

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

ST LUKE RADIANT Schedule of Worship Services

Saturdays

5 PM In-Person Worship service at St. Luke (physically -distanced, BYOM [bring your own mask], extra masks available if you forget)

5 PM Recommended for all: Live-streamed Worship (from the safety of your own home)

Sundays

10:30 AM In-Person Worship service

at St. Luke (physically-distanced, BYOM [bring your own mask], extra masks available if you forget)

10:30 AM Recommended for all: Recorded video Worship service (from the safety of your own home)



Journeys with Jesus

and Pastors Christa & Wayne

- BLESSED are those who hunger and thirst for righteousness, for they will be filled...*
- BLESSED are the merciful, for they will receive mercy...*
- BLESSED are those who are persecuted for righteousness sake, for theirs is the kingdom of heaven...*



As we have embarked on this nearly two-month journey on the Sermon on the Mount, God is also leading us, community of St. Luke, into opportunities for widening circles of Jesus' *peculiar* and *wonderful* kinds of blessings:

1. What might it mean to develop a relationship with the **Navajo Lutheran Mission**, growing in awareness of deep spiritual and cultural practices, acknowledging the broken promises our Native American nations have experienced, and working to address literal and spiritual hunger through partner churches such as the Navajo Mission House of Prayer? We, your pastors, are shockingly ignorant about a lot of Native American history – but we bet we're not the only ones! According to Jesus' teaching, it's *good* to *hunger and thirst* for relationships of *righteousness*.

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ST. LUKE STEWARDSHIP APPEAL 2021

Your Stewardship Team is excited about this year's appeal and looks forward to sharing all the details with you in the coming months. In the meantime, here's a glimpse of what to expect...

BUILDING COMMUNITY BEYOND OUR WALLS

Improve How We Communicate & Make Connections

- *Enhance the worship experience with all that join us online...multiple camera angles, better video & sound*
- *Engaging signage & newsletter to the world...a website and social media that make connections with all generations*
- *Offer Bible studies, worship, prayer, and events online that are as if you were there...but just a "click away"*



Increase Our Commitment to the Greater Church ... Making a Difference Locally & Around the World

- *Joining the ELCA, Rocky Mountain Synod, and missionaries to be better together than we are alone*
- *Bringing God's Word to a community not defined by walls, that reaches around the world*

Strengthen the On-Going Ministries & Operation of the Congregation

- *Build on the success of "Elders Alive" senior outreach and "Make A Joyful Noise" music ministries*
- *Care for, develop, and lift up our outstanding St. Luke Pastors and Staff Team*
- *Ensure that the property we are blessed with communicates that we are a thriving and welcoming congregation*

Mark your calendars ...

October 24 & 25	Announcement Weekend
November 7 & 8	Temple Talk
November 14 & 15	Temple Talk
November 21 & 22	Commitment Weekend
December 5 & 6	Celebration Weekend

Your 2021 Stewardship Team,

Tom Berardinelli, Chair

David Follstaedt

Judy Moore

Greg Haschke

Pastor Christa von Zychlin



2. We've just received the fantastic news that "Dee" an ELCA missionary has received her hoped-for visa extension to her country of service, which is a miracle. Publicly, because of recent political tensions, we've been asked by ELCA Global Mission not to mention her name or church connection. So we are just calling her "**Dee – an ELCA Missionary**" in an unnamed country in Asia, who, along with the church community she serves, is at risk of persecution. *Blessed are they,* says Jesus.
3. We are thrilled that we will have an Elders Alive focus (possibly in January 2021, when this current awful year is over?) on the ministry of **Lutheran Family Services** right here in ABQ. This organization ministers with refugees and asylees and offers tutoring programs which the many smart people at our church ☺ can possibly begin to help with, as we explore this local relationship. *Blessed are the merciful.*
4. Pastor Guillermo Yela of **Camino de Vida** (the Spanish-speaking, ELCA and Presbyterian Church here in ABQ) has just invited your St. Luke pastors to serve on their church advisory committee. This will refresh an long-standing relationship between our churches, as we understand Pastor Beth served in the same capacity years ago.

We've already done Rainbow Trail VBS together (virtually!) this year and hope we can do a "live, in-person" VBS in June 2021, maybe sharing both our church campuses, staff, and kids! They have lots of kids to share ministry with us! Children are *always* a blessing in Jesus' sight.

Thanks for your prayers and love for Christian ministry and outreach in, at, through, and *beyond* the beloved building of St. Luke ABQ.

Rock Arts
by Sandy & Charles Clark



With love in Christ,
Pastor Christa (& Pastor Wayne!)

St. Luke Mid-Week Radiant Grace

Wednesdays, 6:30 - 7 PM

Zoom Link: [https://](https://us02web.zoom.us/j/88397086712)

us02web.zoom.us/j/88397086712



MEN'S BIBLE STUDY

In October, we are not meeting at our regular time on Tuesdays. We are attending the Sermon on the Mount Study being held on Tuesdays at 9 am & 6 pm and Wednesday at noon (September 22-Oct. 28). We will resume Men's Bible Study on Tuesday, Nov. 3, at 8 am. Information: contact David Follstaedt at MensBibleStudy@stlukeabq.org

General format is as follows:

- **Meditative song & scripture** with "Pray as You Go" (a gift for the wider Church, from the Jesuit community. See <https://pray-as-you-go.org/about/>)
- **Prayer concerns & celebrations**
- **Holy Communion** (bring your own bread & wine/ grape juice)

Spread the word!

We hope you will feel moved to invite others to this service, whether they are already part of our church or not.

Our host is Christ, and all are welcome!

Found at St Luke Church
administration building - A Bible.
If you believe it is your Bible, please
contact the church office at
StLuke@thuntek.net or 299-2621.

Which famous Bible narrative does this beautiful triptych (by 8th grader Halen W.) illustrate?

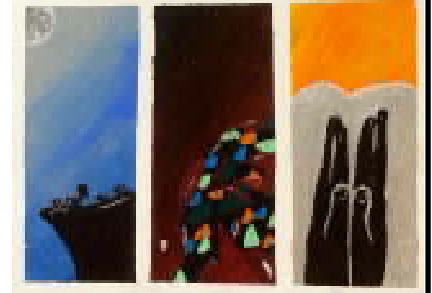
Submitted by Lorna Hansen:

- ♦ Illustration One: I think it could very well be from Matthew 4 that recounts Jesus' temptation. The first could indicate being taken to a high pinnacle or mt. second one representing the stones that he was to change into bread, and the last one Jesus' prayer to get rid of the tempter and showing either the two tablets of the law that Jesus was the fulfilled of the law, or it could signify two loaves of bread indicating that Jesus is the Bread of life.
- ♦ Illustration Two: I think it could be the account of Moses receiving the Ten Commandments. Moses on top of a mountain, colored spots as people down below and the third with the two tablets of stone with praying hands that the laws can be kept!

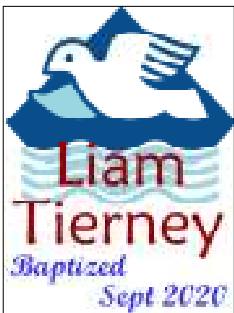
Answer:

It's Joseph!

- 1) Joseph being pushed into the well by his brothers
- 2) Middle panel: Joseph and his many colored coat (sorry you can't see this in color!) and
- 3) 3rd panel: Joseph and family giving thanks to God for rescuing them from famine & consequences of evil intentions - turning something bad (Joseph's arrogance and his brothers' jealousy) into something good (season of plenty & safety in Egypt and forgiveness & reconciliation among family members)



*Congratulations
to our newly
baptized
children.*



KIDS' SALT & LIGHT - WEDNESDAYS

5:00 - 6:15 PM via ZOOM

for kids preK (with parents' help) – 6th grade

- ♦ *Trumpet Sounds* – Rainbow Trails welcome song!
- ♦ Animal Scavenger Hunt with Friends!
- ♦ Sharing Highs & Lows!
- ♦ More songs with Ms. Pauleta!
- ♦ Bible explorations & CRAFTS in breakout rooms!
- ♦ Thumb Blessings and Prayer, kids pray for kids!

October schedule and looking ahead:

Sept 30: Introductions, animals in the Bible, St. Francis; Beatitudes
Oct. 7: Animals in the Bible (famous & not so famous animal Bible stories. Balaam's Donkey, anyone?)
continued
Oct. 14: Blessing of Animals!! *** (Church members invited to join us for part of this session; bring your pets)
Oct 21: Bible basics, Reformation & Grace theme, Luther Rose
Oct. 28: Bible basics, Reformation theme with a little Halloween fun thrown in!!
Nov. 4: Baptism workshop, water themes, Saints & Sinners
Nov. 11: Baptism workshop, water themes, Saints & Sinners
Nov. 18: Thanksgiving themes
Nov. 25: *Thanksgiving Eve, no Wed. night program*
Dec. 2: Advent & Christmas themes, Bible characters & skits

Dec. 9: Advent & Christmas themes - Bible characters, skits
Dec. 16: Advent & Christmas themes - Bible characters, skits

**Watch for more information on our first ever
KIDS' SALT & LIGHT RADIANT ANIMAL BLESSING**
(which we will do via ZOOM October 14th)



*Blessed are you, Lord God,
maker of all living creatures.
On the fifth and sixth days of creation,
you called forth fish in the sea, birds in the air
and animals on the land.
You inspired St. Francis to call all animals
his brothers and sisters.*

*We ask you to bless this animal. By the power
of your love, enable it to live according to your plan.*

*May we always praise you for all your beauty in creation.
Blessed are you, Lord our God, in all your creatures!*

Amen.

MAKE TIME FOR ST. LUKE CONFIRMATION

*Weekly mini-workshops for
7th graders or above*

Wednesdays, 4 - 5 PM via Zoom

*We want to see YOUR (new?) face with us in this
faith formation time!*

To join, please contact the church office at 299-2621 or StLuke@thuntek.net and/or Pastor Christa at pastorchristaabq@gmail.com. What's a Christian without a little catechism time? We hope to also plan an on-site confirmation week at Rainbow Trails Camp in 2021!

St. Luke Baptism 2020 Club



*Young families' opportunity to meet, to
share children milestones, and to
discuss life as young families living in
this wonderful & challenging season of
life.*

Our next get together is
planned for:
Wednesday, October 28
5:30 pm via Zoom

First time young family attendees are welcome to join.

For information on this group and/or baptism, please contact Pastor Christa at pastorchristaABQ@gmail.com or Pastor Wayne at pastorwayneABQ@gmail.com.



Pastoral Care & Conversations

Available by phone, by online visit, or by "Courtyard Care" (out in the church Courtyard, six feet apart while wearing masks). Contact Pastor Christa at pastorchristaABQ@gmail.com or Pastor Wayne at pastorwayneABQ@gmail.com.

From the Pastors: "We would love to hear from you!"

HEADS UP! FALL IS FALLING

By David Follstaedt, President



IT'S BEEN GREAT TO BREAK AWAY from the summer heat. Friends have often commented that fall is the nicest weather of our year in Albuquerque. At St. Luke, fall becomes the busiest time of the year! So I am writing to update you and alert you to all that is or will be going on.

I WANT FIRST TO SAY *"Thank You"* for your continuing support and faithfulness to St. Luke. When we shut down in-person worship in March, I was concerned that our congregation might lose its sense of "oneness" without personal contacts. It has been most pleasing to see us remaining together. By using the Zoom video conferencing program, we hold Bible studies and Elders Alive, conduct committee meetings, and meet for Church Council. No, Zoom is not the same as meetings before but this interaction is nonetheless good.

MY THANKS TO THE PEOPLE active in our worship services: online services were implemented within a week of the shutdown and we never missed a service! New volunteers have stepped up and continue to improve our live streaming, and the Choral Scholars have proved to be important contributors to worship during this time. Of course, you may now worship in person in a sanitized, well distanced environment, if that is consistent with your comfort and health risk.

I AM ESPECIALLY PLEASED, after looking at our August financial reports, that our members are maintaining their financial commitments to St. Luke. Our congregation remains financially healthy, and able to operate and improve during this trying time. We should be ready for more completely in-person operations when health conditions in 2021 permit. It needs to be said more often: *"Thank You"*!

OUR ACTIVITIES WILL BE INCREASING as we go into fall. You now have an excellent opportunity for a pastor-lead study of the Sermon on the Mount, one of

Jesus' major discourses. Our committees are working to prepare us for 2021. New Audio/Visual and Communications Committees have been initiated to improve our streamed worship services as well as our on-line (internet) presence to reach more effectively beyond our walls into the Albuquerque community and farther. Stewardship is working with Pr. Christa to develop ministry initiatives for 2021 with a theme of reaching outward. Please watch for the appeal to begin at the end of October; you will receive both electronic and paper communications.

IN MY ROLE, I AM TO THINK ABOUT how to conduct a congregational annual meeting with our current COVID restrictions. The answer appears likely to be by holding a Zoom video conference. A video meeting will be very different from the past, and I ask for your help to make it work. We will have important business to attend to: an updated Constitution is being developed for your approval, we need to pass a budget for 2021, and we will elect Councilors. A Nominating Committee has begun to identify candidates.

IN THE PAST before the Annual Meeting, we have held discussions to allow detailed questions about the budget and the changes proposed in the new Constitution. We will send these and the Council nominees to you in advance, and we will have procedures for you to ask questions and get answers. Please watch for these documents and instructions to appear by e-mail (or postal if you are not online) as well as at worship services.

WITH ALL THESE MATTERS occurring along with holiday events, I ask for your *"Heads Up"*: Watch for our communications and prepare so that you can participate. Fall is falling upon us.



*Mobilizing women to act boldly
in their faith in Jesus Christ.*

LAMPLIGHTERS

Thursday, October 1
2 PM by Zoom

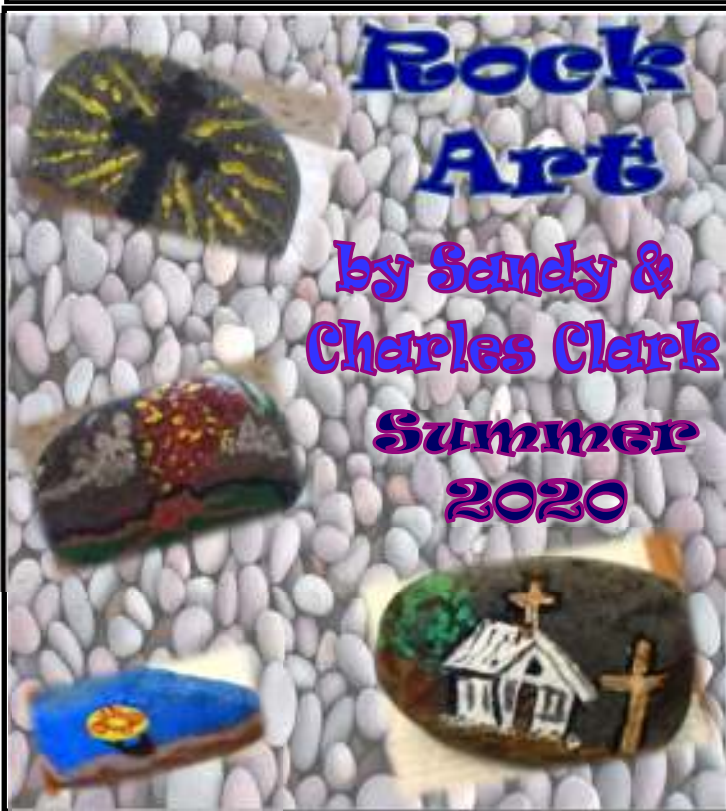
The WELCA Lamplighter book group will be starting a new book for their October through January monthly meetings. All women are welcome to join as we read, study and learn together. The book for the fall/winter session is *A Lineage of Grace: Bible Stories of 5 women in the Lineage of Jesus* by Francine Rivers. The group meets on the first Thursday of each month at 2:00 PM, currently on Zoom. We divide the book into chapters and take several months to complete our study discussion. Please join us! For the October 1, 2020 meeting, we will read about Tamar. For information please contact Gayle Carleton at Lamplighters@stlukeABQ.org or Patty Wagner at 505-237-1506.



WOMEN'S GATHER BIBLE STUDY

Tuesday, October 27,
10 AM by Zoom

Study: 'The holy "now" - recognizing and responding to God's *Kairos* time', by Meghan Johnston Aelabouni; found in the October 2020 Gather magazine. Gayle Carleton will lead us in this first part of a three-session study focusing on the theme of "holy time." Join us & invite a friend. For Zoom link & copy of the study, contact Bev Berardinelli at WomenBibleStudy@stlukeABQ.org



St. Luke Radiant Music

A monthly sing-along via Zoom with Pauleta and Ruth Striegel of First Congregational Church

Wednesday, October 21

7:15 - 8:15 PM

You can hop on early and say "Hi!" to everyone before we start! If you want to participate, please send email to Pauleta at musicdirector@stlukebq.org for the Zoom link. As long as you have a computer with speakers or a phone, you can join in!

Who can participate? *Anyone and everyone!*



SACRED SPACES, SACRED TIMES

By Pauleta Hendrickson, Director of Music Ministries

ON SEPTEMBER 18, EREV (*THE EVE OF*, IN HEBREW) ROSH HASHANAH, I tuned into a Facebook Live/Zoom service from Congregation Albert, one of Albuquerque's synagogues. At first it may seem odd that I would tune into a Jewish service, but I've spent the last 13 fall seasons directing the Zamir (*song*, in Hebrew) Choir for the High Holy Days Services. Worshipping during the High Holy Days has become part of my faith life. This year, they decided to not have in-person services due to COVID concerns, although I helped lead the Zamir choir through many digital recordings in support of the services. Today, September 28, is Yom Kippur, the Day of Atonement, which closes the High Holy Days and I realize how much I missed being with them in person. I have learned a lot from my Jewish community. They have welcomed this Gentile woman into their sacred spaces and sacred times. Actually, they have taught me more about sacred space and time than I ever expected to learn.

IN HIS EREV ROSH HASHANAH SERMON, Rabbi Rosenfeld described the loss of physical sacred spaces experienced by the Jewish people through destruction and exile, like the current, temporary loss of the use of their sanctuary. At first glance, this should have been the end of the Jewish faith - the buildings were destroyed and the people dispersed - but, it wasn't. Rabbi Rosenfeld spoke of the sacred spaces that arose and the sacred times that Jews throughout the diaspora learned to honor. One such sacred space, the home, and sacred time, Erev Shabbat (*Sabbath*, in Hebrew) is shown in one of the early scenes in *The Fiddler on the Roof*. Although changed through the centuries, these weekly traditions were, and are, treasured and allowed the faith to not only continue, but to grow. Rabbi spoke of the sacred spaces we have and those we currently miss. Right now, we have the virtual world of Zoom, Google Meet, Skype, Face Time, Duo, Discord (it's a gaming thing), Facebook, Instagram, Snap Chat, and many others a person from Gen Z could describe. At St Luke, we also have the sacred space of the church sanctuary. Recently, we learned that our front steps may be the most sacred place of all when we celebrate Baptism! But we miss the sacred space and time of being together - studying together in the Zuni Room, the Youth Room, or the Lounge. We miss being in-person for WELCA, choirs, committee meetings (maybe?), hugs and coffee in the Narthex, etc. We cherish the sacred time spent with others, both virtually and in-person, in those sacred spaces. Through digital media, we have sacred time in worship, prayer, and study. We have sacred time spent alone or with the people in our 'bubbles'. For each of us it is different.

FOR ME, TIME WITH CHOIR MEMBERS, young and old, singers and ringers, was, and is, sacred. While I miss the sacredness of touch, I am grateful for the digital time we have to talk, and sing, over Zoom and the time we spend making recordings. I feel very blessed to be able to hear each individual voice and add it to another and another and another... listening to a choir form through bits and bytes into sacred space and time.

I AM GRATEFUL TO RABBI ROSENFELD for reminding me that physical distancing is temporary. We are worshipping, praying, and studying in many different sacred spaces and times, as in the hymn, *God the Sculptor of the Mountains*.

God the Sculptor of the Mountains

- | | | | |
|---|--|---|---|
| 1 | God the sculptor of the mountains,
God the miller of the sand,
God the jeweler of the heavens,
God the potter of the land:
you are womb of all creation,
we are formless; shape us now. | 3 | God the dresser of the vineyard,
God the planter of the wheat,
God the reaper of the harvest,
God the source of all we eat:
you are host at ev'ry table,
we are hungry; feed us now. |
| 2 | God the nuisance to the Pharaoh,
God the cleaver of the sea,
God the pillar in the darkness,
God the beacon of the free:
you are fount of all deliv'rance,
we are sightless; lead us now. | 4 | God the unexpected infant,
God the calm, determined youth,
God the table-turning prophet,
God the resurrected truth:
you are present ev'ry moment,
we are searching; meet us now. |

Text: John Thornburg, b. 1954 © 1993 John Thornburg, admin. Augsburg Fortress

THE GLOBAL CHURCH

Walking together as companions in Christ



Navajo Evangelical Lutheran Mission

Rock Point, AZ 86545-0354

The Rev. Kate Adelman, Executive Director & Pastor

News from the Navajo Mission Preparatory School September Newsletter



“September 8, the start of a new school year, looked nothing like what you might expect for the first day of school. Our K-2 students received at-home delivery of breakfast and lunch,

met their teacher through the bus window, picked up a specially prepared learning packet and headed back inside to begin their lessons. For more than a week, teachers and school staff have done all they can to bridge the internet divide, figure out how to assess students who don't come to the classroom and inspire kindergarteners who have never been to school. It all sounds impossible but necessary”.

“Pending the approval of our school's implementation plan, we are moving forward with plans to have grade levels on campus on alternating days so that we can comply with social distancing and group safety requirements.”

Good News from the newsletter:

- ◆ Navajo Mission Prep. School received a \$25,000 Relief grant from No Kid Hungry that has allowed the school to extend the breakfast and lunch program to siblings under age 18 as part of the COVID response efforts.
- ◆ St. Mary's Food Bank and Navajo Lutheran Mission have become Agency Partners - Deliveries of food are now distributed from the Mission campus to hungry households to miles around. In early September, the Mission staff received, sorted, and distributed pantry goods, water, milk, eggs, meat, fish, and fresh fruits & vegetables; over 300 households were registered, loaded, drove/rode away with a bounty of options for delicious meals.

- ◆ The renovation for the permanent home for St. Mary's Food Bank is making good progress. Their hope is to be fully operational on November 1 or before. Currently, the Mission's House of Prayer is serving as the staging area for the Food Bank.
- ◆ The House of Prayer has transitioned to Drive-in Worship broadcasts on low-frequency FM 107.9.
- ◆ They have obtained the permit for the Well Project to restore the original well on the Mission campus.

Thank You.

“With your prayers and financial support, Navajo Lutheran Mission is changing the future for the Rock Point community. Through education, cultural exchange, honest conversation, Spiritual formation, well-trained staff, innovation and capacity building, the Mission is emerging as a leader and model of partnership among indigenous peoples ...”

How to Support the Navajo Mission & School:

- ◆ Prayers for the teachers, staff, students & their families.
- ◆ New Chromebook for each student that allows teachers to load lessons, videos and practice links that the student can complete without internet access. Cost: \$215 per Chromebook
- ◆ School, Office, and Sports supplies.

Visit the Mission & School online at www.nelm.org



FALL SEASON


As we move into the fall season, we are feeling extremely blessed by all the ways you support the preschool! Even in this time of limited opportunity for the church and the preschool to be in community with one another, your prayers and support have been encouraging and meaningful. We have directly benefitted from:


- Your generous donations made through the Friends of the Preschool support fund.
- The generous donations of supplies, including: Lysol wipes, Lysol spray, Ziploc bags, vinyl gloves, and so much more, given by you last February (We are still benefitting from them!).
- Pastor Christa's and Pastor Wayne's loving participation in the Children's Worship times.
- Tree trimming, faucet and sink repairs, smoke detector maintenance, additional hooks for children's belongings, and a variety of repairs completed by Gil Quintana.
- A computer tower, donated by Les Anderson for the preschool office. This computer allows us access the security camera views of the property around the preschool.
- Gift cards donated by Barb Shirrod, for giveaways at staff meetings.
- A wealth of indoor play items, including hula hoops, teeter poppers, large foam building blocks, a free standing weaving frame, and a multi-height basketball hoop, all purchased with donations from the WELCA Holiday Jar sales last year.
- The landscaping talents of Mike Sanchez, who can often be seen on the property in the wee hours of the morning! Mike's efforts keep the outside of the church and preschool looking beautiful.
- The guidance and wisdom of this year's Preschool Committee members: Sally Quintana, Mary Beth Garrett, Dick Lynch, Daleen Olson, Stephen Montgomery, Brent Meyer, Diane Follstaedt, Vanessa Anderson, Nancy Tarman, Judy Stocum, and Pastor Wayne.

*Praise God From Whom
All Blessings Flow*



God continues to richly bless the preschool community through your kindness and support.

 While we are not able to participate in our annual October community events, we are still finding creative ways for children to celebrate the beauty and wonder of the season. Romping in the courtyard leaves, nature walks around the property, pumpkin explorations, fall stories and art projects, and costume fun in the classrooms are some of the festivities taking place this month!

 We are happy (and relieved) to share that the preschool was recently awarded the Child Care Stabilization and Recovery grant. These funds will be used to help offset the expenses of operating under pandemic constraints and protocol.



What We're Reading/Watching Now

(This is a new feature in the Horizon – we invite YOUR input and short contributions about what you are reading in future Horizons.)

Submitted by Bob Carleton:

An Indigenous Peoples' History of the United States, by Roxanne Dunbar-Ortiz (2014) makes the case that the Americas were never the “unlimited open spaces” that European and American mythology touted.

More than 30 million indigenous people had made of this land a thriving place of farms, carefully tended game parks, fisheries, and forests. Governance in many forms existed, and both inter-tribal diplomacy and conflict were practiced. Economic interdependence was key and extensive trade routes crisscrossed the land. The story of our Native peoples is one of survival and perseverance for more than 500 years. Dunbar-Ortiz does not sugar-coat the brutality of much of our history. The book is not as smooth to read, but it is rewarding.

For further reading, consider 1491: New Revelations of the Americas Before Columbus, by Charles C. Mann (2006).

From Worship, Music & the Arts Committee



ST LUKE RADIANT IN-PERSON WORSHIP SERVICES

***** Volunteer Opportunity *****

If coming to an in-person service is more comfortable for you now, perhaps you would like to be part of the worship team as an usher. The usual duties include setting up the bulletin table, greeting and directing attendees to the bulletins (and communion cups on specified weekends), and keeping a record of attendance (for potential COVID tracing). If you are interested, please contact the church office at 299-2621 or at stluke@thuntek.net and a representative from the Worship, Music & the Arts Committee will contact you to talk about scheduling. Helpers are needed for both Saturday and Sunday services, so pick the service you prefer to attend. We look forward to seeing you in person.

Elders Alive! continues Virtual Travel

Elders Alive will continue with monthly zoom meetings starting with a virtual visit to Thailand. Karen Carlson has photos to share from her travels and others who may have visited there are encouraged to share photos or mementos during this session. This session will be shorter and simpler than our VBS sessions but a chance for community, discussion and learning. The schedule for the rest of 2020, all sessions on Zoom from 1 to 2:30 PM.



October 20 :	Thailand with Karen Carlson
November 17:	Russia with Ed Walters
December 15:	A Christmas Party

Contact Judy Moore, judyhmoore@gmail.com for more information, including the Zoom Links for these. Invite your friends too!



MENTAL HEALTH AWARENESS WEEK

By Karen L. Carlson, Member of Wellness Committee

OCTOBER 4TH-10TH IS MENTAL HEALTH awareness week. The experience of the last few months with COVID-19 provide many reasons to be aware of the mental health of not only ourselves, but of others we care for or see in the environment around us. The illness, economic issues, uncertainty, work and school issues, and people being in close quarters with each other for extended periods of time or being alone are more than enough to give us all pause.

IN THE UNITED STATES, ABOUT ONE IN FIVE PEOPLE experience at least one mental illness each year. Mental health refers to both emotional and psychological wellbeing. Mental illness is a very broad term encompassing a wide variety of conditions of varying degrees of severity.

EACH SPECIFIC TYPE OF ILLNESS causes its own symptoms. Many however, share some common characteristics. Some of these common signs are not eating enough or overeating, having insomnia or sleeping too much, feeling fatigue even with enough sleep, unexplainable body aches or pains, feeling hopeless or lost, smoking or drinking more than usual, or feeling irritability, anger, anxiety or sadness.

THERE ARE MANY LIFESTYLE CHOICES that will often help. Some of these include getting exercise, eating properly, practicing progressive muscle relaxation, for many listening to calming music, or doing meditation will help. Also reaching out to others to talk with or be with. This last suggestion may not be as easy with the COVID virus. If none of this works then reaching out to a mental health professional should be pursued.



TOO MANY PEOPLE STILL FEEL a stigma about reaching out for professional help. This needs to be discouraged. With the prevalence of people experiencing mental illness it is reasonable that several of us will need professional help at some time just like we need to see other health professionals.

MANY FACTORS AFFECT THE WAY each of us feels and thinks. Genetics, environment, daily habits, and biology are all contributing factors. We need to be aware of all of these as we come into contact with people and hear their stories. Have a mentally safe fall season and be well.



BUCKET OF CHANGE

Your donations of change in October will benefit the

Greater Albuquerque Habitat for Humanity

Greater Albuquerque Habitat for Humanity has built affordable housing in nine different communities throughout Albuquerque. Their mission is much bigger than building homes. They believe that everyone deserves a decent and affordable place to call home. GAHH builds community by giving low-income families an opportunity to purchase a home so they can stand on their own, find stability and build a safe and secure foundation for their family's future. A decent place to live removes barriers to success that might have been a part of a family's life for generations. Visit GAHH the website for more information: <https://habitatbq.org/>

You may give online at StLukeABQ.org; click "Give Now," or, send your donation to the church office by postal mail.

Pledge & Offering

may be given online at our church website:
StLukeABQ.org. Click on

You may also send your pledge or offering to the church office via postal mail. If you have any questions or concerns, please leave a message for the church office at 505.299.2621 or at stluke@thuntek.net and we will reply as soon as we can.

The Storehouse

Our year-round neighborhood outreach
We continue to accept your gifts of canned tuna or meat (Spam, corned beef, sausages, chicken etc.) and other non-perishable food items for our neighbors in need of food. Please place your gifts in the green barrel by the elevator at church. You may also provide financial gifts to The Storehouse: send your check by postal mail or give online by going to our website at St.LukeABQ.org.

Prayers of St. Luke Church Family

“Rejoice with those rejoice, weep with those who weep.” - Romans 12:15

For Those in Need of Strength, Help, Healing, Comfort

Mary Lou & Dennie Erickson (friends of Bob & Bonnie Paine); Betty (mother of Lori Erven), Nancy Krenz (husband Denny), Mary Rupe (husband Don), Audrey, George & Millie Brewer & daughter Kristie; Janis & Ray; Bill & Mary Ann Arnold; Geffin & Nancy; Jim & Evelyn, Barb McCoy, Bonnie Paine (husband Bob), Ray, Benda & family (Sandy Williams' friend); Julie; Bill, Roger.

Members who can't come to church, especially those who are homebound: Melda Burns, Billie Cooper, Dottie Donohoe, Aida Elliott, Phoebe English, Lucille Few, Mike Griffin, Lois Hall, Bonnie Peters, Leona Reck, Howard Romme, Lois Sherwood, Frances Smith, Ardys Theophillus, Donald Vlasaty.

All students in schools, online learning or in-person, especially our St. Luke Preschool and Director Lori Erven.

We pray for communities, first responders, fire fighters, and outreach groups in western states where fires are raging.

We pray for God's mercy in communities where human-made fires are raging. May He make us instruments of His peace.

We pray for the production, producers, & testers of a safe, affordable, and ethically-produced & effective vaccine.

For the Wider Church

Missionaries: Those at the Navajo Lutheran Mission in Rock Point, AZ; and others sent by God all over the world.

Christian churches, especially those in Albuquerque and the persecuted church - Christians suffering and dying for their faith.

Medical missionaries and those without access to good health care in the U.S.A. and around the world.

Pray with Us at the Mid-Week St. Luke Radiant Grace

Wednesdays at 6:30 - 7 PM

Zoom link: <https://us02web.zoom.us/j/88397086712>

Turn to page 3 for more information.

Prayer Requests

Please submit your prayer requests to Angie by email at stluke@thuntek.net or by leaving a message at 505.299.2621.



IN MEMORIAM

TOM FINLEY THORNHILL II

died on September 12, 2020.

Tom and his wife Grace have been members of St. Luke since 2004.

A memorial service at St. Luke Lutheran Church in Summerville, NC, where he grew up, will be held at a later date. Please include his wife Grace, children & grandchildren and their families in your prayers.



ST. LUKE PRESCHOOL



Children's Weekly Worship in the Courtyard with the Pastors Christa & Wayne and Director Lori Erven

Thank you for your prayers, encouragement, and support (financial and other ways).

For anyone interested in making a contribution to our preschool, you may send your donation via postal mail or online at www.stlukeabq.org, click the "Give Now" button, and select the "Friends of the Preschool Support" fund.

Together, we are making a difference in the lives of children and their families in our community.

Elders Alive: Vacation Bible School 2020

Around the world with St. Luke Global Friends
Scandinavia: Norway & Sweden; Philippines; Navajo Nation;
China & Hong Kong



Greeting cards we have created, illustrating:
(from left) Philippine Christmas Star Lantern; Navajo Sand Painting; Scandinavian Woven Hearts; Chinese Calligraphy for Hope & Peace



Birthdays

- 01 Alison Schuler
- 02 Faith Gresham
- 06 Barbara Belcher
- 07 Marilyn Feagler
- 08 Benjamin Giriamo
- 09 Carol Allen
- Yvonne Shirley
- 11 Lois Sherwood
- Holly Trujillo
- 16 Lorenzo Romero
- 17 Sharon Monson
- 19 Nancy Tarman
- Amy Hathaway
- 20 Sandy Williams Clark
- Greg Anderson
- 21 Karin Duda
- 23 Jan Prudhomme
- Abigail Lyell
- 25 Dottie Donohoe
- Lorna Hill
- 26 Mary Sorenson
- 27 Frances Smith
- Erica Zebick
- 28 Myra Lynch
- Eric Meyer
- Hendrix Trujillo

Wedding Anniversaries

- 07 Steve & Cheryl Folkes
- 18 Marshall & Rebecca Shore
- 26 Sean & Pauleta Hendrickson



October 2020



All ministry & committee meetings held on Zoom

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 2pm Lamplighters 7pm SAS	2	3 Sermon on the Mount series 4 TBD SAS Refresher 5pm Worship at St Luke and 5pm Live stream worship
4 Sermon on the Mount series 4 10:30am Worship at St Luke Recorded worship Service	5	6 Men's Bible Study resumes 11/2 9am Sermon on the Mount 9:45am Prek Worship: Noah 3:30pm Prek Staff mtg - Fellowship HI 6pm Sermon on the Mount 7:20pm WMA	7 11am Staff mgt 12 Sermon on the Mount 1:30pm Finance 4-5pm Confirmation class 5-6:15pm Kids' Salt & Light-Wed. 6:30pm Radiant Grace 7pm Prek Comm. 7:30-8:30pm Choir	8 Preschool Fall Break 7pm SAS	9 Preschool Fall Break	10 Sermon on the Mount series 5 5pm Worship at St Luke and 5pm Live stream Worship
11 Sermon on the Mount series 5 10:30am Worship at St Luke Recorded worship service 5:30pm Choir in Memorial	12	13 9am Sermon on the Mount 6pm Sermon on the Mount	14 9:45am Prek Worship: Noah 11am Staff mtg 12 Sermon on the Mount 4-5pm Confirmation class 5-6:15pm Kids' Salt & Light-Wed. 6:30pm Radiant	15 6pm Council	16	17 Sermon on the Mount series 6 5pm Worship at St Luke Hope Trujillo's baptism 5pm Live stream worship
18 Sermon on the Mount series 6 Stewardship Announcement 10:30am Worship at St Luke Recorded worship Service	19	20 9am Sermon on the Mount 9:45am Prek Worship: Moses 1pm Elders Alive Virtual Travel to Thailand 6pm Sermon on the Mount	21 11am Staff mt 12 Sermon on the Mount 4-5pm Confirmation class 5-6:15pm Kids' Salt & Light-Wed. 6:30pm Radiant Grace 7:15pm Radiant Music	22 6:30pm COMM Team 7pm SAS	23	24 Sermon on the Mount series 7 Stewardship Announcement 5pm Worship at St Luke and 5pm Live stream Worship
25 Reformation Sunday Sermon on the Mount series 7 10:30am Worship at St Luke Evan Shore's baptism Recorded worship	26	27 9am Sermon on the Mount 6pm Sermon on the Mount Men's Bible Study resumes on 11/3 at 8am	28 11am Staff mt 9:45am Prek Worship: Moses 12 Sermon on the Mount 4-5pm Confirmation class No Kids' Salt & Light -resumes 11/4 5:30pm Baptism Club 6:30pm Radiant	29 7pm SAS	30	31 503rd Anniv. of Reformation 10/31&11/1 FEAST OF ALL SAINTS Sermon on the Mount series 8 5pm Worship at St Luke and 5pm Live stream Worship



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 stluke@thuntek.net.
Phone and email messages are checked daily.



Sanctuary Candle for October

Given by the Shirrod Family, "in honor of our grandson Vaho's third birthday."

Altar Flower Offerings

- Oct. 3-4: Mary Voelz, to the glory of God
- Oct. 10-11: Marina Mauney, in memory of Herman
- Oct. 17-18: Mike & Brenda Sanchez, in thanksgiving for Ellie
- Oct. 24-25: Terry & Barb Shirrod, in honor of Vaho's birthday

2020 Annual Reports

Heads Up to Committee & Ministry Leaders/Chairs
In preparation for the congregational annual meeting on the third Sunday in January, we will have the annual report booklets available to the congregation by the 2nd weekend in Jan. Please plan on submitting your reports by email to the church office by the 2nd week in Dec.

Blue Zone Parking Spaces

When you come for the weekend worship services or any special services, please leave these spaces for those who have difficulty walking, especially the ones in front of the church. Thank you.



ST. LUKE LUTHERAN CHURCH

A congregation of the ELCA Rocky Mountain Synod

- The Rev. Elizabeth Eaton, *Presiding Bishop*
- The Rev. James Gonias, *Synod Bishop*
- The Rev. Christa von Zychlin, D.Min., *Pastor*
- The Rev. Wayne L. Nieminen, Ph.D., *Pastor*
- Pauleta Hendrickson, *Director of Music Ministries*
- Greg Haschke, *Sunday School Superintendent*
- Nancy Granert, *Organist*
- Clara Byom, *Saturday Music Leader*
- Angelica Miller, *Office Manager & Horizon newsletter Editor*
- Michelle Barba, *Bookkeeper*
- Manville Enterprises, *Custodial Services*
- Bonnie Paine, *WELCA Representative to Church Council*

St. Luke Preschool

- Phone: (505) 292-8812
- E-mail: stlukesc@thuntek.net
- Website: www.stlukepreschool.org
- Lori Erven, *Director*
- Kellie Wickett, *Office Administrator*

Church Council

(Email: Council@StLukeabq.org)

- David Follstaedt: *President, Advocacy, Stewardship, Safety*
- Ken Sorenson: *Vice-President*
- Diane Follstaedt: *Secretary*
- Judy Moore: *Treasurer, Personnel, Stewardship*
- DeAnn Eaton: *Financial Secretary*
- Karen Carlson: *Wellness*
- Steve Garrett: *Personnel Comm.*
- Nancy Tarman: *Elders Alive, WELCA*
- Marina de Vos Mauney: *Executive Comm., Property*
- Frank Johnson
- Barbara Shirrod: *Personnel Comm. Chair*
- Rebecca Shore

Horizon Newsletter

is a monthly publication of ST. LUKE EVANGELICAL LUTHERAN CHURCH
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Phone (505) 299-2621
E-mail: stluke@thuntek.net / Website: stlukeabq.org

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

- Articles for the monthly Horizon newsletter: deadline - 15th of the month
- Items for the weekly St. Luke Parish Notices: - noon on Wednesdays
- *Deadlines subject to change during holidays.*