretations of God's laws, using Martin Luther's Small and Large Catechism and more!

For our Gather "Show & Tell" on January 21, please bring a visual image to depict Luther's explanation of the first commandment: "We are to fear, love, and trust God above all things."

Saturday, January 21, 2023

Session one: Dancing the Decalogue (Commandments 1 & 2).

Psalms 19 claims, "The law of the Lord is perfect, reviving the soul." Joy and romance may not be the first images that come to mind when we think of the Ten Commandments. However, a close reading of the first several commandments opens us to a fresh encounter with the God of fierce, freeing love.

The study is in the January/February edition of Gather Magazine; copies of the study will be available at each mini-retreat.


Looking ahead ... reserve these dates on your calendar:


February 18 – Session two: Rhythms and respect (Commandments 3 & 4)

March 11 - Session three: Sanctity of life and love (Commandments 5 & 6)

April 22 - Session four: Guardrails for love of God and neighbor (Commandments 7,8,9 & 10)

For more information, contact Bev Berardinelli at WomensBibleStudy@stlukeABQ.org or at (505) 266-3666 or contact Pastor Christa at pastorchristaABQ.org.

Sun	Mon	Tue
<p>1 <i>Happy New Year</i> No 8:15am Worship Service</p> <p>10:30am Worship Service 10:30am Live-stream worship service (www.facebook.com/stlukeabq/)</p>	<p>2 New Year holiday Church office closed.</p>	<p>3 <i>Angie out of the office</i></p>
		
<p>8 Nursery Care in the Nursery during services & Sunday School/Forum After each service: Blood Pressure Screening - Lounge Coffee Fellowship - Narthex</p> <p>8:15am Worship Service 9:15am Adult Forum, in Fellowship Hall 9:15am Sunday School Opening -Sanctuary 10:30am Worship Service Noon-4pm 2nd Sunday Service Adventures, at Cross of Hope (carpool at St Luke after the services)</p>	<p>9</p>	<p>10</p> <p>1:15pm Elders Alive Planning meeting on Zoom 2pm Staff mtg <i>Zoom</i></p> <p>4:30pm Wellness Ministry, in Zuni rm 6:30pm Worship, Music & the Arts Comm. meeting <i>on Zoom</i></p>
<p>15 Nursery Care in the Nursery during services & Sunday School/Forum After each service: Coffee Fellowship - Narthex</p> <p>8:15am Worship Service 9:15am Adult Forum: Budget Q&A, in Fellowship Hall 9:15am Sunday School Opening in the Sanctuary 10:30am Worship Service 2:30pm John Garlisch Organ Recital, in the Sanctuary</p>	<p>16 <i>Martin Luther King, Jr. Day</i> Church office and Preschool closed</p> <p>Deadline: articles for February Horizon newsletter, to Church Office</p>	<p>17</p> <p>7pm Preschool Comm. mtg., <i>on Zoom</i></p>
<p>22 Nursery Care in the Nursery during services & Sunday School/Forum After each service: Coffee Fellowship-Narthex</p> <p>8:15am Worship Service 9:15am Adult Forum, in Fellowship Hall 9:15am Sunday School Opening in the Sanctuary 10:30am Worship Service After the service: CONGREGATIONAL ANNUAL MEETING, in the Sanctuary</p>	<p>23</p>	<p>24</p> <p>2pm Staff mtg <i>Zoom</i></p>
<p>29 Nursery Care in the Nursery during services & Sunday School/Forum After each service: Coffee Fellowship-Narthex</p> <p>8:15am Worship Service 9:15am Adult Forum, in Fellowship Hall 9:15am Sunday School Opening in the Sanctuary</p>	<p>30</p>	<p>31</p>

Wed	Thu	Fri	Sat
<p>4 9am-Noon Preschool In-Service, in the Fellowship Hall</p>	<p>5 Preschool back in session</p> <p>2-3:30pm Lamplighters meeting—Lounge/Library</p>	<p>6 9:30am Church Women United meeting on Zoom</p> <p>7pm Friday Film Forum - at the home of the Hathaways</p>	<p>7 9am-4:30pm Bev's Choral Group, in Lounge/Library</p> <p>5pm Worship service Nursery care, in Nursery After the service: Blood Pressure Screening - Lounge</p> <p>5pm Live stream worship at StLukeABQ.org</p>
<p>11 11:30am Staff Epiphany Lunch</p> <p>2pm Bells of St Luke - Lounge/Library</p> <p>7-8:30pm Choir rehearsal —church</p>	<p>12 10am & 7pm Prayer Meeting on Zoom</p> <p>6pm Special Church Council mtg., <i>on Zoom</i></p>	<p>13</p>	<p>14 1-2:30pm Survivors of Suicide, Youth room</p> <p>5pm Worship service Nursery care, in Nursery</p> <p>5pm Live stream worship at StLukeABQ.org</p>
<p>18 2pm Bells of St Luke - Lounge/Library</p> <p>7-8:30pm Choir rehearsal —church</p>	<p>19 7pm Children, Youth & Family Comm. meeting <i>on Zoom</i></p>	<p>20</p>	<p>21 9:15-11:45am Women's GATHER Bible study, Brunch, Mini-Rereat - Fellowship HI</p> <p>5pm Worship service Nursery care, in Nursery</p> <p>5pm Live stream worship at StLukeABQ.org</p>
<p>25 2pm Bells of St Luke - Lounge/Library</p> <p>7-8:30pm Choir rehearsal —church</p>	<p>26 6pm Church Council mtg., <i>on Zoom</i></p>	<p>27</p>	<p>28 1-2:30pm Survivors of Suicide, Youth room</p> <p>5pm Worship service Nursery care, in Nursery</p> <p>5pm Live stream worship at StLukeABQ.org</p>
<div style="text-align: center;">  <p>JANUARY 2023</p> </div>			

Friday Film Forum (FFF)

January 6, 2023, 7 PM

At the home of Clark & Linda Hathaway

The films suggested, in order of preference are:

“Devotion”, “The Fabelman's”, and “The Whale”.

RSVP and for more information, please call 435-654-4383. Everyone is welcome.



The Storehouse New Mexico

St. Luke church's year-round outreach to our neighbors in need of food

Website: StorehouseNM.org



Did you know...

- ⇒ the Storehouse "blue bin" located by the elevator is emptied approximately every 6-8 weeks. When the blue bin is full, Angie calls the Storehouse to pick up the food.
- ⇒ the majority of food in the bin is protein foods such as tuna, chicken, etc. Other non-perishable foods are also welcome including soups, canned vegetables and fruit.
- ⇒ the Storehouse supplies dog and cat food on the 3rd Friday of the month. St Luke supplied one month of canned cat food and small bags of dog food in October.
- ⇒ this year, 2023, St Luke's Bucket of Change provided \$150.00 to the Storehouse.

Here is a goal for 2023—Let's see if St Luke can ...!

- ⇒ can provide enough food so the blue bin is emptied every 4 weeks
- ⇒ can provide enough pet food for 2 monthly distributions by the Storehouse
- ⇒ can increase our Bucket of Change from \$150.00 to \$175.00

The Storehouse blue barrel is available in the Narthex for your gifts of food. The Storehouse asks for protein foods that do not require cooking for our neighbors experiencing lack of food. Some examples include canned tuna, small cans of salmon, canned chicken, canned beef and Spam. As always, any canned foods/prepackaged foods are appreciated, especially Ramen Soup.

The Storehouse also accepts pet foods. Pet Food Day at The Storehouse is on the third Friday of the month. Clients can pick up food for their pets at the same time they pick up groceries.

Information: Debbie Werner at debrawerner89@gmail.com.

With thanksgiving for gifts of food from St. Luke church, Sam Trujillo, The Storehouse driver, picks up our full barrel and leaves an empty one for us to fill with food for our neighbors experiencing lack of nourishment.



Bucket of Change

Your Bucket of Change gifts in **January 2023** will benefit

The Storehouse of Albuquerque



The Storehouse feeds approximately 45,000 people a year, and 97¢ of each dollar donated goes directly to providing food. Of the people receiving food from The Storehouse, 54% are working adults, 25% are seniors, and 21% are children. Each dollar donated provides 5 meals. In addition to providing food for the food insecure, Storehouse also partners with other organizations to provide wraparound services including helping disabled adults and seniors connect with government benefit programs and offering assistance with paying water/solid waste utility bills. Website: storehousenm.org

You may place your offerings for the BUCKET OF CHANGE in the bucket at church (our "noisy offering"), send gifts directly to St. Luke via mail or contribute via our online giving resources on our church website <http://stlukeabq.org/>.

We collected \$486.47 for Meals on Wheels of Albuquerque, November Bucket of Change recipient. Thank you for your gifts.

Bucket of Change

By Michelle Barba, Bookkeeper

Thank you for your generosity. We are making a difference in our communities, in Albuquerque and in surrounding areas.

Bucket of Change Offerings in 2022

January - Roadrunner Food Bank	\$570.83
February - CLN Kids	\$460.77
March - ELCA World Hunger	\$894.20
April - St Martin's Hope Works	\$362.89
May - All Faiths Children Advocacy	\$325.08
June - Salvation Army	\$282.56
July - Family Promise of Albuquerque	\$262.84
August - Lutheran Disaster Relief	\$431.85
September - ABQ Healthcare Homeless	\$328.06
October - Habitat for Humanity	\$291.64
November - Meals on Wheels	\$486.47
December - Camino de Vida (<i>amount as of 12/20/22</i>)	\$337.53



The Wellness Ministry

Mission: To CARE by equipping, educating and advocating for wellness of mind, body and spirit in our church and neighborhood.

Members: Betty Ann Arner (Chair), Gayle Carleton, Cheryl Folkes, Deacon Lorna Hansen, Twila Randolph, Sandy Williams

Next Wellness Ministry meeting: Tuesday, January 10, 4:30 PM, in the Zuni room of the Admin. bldg. For more information, contact Betty Ann Arner at bettyannarner@gmail.com.

Monthly Blood Pressure Screening: Provided by the St. Luke Wellness Ministry nurses on the first full weekend of the month. **Next screening in the Lounge/Library: SATURDAY, JAN. 7, after the 5 PM service**, screening by Cheryl Folkes; **SUNDAY, JAN. 8, after the 8:15 AM service**, screening by Gayle Carleton; **and after the 10:30 AM service**, screening by Lorna Hansen. All St. Luke worshipers are invited to have their blood pressure checked. No fee. For more information, contact Gayle Carleton at 505-559-3012.



Music Gets You Moving and More

By Sandy Williams, Wellness Committee member

Music has been around since ancient times. It is part of every known culture. It can get your foot tapping, lift your mood, and even help you recall a distant memory. Music can bring other health benefits. Scientists are exploring the different ways that music stimulates healthier bodies and minds.

Neuroscientist Dr. Robert Finkelstein says, "Today, modern technologies are helping researchers learn more about how the brain works, what parts of the brain respond to music, and how music might help ease symptoms of certain diseases and conditions."

Your Brain on Music - The brain is the control center of your nervous system. A healthy brain tries to make sense of the world around you and the constant information it receives, including sound and music.

Music and other sounds enter the ear as sound waves. These create vibrations on our eardrum that are transformed into electrical signals. The electrical signals travel up the auditory nerve to the brain's auditory cortex. This brain area interprets

the sound into something we recognize and understand.

But music affects more than the brain areas that process sound. Brain images show that when music stimulates the brain, it shows up on the images as flickers of bright light. Studies have shown that music "lights up" brain areas involved in emotion, memory and physical movement. NIH-funded scientists are investigating whether music can help patients with movement disorders, like Parkinson's disease. There is also evidence that music may be helpful for people with other health conditions, including Alzheimer's disease, dementia, traumatic brain injury, stroke, aphasia, autism, and hearing loss.

Building Strong Minds - Playing a musical instrument engages many parts of the brain at once. This can be beneficial for children and teens whose brains are still developing. Music can positively influence the ability of young kids in how they focus and act and in the development of their language.

Continued next page

Research at Northwestern University shows that music has positive effects on kids' learning abilities, even when the training starts as late as high school. The teens in the study showed biological changes in the brain that affect learning ability and help improve skills like reading and writing.

Being musical may also protect you from hearing loss as you age. We naturally lose our hearing ability over time. But researchers have found that musicians are better at picking out a person's voice in a noisy background.

Music Therapy - Music therapists are trained in how to use music to meet the mental, social, and physical needs of people with different health conditions.

Music therapy can take many forms that go beyond listening to music. Music therapists can use certain parts of music, like the rhythm or melody to help people regain abilities they have lost from brain injury or developmental disability. Music therapists also rely on the social qualities of music. Shared musical experiences can help a family member connect with a loved on who has dementia. Music can also be used to help young

people with behavior disorders learn ways to manage their emotions.

Music in Your Life - Ways to add more music to your life:

- * Listen to music during the day, on your way to work or during exercise.
- * Sing and dance while you are doing chores or cooking meals.
- * Play a musical instrument. Consider taking lessons or joining friends to make music.
- * Attend concerts, plays and other community music activities in your area.
- * Encourage your kids to listen to music, sing, play an instrument or participate in music programs at school.

Ask your doctor if music therapy is right for you. Consider working with a board-certified music therapist to improve your health.

Whether you are looking to boost your mood, staying connected to others, or improving symptoms of a health condition, add a little music to your life!



Thank You

A huge thank you to all the people who have sent goodwill wishes and Christmas greetings to me. They were greatly appreciated.

—Lorna Hill

St. Luke Prays

"Then you will call on me and come and pray to me, and I will listen to you." Jeremiah 29:12

For Our St. Luke Family

We lift to you:

† Lorna Hill † Les Anderson
† Sherri Domres † Pam Gravagne
† Kim Guericke
† Dave Begeal upon the death of his sister Barbara Rotzler on Dec. 21, 2022
† Chris & Jean Hollowwa and daughters Taylor & Lauren on the death of Chris's mother Barbara on Dec. 21, 2022.
† For opportunities to serve our homebound members: Polly Brodbeck, Melda Burns, Dorela Cole, Billie Cooper, Leah Coughenour, Dottie Donohoe, Karin Duda, Kay Dunbar, Phoebe English, Lucille Few, Janet Garcia, Fern Knudsen, Loretta Roe, Lois Rowland, Ardys Theophillus, Donald Vlasaty, Liz Wills.

Walk beside us all, Lord, as we do your work. Fill Pastor Christa, Pastor Wayne, our staff and volunteers and the St Luke Preschool staff with patience, peace, and joy for our work, remembering you are with us. We look to you for help in carrying out to completion the wonderful work you have called us to do.

Heavenly Father, as the dawn breaks on a new year, let us give thanks for all we hold dear, including our health, our family, our friends and St Luke's church. As we rise each January day, call us out of our comfort zones to follow you and share your love with others. Now is the time, in this post-pandemic period, to ask for courage from you, to take risks and to put ourselves 'out there' when we see opportunities to invite people we know to check out our church. Let us live each day in the most loving ways, the God-guided way.

Family & Friends of Church Members

We place these people in the palm of your hands:

† Kris (St. Luke prayer request)
† Nancy Granert's dad, recovering from COVID
† Rejean Gronewold, thanksgiving for her healing (daughter of Bill Gronewold)
† Peggy (Sally Trigg's sister)
† Lydia, Pete, Rhonda and the entire Chavez family (from Alison Schuler)
† Chuck, Tim, Jim, Helen, Fred (from Christine Coverdale)
† Marshal on the death of her husband (Daleen Olson's cousin)
† Brian (son of Marina Mauney)
† Myrna Borling, healing from a fall (Betty Begeal's sister-in-law)
† Arna, kidney disease (friend of Marina Mauney)
† Cindy Bingaman (bone cancer) – bones are healing. Please keep prayers going! (daughter-in-law of Betty Bailey)
† Mark, cancer diagnosis (from Mary Voelz)
† Holly, healing from cancer & surgery, and her mom Kaye Martin (St Luke member)
† Jack Raitt, health concerns, several months post double lung transplant (brother-in-law to Dave & Betty Begeal)
† Carly Bishop, 24 yrs old with thyroid cancer (from Leslie Carleton, member of Gayle & Bob Carleton's family)

† Bob Folkes and his wife Carolyn (brother of Steve Folkes) who has stage 4 colon cancer, is struggling
† Pat, fighting cancer (from Berardinelli Family)
† Sue, facing a stem cell transplant this month (Pastor Christa's sister-in-law)
† Graciella, fighting cancer (from Sherri Domres)
† Carl, for healing (son of Marina's husband)
† Cheryl Folkes's uncle and his children & grandchildren
† Penelope (great granddaughter of Rosetta Bidne and grandniece of Dawn Meyer)



For the Wider Church

We pray for Lutheran Family Services in Albuquerque, Luther House UNM/CNM, Navajo Lutheran Mission in Rock Point, AZ and Camino de Vida Church in Albuquerque.

For Our Community, Country & the World

We pray for The Storehouse, food pantry in Albuquerque and our Bucket of Change recipient for January 2023.

Gracious God, as the sun sets each day in January, let us release our grudges, our anger and our pains, for these are nothing but binding chains. Let us live each day in the most loving ways, the God-conscious way. Let us serve all who are in need, regardless of race, color or creed. Let us keep God in our hearts and to chant God's name each day. Help us to lead the world from darkness to light, from falsehood to truth and from wrong to right. Remind us that we are all one, embracing all, discriminating against none.

May our year be filled with peace, prosperity and love. May God continue to shower upon us blessings and bestow upon each of us a bright, healthy and peaceful 2023. In Jesus' name. Amen.

Lifting One Another Up Through Prayer

Submit your prayer requests to coordinator Beverly Ronkos by email at stlukeabqprays@yahoo.com or by calling or texting 505-307-4732.

** Please note—names will remain on the prayer list for one month. If you would like your prayer request to stay on the list longer or less than thirty days, please contact Coordinator Beverly or the church office.

It's a New Year! Join the St. Luke Prayer Team!

If you are praying for the church, you may choose to join the prayer team by receiving prayer requests by text on your phone or by emails. Please contact Beverly



Please invite your family, friends, neighbors, coworkers, or anyone you know who has young children, to our

Open House

Sunday, February 12, 2023

3:00 - 5:00 PM

That afternoon, families will be able to meet and talk with our dedicated teachers, ask questions, take a tour of the classrooms, and pick up pre-registration materials for the 2023--2024 school year.

Enrollment for in-house families and church congregation members will begin on **Monday, February 13**. Open enrollment for the public will begin on **Monday, February 27th**.

In January, audiologists and speech language pathologists from Albuquerque Speech Language Hearing Center will be onsite at the preschool to provide screenings for the children. We are thankful that we can once again offer this worthwhile service, as the children benefit when we can partner with outside agencies.



Prospective and current preschool families often comment about the beauty of the foliage in the courtyard and around the property. We are grateful for all who give of their time to tend to the plants and the landscaping, including Mike Sanchez, Sandy & Charles Clark, and all of the volunteers from the Church Clean Up Day in December!

thank you!



The Rev. Carolyn Schneider, Ph.D.

ELCA Missionary serving at the United Theological College

Christmas 2022

Dear Friends,
I pray that the celebration of Jesus' birth fills you with joy in these days.

Last year when I sent you a Christmas greeting from Jamaica, it focused on the foods that Jamaicans typically eat during their celebration of Christmas. This year, I bring you two of the songs of Christmas in Jamaica. We have had several events on the campus of the United Theological College of the West Indies (UTCWI) in which we have sung not only Christmas carols that you would be familiar with but also many uniquely Caribbean songs that you might not know.



First is "The Virgin Mary Had a Baby Boy," an old, traditional song that focuses on the meaning of Jesus' name (the Lord saves) and his glorious origin; the refrain goes "He come from the glory, he come from the glorious kingdom". The verses tell the story in a simple way: 1) The virgin Mary had a baby boy, and they said that his name was Jesus. 2) The angels sang when the babe was born, and proclaimed him the Saviour Jesus. 3) The wise men saw where the babe was born, and they saw that his name was Jesus. Here is a link to a beautiful rendition of this joyful song: <https://www.youtube.com/watch?v=kOiwABmhcU>.

Next up is "Jesus Come Today, for a Poor, Poor Man like me" which revels in the fact that this saving Jesus arrived from the glorious kingdom into the manger and made his way to the cross out of love for the world. The song was written in 1974 by Glenroy Anthony "Ernie" Smith. I won't share all the lyrics because it is a little bit long, but here are the words to verse 2, the refrain, and verse 3:

- 2) Jesus come for I, see manger where He lie. See cross where He must die, for a wretch like me. For God so loved the world Man, woman, boy and girl: He gave His Son for you, His Son for me.

Refrain: Nuh matter if you thief, or if you dread Or if yuh have a crown 'pon yuh head,
Nuh matter if you have no heart at all, Jesus bring love to one and all ...

- 3) Jesus Christ today, the same as yesterday, The one, the only way, the King for me. Let it come to pass, mankind find love at last. Just as it was time past, so let it be.

To hear Ernie Smith singing this reggae tune, click on this link: <https://www.youtube.com/watch?v=6ClQyxxiAWw>.

We sang "Jesus come for me" with gusto at our annual Christmas dinner at UTCWI. On the keyboard was our Lutheran student, Rafael van Ommeren, and above is a photo of him with his wife Lucille and me, sharing the joy of the Christmas message with you.

Carolyn

Global Mission Ministry



Warm hearts and wide smiles perfectly balanced the chilly Rock Point, Arizona winter air on December 15th at the Mission 2022 Christmas Program.

39 Mission students in traditional Navajo finery and costumes sang Christmas carols and told the story of Jesus' birth so many years ago. Parents and community members beamed with pride and cheered all throughout the program. Our thanks to all the parents, teachers, and staff who worked so hard to make this year's program another annual community favorite.

Following the program was the long-awaited annual Quilt distribution. Over 1,000 quilts of a rainbow of colors and styles were given the community members. These quilts were donated to Navajo families by church groups, sewing clubs, and even international support organizations such as the Orphan Grain Train. This winter will be just a little bit warmer for our friends and neighbors thanks to the efforts of our many friends throughout the United States.



HopeWorks Collection

HopeWorks in New Mexico works to end homelessness among individuals and families

Website: HopeworksNM.org

St. Luke will be collecting much needed items for HopeWorks clients on an ongoing basis. We were favorably impressed with their mission and facility when working there for "God's Work, Our Hands." Please place yours donations in the wicker hampers in the west hall of the Narthex. Items they are most in need of are:

- Travel size bar soap, deodorant & lotion
- Feminine products
- Mini-size shampoos & conditioner
- New socks & underwear
- Wet wipes & wash cloths
- Chap stick
- Razors & shaving cream

For more information, please contact Diane Follstaedt at dfollstd@unm.edu.

An invitation to visit ...

Israel

After an exhilarating and illuminating journey to Israel this past May, Dawn Meyer is teaming up with Inspiration Cruises (although it is not a cruise) and offering a trip through the spaces and places Jesus walked, taught, and healed **next October, 2023**.

From Nazareth and along the Sea of Galilee to the Jordan River, Old Jerusalem, the Garden Tomb, and the Mount of Olives before finishing our journey at the Dead Sea, we will immerse ourselves in this beautiful country and its historical significance. Brent and Dawn felt like they were walking in the Bible and that has motivated the planning of this trip for others.

If you would like more information, please text Dawn at 505-401-1296 or email her at dawnmeyer@juno.com

Judean Desert: setting for the Good Samaritan



Mount of Olives



Garden Tomb



Shared by St. Luke member Dorthie Carr Share Your Home & Hospitality with an AFS (American Field Service) Exchange Student

AFS New Mexico is looking for Spring Break Host Families for students attending Menaul School. Students are from Austria, France, Italy, Switzerland and Thailand.

Dates for Hosting: Spring Break - March 17 - 26

Families complete the AFS Hosting Application process, provide a bed, three meals a day, and the same care and support that they would give to their own child. AFS Students may be a part of any domestic travels your family has planned. If you are interested in a short-term hosting opportunity, contact Anne Downing at drdavrome@gmail.com. For more information visit www.afsusa.org/host





ST. LUKE CHURCH OFFICE

Let the favor of the Lord our God be upon us, and establish the work of our hands upon us; yes, establish the work of our hands! – Psalm 90:17

Contact church staff at: 505.299.2621 or at stluke@thuntek.net

✧ Altar Flowers, given By ✧

- Jan. 7 - 8: *available for offering*
- Jan. 14 - 15: Marina Mauney, in celebration of Brian's birthday
- Jan. 21 - 22: Jerry & Judy Aaker, in honor of their 58th wedding anniversary
- Jan. 28 - 29: Mary Voelz, in loving memory of George Voelz

✧ Sanctuary Candle for January ✧

Given by Betty Ann Arner,
in memory of Hal Arner

To offer altar flowers and sanctuary candle, please sign up on the Flower Chart posted on the kiosk in the Narthex. Donation: \$25 for sanctuary candle for the month; \$35 per altar flower arrangement. You may donate online at stlukeABQ.org or give it with your offering.

Thank You

- ✧ Sandy & Charles Clark, Barbara Exley, and Mike Sanchez for the cleaning of the St. Luke Columbarium and Memorial Garden.
- ✧ For worship assistants in 2022.
- ✧ Sound volunteers: Les Anderson, Donna Berardinelli, Tom Glauner (*newly trained*), Judy Moore, Ken & Mary Sorenson, Debbie Werner

Deadline

- ✧ Monday, Jan. 16, 2023: deadline to submit articles for the **February Horizon newsletter** and items for the **February 2023 calendar**.

Please submit all articles & items to Angie at the church office at StLuke@thuntek.net

January Birthdays

- 1 Deanna Vendel
- 2 Nancy Granert
- 4 Pastor Wayne Nieminen
- 5 Joshua Tise
- 6 Polly Brodbeck
- 6 Dorthe Carr
- 6 Pastor Christa von Zychlin
- 7 Ed Lyell
- 8 Camille Lynn
- 9 Taylor Hollowwa
- 10 Frank Cronican
- 13 Betty Bailey
- 13 Bev Berardinelli
- 14 Billie Cooper
- 17 Rebecca Earnest
- 17 Lawrence Kazura
- 19 Megan Kalm
- 22 Jim Otto
- 27 Don Vlasaty
- 29 Carol Abramovich



January Wedding Anniversaries

- January 15
Louanne & David Saylor
- January 23
Jerry & Judy Aaker

Congratulations to Joel & Alyx (Tilley) Hartenberger



Married on
December 30, 2022
At St. Luke Lutheran
Church

*Photo of the wedding service with
candle lighting*

*For it was you who formed my inward parts; you knit me together in my mother's womb.
I praise you, for I am fearfully and wonderfully made. - Psalm 139:13-14a*

HAPPY
New Year

Praise be
to his
glorious
name
forever;
may the whole
earth be filled
with his glory.

Psalms 72:19, NIV



ST. LUKE LUTHERAN CHURCH

A congregation of the ELCA Rocky Mountain Synod

The Rev. Elizabeth Eaton, *Presiding Bishop*

The Rev. James Gonia, *Synod Bishop*

The Rev. Christa von Zychlin, D.Min., *Pastor*

The Rev. Wayne L. Nieminen, Ph.D., *Pastor*

Michelle Barba, *Bookkeeper*

Danielle Cordova, *Coordinator of Music Ministries*

Pamela Franco, *Media Ministry Assistant*

Nancy Granert, *Organist*

Angelica Miller, *Office Manager & Horizon newsletter Editor*

Precious Goodhart, *Nursery Care on Saturday*

Taylor Hollowwa, *Nursery Care on Sunday*

J & J Services (Jaime Silva), *Custodial Services*

Church Council

(Email: Council@StLukeABQ.org)

Ken Sorenson: *President, Executive Comm., Property, Budget, Stewardship, Trust Comm.*

Karen Carlson: *Vice-President, Executive Comm., Women of the ELCA, Afghan Family Core Team*

Donna Berardinelli, *Secretary, Executive Comm., Children, Youth & Family Comm., Communications*

Judy Moore: *Treasurer, Executive Comm., Finance, Budget, Personnel, Stewardship, Elders Alive*

Cheryl Folkes: *Wellness*

Steve Garrett: *Personnel Comm. Chair, Trust Comm.*

Nancy Tarman: *Elders Alive, Preschool,*

Memorial Reception, Worship, Music & the Arts

Pastor Christa and Pastor Wayne

St. Luke Preschool

Phone: (505) 292-8812

E-mail: stlukesc@thuntek.net

Website: www.stlukepreschool.org

Lori Erven, *Director*

Jane Clinger,

Office Administrator



Horizon Newsletter

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Website: stlukeabq.org

Publication Deadlines: Please send articles/items to the church office, c/o Angie Miller at stluke@thuntek.net.

- Deadline to submit articles for the next month
Horizon newsletter: 15th day of the current month
- Items for the weekly **St. Luke GPS:** - noon on Wednesday before upcoming weekend service
- Deadlines subject to change during the holidays

Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. Of his own will he brought us forth by the word of truth, that we should be a kind of first fruits of his creatures. - James 1:17-18