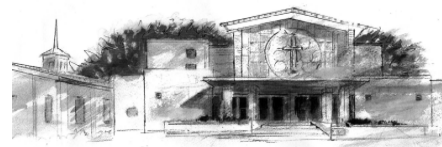




# St. Luke Lutheran Church

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*



## 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](https://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



**MAY 2023**

## Highlights:

Journeys with Jesus and Pastors Christa & Wayne  
*p 1-3*

Celebrating the Women God has given to us to love and to cherish *p 3*

New Wednesday Discussion Book Study: Will Campbell's "Brother to a Dragonfly" and "Writings on Reconciliation and Resistance" *p 3*

Summer Worship *p 4*

Children's Ministry  
*p 5, 7-9*

Prayer Ministry *p 6, 17*

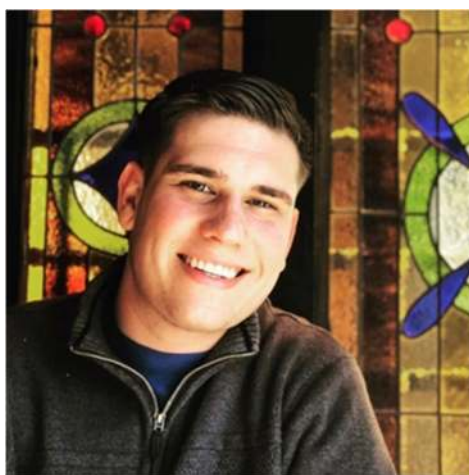
Women's Ministry *p 10*

Vacation Bible Day Camp  
*p 11*

Elders Alive *p 13*

## Journeys with Jesus

*and Pastors Christa & Wayne*



Announcing:

**PASTORAL INTERN  
BENJAMIN BERNSTEIN**

*Coming to St. Luke and Holy Cross Churches*

**In August 2023!**

Yes, we have recently received the good news, from Lutheran Theological Southern Seminary (Columbia, South Carolina) that pastoral intern **Benjamin Bernstein and his wife, Courtney** will be coming to Albuquerque in August!

All Lutheran candidates for ordination as pastors are required to serve an extended internship, normally for 12 months. Seminary training is usually a 4 year program following this pattern: 2 years course work, 1 year internship, and 1 year course work back at the seminary (but this traditional pattern is beginning to change due to the current shortage of pastors in the ELCA).

St Luke has hosted a number of pastoral interns in the past and we are thrilled that you, the congregation of St. Luke, have accepted and welcomed the possibility of having another intern in our midst.



### **A little review of pastoral internships:**

Internship is a key component in ELCA candidacy. Candidates on internship have been endorsed or approved by their synod and seminary to continue with this stage of their education. Internship provides experience under the supervision of a pastor and internship committee to grow in their calling and role as Christian public leaders. We as a church will endeavor to provide a wide range of learning opportunities on three levels: "learning skills of ministry, learning a proven style of ministry, and developing an effective style of ministry."

During internship students will:

- ◆ engage in the role of a Christian public leader
- ◆ participate in a full range of ministry and professional experiences,
- ◆ hone their knowledge and skills in proclaiming God's promises of love and reconciliation
- ◆ lead and support the development of new programs and worshiping communities
- ◆ equip communities to love and serve their neighbors.

### **Some tidbits about Benjamin Bernstein and Courtney:**

Benjamin grew up in Spartanburg South Carolina and obtained a Bachelor of Arts at the University of South Carolina Upstate in Communication with a minor in Religious Studies. He has been a lifelong Lutheran in a vibrant congregation (St. John's) that "walked with me, inspired me, helped me to identify my gifts as a leader in the church." He writes, "I experienced a call to ministry while serving in various lay leadership roles in the congregation."

While at Southern seminary, he is working as the Director of Youth and Family Ministries at a local Lutheran church. He writes: "I love my job and a passion of mine is helping to nurture young people's faith. It is a joy of mine to serve in the South Carolina Lutheran Youth Organization and the Mass Gathering planning team for the ELCA Youth Gathering."

Benjamin is newly married too! Courtney and Benjamin married in March of this year! They will be spending their first year of marriage in "Land of Enchantment." How appropriate! Again Ben writes: "I also enjoy spending time with Courtney and my dog Cooper! Together we love watching football, cooking and dining in local restaurants."

**We are excited!** Pastor Christa and I are happy and eager to have Ben with us. We are currently working out the details of sharing an intern with Pastor Matt Powell and Holy Cross Lutheran Church.

### **Some details/ questions we are currently working on are:**

- ◆ Working out the particulars of sharing (50-50) an intern with Holy Cross and Pastor Matthew Powell.
- ◆ Forming an internship committee that will support, encourage, and review our intern's work.
- ◆ Finding a secure apartment for Ben and Courtney (and their 70 lb. dog, Cooper) that is in close proximity to St. Luke and Holy Cross.
- ◆ Clarifying the financial details of supporting our intern with Holy Cross.

### **Things you can do:**

- ◆ **Pray for Benjamin and Courtney** as they pursue their call to ministry.
- ◆ **Pray for St. Luke and Holy Cross** – that we will be a nurturing, instructive, discerning, exemplar community in the formation of Ben as a pastor.
- ◆ **Pray for a secure apartment** for this couple! *If you have any leads, please let us know!*
- ◆ **Royally welcome** Ben and Courtney! Plan to invite them to your homes for dinner! Give them a tour of ABQ. Invite them to some of the local attractions (zoo, museums etc).
- ◆ **Offer additional financial support.** Watch for opportunities, including a special financial appeal (details yet to be worked out with our St. Luke Stewardship and Council), in the near future.

We are looking forward to Ben and Courtney's arrival! We are looking forward to the gifts, talents, new and innovative ideas about church life in the 21<sup>st</sup> century that he/they will have to share!

*Pastor Wayne (and Christa)*

## Celebrating the Women God has given us to love and cherish:

We need Great Photos of you with your mom, grandma, sister, Aunt or Godmother to honor and / or remember this Mother's Day weekend at St. Luke, May 13-14

BY May 7th, send in ONE or TWO photos of that special person - at least one photo should show YOU with the person you are honoring. They can be old or recent photos.

*Please include your names/relationship:*

*for example,*

*picture 1: Christa von Zychlin & big sister, Karin,*

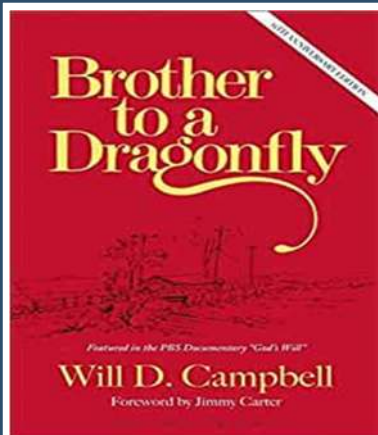
*picture 2: Wayne Nieminen & sister-in-law Karin,*

*picture 3: Pam Franco & mom Ema,*

*picture 4: Max Koontz and grandma Sandy.*



Bring your photo to the church office or send it via email to [cpamfranco@gmail.com](mailto:cpamfranco@gmail.com) or church office email. More info (209) 7703989



Announcing:

### A New Wednesday Discussion Book Study Topic: Will Campbell's "Brother to a Dragonfly" and "Writings on Reconciliation and Resistance"

**Beginning:** Wednesday, May 10<sup>th</sup>

**Zoom times:** 8 AM and Noon

**Facilitator:** Pastor Wayne

**From Pastor Wayne:** I read "Brother to a Dragonfly" a number of years ago, as a young pastor, and was affected by this renegade Baptist pastor and civil rights activist life story. Brother to a Dragonfly focuses heavily on his relationship with his brother growing up in an impoverished corner of Amite County in Mississippi. Despite similar upbringings, his brother died of substance abuse. His book is also a deep dive / reflection on race relationships in the south, his work as an activist (for the National Council of Churches) and criticism of the white liberal church that he believed had sold its soul to the power of legislation and political science rather than to the scandalous politics of Jesus. We will be meeting **roughly every two weeks**, due to my varied schedule in May and June.

**Tentative Dates:** May 10<sup>th</sup>, May 24<sup>th</sup>, Jun14, & June 21.

- ◆ Used copies of "Brother to a Dragonfly" can be bought at Amazon for about \$6.00.
- ◆ We will be reading a couple of essays or speeches from Campbell's "Writing on Reconciliation and Resistance." So don't buy it!
- ◆ We will also be viewing "God's Will" - a documentary on Campbell.

*"I came to understand the nature of tragedy. And one who understands the nature of tragedy can never take sides." - Will D. Campbell*

# Weekend of Pentecost

May 27 - 28

We will be celebrating the Day of Pentecost at all services.

*Let's make it festive!*

*Let's come to church wearing red or orange or yellow!*

Jesus said: "But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth." Acts 1:8

When the day of Pentecost arrived, they were all together in one place. And suddenly there came from heaven a sound like a mighty rushing wind, and it filled the entire house where they were sitting. And divided tongues as of fire appeared to them and rested[a] on each one of them. And they were all filled with the Holy Spirit and began to speak in other tongues as the Spirit gave them utterance. Acts 2:1-4



## Summer Worship Schedule:

June 10<sup>th</sup> – August 12<sup>th</sup>  
(10 Weeks)

### Sundays:

8:15 AM - Outdoor Courtyard Worship

10:30 AM - Indoor Sanctuary Worship

- Live-streamed (*go online at [StLukeABQ.org](http://StLukeABQ.org)*)



***Saturday Evening Worship will pause for the summer for 10 weeks.*** The last Saturday evening service will be on June 3<sup>rd</sup> and will resume on August 19<sup>th</sup>.

**Note:** The St. Luke Council approved the Worship, Music and the Arts recommendation concerning this summer 2023 worship schedule (which is similar to last year's summer schedule).



St. Luke

## CONFIRMATION

**New Cohort STARTING soon in 2023**

*(Sundays and/or Wednesdays depending  
on YOUR availability)*

Are YOU heading into 6<sup>th</sup>-9<sup>th</sup> grade, (or later high school and not yet confirmed) **or do you have friends, kids, grandkids, or neighbors** who are?



**St. Luke Church hopes to assemble a small group of three or more for our newest Confirmation Group:**

- † Bible Exploration (including Luther's Small Catechism and Bible Basics)
- † Worship participation (acolyte, reader, special announcements, etc. – you choose!)
- † Worship Service Reports (a.k.a. "Blue sheets")
- † Albuquerque wide *Love God. Love Neighbor.* Once-a month service-learning projects with other churches
- † Other field trips, potentially with Camino de Vida, our partner Spanish-speaking congregation or out to Lutheran Navajo Mission.
- † Rainbow Trail Confirmation Camp in Colorado
- † Other creative interactions including skits, service, art and video projects
- † A Final Confirmation Project, and the rite of Affirmation of Baptism

Members, neighbors, friends, and new participants are ***all*** welcome. The focus is:  
**EXPLORING** and becoming **EQUIPPED** for a life-long Christian faith journey.

Please contact Pastor Christa at [pastorchristaABQ@gmail.com](mailto:pastorchristaABQ@gmail.com) or call the church office to sign up today! We are praying for 3-5 youth. We can't wait to see YOU at our confirmation workshops! – Pastor Christa



# 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, May 11, at 10 AM** Go online at Zoom.us; enter Meeting ID: 869 0387 7019, then, Passcode: STLUKEPRAY

**Thursday, May 11, 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.

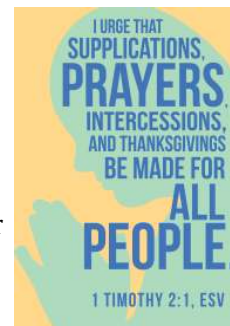
For information, contact Bev Ronkos at [StLukeABQPrays@yahoo.com](mailto:StLukeABQPrays@yahoo.com) or by phone call or text at 505.307.4732.

## St. Luke Prayer Team

*By Bev Ronkos, Prayer Ministry Coordinator*

Please consider joining St Luke's Prayer Team. The time commitment is minimal. 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.

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



## Bucket of Change

Your Bucket of Change gifts in May 2023 will benefit

## HopeWorks in Albuquerque

Website: [hopeworksnm.org](http://hopeworksnm.org)



HopeWorks Day Shelter provides a place for individuals experiencing homelessness to rest, receive meals, clothing, showers, storage, and more – all while obtaining supportive services and housing. By providing easy access to basic needs, the Shelter serves as an important entry point to their agency. Coordinating rapid, affordable, and stable housing and supportive services (including case management) for the clients leads to a much better chance of success. HopeWorks provides a residential treatment program for those who are experiencing homelessness and have been diagnosed with a mental health illness and substance use issue. Clients stay for up to one year and work on their sobriety through groups, individual therapy, case management, and wellness activities.

## Thank You

From Lutheran World Relief  
Thank you for your renewed support for our good neighbor. Your love and kindness will transform lives and foster compassion.  
In Christ,  
Jamie Lemon  
Manager for Congregational engagement

## Stewardship Report

Thank you for your gifts:

- ◆ Bucket Change in March to benefit Lutheran World Relief: \$568.22
- ◆ Lutheran World Relief for Turkey: \$130.16

# Weekly Children, Youth & Family Music & Bible Adventures

Spread the word! Invite a friend!



*Sundays, May 7, 14, & 21 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 and Kids Spark*

\*\*\* Salt & Spark Last Day (for school year 2022-2023) Sunday School Celebration will be held on Sunday, May 21, 9:15-10:15 AM, in the Sanctuary.



**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!

**Salt and Spark 2023 - 2024 will start in the fall. Watch for more information in the weekly St. Luke GPS and August 2023 Horizon newsletter.**

For more information, please contact Children, Youth & Family (CY&F) Chair Holly Trujillo at [CY&F@stlukeABQ.org](mailto:CY&F@stlukeABQ.org) or Pastor Christa a [pastorchristaABQ@gmail.com](mailto:pastorchristaABQ@gmail.com). The next CY&F committee meeting will be on Tuesday, May 9, 7 PM on Zoom.

# 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

**October 9th** Host Church: St. Luke Lutheran Church; St. Francis & God's care of creation - made dog biscuits and dog pull toys that were given to the **Storehouse**/ people and their pets, plus a visit from Pr. Janet Morse who fosters kittens (there were kittens!!)

**November 13th** Host Church: All Saints Lutheran Church: -Watched the movie *Encanto* Explored refugees in the Bible and what it means to seek a home. Put together snack bags & welcome kits as a service project for **ABQ Asylum Seeker Welcome and FaithWorks**.

**December 11** Host Church: Cross of Hope to **Mandy's Farm**, offering a variety of educational and therapeutic services, working on a farm setting with people living with disabilities. Ended with a worship-skit on the Friends who opened the roof to bring their friend to Jesus.

**January 8** Host Church: Cross of Hope: **Tres Hermanas Farm** a ministry of **Lutheran Family Services** devotions/skit led by St. Luke Youth re: Good Samaritan

**February 12** Host Church: St. Paul Lutheran ... **The Storehouse** - a community resource fighting hunger, Storehouse offers **FREE** food to people who need it regardless of their income; Shopping sprees – How far will \$50 go?? Over \$1,000 worth of healthy food and cash collected for the Storehouse.

**March 12** Host Church: St. Luke Lutheran ... **Summer Vacation Bible School Program for children with special needs**, offered at Cross of Hope one week in summer, in partnership with Rainbow Trail Lutheran Camp

**April 16** Host Church: All Saints Lutheran ... **Wings for Life**: Transforming lives to break generational cycles of incarceration; made mini-goat milk soaps and care packages for the families!

## NEXT ADVENTURE:

**\*\*Sunday, May 7** (first Sunday)

**Noon - 4 PM. Host Church: St. Luke Lutheran Church**

Service-Learning Adventure: **Saranam**: To empower families to end their homelessness and poverty through housing, education, and supportive communities.

Wear casual work clothes you don't mind getting dirty—we will travel to Saranam's Family Center, only 4 minutes drive from St. Luke and do some hands-on work including:

- 1) Organizing supply room
- 2) Dusting the library
- 3) Sprucing up some paint (minor painting, not huge)
- 4) Hanging some signs around the playground



Website: [saranamabq.org](http://saranamabq.org)

*Making change for good -  
one family at a time.*

Our two-generational approach  
is a permanent solution to home-  
lessness & poverty.

**UPCOMING EPISODES IN 2023** (in planning stages; mark your calendar!)

September 10      October 8      November 12      December 10

**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](mailto:pastorchristaabq@gmail.com) at St. Luke Lutheran Church, ABQ or text 920-489-0650

# Love God, Love Neighbor 2022-2023

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



Our Love God. Love Neighbor. ABQ Youth had a fabulous time with the **Wings for Life** learning April 16.



ANN EDENFIELD SWEET is an excellent presenter for all ages with interactive illustrations, personal sharing, and down-to-earth facts about prison life today.

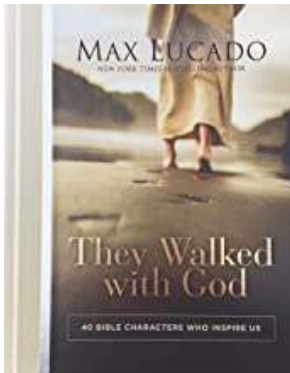
Thanks to Katie & family for initiating the connection with [Wings for Life](#), and for the goat milk soap service project, and thanks to Pastor Kristen and All Saints Lutheran churches for the gift bag assembly materials and for hosting us!!!

We concluded with a study of Acts 16 (Paul & Silas in prison, plus the human trafficking of a young slave girl).



Then the *grand finale* was a Confetti Easter Egg smash! Naïve Pastor Christa had no idea these were meant to be smashed on people's heads!!!! Note the colorful hair :) (Sorry you missed it Myah, but I saved a couple eggs for you for NEXT TIME!!!)

*Thanks be to God for all participants!!!*



## Lamplighters

Thursday, May 4

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

We are reading "They Walked with God: 40 Bible Characters Who Inspire Us," by Max Lucado. At the May meeting we will be studying Moses - page 189 and Mary Magdalene - page 153. If time allows we will also discuss Noah - page 209. Diane Quarles will be leading the discussion.

If you have any questions contact Gayle Carleton at 505-559-3012 or at [lamplighters@stlukeABQ.org](mailto:lamplighters@stlukeABQ.org). We would be happy to have anyone interested to join us.



## Mother/Child/Neighbor/Sister/Niece/Friend Women's GATHER Bible Study, Brunch & Mini - Retreat

May 13th. 9:15 - 11:45 AM  
in the Fellowship Hall



**Challenge: Invite a friend, neighbor, or family member to come with you - we hope to have at least twice the attendance as at our usual gathering.**

Spring  
Women's

GATHER Bible study  
Brunch & Mini-Retreat



**POTLUCK BRUNCH - Bring a brunch item to share.**

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



# VACATION BIBLE DAY CAMP

JUNE 19 - 23, 2023  
Ages: K - 5th grade



Older youth & 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).**

VACATION BIBLE DAY CAMP SIGN UP AT

[StLukeABQ.org](http://StLukeABQ.org)

Questions? Contact VBDC Coordinator Donna Berardinelli or the church office at (505) 299-2621 or [StLuke@thuntek.net](mailto:StLuke@thuntek.net).

Rocky Mountain Synod New Mexico  
Pastors' Bishop Retreat 2023  
at Holy Cross Retreat Center, Las Cruces, NM



**Easter Questions from the NM Pastors' Bishop Retreat**

- ☞ What is your favorite part of Easter?
- ☞ How do you stay focused on the Resurrection throughout the year?
- ☞ What do you appreciate about the change in seasons?
- ☞ With whom do you need to share the story of Jesus' death, burial, and resurrection?
- ☞ What is one unusual tradition or ritual you'd like to make part of your Easter celebration?
- ☞ If you could take an Easter basket to your neighbors, what would you include in it and why?
- ☞ What is one thing you'd like to accomplish this spring?
- ☞ What family member or friend do you wish was with us at the table today?
- ☞ What would be the most amazing thing to find in an Easter egg?
- ☞ What has been the best day of your life so far?
- ☞ What is the biggest struggle in your life right now?
- ☞ What is your favorite holiday and why is it your favorite?
- ☞ What is one thing you really love to do as a family?
- ☞ Where would be the most awesome place to have an Easter egg hunt?
- ☞ If you could attend an Easter sunrise service in any location on earth, what location would you choose and why?
- ☞ What is one way you are using your talents to serve others?
- ☞ If you had to tell the Easter story in just 10 seconds, how would you tell it?
- ☞ What is your favorite Easter memory?
- ☞ What characteristic of someone at the table do you really admire?
- ☞ What pieces of advice would you pass on to the next generation as they establish their own Easter traditions

*You're Invited to ...*

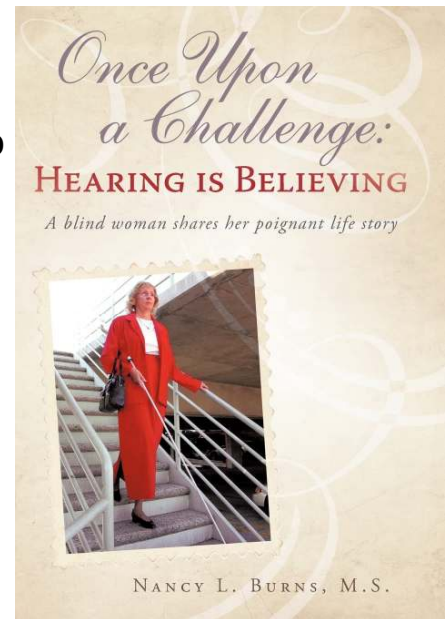
## **Elders Alive! Presents**

**Nancy Burns, an advocate for the blind and relationship with the sighted.**

Tuesday, May 23, 1:30 PM, in the Fellowship Hall

Nancy, blind since age eleven, will talk about her education and journey in life. She has published a book and is working on the second one. For more information on this event and/or to attend the next planning meeting, contact coordinator Judy Moore at [EldersAlive@stllukeabq.org](mailto:EldersAlive@stllukeabq.org) or contact the church office.

Next Planning Meeting: Tuesday, May 16, 1:30 PM on Zoom



*Photos:  
From Elders  
Alive "Travels  
to Holy Land"  
event in April;  
presented by  
Dawn Meyer*



## **"BREADITATION" WORKSHOP: Gluten Free Communion Bread and More**

Saturday, May 6, 9 AM - 1 PM

Zoom (\$20) or In-Person at Messiah Mountain  
Retreat Center (\$40)

We want to bring a "retreat" to you wherever you are in the Rocky Mountain Synod! We'll bake together **fougasse**, which is a light, open textured bread typically associated with the Provence region of France. While the fougasse is rising, we'll bake a nicely textured flat **gluten free communion bread**—a taste of the Bread of Heaven with honey, molasses, and more! Workshop leaders are Ron Glusenkamp and Kent Mueller.

Bread is beautiful because it is simple and nourishing. It nourishes our body. It unites us in community. Join us in person or online to meditate on the beauty and mystery of bread while gaining experience, confidence, and know-how. **Register by May 1.** Zoom folks will receive an ingredient list and instructions for mixing up dough the night before.

Registration: <https://rmselca.org/bread>

Sun	Mon	Tue
<p style="text-align: center;"><b>M A Y</b></p>  <p style="text-align: center;"><b>2023</b></p>	<p style="text-align: center;"><b>1</b></p> <p><b>9:50-11:45am</b> Preschool Music classes, in the Taos room</p>	<p style="text-align: center;"><b>2</b></p> <p><b>9:15-11:45am</b> Preschool Music classes, in the Taos room</p> <p><b>3:30pm</b> Preschool Staff, in Fellowship Hall</p> <p><b>6:30pm</b> Worship, Music &amp; the Arts Comm. meeting <i>on Zoom</i></p>
<p><b>7</b></p> <p><b>Nursery Care</b> in the Nursery during services &amp; Sunday School/Forum <b>After each service:</b> Blood Pressure Screening - Lounge and Coffee Fellowship - Narthex <b>8:15am</b> Worship Service <b>9:15am</b> Adult Forum: The Wired Word, in Fellowship Hall <b>9:15am</b> Salt &amp; Spark Sunday School Opening -Sanctuary; followed by Godly Play &amp; Spark <b>10:30am</b> Worship Service <b>12-4pm</b> Youth Service Learning Adventures, at St. Luke, in the Fellowship Hall</p>	<p style="text-align: center;"><b>8</b></p> <p><b>9:50-11:45am</b> Preschool Music classes, in the Taos room</p>	<p style="text-align: center;"><b>9</b></p> <p><b>9:15-11:45am</b> Preschool Music classes, in the Taos room</p> <p><b>2pm</b> Staff meeting, in the Conference room</p> <p><b>7pm</b> Children, Youth &amp; Family Comm. meeting <i>on Zoom</i></p>
<p><b>14 Mothers' Day</b> <b>Nursery Care</b> during services &amp; Sunday School/Forum <b>After each service:</b> Coffee Fellowship-Narthex <b>8:15am</b> Worship Service <b>9:15am</b> Adult Forum: The Wired Word, in Fellowship Hall <b>9:15am</b> Salt &amp; Spark Sunday School Opening -Sanctuary; followed by Godly Play &amp; Spark <b>10:30am</b> Worship Service</p>	<p style="text-align: center;"><b>15</b></p> <p><b>Preschool Scholastic Book Fair</b> <b>9:15am</b> Preschool Spring Program</p> <p><b>Deadline:</b> articles/items for June Horizon newsletter &amp; calendar</p>	<p style="text-align: center;"><b>16</b> <b>May 16-18:</b> Rocky Mountain Synod Assembly in El Paso, TX</p> <p><b>Preschool Scholastic Book Fair</b> <b>9:15am</b> Preschool Spring Program <b>1:30pm</b> Elders Alive Planning Meeting <i>on Zoom</i> <b>7pm</b> Preschool Comm. mtg., <i>on Zoom</i></p>
<p><b>21</b></p> <p><b>Nursery Care</b> in the Nursery during services &amp; Sunday School/Forum <b>After each service:</b> Coffee Fellowship-Narthex <b>8:15am</b> Worship Service <b>9:15am</b> Adult Forum: The Wired Word, in Fellowship Hall <b>9:15am</b> Salt &amp; Spark Last Day Sunday School Celebration, in Sanctuary <b>10:30am</b> Worship Service</p>	<p style="text-align: center;"><b>22</b></p> <p><b>8am</b> Preschool Staff In-Service, in Fellowship Hall</p>	<p style="text-align: center;"><b>23</b></p> <p><b>Preschool closed May 23-29</b></p> <p><b>1:30pm</b> Elders Alive Event - Speaker: Nancy Burns, an advocate for the blind &amp; relationship with the sighted, in Fellowship the Hall</p> <p><b>2pm</b> Staff mtg <i>Zoom</i></p>
<p><b>28 Day of Pentecost</b> <b>Nursery Care</b> during services <b>After each service:</b> Coffee Fellowship-Narthex <b>8:15am</b> Worship Service <b>9:15am</b> Adult Forum: The Wired Word, in Fellowship Hall <b>10:30am</b> Worship Service</p> 	<p style="text-align: center;"><b>29 Memorial Day</b></p> <p>Church office closed</p>	<p style="text-align: center;"><b>30</b> Preschool Summer Care starts</p> <p><i>Pastor Christa in South Carolina for internship seminar: May 30-31</i></p>

Wed	Thu	Fri	Sat
<p><b>3</b></p> <p><b>2pm</b> Bells of St Luke, in the Lounge/Library  <b>7-8:30pm</b> Choir rehearsal</p>	<p><b>4 National Day of Prayer</b></p> <p><b>2pm</b> Lamplighters, in the Lounge/Library</p>	<p><b>5</b></p> <p><b>9:30am, 10:30am, 11am, 11:30am</b> Preschool Worship-GOODBYES</p> <p><b>10:15-11:45am</b> Spring Program rehearsal</p>	<p><b>6</b></p> <p><b>Noon</b> Memorial service for Dorothy Ward [Frank Johnson's sister] &amp; Thomas Murphy [husband of Frank's sister Margaret]  <b>After the service:</b> Murphy family reception in Fellowship Hall  <b>5pm</b> Worship service  <b>Nursery care</b>, in Nursery  <b>After the service:</b> Blood Pressure Screening, in Lounge  <b>5pm</b> Live stream worship at StLukeABQ.org</p>
<p><b>10</b></p> <p><b>8am &amp; noon</b> Brother to a Dragonfly book study, on Zoom, led by Pastor Wayne  <b>2pm</b> Bells of St Luke, in the Lounge/Library  <b>6pm</b> Property Comm. meeting <i>on Zoom</i>  <b>7-8:30pm</b> Choir rehearsal</p>	<p><b>11</b></p> <p><b>9:30am, 10:30am, 11am, 11:30am</b> Preschool Worship-GOODBYES</p> <p><b>10am</b> Prayer meeting <i>on Zoom</i></p> <p><b>7pm</b> Prayer meeting <i>on Zoom</i></p>	<p><b>12</b></p> <p><b>9:20am</b> KinderPrep Spring Program</p>	<p><b>13</b></p> <p><b>9:15-11:45am</b> Mother/Child/Neighbor/Sister/Niece/Friend Special May Women's Brunch &amp; Bible Gathering suitable for all ages  <b>1-2:30pm</b> Survivors of Suicide, Youth room  <b>5pm</b> Worship service  <b>Nursery care</b>, in Nursery  <b>5pm</b> Live stream worship at StLukeABQ.org</p>
<p><b>17</b></p> <p><b>Preschool Scholastic Book Fair</b>  <b>10am</b> Finance Comm. meeting <i>on Zoom</i>  <b>2pm</b> Bells of St Luke, in the Lounge/Library  <b>7-8:30pm</b> Choir rehearsal</p>	<p><b>18</b></p> <p><b>Preschool Scholastic Book Fair</b>  <b>Preschool</b> last day of the school year  <b>6pm</b> Church Council meeting <i>on Zoom</i></p>	<p><b>19</b></p>	<p><b>20</b></p> <p><b>5pm</b> Worship service  <b>Nursery care</b>, in Nursery  <b>5pm</b> Live stream worship at StLukeABQ.org</p>
<p><b>24</b></p> <p><b>8am &amp; noon</b> Brother to a Dragonfly book study, on Zoom, led by Pastor Wayne  <b>2pm</b> Bells of St Luke, in the Lounge/Library  <b>7-8:30pm</b> Choir rehearsal</p>	<p><b>25</b></p> 	<p><b>26</b></p>	<p><b>27</b></p> <p><b>11am</b> Pat Lange Memorial Service at Sunset Memorial Park in ABQ  <b>1-2:30pm</b> Survivors of Suicide, Youth room  <b>5pm</b> Worship service  <b>Nursery care</b>, in Nursery  <b>5pm</b> Live stream worship at StLukeABQ.org</p>
<p><b>31</b></p> <p><b>2pm</b> Bells of St Luke, in the Lounge/Library  <b>7-8:30pm</b> Choir rehearsal</p>			



# St. Luke Prays

*"If you believe, you will receive whatever you ask for in prayer." Matthew 21:22*

## For Our St. Luke Family

We lift to you:

† Thanksgiving to God for Joaquin Jamisen Ortega who was born on April 1, 2023 to St. Luke member Laura Eaton-Ortega (and husband Anthony Ortega) and happy grandparents Steve & DeAnn Eaton Azar.

† From St Luke Preschool: thanksgiving to God for teacher Staci's new baby born on April 1, 2023, and for staff Jane's new grandbaby born on March 1, 2023.

† Our 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, and Liz Wills.

† Pastoral Intern Ben & his wife Courtney as they begin their journey to Albuquerque in August and for provisions for everything needful for their stay in Albuquerque. Bless both St. Luke and Holy Cross churches as they coordinate sharing Ben's time.

We pray for our St Luke Preschool students, teachers, and staff and we pray for Lutheran Family Services in Albuquerque; Luther House UNM/CNM; Navajo Lutheran Mission in Rock Point, AZ; and Camino de Vida in Albuquerque.

We lift up our pastors, volunteers and staff. Give us all direction to do your will so that we continue to be a blessing to all we touch.

## \*\*Family & Friends of Church Members

We place these people in the palm of your hands:

† Corinne, starting cancer treatments (sister of Louanne Saylor)

† John Regner & Howard Gunning, cancer (from visitors DW & Deborah Stephenson)

† Pastor Monte Nabors, healing from heart attack (from visitors DW & Deborah Stephenson)

† Lyn, open heart surgery on April 24th (from Begeal family)

† Diane, healing & rest, recovery from shingles (neighbor of the Berardinelli family)

† Family of Leonard Edwards as they mourn his passing (Barbara Exley's uncle)

† Jeff Smith, fighting cancer (friend of Judy Stocum's husband)

† Don & Colleen (Joann Brawley)

† Christine, that she does not hurt self (Betty Ann Arner)

† The family of Bill Dunbar (Rhonda Blech)

† Brandon, Chris, Kelsey (Nancy Epsy)

† Janie Miller, aunt of Kate Roesler

† Family of John Franke, previously diagnosed with ALS, upon his death (close to Karen Carlson)

† Betty (mother of Lori Erven)

† Cindy Bingaman, developed more cancer spots (daughter-in-law of Betty Bailey)

† Mary Lou (aunt), for healing; Lola (mother) for her care; Jahqwah (sister) & Leondra, for wisdom in caring for their mom & aunt (from Alison Schuler)

† Cindy, has ovarian cancer & having surgery (daughter of Leah Coughenour)

† Mike Santiago, cancer (from Nancy & Denny Krenz)

† Peggy (sister of Sally Trigg)

† Marcia McKnight, stage 4 cancer, in hospice (very good friend of Cathy Plummer)

† 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)



## For Our Community, Country and the World

We pray for the employees, volunteers and recipients of services of the HopeWorks Day Shelter, our Bucket of Change recipient for May. Let your presence be known and give them all hope for the future.

Be with all for whom we pray, Lord, for you know exactly what they need at this moment. Draw near to them and let them feel your love and your presence, through Jesus Christ our Lord. Amen.

## Lifting One Another Up Through Prayer

Submit your prayer requests to coordinator Beverly Ronkos by email at [stlukeabqprays@yahoo.com](mailto: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 Wellness Ministry

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

## 2<sup>nd</sup> Annual Valborg Tollefsrud Educational Event

### What Every Nurse Needs to Know About Spiritual Care

*Presented by Sondra Weinzierl, MA, BAN, PHN, Faith Community Nurse*

The intentional care of the spirit is foundational to faith community nursing. Yet, many FCNs feel unprepared to identify spiritual needs and provide care in complex situations with diverse clients in a rapidly changing world. This workshop provides information on assessing spiritual needs, spiritual care barriers and interventions.

#### OBJECTIVES:

As a result of attending this workshop, participants will be able to:

1. Define spiritual care and reasons why it is important.
2. Differentiate between spirituality and religion.
3. Identify three barriers to providing spiritual care.
4. Use a spiritual assessment tool.
5. Describe practical spiritual care interventions for nurses.



Sondra received her Bachelor in Nursing degree from Gustavus Adolphus College and her Masters of Arts degree from the University of St. Thomas in Adult Education and Human Resource Development with a Certificate in Training. Her nursing experience includes Medical-Surgical, Neurology, Diabetes Education and Health Promotion and Education. Sondra was the owner of Weinzierl Education Associates for over 25 years and provided workshops, team facilitation, strategic planning and health promotion consultation to a wide variety of organizations in government, health care, education and industry. She served as an FCN in faith communities in Boston, MA and in Minnesota over the past 11 years. She currently serves as Chair, Foundations of Faith Community Nursing Course for FCNN and consults with FCNN on other projects.

- **Date: May 11, 2023**
- **Time: 4-6 pm PT, 5-7 pm MT, 6-8 pm, CT, 7-9 pm ET; via ZOOM**
- **Registration fee: \$20 for LFCNA members/ \$ 30 for non-members**
- **Contact hours provided upon successful completion of the event: 2.0**

TO REGISTER FOR THIS EVENT FOLLOW THIS LINK: <https://lutheranfcna.org/event-5243488>

This nursing activity has been submitted to the Montana Nurses Association for approval to award contact hours. Montana Nurses Association is accredited with distinction as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. To receive contact hours for this event, attendees must attend the entire event and submit a completed evaluation form.

Ms. Valborg Tollefsrud was a founding member of ELPNA (now LFCNA). She served as Professor in Nursing at St. Olaf College in Northfield, MN for 44 years and served in the Army Nurse Corps Reserves for 29 years, retiring as a Colonel. Following retirement, she served as a Parish Nurse in the Twin Cities. She was a faithful mentor and role model for many nurses and parish nurses. ELPNA/LFCNA and many nursing professionals are blessed to have had her touch our profession, our organization, and our hearts.



# St. Luke 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](mailto: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, May 6, after the service**, screening by Wellness nurse Cheryl Folkes. **Sunday, May 7, after the 8:15 AM service**, screening by Wellness nurse Gayle Carleton; and, **after the 10:30 AM service**, screening by Wellness nurse Twila Randolph. For more information, contact Gayle Carleton at 505-559-3012.

## WHAT IS SELF-CARE?

By Twila Randolph, RN, BSN

Let's clear up one common misconception from the get-go: Self-care is not synonymous with self-indulgence or being selfish. Self-care means taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish in a day.

If you think you've been hearing more about self-care lately, you're right. One indicator: According to Google Trends, the number of searches for "self-care" has nearly quadrupled since 2018.

Paula Gill Lopez, PhD, an associate professor in the department of psychological and educational consultation at Fairfield University in Fairfield, Connecticut, says the need for self-care is obvious. "We have an epidemic of anxiety and depression," she says. "Everybody feels it."

Self-care is part of the answer to how we can all better cope with daily stressors. It's the stress of trying to keep up with the pace of daily life, which technology has hastened more than ever (just think how many emails come flooding into your inbox each day). Many people are feeling lonelier and less able to unwind and slow-down, which makes them feel more anxious and overwhelmed by even the simplest tasks. Even minor illness or injury adds stress to our lives. Self-care is

taking steps to tend to your physical and emotional health needs to the best of your ability.

According to the above definition, self-care includes everything related to staying physically and mentally healthy — including hygiene, nutrition, and seeking medical care when needed. It's all the steps an individual can take to manage stressors in his or her life and take care of his or her own health and well-being.

A study published in 2018 took self-care to mean "the self-initiated behavior that people choose to incorporate to promote good health and general well-being." The study authors added that it's about being healthy but also about incorporating coping strategies to deal with stressors.

Self-care also includes the ways that individuals interact with clinicians and healthcare systems to tend to physical and emotional health. That means self-care includes things like getting a vaccine, scheduling cancer screenings, or taking prescription medications on schedule — but healthcare providers and organizations play a role, too, in how well individuals engage in these self-care practices. In other words: There are a lot of people and factors that bear on any individual's ability to engage in self-care. One important factor in self-care is to always be open and honest with your provider and mention all concerns you have regarding your physical and mental health.

*Continued next page*

*Wellness Ministry ... continued from previous page*

As self-care has become more mainstream, the definitions have started to become more about general wellbeing and tend to focus on tuning in to one's needs and meeting those needs. "Self-care is anything that you do for yourself that feels nourishing," says Marni Amsellem, PhD, a licensed psychologist based in the greater New York metropolitan area. Self-care can be something that's relaxing or calming, or it can be something that is intellectual or spiritual or physical or practical or something you need to get done.

The International Self-Care Foundation also includes health literacy as a step of self-care, meaning that any steps you take toward better understanding health information you need to make appropriate decisions about your health and well-being counts as self-care, too.

Self-care requires checking in with yourself and asking yourself how you're doing physically, mentally, and emotionally. Some people use it to deal with difficult news stories, while others practice self-care just to maintain their happiness day to day. Self-care does not mean the same thing for everyone. Different people will adopt different self-care practices, and even your own definition might change over time. What is self-care for one person will likely differ from someone else, and what's self-care for you one day might not feel like self-care another day.

### How to Start a Self-Care Routine

To get started with a self-care routine:

- 1) Determine which activities bring you joy, replenish your energy, and restore your balance.

- 2) Start small by choosing one behavior you'd like to incorporate into your routine in the next week.
- 3) Build up to practicing that behavior every day for one week.
- 4) Reflect on how you feel.
- 5) Add more practices when ready.
- 6) Get support through sharing practices from loved ones, a coach, a licensed professional (like a therapist or dietitian), or through your healthcare plan, community, or workplace.

Practicing self-care doesn't need to be a heavy lift right out of the gate. Here are a few ideas to ease you into your self-care journey:

- ◆ Journal.
- ◆ Start each day by paying attention to your breath for five minutes and setting intentions for the day.
- ◆ Eat breakfast.
- ◆ Reflect on what you're grateful for each night.
- ◆ Put your phone on airplane mode for a half hour before bed each night to release yourself from the flurry of notifications.
- ◆ Call a friend just to say hello.
- ◆ Take up a relaxing hobby.
- ◆ Pick a bedtime, and stick to it.

### *Invitation from*

## **St. Luke Preschool Committee**

The St. Luke Lutheran Church Preschool Committee needs members who would be willing to serve on the Committee for a two year term. We have a monthly meeting (currently these happen online via Zoom) and we help with several social events that occur throughout the year for our Preschool children and their families. If you would be interested in serving on the Committee please contact Sally Quintana or Mary Beth Garrett, co-chairs of the Committee.

We are also in need of church members with finance or accounting skills to serve on the Preschool Financial Team which consists of three to four members. Members would share duties which include maintaining financial processes and records for the Preschool, monitoring income and expenses for the Preschool, drafting budgets for the school year and summer school sessions, and preparing a monthly Treasurer's Report for the Preschool Committee. If you would be interested in serving on the Financial Team please contact co-chairs Sally Quintana or Mary Beth Garrett.

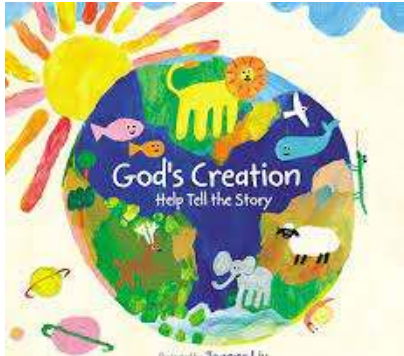


# St. Luke Preschool



## Growing with God Since 1956

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



We can't believe how quickly time has passed, but here we are, at the end of another school year!

With the month of May, comes our Spring Programs. We are thrilled to invite the preschool community to attend!

You are warmly invited to join us on  
**Monday, May 15th or Tuesday, May 16th**

At 9:15 am or 11:15 am on  
In the sanctuary of the church  
where you will experience little ones singing about God's Creation.

We are blessed by the guidance and creative talents of Danielle, Nancy, and by Pastor Wayne who will be our narrator.

We are thankful for the Preschool Committee members who are volunteering their time and talents to assist us with the Scholastic Book Fair that will be taking place in conjunction with the Spring Programs.



Preschool Committee members Mary Beth Garrett, Linda Hathaway, Jean Hollowwa, Dick Lynch, Brent Meyer, Daleen Olson, Sally Quintana, Mary Sorenson, Judy Stocum, and Nancy Tarman have given of their time and talents in so many ways throughout this school year. In addition to attending meetings and serving on preschool sub-committees, committee members attended our events to help with a variety of tasks including: greeting families, assisting with activities, set up, clean up, and so much more. If you are looking for a rewarding and joyful volunteer experience, please consider joining the Preschool Committee. You would be most welcomed!

## In Memoriam

### Dorothy Ward

February 1951 - November 7, 2022

A memorial service will be held at St. Luke on Saturday, May 6, at noon.

Dorothy was the younger sister of Frank Johnson.



### Patricia Lange

November 1937 - February 13, 2023

Join Pat's husband Don, children Curtis and Heidi, and other family members at a memorial service on Saturday, May 27, 11 a.m., at Sunset Memorial Park, 924 Menaul Blvd NE, Albuquerque



# A BIG THANK YOU

to everyone who have brought  
delicious snacks

From Sally Trigg, Coordinator

#### In January:

Betty Ann Arner  
Laura Jorgenson  
Diane and David Follstaedt  
Ken and Mary Sorenson  
Betty and Dave Begeal

#### In February:

Nancy Espy  
Brenda and Bill Gronewold

Gerald and Judy Aaker  
Sandy Williams & Charles  
Clark

#### In March:

Joyce Mills  
Nancy Granert  
Nancy and Denny Krentz  
Ken and Mary Sorenson  
Tom and Ruth Glauner  
Deanna Vendel

#### In April:

Diane and David Follstaedt  
Sally Trigg  
Joann Brawley  
Linda and Clark Hathaway  
Betty Ann Arner

## ABQ Church Women United

an ecumenical gathering of Christian women

We will be celebrating

### May Friendship Day on Friday, May 5th

At St. John's United Methodist Church, 2626 Arizona NE\*

A light brunch will be served from 9:30-10:00, followed by the program. The theme for the day is "*Labor With Love—A Heart to Care.*" Carlos Navarro of the Interfaith Hunger Coalition will be our speaker regarding hunger in NM children and recent legislation to address it. Two offerings will be taken, one of which is the *Fellowship of the Least Coin*.

\* Please park in the WEST parking lot off Arizona, a greeter will be at the door to give directions to our meeting space. For more information, contact Marilyn Stoops at 505-265-8358 or [mstoops@swcp.com](mailto:mstoops@swcp.com).

To know more about Church Women United, please ask St. Luke members Gayle Carleton, Betty Begeal, Betty Ann Arner, or Karen Carlson.





# May Celebrations

## Birthdays

- |                     |                       |
|---------------------|-----------------------|
| 01 Bill Gronewold   | 17 Les Anderson       |
| 01 Marvin Plugge    | 17 Joyce Mills        |
| 05 Michael O'Dell   | 17 Gabe Welch, Jr.    |
| 07 Steve Garrett    | 23 Brenda Gronewold   |
| 07 Diane Quarles    | 23 Genevieve Parriott |
| 08 Albrecht Walters | 24 Lori Erven         |
| 10 John English     | 28 Patrick Knapp      |
| 10 Bert Tise        | 29 Charles Exley      |
| 10 Chloe Rae Welch  | 30 Mary Voelz         |
| 15 Magda Renteria   |                       |

## Wedding Anniversaries

- 05 Greg & Barbara Haschke
- 11 Jim & Dianne Otto
- 16 Betsy & Bill Abel
- 26 Dawn & Brent Meyer

## Youth Baptism Anniversary

- 13 Halen Walters

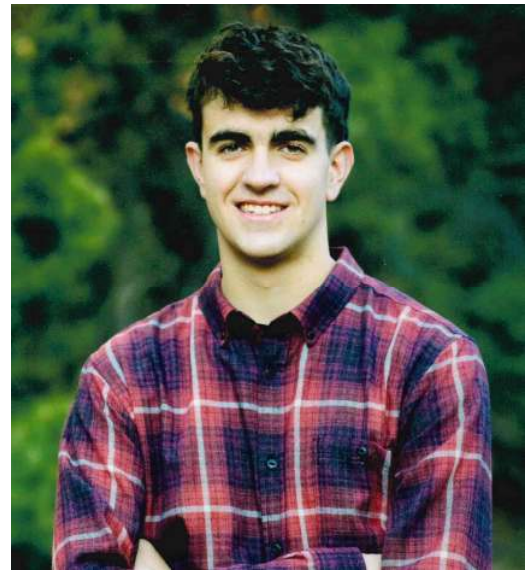
## CONGRATULATIONS

### JOAQUIN JAMISEN ORTEGA

Born on April 1, 2023

Parents: Laura Eaton-Ortega & Anthony Ortega; grandparents: Steve Azar & DeAnn Eaton Azar

### BEN ROESLER



### Baptized on Easter Vigil/Sunrise Service

† Sean Michael Scott

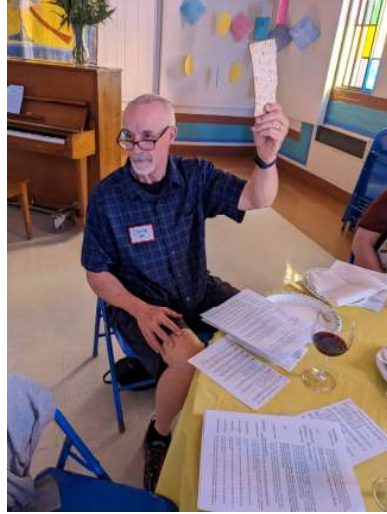


† Tommy Russell Glauner  
*(with wife Ruth)*

2023 Menaul School Graduate  
*Son of Alex & Kate Roesler; brother of Summer Roesler*

*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*

# Seder Meal on Palm Sunday 2023





*Salt and Spark on Easter morning*



**Learning TRUE Easter season TREAS-**

*All God's Children Message*

**Holy Hilarity** SUNDAY



## 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](mailto:stluke@thuntek.net)



### Altar Flowers, given by

May: 7: *available for offering*

May 14: Marina Mauney, in memory of Herman

May 21: Lorelei Bintz, in memory of Pastor Paul Buddrius

May 28: Cathy Plummer, in loving memory of Chuck & Virginia Carlson

### Sanctuary Candle for May

Deanna Vendel, in memory of  
Gar Glauner & Bert Vendel

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](http://stlukeABQ.org) or send your donation with your offering.

### Sound System Volunteers Needed

For the following worship services

◆ Sunday, 8:15 AM on May 7 and 28

◆ Sunday, 10:30 AM on May 21

### Deadline

✳ Monday, May 15: deadline to submit articles/items for the **June Horizon newsletter** and **calendar**.

✳ **2023 Graduates:** Let's celebrate and honor our graduates. Please submit their names and pertinent information to the church office by Monday, May 15, for inclusion in the June Horizon newsletter. Thank you.

*Please submit all articles & items to Angie at the church office at [StLuke@thuntek.net](mailto:StLuke@thuntek.net).*

## USING THE ST. LUKE LUTHERAN CHURCH TELECOIL SYSTEM:

Today's hearing aids and devices offer a wide variety of styles, models, and options. One hearing aid option you may not know about, however, is the telecoil system. For some people with hearing loss, a telecoil can enhance their listening experience, in a variety of settings, and in a variety of locations.

**What is a telecoil?** A telecoil, also called a t-coil, is a small copper wire built into a hearing aid. This wire works as a receiver that picks up signals from a loop system (more on that in a bit). When the telecoil in the hearing aid is activated, it turns incoming signals into sound. The great thing about a telecoil is that it turns only the signals coming in from the loop system into sound, leaving out the background noise or other unnecessary conversations.

Think of a telecoil as a sort of antenna for your hearing aid — searching for the right signal and delivering it straight to your device.

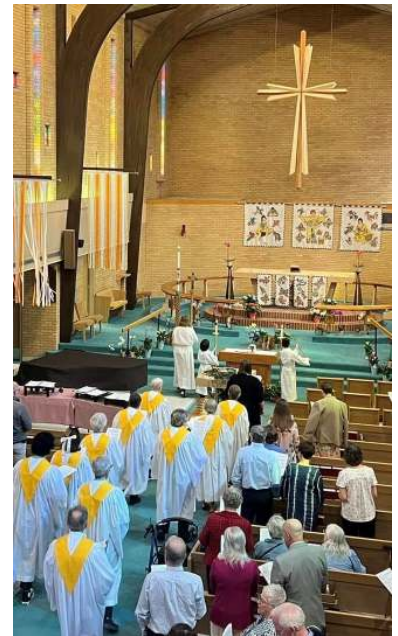
**What is a loop system?** When you go to school, the movie theater, the airport, a concert, or a place of worship, you may notice they are equipped with loop systems or hearing assistive technologies. In a public place, this technology can be invaluable. Look for this signage (or just ask!):

A hearing loop system means the room or venue is surrounded by its own copper wire, which sends a signal to any active telecoils. All you need to do to take advantage of a loop system is turn on the telecoil in your hearing device — no special equipment needed. Some devices feature auto-detection for telecoil loops. You can also use telecoil technology on T-rated telephones.

Reference: <https://www.oticon.com/blog/what-is-a-telecoil-and-how-can-it-help-me>

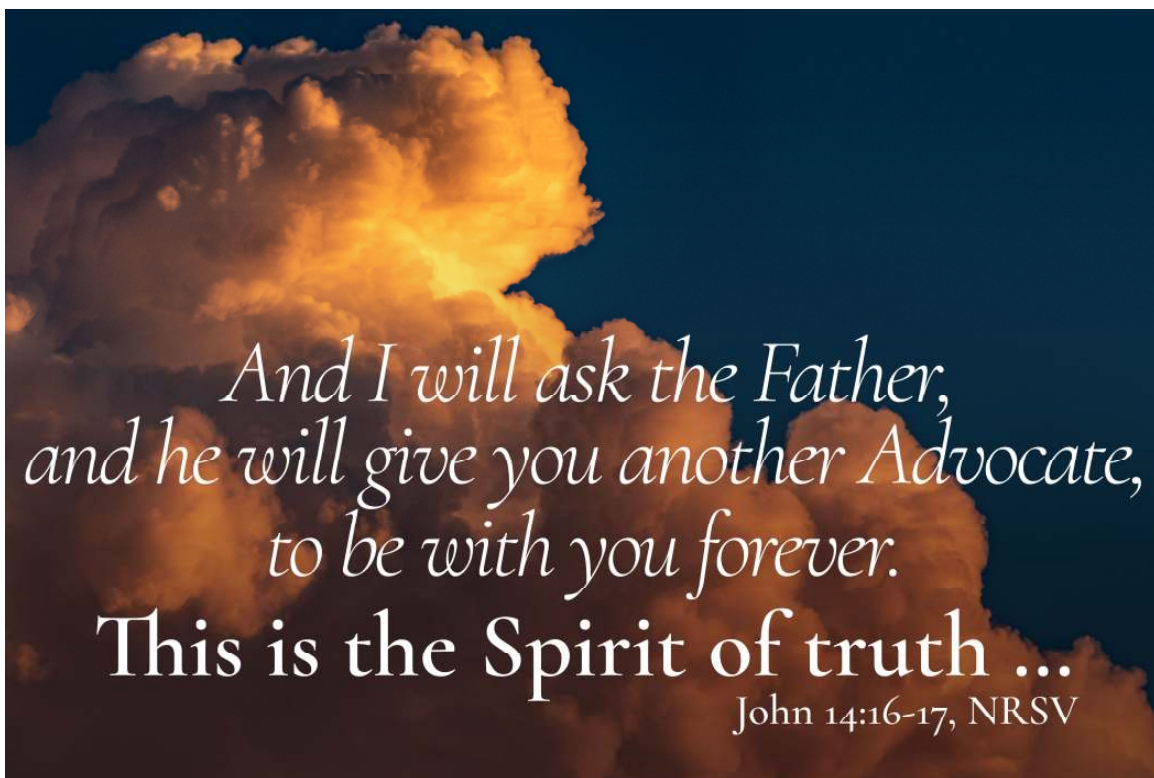


At St. Luke, we have this decal posted on the entrances to the Narthex and on the glass dividing the Nave and Narthex, indicating that St. Luke is equipped with such a loop system. As previously mentioned, no special equipment is necessary to connect to the loop system. Some hearing aids will automatically detect the presence of a telecoil system and switch to that mode automatically. Some may require selecting the "T" mode of the hearing aid. If your hearing aids are otherwise operating properly, but are not connecting to the St. Luke loop, please ask an usher to ensure the loop system is powered up. If you still have difficulty with your hearing aids connecting, please consult your hearing aid manufacturer or provider to determine if your hearing aids are compatible and can be used with a telecoil loop system.



# Easter Joy





And I will ask the Father,  
and he will give you another Advocate,  
to be with you forever.

This is the Spirit of truth ...

John 14:16-17, NRSV

## ST. LUKE LUTHERAN CHURCH

*A congregation of the ELCA Rocky Mountain Synod*

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The Rev. James Gonia, *Synod Bishop*

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St.LukePreschool

## Horizon Newsletter

is a monthly publication  
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**Publication Deadlines:** *Please send articles / items to the church office, c/o Angie Miller at [stluke@thuntek.net](mailto: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