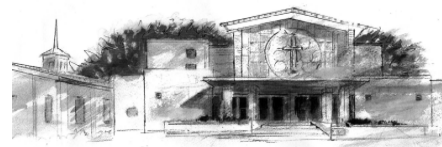




St. Luke Lutheran Church

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



MARCH 2023

"BUT HE WAS **PIERCED** FOR OUR
TRANSGRESSIONS, HE WAS **CRUSHED**
FOR OUR INIQUITIES;
THE PUNISHMENT THAT BROUGHT
US PEACE WAS UPON HIM,
AND BY HIS **WOUNDS**
WE ARE **HEALED**."



ISAIAH 53:5, NIV

ST LUKE WORSHIP SERVICES

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

Nursery care available during weekend services and Sunday classes

In-Person Worship Services

Saturday at 5 PM

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

Sunday at 8:15 AM and at 10:30 AM

Christian Education (*after the 8:15 service*)

9:15 AM Adult Forum, in the Fellowship Hall

9:15 AM Salt & Spark Sunday School, in the Sanctuary

Wednesdays in Lent: March 1 - 29

6:15 PM Worship & Healing Prayer, with dramatic readings
(*following the Soup Supper at 5:30 PM in the Fellowship Hall*)

Highlights:

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

Lent & Holy Week *p 3 - 5*
The Resurrection of Our Lord
p 5

Vacation Bible Day Camp *p 6*

Lenten Prayer Challenge *p 7*

Children's Ministry *p 8*

Elders Alive *p 9*

Christian Education *p 6, 12*

Wellness Ministry *p 13*

Outreach *p 14, 17, 18*

Journeys with Jesus

and Pastors Christa & Wayne

Lutheran Advocacy Ministry – New Mexico

Conference Report from Pastor Wayne

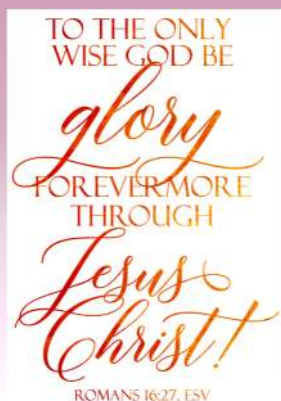
On Shrove Tuesday, February 21st, a small group (Dave & Diane Follstaedt, Betty Ann Arner, Linda Hathaway, Pastor Ben and Bev Larzelere and Pastors Wayne & Christa) from St. Luke had the good fortune of being able to attend a Lutheran Advocacy Conference at Christ Lutheran Church in Santa Fe. The conference included a "Bishop's Lunch" at the La Fonda Hotel, where we met representatives from our state legislature. Awards of recognition were also given to a number of representatives for their service.

Lutheran Advocacy of NM began its work in 1984 and has sought through these years "to advocate for justice in public policy, with a particular emphasis on alleviating poverty...." Kurt Rager is the Director of our Lutheran Advocacy Ministry in New Mexico. The 2023 Lutheran New Mexico Advocacy agenda can be found here: <https://www.lutheranadvocacynm.org/issues/advocacy-agenda/>

A number of presentations and activities took place on this day, as follows:

- 1) An excellent devotion by Pastor Paul Schick on the law and prophets [basically on people who love order, organization and structure and people who love change and reorganization. These two groups actually need each other and need to work together!];

Continued next page



Journeys with Jesus ... continued from previous page

- 2) A presentation by the executive director of “NM Voices for Children” on the state of children and families;
- 3) A brief talk by representatives from the ACLU on their legislative priorities;
- 4) A presentation, by “Lily”, on “good governance” issues including an explanation of New Mexico’s “opaque” budgeting process and the challenges of creating / negotiating fair and equitable voting maps;
- 5) A concluding talk by our bishop asking us which comes first, the chicken or the egg: the call to justice or the lived experience of people suffering from injustice? *What do you think?!*

What follows are some of the things learned at this very worthwhile church conference:

- “**NM Voices for Children**” presenter reminded us of the truly difficult conditions of many of children (and their families) in our state. NM is ranked 48th in economic well-being; 50th in education; 39th in health; and 48th in family/community life (and I think these are pre-covid statistics). Impoverished families face formidable economic instability: 18% are unsure if they can pay their monthly rent; 54% have trouble paying regular bills; 32% are not eating healthy meals.
- **Nevertheless**, “NM Voices for Children” representative said that there has been **improvement!** NM has improved on 12 of 16 “Kids Count” Indicators. Kids Count is a project of the Annie E Casey Foundation and provides national data on children and families. You can find more information at this organization’s excellent website: <https://www.nmvoices.org/>

Other bills that caught my attention:

- **SB 252 – “Use of Force”** (ACLU) – This bill will establish a statewide use-of-force for the police (setting procedures or guardrails for the use of force, a database, a duty to intervene etc.). I encourage you to read the bill! We will be talking about this in our Sunday Adult Forum series: *Wired Word*.
- **SB 64 – “No Life Sentence for Juveniles”** (ACLU)– ending life without parole for children who have committed crimes and creating a “developmentally – meaningful timing for parole eligibility for those already serving long adult sentence.”
- **HB 139 – “Eliminating Court Fees”** (ACLU) - Fines or “court fees” are part of the sentencing, I learned. ACLU argues that “Law enforcement wastes resources on debt collection, sometimes for fees levied on people who are never even charged or had their cases dismissed.”

All in all, a fascinating conference! It is eye-opening to learn about the legislative process and to hear tales of raw political power at work! On another level, it was evident that New Mexico is a one party state and the presentations seemed to be dominated by this party platform (disclosure: I’m registered as an independent). I wonder if and how our church can be a reconciling force between the polarizing elements in our state and national politics.

Pastor Wayne

A quote for your consideration (!):

Richard Mouw (previous president of Fuller Seminary) speaking at a Reformed Synod meeting: “He began with a quote from **Martin Marty**: “It is a fact of public life when it comes to religion and politics, the committed lack civility and the civil often lack commitment. What we need is a **committed civility.**”

“It seems” said Mouw, “that is precisely the point made in the New Testament.”



Midweek Soup Supper & Lenten Service

Wednesdays, March 1, 8, 15, 22, and 29

5:30 PM: Soup Supper, in the Fellowship Hall

6:15 PM: Lenten Worship & Healing Prayer, with dramatic readings

Things of God - Dramatic Readings

March 1:	Coin	Soup Supper sponsored by: Sanctuary Choir
March 8:	Cup	Soup Supper sponsored by: Noon Grace class
March 15:	Sign	Soup Supper sponsored by: Children, Youth & Family ministries
March 22:	Sponge	Soup Supper sponsored by: Women's GATHER Bible study
March 29:	Thorn	Soup Supper sponsored by: Preschool Committee

A free-will offering will be collected for Earthquake Relief in Turkey & in Syria

Easter Egg Hunts

'Official Bunnies' for Egg Hunts on Easter

Youth are invited to hide and lead the egg hunts. On Easter Sunday, meet in the Youth room at 9:15 a.m.

To volunteer, contact Bev Berardinelli at birdnbev@comcast.net.

Help Needed with stuffing eggs for the Egg Hunts on Easter

The weekend of March 25 & 26, after each of the three services.

The "filling stations" will be located either in the narthex or outside if weather permits. All materials will be provided; just show up with your helping hands. Thank you!

For more information, contact Bev Berardinelli at birdnbev@comcast.net.



Music Ministries

Danielle Cordova, Coordinator

stlukemusicdirector@outlook.com

(505) 299-2621

Midweek Lenten service in the style of Taizé – *What is it?*

The Taizé community is a French monastic fraternity that is known for its unique style of musical prayer. Simple, short lines of chant and canons are echoed over and over as a means of meditation, and unlike traditional hymns, there isn't a set number of verses or repetitions. Whenever the chants do stop on their own, the silence that follows is embraced to listen for God's response.

The Midweek Lenten services this year will feature these simple melodies each week and will also feature dramatic readings in the series "Things of God." We invite you to pray, to sing, to meditate, to listen, to seek Jesus with us each Wednesday in March at 6:15 pm.

Calling for Extra Choir Singers During Lent!

Have you been curious about joining choir? On Good Friday, the St. Luke Sanctuary Choir will be singing *Hear Us, Holy Jesus: Meditations on the Passion and Death of Christ* by Douglas Wagner. We will be practicing this work on Wednesdays from 7:00pm to 7:45pm (the first half of the regular choir rehearsal time) throughout Lent to prepare for Holy Week. Reading music is NOT required, and there's no audition to join—just come sing with us! There is an elevator to the choir loft if you are in of need mobility assistance.



Seder

Dinner at St. Luke

When: Palm or Passion Sunday Evening (April 2nd)
at **4:30 PM**

For Whom: Young and old –
your family and friends

Where: St. Luke – in the Fellowship Hall!

What to bring? 1) a Middle Eastern Dish to share; 2) a bottle (or 2) of wine and/or Grape juice.

What is the Seder? The Seder meal served on the first night of Passover, commemorating the flight of the people of Israel from Egypt. Presided over by the heads of the family, the Seder follows a liturgy, the Haggadah, that reminds the participants of the story of the Exodus.

The ritual includes blessings, the pouring and drinking of wine, ritual questions about the meaning of the meal (“Why does this night differ from all other nights?”) asked by the youngest child present. The meal includes *matzah* (unleavened bread), *maror* (bitter herbs), *hazeret* (second bitter herb), *haroset* (sweet fruit paste), *karpas* (green herbs), salt water, wine (or grape juice), a *beitzah* (roasted or hard-boiled egg), and roasted lamb (*or zeroa*, which is a shank bone). The various foods symbolize the bitterness of slavery and the haste with which the Israelites had to leave Egypt.

Why are Christians celebrating the Passover Seder? There are many evidences that (in the New Testament and in the tradition) that Jesus was celebrating the Passover Seder with his disciples at the time of the institution of the Last Supper or the Lord’s Supper. The Seder meal provides us a window into our Old Testament traditions and to be mindful of the past we share with our Jewish brothers and sisters.

What’s the mood of the Seder? Since the meal remembers both the slavery that the Israelites endured in Egypt and their freedom ... it is serious, playful. A sign-up is posted at church, in the narthex.

What are you to bring? Middle Eastern Foods!!!!

We pause during the Seder ... to have a potluck Middle Eastern Meal.

Here are some examples of what you can bring:

- | | |
|-----------------------------------|---|
| Falafel | Izmir kafta (middle eastern meatballs) |
| Middle Eastern Salads | Hummus a & Pita (appetizers) |
| Olives | Greek Dinner Salads |
| Chicken with couscous and spinach | Tzatziki (creamy cucumber yogurt) with pita |
| Grilled chicken or beef kebabs | Spanakopita (Greek spinach pie) |

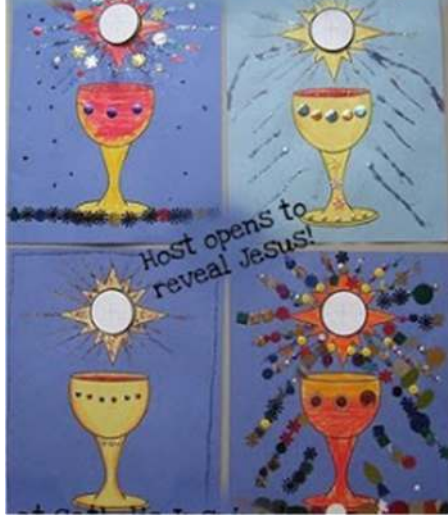
Find something interesting to cook!!



After Dinner

Baklava or any number of desserts suitable for Passover....use your imagination!!!

Jesus in the Eucharist Art Project



St. Luke Bread of Heaven (Holy Communion) Workshop

Sunday, March 26, 2023
12 - 1:30 PM
In the Fellowship Hall

Come to the Bread of Heaven Holy Communion Class, geared for preschool through 8th grade & their families! We will learn the secret of the *real presence*, and bake special communion bread for use on Maundy Thursday.

Please sign up online at StLukeABQ.org.



HOLY WEEK SCHEDULE

APRIL 1 - 8

Passion of Our Lord / Palm

Saturday, April 1, at 5 PM and
Sunday, April 2, at 8:15 AM &
10:30 AM

Procession with Palms and the Reading
from St. Luke's Passion Narrative

Sunday, April 2, at 4:30 PM
Seder Dinner at St. Luke

Maundy (Holy) Thursday

April 6 at 6:15 PM
Personal Absolution and Holy
Communion

Good Friday

April 7, 6:15 PM

*There will be NO services on Holy
Saturday, April 8.*

THE RESURRECTION OF OUR LORD

Sunday, April 9

Easter Vigil/Sunrise Service at 5:45 AM

We begin outdoors by a fire, then
move inside for dramatic readings,
Holy Eucharist, and baptism.

Worship Services at 8:15 AM & 10:30 AM
In the Sanctuary

Between services:

❖ **Easter Potluck Brunch after the 8:15 service**
(~ 9:15), in the Fellowship Hall

Please join us! Family, friends, visitors—all welcome!

Council will provide ham. Please sign up to bring side dishes in
the narthex or online at StLukeABQ.org. We also need a few
volunteers to help set up on Saturday or to help clean up. To
volunteer, contact Cindy Callisto, Council member, at
ccallisto1031@gmail.com or Angie at the church at
stluke@thuntek.net or 505.299.2621.

❖ **Egg Hunts for preschool children to fifth grade**

Bring your Easter baskets for collecting eggs.

♦ Egg hunt for preschool & kindergarten children will be in
the preschool playground.

♦ Egg hunt for first through 5th grade children will be in
the Courtyard.



"I am the
resurrection
and the
life."

John 11:25

The **Wired**
WORD™

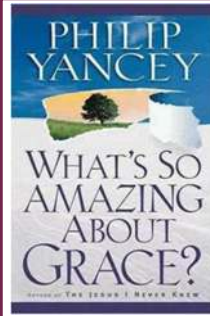
New Adult Forum Series Sundays, 9:15 AM In Fellowship Hall

*[An Experiment at St. Luke!]
Please join us every week - or
whenever you can!*

This Adult Forum series uses *The Wired Word* curriculum, a guided discussion about faith and scripture as it relates to current events.

What happens? Wired Word sends the lesson electronically at the end of each week for the upcoming Sunday. Class members can sign up to receive advance copies of the lesson, which includes: summary, media links, related Biblical passages, discussion questions.
OR, just show up! I'll be leading the first several sessions - let's see how it goes!

Hope to see you there—Pastor Wayne



Discussion Group on

Grace

Wednesdays, 8 AM and
Noon on 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, et al.

To attend the **8AM study**, go online to Zoom.us, enter MEETING ID: 857 4609 7036, then PASSCODE: GRACE

To attend the **NOON study**, go online to Zoom.us, enter MEETING ID: 885 0955 0326, then PASSCODE: GRACE

Think summer!!!

Vacation Bible Day Camp 2023 is just around the corner!!!

Rainbow Trail Lutheran Camp and St. Luke Lutheran Church presents

Vacation Bible Day Camp

JUNE 19 - 23, 2023

Ages: K - 5th Grade

Older kids and teens needed as junior counselors.

Non-church members and friends welcome!

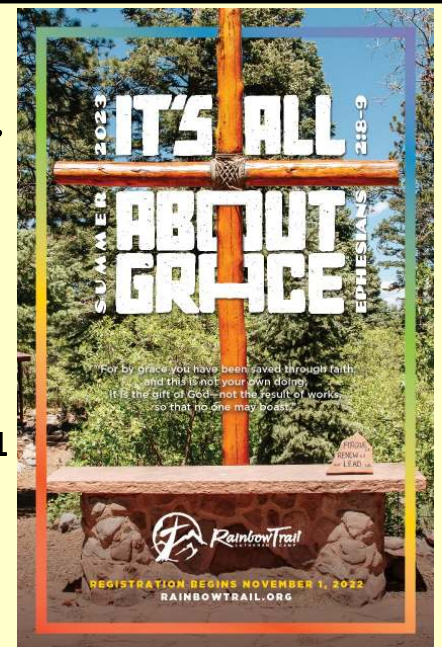
Rainbow Trail Bible Theme for 2023 centers on **Ephesians 3:14-21**

[For by grace you have been saved through faith and this is not your own doing; it is the gift of God—not the result of works, so that no one may boast.]

Mark your calendars today! Stay tuned for more information.

The sign up form is available online at StLukeABQ.org; click on Christian Education; choose St Luke Kids & Youth; then, Vacation Bible Camp.

Questions? Contact the church office at (505) 299-2621 or StLuke@thuntek.net.



ST. LUKE PRAYS

All are invited to participate!

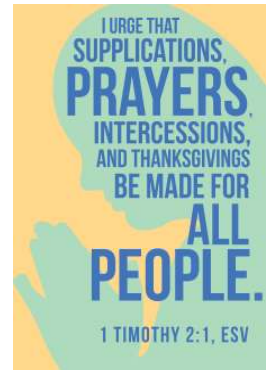
You may attend either the evening or the morning prayer time, or both, on Zoom, as scheduled below:

Thursday, March 9, at 10 AM Go online at Zoom.us; enter Meeting ID: 869 0387 7019, then, Passcode: STLUKEPRAY

Thursday, March 9, 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.



Lenten Prayer Challenge

By Bev Ronkos, Prayer Ministry Coordinator



It is with a grateful heart that I coordinate a team of nineteen Prayer Team members. If these participants are anything like me, they consider their participation in this ministry an honor and a privilege.

Galatians 6:2 tells us, "Carry each other's burdens, and in this way you will fulfill the law of Christ." Praying for one another is a powerful way for us to bear one another's burdens and a powerful gift for the prayer recipient. Like any other gift, praying for others gets our focus off of ourselves and onto the needs around us. Also, praying for others reminds us that we were never meant to carry a heavy load, but to take it to our Father in Heaven.

As we enter the Lenten Season, every member of the congregation is offered the opportunity to participate in a Lenten Prayer Challenge. Please consider joining St Luke's Prayer Team for the 40 days of lent. The time commitment is minimal. In January, seven prayer requests were sent to the Team. The concept is simple; when a prayer request is received, a prayer is then sent to the Prayer Team members via email, text or both. When a Team member receives the prayer, he or she sends the prayer up to heaven.

Are you up for the 40 day Lenten Prayer Challenge?

It is an easy way to strengthen your prayer life and I think you'll find that the more you pray for others, the more comfortable you become and it will continue to be integral part of your spiritual life. Joining the Prayer Team is easy:

- 1) Online at StLukeABQ.org; [location at St Luke's website - click on MEDIA & SIGN UPS, then choose ST LUKE PRAYS];
- 2) Email: stlukeabqprays@yahoo.com;
- 3) Text: 505-307-4732

Bucket of Change

Your Bucket of Change gifts in March 2023 will benefit

Lutheran World Relief (LWF)

Lutheran World Relief responds to natural disasters and conflict-driven emergencies that destroy the life and livelihood of people in Africa, Latin America, Asia, and the Middle East. Lutheran World Relief carries out material aid distribution, relief and development programs overseas, working with a variety of local partners in any given country, including churches, faith-based agencies, and non-governmental organizations.





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! *No Spark on Sunday, March 19. All youth are invited to join the Godly Play class.*

Love God, Love Neighbor 2022-2023

Youth Service-Learning Adventures for Grades 6 - 10 & Up

Second Sundays, 12:00– 4:00pm

(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



NEXT ADVENTURE:

March 12, 2023 St. Luke Lutheran Church

Guests: Coordinators and past participants of Cross of Hope Lutheran Church’s Summer Vacation Bible School Program for children with special needs [offered one week in the summer, in partnership with Rainbow Trail Lutheran Camp].

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



Photo: Adventure at St. Paul on Souper Bowl Sunday, Feb. 12. All foods collected were given to The Storehouse, NM

You're Invited to ...

Elders Alive!

Creativity within You: Cartooning

Tuesday, March 21, 1:30 PM, in the Fellowship Hall

Are you one of those people who throw up their hands and say, "I CAN'T DRAW!"?

Well, YES YOU CAN! Just join in at Elders Alive on March 21st, for Nancy Krenz's program:

"Cartooning for Those Who Can't Draw a Straight Line with a Ruler."

In a comical way, Nancy promises to find the creativity hidden within each of you. Get ready for quick, simple squiggles and lines (with no inhibitions) and a lot of laughter and fun. See you there, all you talented ones!

P.S. No RULERS allowed!!! 😊

MARK YOUR CALENDARS: Tuesdays, April 11 & May 16: Planning meetings on Zoom at 1:30 PM

April 18 In-person event: Topic - Healthcare for the Homeless. Speaker: Cindy Callisto

May 23 In-person event: Topic - Traveling to Holy Land. Speakers: St. Luke members who have explored the Holy Land

February Elders Alive—LOVE: Love God. Love Neighbor

Featuring: The Good Samaritan play (*Parable of the Good Samaritan-Luke 10*)
Producer/Playwright: Pastor Christa

The Traveler



The Robbers



The Levite



The Neighbor

Jesus asked, "Which of these three do you think proved to be a neighbor to the man who fell into the hands of the robbers?"

"The one who showed mercy to him," he (*the scribe*) said.

Then Jesus told him, "Go and do the same." - Luke 10:36-37

The Samaritan



PACKING THE DIGNITY KITS
- For migrants & asylum seekers in & near Ciudad Juárez, Mexico, in partnership with Las Placitas Presbyterian church



Sun

Mon

Tue



5
Nursery Care in the Nursery during services & Sunday School/Forum
After each service: Blood Pressure Screening - Lounge and Coffee Fellowship - Narthex
8:15am Worship Service
9:15am Adult Forum: The Wired Word, in Fellowship Hall
9:15am Salt & Spark Sunday School Opening -Sanctuary; followed by Godly Play & Spark
10:30am Worship Service

12 Daylight Savings Time starts
Nursery Care in the Nursery during services & Sunday School/Forum
After each service: Coffee Fellowship, Narthex
8:15am Worship Service
9:15am Adult Forum: The Wired Word, in Fellowship Hall
9:15am Salt & Spark Sunday School Opening -Sanctuary; followed by Godly Play & Spark
10:30am Worship Service
Noon-4pm Youth Service Learning Adventures, at St. Luke Lutheran

19 Celebrant & Preacher:
Pastor Russ Sorensen
Nursery Care in the Nursery during services & Sunday School/Forum
After each service: Coffee Fellowship-Narthex
8:15am Worship Service
9:15am Adult Forum: The Wired Word, in Fellowship Hall
9:15am Salt & Spark Sunday School Opening -Sanctuary; followed by Godly Play for all; no Spark today
10:30am Worship Service

26
Nursery Care in the Nursery during services & Sunday School/Forum
After each service: Coffee Fellowship-Narthex
8:15am Worship Service
9:15am Adult Forum: The Wired Word, in Fellowship Hall
9:15am Salt & Spark Sunday School Opening -Sanctuary; followed by Godly Play & Spark
10:30am Worship Service
12-1:30pm Bread of Heaven workshop for ages 3 & up, in Fellowship Hall

6 Lutherans School Week 3/6-10
St. Luke Preschool Public Open Enrollment continues
9:50-11:45am Preschool Music classes, in the Sanctuary

13
9:50-11:45am Preschool Music classes, in the Sanctuary
11am Finance Comm. meeting *on Zoom*

20 Spring Break
 Preschool closed March 20-24

27
7am St. Luke Preschool accepting forms & fees for 2023-2024 school year
9:50-11:45am Preschool Music classes, in the Sanctuary

7
9:15-11:45am Preschool Music classes, in the Sanctuary
3:30pm Preschool Staff, in Fellowship Hall
6:30pm Worship, Music & the Arts Comm. meeting *on Zoom*

14
9:15-11:45am Preschool Music classes, in the Sanctuary
1:30pm Elders Alive Planning Meeting *on Zoom*
2:00 pm Staff mtg, in the Conference room

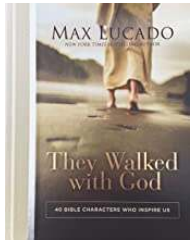
Pastors out of the office 3/14 - 19

21
1:30pm Elders Alive: Creativity Within You, in Fellowship Hall

Pastors out of the office 3/21 - 22

28
9:15-11:45am Preschool Music classes, in the Sanctuary
2pm Staff mtg *Zoom*
7pm Preschool Comm. mtg., *on Zoom*

Wed	Thu	Fri	Sat
<p>1 8am & Noon GRACE class <i>on Zoom</i> 2pm Bells of St Luke - Lounge/Library 5:30pm Soup Supper - Fellowship Hall 6:15pm Worship & Healing Prayer 7-8:30pm Choir rehearsal</p>	<p>2 2-3:30pm Lamplighters meeting—Lounge/ Library</p>	<p>3 9:30am, 10:30am, 11am, 11:30am Preschool Worship-MARY & MARTHA</p>	<p>4 5pm Worship service Nursery care, in Nursery After the service: Blood Pressure Screening, in the Lounge 5pm Live stream worship at StLukeABQ.org</p>
<p>8 8am & Noon GRACE class <i>on Zoom</i> 2pm Bells of St Luke - Lounge/Library 5:30pm Soup Supper - Fellowship Hall 6:15pm Worship & Healing Prayer 7-8:30pm Choir rehearsal</p>	<p>9 9am-Noon Preschool event in Fellowship Hall 9:30am, 10:30am, 11am, 11:30am Preschool Worship-MARY & MARTHA 10am & 7pm Prayer Meeting on Zoom</p>	<p>10 9am-Noon Preschool event in Fellowship Hall</p>	<p>11 9:15-11:45am Women's GATHER Bible study, Brunch, Mini-Rereat - Fellowship HI 1-2:30pm Survivors of Suicide, Youth room 5pm Worship service Nursery care, in Nursery 5pm Live stream worship at StLukeABQ.org</p>
<p>15 Deadline: articles/items for April Horizon newsletter & calendar No GRACE class 2pm Bells of St Luke - Lounge/Library 5:30pm Soup Supper - Fellowship Hall 6:15pm Worship & Healing Prayer 7-8:30pm Choir rehearsal</p>	<p>16</p>	<p>17 9:30am, 10:30am, 11am, 11:30am Preschool Worship— JESUS THE KING</p>	<p>18 Celebrant & Preacher: Pastor Russ Sorensen 5pm Worship service Nursery care, in Nursery 5pm Live stream worship at StLukeABQ.org</p>
<p>22 No GRACE class 2pm Bells of St Luke - Lounge/Library 5:30pm Soup Supper - Fellowship Hall 6:15pm Worship & Healing Prayer 7-8:30pm Choir rehearsal</p>	<p>23</p>	<p>24</p>	<p>25 1-2:30pm Survivors of Suicide, Youth room 5pm Worship service Nursery care, in Nursery 5pm Live stream worship at StLukeABQ.org</p>
<p>29 7am-Noon Preschool event in Fellowship Hall 8am & Noon GRACE class <i>on Zoom</i> 2pm Bells of St Luke - Lounge/Library 5:30pm Soup Supper - Fellowship Hall 6:15pm Worship & Healing Prayer 7-8:30pm Choir rehearsal —church</p>	<p>30 7am-Noon Preschool event in Fellowship Hall 9:30am, 10:30am, 11am, 11:30am Preschool Worship— JESUS THE KING 6pm Church Council mtg., <i>on Zoom</i> 7pm Children, Youth & Family Comm. meeting <i>on Zoom</i></p>	<p>31</p> <p style="text-align: center;">MARCH 2023</p>	<div data-bbox="1182 1633 1458 1791" style="border: 1px solid green; padding: 5px;"> <p style="text-align: center;"><i>Passion of Our Lord</i> & Palm Weekend April 1 & 2</p>  </div> <div data-bbox="1367 1801 1572 2043" style="border: 1px solid purple; padding: 5px; text-align: center;">  <p><i>Resurrection</i> of Our Lord <i>He is Risen</i> SUNDAY <i>April 9</i></p> </div>



Lamplighters

Thursday, March 2

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 March meeting we will discuss chapters: Peter and Jesus' Brothers.

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

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

Saturday, March 11, 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!!!)

March 11 - Session 3: Sanctity of Life and Love (Commandments 5 & 6). In this session, we will review some of the major murders in the Bible. We will also delve into the scriptural witness to the spirituality of sex and the covenant of marriage.

BRING: a) a picture of married couple in your family; b) a symbol of a way in which you help promote health and wellness in your family, community, or church!

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

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

Session three and four studies are found in the March/April edition of GATHER magazine, with copies available at each mini-retreat. Go online to www.gathermagazine.org/bible-study to watch the video supplement.

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



Photo: Beautiful St. Luke women and guests at the February GATHER Bible study



The Wellness Ministry

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

MEMBERS (from the left): Sandy Williams Clark, Gayle Carleton, Twila Randolph, Betty Ann Arner (Chair), Cheryl Folkes, and Deacon Lorna Hansen.



NEXT WELLNESS MINISTRY MEETING

Tuesday, June 6, at 4:30 PM, in the Zuni room
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, usually. No fee. **Saturday, March 4, after the service**, screening by Wellness nurse Cheryl Folkes. **Sunday, March 5, after the 8:15 AM service**, screening by Wellness nurse Gayle Carleton; and **after the 10:30 AM service**, screening by Wellness nurse Sandy Clark. For more information, contact Gayle Carleton at 505-559-3012.

SEASONAL ALLERGIES

By Gayle Carleton, Wellness Ministry Committee Member

IF YOU ARE EXPERIENCING SNEEZING, itchy eyes and nose, and/or throat congestion, you may have seasonal allergies. 36 million Americans have seasonal allergy issues. Symptoms can often come on suddenly and last for a few weeks to a few months. The trigger is commonly pollen released by trees, grasses, and weeds. Seasonal allergies often show up in the spring, fall, and during windy weather but can happen whenever there is a release of pollen.

car seats also need to be vacuumed. In addition to laundering bed sheets weekly; blankets, comforters, and bedspreads need to be laundered often, as well. Avoid hanging clothing and bedding out of doors during pollination season. Home heating and cooling system filters need to be replaced periodically.



REDUCING EXPOSURE to the allergen is the best way to lighten the symptoms:

- ◆ Keep windows closed
- ◆ Remove your shoes when you go indoors
- ◆ Wash your hands and face often
- ◆ Take a shower after being outdoors
- ◆ Bathe and wash your hair before going to bed
- ◆ Bathe pets often if they go out and in

CHOOSE LANDSCAPE options keeping pollination patterns in mind. Plant flowering plants that are pollinated by insects rather than by the wind. In New Mexico cacti and succulents are an option for people with seasonal allergies. Check with your local ordinances to learn which plants are not allowed in your area.

POLLEN COUNTS ARE REPORTED daily in the newspaper and on TV weather reports. If the pollen counts are high try to reduce your outdoor activities. Avoid mowing grass or trimming trees or bushes during allergy season. In Albuquerque the pollen season lasts from March 1st through October 1st.

TALK WITH YOUR HEALTH CARE provider to find out which is the best way to manage your seasonal allergies. There may be natural complementary health approaches that may work for you, or there may be over-the-counter or prescription medications that would be best for you.

INDOORS, KEEP YOUR HOME, car, and office dusted and vacuumed. Use a damp cloth for dusting and use a vacuum with a HEPA filter. Upholstered furniture and

References:
City of Albuquerque Air Quality Bureau, online at www.cabq.gov/airquality/



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, was the recipient of St Luke's Bucket of Change for January; we sent over \$600.

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

- ⇒ 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

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.

** TO: St. Luke church & preschool and the ABQ Lutheran Youth Service Adventures -- Thank you for your gifts of food and diapers. You filled up TWO barrels which Storehouse driver Sam had picked up this week.

** Bucket of Change collected in January 2023 for the benefit of The Storehouse = \$605.35

Information: Debbie Werner at debrowerner89@gmail.com.

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 your 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.

Prayer Shawl Ministry

By Pam Mares, Coordinator

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.



St. Luke Prays

"Therefore I tell you, whatever you ask for in prayer, believe that you have received it and it will be yours." Mark 12:24

For Our St. Luke Family We lift to you:

† Sherri & Bob Domres on the death of Bob's father Ron on February 27
† Don Lange and his children, Curt and Heidi upon the death of their wife and mother, Pat Lange on February 13th. Comfort them and the members of St. Luke where she was a member for many years. May their memories be joyful and allow them to smile.
Thank you, Heavenly Father, for your comfort and love for us. In the midst of mourning may we also experience a deep knowledge of your presence and a sense of gratitude for the goodness of the human family. In Christ we hope for new life and a blessed reunion at the end of the ages. Amen.

Lord, we lift up those who are homebound all over the world. Please bring them peace, comfort and strength and let them rejoice for the things they are able to do. Give all those who look after them patience and compassion and let us know what we can and should be doing for them. We lift up our St. Luke family who are homebound: Polly Brodbeck, Melda Burns, Dorela Cole, Billie Cooper, Leah Coughenour, Dottie Donohoe, Karin Duda, Kay Dunbar, Phoebe English, Lucille Few, Loretta Roe, Lois Rowland, Ardys Theophilus, Donald Vlasaty, Liz Wills

We ask God's presence in the daily life of our preschool. Be with the students, teachers, and staff as they grow together.

We pray for those who do the work of the St. Luke church. We ask that they be given energy and direction as they do your will:

- * Pastor Christa and Pastor Wayne as they minister to us
- * Our Council and committee/ministry leaders
- * Those who are employed and those who volunteer

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

Family & Friends of Church Members We place these people in the palm of your hands:

- † Mike Santiago, cancer (from Nancy & Denny Krenz)
- † Mark (from Chuck & Barbara Exley)
- † Donna, breast cancer (Karen Carlson's aunt)
- † Emily & Seth (from Shore Family)
- † Peggy (sister of Sally Trigg)
- † Margaret (mother of Danielle Cordova)
- † Avery, 12, diabetes (granddaughter of Mary Voelz)
- † Jane (from Shore family)
- † Brandon, Nicole, and Chris (from Camille Lynn)
- † Marcia McKnight, stage 4 cancer, in hospice (very good friend of Cathy Plummer)
- † John, evaluated for ALS (cousin of Karen Carlson)
- † Chet, complicated medical issues (uncle of Karen Carlson)
- † Luther, healing (from Marina Mauney)
- † Family of Alexis on her death (niece of Lori Erven's brother)
- † Family Elchin on her death in Turkey (from Preschool)
- † Brandon, Chris, Sue & Kelsy (from Nancy Espy)

† Siobhan Jean, Mary's grandchild (from Steve & DeAnn Eaton Azar)
† Mark, cancer diagnosis (from Mary Voelz)
† Holly, healing from cancer & surgery, and her mom Kaye Martin (St Luke member)
† Pat, fighting cancer (from Berardinelli Family)
† Graciella, fighting cancer (from Sherri Domres)
† Carl, for healing (son of Marina's husband)
† Penelope (great granddaughter of Rosetta Bidne and grandniece of Dawn Meyer)

Received from St. Luke Website Please let your presence be known to:

† Samuel H who has requested help with his career

Prayers of Thanksgiving Lord, you are so good and your love endures forever. We are thankful that when we call to you, you answer. Thank you for the continued healing of Cindy Bingaman (daughter-in-law of Betty Bailey), Jack Raitt (brother-in-law to Dave and Betty Begeal), who is 1 year post double lung transplant surgery and doing well, Carly Bishop (friend of the Carleton Family) who is cancer free after treatment and Sue as we celebrate her positive treatment outcomes after stem cell transplant (Pastor Christa's sister-in-law). Thank you for all our answered prayers.

For Our Community, Country and the World We ask you to be with all those that work for our Bucket of Change recipient for March, Lutheran World Relief as they provide relief to earthquake ridden Syria and Turkey. Open the hearts of all people around the world so that they may give generously.

Ever-present God, help us understand, respect and set aside our differences so that we might be empowered by our unity in Christ and embrace our complementary gifts and passions to do God's work in the world, "for we are God's servants, working together" (1 Corinthians 3:9).

We give thanks for spring and the hope of warmer, longer, brighter days. May the sunlight and the rain be reminders that you are at work renewing the earth. Throughout spring and Lent, continue to open our eyes to the possibilities before us.

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. 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.





St. Luke Preschool



Growing with God Since 1956

(505) 292-8812 | STLUKEPRESCHOOL1956@gmail.com | stlukepreschool.org



Lutheran Schools Week is a time to join your ELCA school in celebration of ministry through faith and education!

Learn more about ELEA schools and learning centers by visiting www.elcaschools.org.

At the preschool, we will be celebrating Lutheran Schools Week with pajama days, school spirit days, story time with the Children’s Librarian from the Tony Hillerman Library, and dressing up as storybook characters!



It’s open registration time and we are excited about our program! If you are considering preschool for your child or grandchild for the 2023–2024 school year, you can visit www.stlukepreschool.org for more information and registration forms. You can also contact the preschool at 505-292-8812!

We will be receiving special contributions to Lutheran World Relief-earthquake relief at our Lenten Soup Suppers and mid-week Lenten services.



LUTHERAN WORLD RELIEF RESPONSE

We are delivering aid and support to children, women and men devastated by the earthquakes in Türkiye (Turkey). According to the Turkish Disaster and Emergency Management Authority (AFAD) and recent UN Flash Appeal, **more than 9.1 million people have been affected in 11 provinces** in Türkiye and **more than 47,000 buildings have been destroyed or damaged** since the initial earthquake struck on February 6, 2023.

Our response in Turkey includes:

- Shipping LWR Quilts, Baby Care Kits and Personal Care Kits.
- Airlifting urgently needed supplies including tents, tarps, winter clothing and solar lights. An initial shipment arrived in Türkiye on February 20.
- Coordinating with partners to distribute ready-to-eat food and hot meals, sleeping bags, sleeping mats and winter clothing.
- Conducting rapid needs assessments in affected areas.

KEY FINDINGS FROM NEEDS ASSESSMENT

Our Humanitarian Action team conducted needs assessments on February 16 in earthquake-affected areas of Kilis, Islahiye and Nurdagi. The assessments included focus group discussions, key informant interviews and observations.

In all areas, much of the population is sheltering outside in tents in winter temperatures, which often fall below freezing. There is snow on the ground in many areas.

- **Kilis:** The team observed heavy damage but less structural damage than Islahiye and Nurdagi. The city is experiencing an influx of people from more severely affected areas.
- **Islahiye:** There is severe damage, toppled buildings, cracks in remaining structures and rubble throughout the city. People are sheltering in tents. Very little aid has reached this area.
- **Nurdagi:** Extreme structural damage, collapsed buildings and rubble observed. Most people are sheltering in camps. The camps have very limited lighting and few bathrooms.

The most urgent needs are:

- Food
- Warm bedding and winter clothes
- Lighting for camps to improve safety especially for women and children
- Hygiene kits
- Toilets and bathing facilities
- Psychosocial first aid and mental health services
- Child friendly spaces

We are grateful for the thousands of Lutherans across the United States whose care and generosity have made it possible for us to respond immediately. At this time, financial gifts are the number one need to assist families affected by the earthquakes.

Until your love reaches every neighbor.



LUTHERAN WORLD RELIEF

LWR.ORG



Adventure to Israel

October 2023

This coming October, Dawn Meyer will lead an adventure into the heart of where Jesus did His ministry and performed miracles.

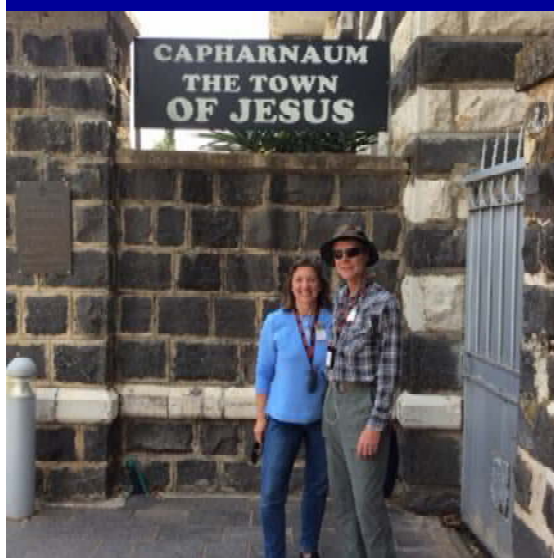
The webpage for this exciting excursion is www.inspirationcruises.com/dni. Please reach out to Dawn at dawnmeyer@juno.com or at 505-401-1296 with any questions.

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

Garden of Gethsemane



Capernaum



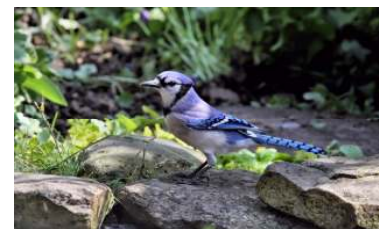
Mount of Olives



Shared by St. Luke member Dorthie Carr

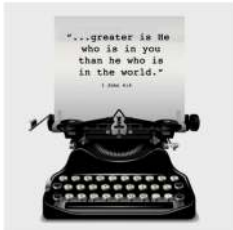
Share Your Home & Hospitality with an AFS (American Field Service) Exchange Student

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 Plant, given by

March 4-5 Dave & Betty Begeal, to the glory of God

Sanctuary Candle for March

Alison Schuler, in thanksgiving for the blessed and completed lives of Lyman Sandy and Irma and Richard Schuler

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.

In Lent, although we do not place flowers on the altar, you may offer a plant. Donation: \$35 per plant.

Thank You

✧ Bless Your Children volunteers on Saturday, February 25, for removing the unstable cabinet doors in the church office work room. It's now easier to get to the office supplies and books.



Deadline

✧ Wednesday, March 15, 2023: deadline to submit articles for the **April Horizon newsletter** and items for the **April 2023 calendar**.

In Memoriam

PATRICIA LANGE

November 1937 - February 13, 2023

We are very saddened by the death of one of our church family members Pat. We take comfort in the Lord's promise that if we believe that Jesus died and rose again, in the same way, through Jesus, God will bring with him those who have fallen asleep *(1 Thessalonians 4:14)*.



We remember her family in our prayers, husband Donald, children Curtis and Heidi, grandchildren Cory, Travis, Tara, and Amanda.

March Birthdays

- 02 Haeden Randolph
- 03 Rose McFall
- 06 Ava Gutierrez
- 11 Pamela Makarenko
- 13 Elizabeth Egenes
- 20 Lauren Hollowwa
- 28 Colin Aaker
- 29 Gabriel Welch, Sr.
- 30 Liane Geiger

March Wedding Anniversary

March 20

Pastor Christa and Pastor Wayne

Youth Baptism Anniversary

March 13

Ariel Skye Garcia

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

**Bless Our Children Work Day on Feb. 25 –
THANK YOU! - By Danielle Cordova**

Thanks to all who rolled up their sleeves and got to work on the Godly Play Room and the Preschool Music Classroom. We scrubbed shelves; we laid foam tile; we reorganized teaching supplies; we rearranged furniture; we made space for new materials and decorations; but most importantly, we truly blessed the spaces where the children of our congregation learn and sing. Thanks for your help in maintaining the beauty of St. Luke!



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, *Business Manager*

Danielle Cordova, *Coordinator of Music Ministries*

Pamela Franco, *Media Ministry Assistant*

Nancy Granert, *Organist*

Angelica Miller, *Office Manager, Ministry Assistant,
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)

Marshall Shore: *President, Executive Comm., Property*

Greg Haschke: *Vice-President, Executive Comm.,
Stewardship, Sanctuary Choir*

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

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

Cindy Callisto

Alison Schuler

Ken Sorenson: *Property, Budget, Stewardship, Trust*

Pastor Christa and Pastor Wayne

St. Luke Preschool

Phone: (505) 292-8812

E-mail: stlukesc@thuntek.net

Website: www.stlukepreshool.org

Lori Erven, *Director*

Jane Clinger,

Office Administrator

Growing with God



St.LukePreschool

Horizon Newsletter is a monthly publication

of ST. LUKE EVANGELICAL LUTHERAN CHURCH

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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

The law of the Lord is perfect, reviving the soul; the testimony of the Lord is sure, making wise the simple; the precepts of the Lord are right, rejoicing the heart; the commandment of the Lord is pure, enlightening the eyes; the fear of the Lord is clean, enduring forever; the rules of the Lord are true, and righteous altogether. More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb.

- Psalm 19:7-10