

# 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 RADIANT

### Schedule of Worship Services

#### Saturdays

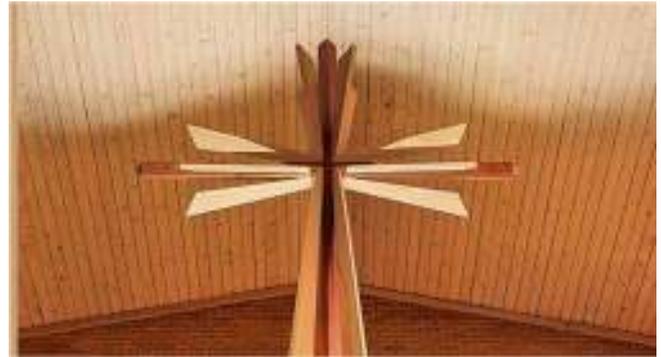
- 5 PM \*In-Person Worship service at St. Luke
- 5 PM Recommended for all: Live-streamed Worship (from the safety of your own home)

#### Sundays

- 10:30 AM \*In-Person Worship service at St. Luke
- 10:30 AM Recorded video Worship service available (attend from the safety of your own home)

#### Wednesdays

6:30 - 7 PM: Radiant Grace on Zoom: Scripture, Prayer & Holy Communion



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## *Journeys with Jesus* *and Pastors Christa & Wayne*

### HOLY WEEK

As I write this, it's Holy Week! And as most all of you know, we've had a somber month and then a truly crazy past week and a half at St. Luke in March, 2021.

First of all, we had the immense sadness of being touched by death: our dear organist Nancy's ordeal of the death of her spouse, Geffin; the sudden death of long time member Leona Reck, who I understand had a blazing heart for the St. Luke children and Sunday school programs; our beloved Ed Walters, who has been such a faithful part of the Men's Bible study, Elders' Alive, regular worship, Lutheran Campus Ministry and various kinds of service outreach – not to mention his part on the Call Committee, so he's a big part of the reason Pastor Wayne and I are here! This will also be the first Easter without certain beloved family members and close friends for a number of us. As a member of my congregation told me years ago, when my father died close to Easter, "This year you will *need* Easter like never before."

Yes. AND just as we were getting into a routine with hybrid videoed and in-person worship (masked, safely distanced, plenty of air circulation, no singing, etc.).... and had endless (seems like 😊) meetings to make plans for Palm Sunday and

*Continued next page*

*Journeys with Jesus ... continued from previous page*

Easter services when we always expect more people.... a week ago Sunday afternoon our dear church building experienced a small but pungent fire and the whole sanctuary is filled with horrid fumes.... and so we (St. Luke council, staff, property committee, WMA [Worship, Music & Arts committee]) had to scramble to meet with the insurance companies, and clean up crews, and took a whiff of all the glorious St. Luke paraments (altar cloths, hangings, robes - phew!!) and the long and the short of it is we won't be back in the main sanctuary for several weeks or possibly even months.

So, we all worked to get worship set up in the Fellowship Hall, change everything around, etc. The good news is, we had a really lovely Palm Sunday service in the Fellowship Hall last weekend – for the first time in a year we could see our dynamic music team leading the sung parts of worship (even while most of us refrain from singing!), and we experienced an innovative and vibrant word for word biblical Reading of the Passion of Christ according to Mark chapters 14 and 15, involving a beautiful mixture of young and old(er), new and longer time members of the church.

I do believe the Lord is pushing us all to think of St. Luke as a Mission Congregation. Really, every congregation should be a mission church, but sometimes it takes a dramatic event— or a series of them — to make us ask new questions, see with fresh perspectives. In the face of sickness, and death, and fire and loss, how can we reach out in new ways, with the **central** and **essential** message of Jesus Christ's love in action, and fullness and joy of life for all God's priceless people, each and every one of us? So it feels more like a mission congregation when we are meeting in the Fellowship Hall – and I for one love looking at the mobiles, the vibrant paintings, and even the basketball hoop! -- as part of our worship space. At least for the time being.

Then, just to keep things interesting, on a personal note, one of our cars was stolen from our driveway on Saturday morning. Sigh. The perks of living in Albuquerque, NM!? Just in case we hadn't gotten the Lord's message (about reclaiming the centrality of trust and joy in Christ in the midst of life's challenges) the appointed Daily Text for Saturday, March 27, 2021 was: "Give thanks in all circumstances; for this is the will of God in Christ Jesus for you." – (I Thessalonians 5:18) and the prayer started like this: "Generous God, forgive me when I focus on possessions."

Indeed. Lord forgive us when we focus on our possessions, our buildings, our habits, our own stresses... and move us again, this Holy Week and Easter Season, to celebrate YOUR WIN of love and new life and over anxiety & hate.

A blessed and faith-filled and joyful Easter to you, each and all, beloved St. Luke Community!

*Pastor Christa*

## **I Corinthians & The Cross Roads of Life**

*Continues ...*

*Wednesdays, starting April 14*

Times to attend: at 8AM or at Noon

Format: Bible Study – Digging into the Bible text – Brief lecture and Discussions....  
& some articles tossed your way from Pastor Wayne!

The Zoom links for each class time are posted on the weekly St Luke GPS or contact the church office at [stluke@thuntek.net](mailto:stluke@thuntek.net).

❖ The Men's Bible Study group will be attending this study.



## From Worship, Music & the Arts

### THE THREE DAYS

*Every Sunday in worship the church celebrates the life, death, and resurrection of Jesus Christ. The Holy Spirit gathers us to receive again the gifts of God that come to us through Christ, the saving Word. On several key days at the center of the church year, however, worship takes a particular shape. These central days have come to be known as the Three Days, recalling Jesus' own words to his disciples that he would be handed over to death, and that "after three days he will rise again" (Mark 10:34). The Three Days encompass the time from Maundy Thursday evening through the evening of Easter Day. In particular, the services of Maundy Thursday, Good Friday, and the Vigil of Easter unfold in a single movement, as the church year makes the passage with Christ through death into life. ELW Leaders Desk Edition, p. 611*

### The Three Days at St. Luke\*

**Thursday, 6:30 PM, 1 April 2021 – Maundy Thursday.** In-person (\*Fellowship Hall) and live streaming worship. On this night we begin the Three Days during which we participate once again in the saving power of Jesus' passing over from death into life. This service includes the words of Jesus' new commandment ("mandatum," from which "Maundy" comes) to love one another. On this night in which Jesus was handed over to death we also gather around the Lord's supper. At the service's conclusion, the altar area will be stripped as a sign of Jesus' abandonment. ELW Leaders Desk Edition, p. 613

**Friday, 6:30 PM, 2 April 2021 – Good Friday.** Tenebrae Service (in person in the \*Fellowship Hall and live streaming). A recording of the Stations of the Cross will be available on the St. Luke website. The Good Friday service continues the journey through the Three Days of Jesus' suffering, death, and resurrection. At the heart of this service is the passion reading according to John, which celebrates Christ's victory on the cross. As Jesus draws all people to himself, we pray for the whole world for which Christ died. Finally, we honor the cross as the sign of forgiveness, healing and salvation. ELW Leaders Desk Edition, p. 613

**Easter Sunday Packets** containing bulletins, communion sets, and a beeswax candle will be available for those unable to attend in-person worship. If you were unable to pick them up during the drive-thru on 27 March, they are available from the Church office.

**Saturday, 7:45PM, 3 April 2021 – Easter Vigil** (in person in \*Fellowship Hall and live streaming). On the night before Easter Day, Christians around the world gather to celebrate Christ's passage from death to life. The service includes strong signs, new fire in darkness, light spreading from the light of Christ, the water and Word of Baptism, the first resurrection meal. And powerful words...of Hebrew scripture and the first Easter gospel. We keep this wondrous night in the spirit of vigil, our lamps lit, awaiting Christ's coming both now and at the end of time. Alleluia! Christ is risen! And Christ will come again. ELW Leaders Desk Edition, p. 614

Following Sundown, begin with gathering outside the \*Fellowship Hall Entrance around a fire pit. Followed by procession into Fellowship Hall for Candlelight service beginning at 8:00 PM. This will be a shortened (under one hour) version of the traditional Easter Vigil service but will still include the traditional elements of the Ancient Easter Vigil such as lighting of the Paschal candle, multiple Scripture readings, proclamation of the Gospel, and (Affirmation) of Baptism (St. Luke currently has three Adult Affirmation of Baptism candidates).

**Note: if you or anyone you know is not yet baptized and would like to receive the sacrament of Holy Baptism at this special service or of any of the Sundays of the Easter season, please contact Pastor Christa as soon as possible.**



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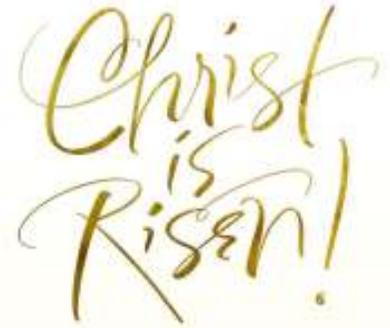
**Easter Vigil: Saturday, April 3, at 7:45 PM**

**EASTER SUNDAY AT ST. LUKE**

**April 4, 2021**

**8:15 AM and 10:30 AM**

**THE RESURRECTION OF OUR LORD**



**Both in-person in \*Fellowship Hall and live streaming worship**

**This is the holiest of days in the church year as we rejoice with all Christians around the world celebrating Christ's victory over death, and through His resurrection, our own salvation. Alleluia! Christ is risen! He is risen indeed!**

**\*NOTE (Adjustments necessary to Worship in Fellowship Hall):**

- Due to the smoke infiltration in our Sanctuary from the HVAC unit fire on Sunday, 21 March, we will be worshipping in the Fellowship Hall through at least Easter, and potentially longer.
- Applying the NM Public Health Order capacity limits under "yellow" conditions to the max capacity of the Fellowship Hall (170), allows for a maximum attendance at any worship service of 56 (this includes both worship leaders, assistants, and attendees).
- To ensure we comply with this capacity limitation, and physical distancing requirements between persons that are not from the same household, it will be necessary to limit our in-person worship attendance at each worship service to ensure we are compliant with protocols.
- To accommodate, what we expect to be higher attendance than normal on Easter Sunday we will have two services for Easter Sunday (in addition to the 7:45 PM Easter Vigil on Saturday night). We will provide Easter packets to any that we may need to turn away if capacity limitations are met.
- To assist us in our planning, please let the Church Office know (via email at [stluke@thuntek.net](mailto:stluke@thuntek.net), or phone call at 299-2261), if you plan to bring guests with you to Easter Worship.
- Due to some of the added tasks for ushers and to clean/sanitize the Fellowship Hall between Easter services, we will need additional volunteers to assist at each service and between services. If you are able to help in this capacity, please contact the Church office.
- We will keep you posted about any changes that may be necessary based on lessons learned from worship in Fellowship Hall. Thank you very much for your support, prayers, and patience.

**Help - St. Luke Church Needs You!**

Volunteers to serve as Video Livestreaming Technicians and Sound Board Operators are desperately needed. Video Technicians manage and enable the livestreaming of our Saturday worship services and other services that require livestreaming. Sound Board Operators are needed for all worship services at St. Luke. Job descriptions and training will be provided for both of these volunteer opportunities.

Our ability to continue online streaming of worship is dependent on having volunteers for these positions. If you are interested in either or both positions, please contact the church office to receive the job descriptions and arrange for training. If you are not able to volunteer for either of these positions, please pray fervently that others will. Thank you very much.

# Children & Youth Education Opportunities

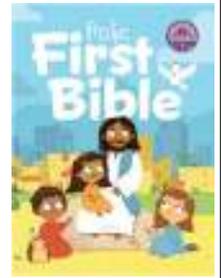
## ST. LUKE ABQ 2021 FROLIC BABY BIBLE CLUB

Fourth Thursdays 5:30-6pm

Using the Frolic First Bible (for parents & babies, birth – age three)

30 minutes (via Zoom until we can safely meet otherwise!)

Bible songs, scripture, sharing and some silliness!



### 2021 STORIES:

1. January 28 Creation
2. February 25 Noah
3. March 25 Abraham & Sarah
4. April 22 Joseph & His Brothers
5. May 27 Baby Moses
6. June 24 Exodus

### July & August break

9. Sept. 23 Hannah & Samuel
10. Oct. 28 David & Goliath
11. Nov. 18 Daniel
12. Dec. 23 Jesus is Born

### January 2022

13. Jan. 27, 2022 Jonah

## St. Luke ABQ KIDS

### Radiant Salt & Light

Interactive ... for Ages 3 - 12

Wednesdays via ZOOM at 5-6:15 PM

BIBLE Story explorations through Songs, Science, Crafts, Games, and Blessings of St. Luke ABQ intergenerational friends & family. Contact Pastor Christa (pastorchristABQ@gmail.com) or Holly Trujillo for more information. New children/families always welcome.

### Upcoming Themes:

**April 7 - EASTER BREAK**

**April 14** – Holy Hilarity - bring a Bible or religious themed joke or funny song/picture/cartoon to share PLUS Doubting Thomas

**April 21** - Jesus Comes through closed doors (and eats fish!) "Seeing is Believing"

**April 28** - Good Shepherd

**May 5** - True Vine

**May 12** - Love one another!!!

**He is not here!  
He has risen!**  
*Can you find your way  
to the empty tomb?*



*Rainbow Trail Lutheran Camp  
and St. Luke Lutheran  
& Camino de Vida Churches*

*present*

## VACATION BIBLE DAY CAMP 2021

June 21 - 25, 2021

Theme: Taking It Down the Mountain!

Scripture verse: John 16:33

### Featuring:

- ⇒ Morning program at St. Luke church for younger ages
- ⇒ Early evening program for families of all ages with our partner church, Camino de Vida

More information will be posted in the weekly St. Luke GPS and in the May Horizon.

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

**LAMPLIGHTERS**

Thursday, April 8 (*2nd Thursday in April*)  
2 PM by Zoom

We are reading the book, "Paul, Apostle to All the Nations," by Stephen J. Binz. We will finish discussing chapters 5 and 6 and continue with chapters 7 - 12. Shirley Smith will be the leader. All women are invited to attend.

For more information call Gayle Carleton at 505-559-3012 or at [Lamplighters@stlukeabq.org](mailto:Lamplighters@stlukeabq.org).

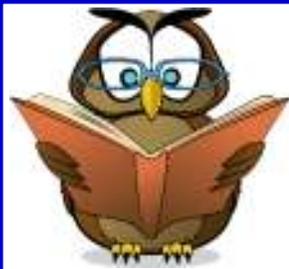


**WOMEN'S GATHER BIBLE STUDY**

Tuesday, April 27  
10 AM, via Zoom

Study can be found in the April 2021 Gather Magazine (p. 20). It is the final part of Pastor Christa's series "Journeys with angels – Feasting, funny, alleluia angels". God sends these messengers to lead us from the shadows of death into the light of new life.

Come share in the discussion, and bring a friend with you. For Zoom link and to share a copy of the study, contact Bev Berardinelli at [WomensBibleStudy@stlukeABQ.org](mailto:WomensBibleStudy@stlukeABQ.org)



**What We're Reading/Watching Now**

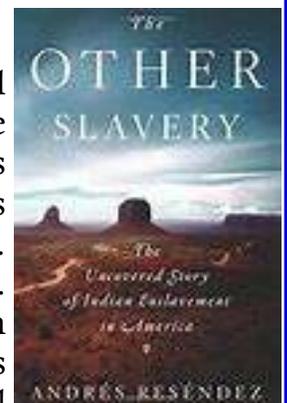
*(We invite YOUR input and short contributions about what you are reading in future Horizons.)*

**THE OTHER SLAVERY**

Author: Andres Resendez (2016)

*Submitted by Spencer Gerwin*

This book lays out a detailed history beginning with King Carlos I's formal prohibition in 1542 of slavery throughout the Spanish Empire including the Philippines, Caribbean, and the Americas. But involuntary servitude endures by adapting to economic "needs" despite legal measures. Industrial pressures of mining and farming in the "New World" create a demand for cheap labor. When one population is liberated, another becomes exploited in its place. Chapters devote significant attention to slavery among Native American tribes in New Mexico and the American southwest including Juan de Onate's arrival in 1598 and the 1680 pueblo revolt. I now better understand the full story of slavery's impact on our world.





# *Fiftieth Anniversary of Ordination*

**The Reverend Charles R. Exley**  
*Ordained April 23, 1971, at  
St. Luke Lutheran Church  
Albuquerque, New Mexico*

## *Ministries Served...*

1971-1976 Pastor, Trinity Lutheran Church, Bossier City, LA  
1976-2001 Pastor, Lutheran Church of the Resurrection, Lakewood, CO  
2001-2003 Interim Senior Pastor, St. Luke Lutheran Church, Albuquerque, NM  
2003-2013 Retired Pastor on Staff, St. Luke Lutheran Church, Albuquerque, NM

*Pastor Chuck is a graduate of the University of New Mexico  
and Pacific Lutheran Theological Seminary*

Should you wish to recognize this occasion in a tangible way, you are invited to contribute to Lutheran Campus Ministry at the University of New Mexico



## **Elders Alive!**

*By Judy Moore, Coordinator*

On Tuesday, April 20, at 1:00 - 2:30 PM, the tag team of Nancy Hibbard Tarman and Sally Hibbard Lawson will present a introspective view of an early to mid century missionary to Japan and reflect on lives of a missionary. We will discuss the following questions (but not limited to just these questions):

- What is the task of a missionary?
- Who becomes a missionary?
- What stumbling blocks might a missionary experience?
- How would you prepare to live in a foreign land?
- Do today's missionaries serve only one or two locations? Why?

- What attributes make for an effective missionary?
- Did Esther Hibbard's life choices parallel Paul and the other early missionaries?

Anyone having photos or mementos from Japan are encouraged to share at this meeting. Contact Judy Moore for more information. The Zoom link will be sent to those who have participated before. If you are new to the group please contact Judy Moore at [EldersAlive@stlukeABQ.org](mailto:EldersAlive@stlukeABQ.org) for the link.





## BUCKET OF CHANGE

*Your donations of change in April will benefit the*

### CLN-KIDS, *formerly Cuidando Los Niños*

CLN-Kids has been serving the Albuquerque homeless community since 1988. Their goal is to make sure homeless children and their families never become homeless again. For children, this means providing the highest quality early childhood education. For parents, this means offering proven support programs utilizing “trauma-informed practices”. Programs include job training, life-skills training and other educational resources to put them on the path to self-sufficiency.

*You may place your gifts in the Bucket at church or give online at [StLukeABQ.org](http://StLukeABQ.org); click “Give Now,” or send your donation to the church office by postal mail.*

**Thank you St. Luke family for your gift to ELCA World Hunger: Bucket of Change in February 2021: \$ 231.39**

## THANK YOU

We at Rainbow Trail Lutheran Camp are very grateful for your tremendous financial support in 2020. With your help, we were able to reach all of our 2020 financial goals for the RTLC Annual Fund (over \$770,453 in gifts) in a very challenging financial year!

Thank you for the important role you have and continue to play in the success of this ministry. With your help, we will continue to serve the youth and families of the Rocky Mountain Synod for years to come. ...

Sincerely,  
David K. Jarvis  
Executive Director



### St. Luke Choir

*Singing on Zoom*  
Wednesday, April 7  
At 7:30 PM

### St. Luke CAR Choir

*Singing on Zoom*  
Sunday, April 18  
3:00 PM, at west parking lot

To participate, contact Pauleta at [MusicDirector@stlukeabq.org](mailto:MusicDirector@stlukeabq.org)



# EASTER IS THE SEASON OF HALLELUJAH!

By Pauleta Hendrickson, Director of Music Ministries

Easter is the season of Hallelujah! or Alleluia! The words, actually two words, have the same meaning; they are simply spelled differently. In Hebrew, the words mean Praise (Hallelu) and God (Jah). But it isn't just any kind of praise, it is supposed to be Joyous Praise! And it is particularly associated with music and singing. This is one of the reasons we "put away" the Hallelujahs during Lent. It's not because we don't want to praise God, but that we are in a more somber time, almost a time of mourning. And yet, we find many Hallelujahs in the midst of strife and sadness, just take a look at Psalms and the Book of Job. Fortunately for my love of Hallelujah! we are now in the Easter season and Hallelujahs! can ring forth!

One of Our Easter Sunday hymns, ELW 364 Christ Has Arisen, Alleluia or Mfurahini, haleluya comes from the Tanzanian Tradition. The tune is a traditional song from the Haya people of northwestern Tanzania. They are an ancient people notable for their support of and hunger for education. They would sing the verse and refrain unaccompanied, except by a drum pulse, "a percussive underlay, a bed for the tune to ride on." In the Hymnal Companion to Evangelical Lutheran Worship, Paul Westermeyer writes "In East African call-response fashion, the structure suggests a soloist or small group who makes the announcement and tell us about the bursting from death, the angel's message not to fear, the news to be spread, the battle won over sin, the freedom we receive and these sets the singing in motion. To that the assembly responds by taking up the song, recounting a summary about death's destruction and summarizing the whole with the church's Alleluia."\* You'll find that the repetitive nature of the tune makes this an easy song to learn and enjoy!

The Rev. Bernard Kyamanywa gave the tune a Swahili text while he was studying at the Lutheran Theological College, now Makumira University College, in Arusha, Tanzania. He had been trained as an elementary school teacher and received basic musical training, but came to the college to earn a degree in theology. He was an excellent linguist and was part of an ecumenical group of scholars who first translated the Bible into Haya. He also served as a pastor and bishop of the Lutheran Church in Africa. His words are an announcement of Christ's resurrection with a narrative about it in five stanzas, followed by an exuberant congregational refrain

There is a wonderful spirit to the singing of people in countries that seem poor, but whose songs reveal their richness of faith and strength. May we capture some of that hope and joy in our singing of this Tanzanian song!

## Christ Has Arisen, Alleluia

*Mfurahini, haleluya,*

### SWAHILI

Mfurahini, haleluya,  
mkombozi amefufuka.  
Amefufuka, haleluya,  
Msifuni sasa yu hai.

*Refrain* Tumwimbie sote kwa furaha.  
Yesu ametoka kaburini  
Kashinda kifo, haleluya;  
Haleluya, Yesu yu hai.

### ENGLISH

Christ has arisen, alleluia.  
Rejoice and praise him, alleluia.  
For our redeemer burst from the tomb,  
even from death, dispelling its gloom.

*Refrain* Let us sing praise to him with endless joy.  
Death's fearful sting he has come to destroy.  
Our sin forgiving, alleluia!  
Jesus is living, alleluia

2 For three long days the grave did its worst  
until its strength by God was dispersed.  
He who gives life did death undergo,  
and in its conquest his might did show. *Refrain*

3 The angel said to them, "Do not fear.  
You look for Jesus who is not here.  
See for yourselves the tomb is all bare.  
Only the graveclothes are lying there." *Refrain*

4 "Go spread the news: he's not in the grave.  
He has arisen this world to save.  
Jesus' redeeming labors are done.  
Even the battle with sin is won." *Refrain*

5 Christ has arisen to set us free.  
Alleluia, to him praises be.  
Jesus is living! Let us all sing;  
he reigns triumphant, heavenly king. *Refrain*

Text: Bernard Kyamanywa, b. 1938; tr. Howard S. Olson, b. 1922

Swahili text © 1968 Lutheran Theological College, Makumira, Tanzania, admin. Augsburg Fortress. English text © 1977 Howard S. Olson, admin. Augsburg Fortress.

\*Paul Westermeyer, *Hymnal Companion to Evangelical Lutheran Worship* (Augsburg Fortress, 2010)



## SNIPPETS ABOUT SUPPLEMENTS *PROS & CONS*

By Lorna Hansen, RN

It is safe to assume that people are concerned about preserving, maintaining or even gaining optimum health especially as the years add up. For the younger set this is not their chief concern though they may constantly be reminded, “Eat your fruits and vegetables”.

For the most part we are all cognizant of eating good, healthy food, acquiring adequate sleep, getting enough exercise, maintaining good social and mental habits, and the list goes on. All this may require for the majority of us to look for additional help to keep us healthy in the form of taking supplements!

The term “supplements” encompasses a variety of products such as vitamins and minerals, herbs and enzymes. The supply of supplements is abundant. We simply choose that which meets our needs, has good advertisement, is readily available, we purchase, and pop the pill or powder or whatever form in which it comes. We rely and trust that the product is good, safe and effective. But here comes the word, “CAUTION,” when we assume all is well when we ingest supplements. This fact was brought home to me when a close relative sent me a supplement that sounded like the ideal pill to take to which it would “provide nutritional support for stress and maintaining healthy cortisol levels while giving the body energy and endurance”. Besides, there were others who took it without any complaints. She had heard about it from a doctor that has his own show on television and supplements he manufactures through his own company. Around the holidays she informed me that she was having nausea, vomiting and diarrhea and that she would refrain from eating or drinking when she had to leave the house. My heart went out to her thinking she may have the flu or some form of Covid. After a week or so, I noticed I was having similar symptoms. Having not seen her in over two years and living hundreds of miles apart, the only common thread was that supplement! I shelved mine and not until most recently she inquired how my “insides” were since she again started having problems. Without much thought, it reminded me of it and I took one capsule. Within the hour I had severe nausea, vomiting and diarrhea. The mystery was solved!! So the advice is “Buyer beware and use with caution!”

### Tips for Safe Supplement Use

- ◆ Buy from a trusted source. Look for the seal on the bottle (USP) U.S. Pharmacopial convention. Translated means the product has been tested and has verified ingredients, potency, and manufacturing process.
- ◆ Avoid drug interaction. There’s a reason why health care providers want to know your list of supplements together with prescribed medications.
- ◆ Treat deficiencies if so advised. If your blood tests show you are deficient in a vitamin or mineral your physician may suggest dietary changes or a supplement.
- ◆ Protect your kidney and liver. Since these organs metabolize drugs and supplements make sure your doctor checks with lab work that whatever you are taking is helping rather than harming your health.

### General Pointers in regards to Cons

- ◆ Large, long-term, well designed clinical trials are lacking for most supplements. The great majority of studies on supplements have been small, short, or poorly designed and results are generally inconsistent.
- ◆ Just because supplements are sold without a prescription, are often labeled as “natural” and come without warnings on labels doesn’t mean they are safe.
- ◆ Bottles may not even contain what the labels say. Herbs can be problematic because they are very complicated chemically.
- ◆ If you have a medical condition or are about to have surgery, tell your doctor.
- ◆ Don’t rely on supplement to self treat a serious health condition.

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#### Wellness Committee Members:

BettyAnne Arner (chair)

Gayle Carleton

Sandy Williams Clark

Twila Randolph

Karen Carlson

Lorna Hansen

Cheryl Folkes

*Snippets About Supplements ... continued from previous page*

- ◆ Too many supplements could interfere with good food absorption.
- ◆ One of the main reasons that supplements are labeled “dietary supplements” is because they are NOT regulated by the (FDA) Food and Drug Administration. They do not monitor any dietary supplements. The FDA is protected by printing on the bottle. “This product is not intended to diagnose, treat, cure or prevent any disease”.

- ◆ VITAMIN E may strengthen the immune system, protect against memory loss and prevent pneumonia.
- ◆ CHAMOMILE can help soothe sore throat and upset stomach, and improve sleep.

To list them all would take up the entire Horizon!  
So the quandary remains...

- ⇒ Did our body chemistry react adversely to the supplement?
- ⇒ Did we take a stronger dose than recommended? (According to the Poison Control – we did not)
- ⇒ Was the manufacturer’s batch faulty? (The supplement had the same bar code#, yet the company would not check into that after notifying them of our problem). For me that product will never travel through my GI track, but others that I find helpful will!

So be cautious, stay healthy, take what you must, and if uncertain, check in with your doctor or pharmacist, and as Cicely Tyson said about longevity, “Take care of yourself and love life”.

Ref: [www.berkelywellness.com](http://www.berkelywellness.com);  
[www.health.harvard.edu](http://www.health.harvard.edu); [www.uspverified.org](http://www.uspverified.org);

**PROS in taking supplements can be helpful and beneficial**

- ◆ As an example VITAMIN D is recommended to improve bone conditions and various mental conditions such as depression or anxiety. VITAMIN D is best absorbed from the sun, but if being outdoors is limited, a supplement is beneficial.
- ◆ OMEGA 3 may be helpful for people of all ages. Studies have shown that children’s learning abilities may improve, and research has documented benefits of disease prevention. These include heart disease, anxiety, depression and the easing of skin disorder, asthma in children and ADHD.
- ◆ A Harvard study showed that a MULTIVITAMIN may reduce the risk of developing cancer.

## 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](mailto:pastorchristaABQ@gmail.com) or Pastor Wayne at [pastorwayneABQ@gmail.com](mailto:pastorwayneABQ@gmail.com).

From the Pastors:  
*“We would love to hear from you!”*

## Beautiful Fellowship Hall

Resident artist Nancy Krenz and the Crossroads team - thank you once again for creating a beautiful space for us to worship and fellowship, especially at this time that we are waiting for our sanctuary to be restored.



**Caution and creativity** have certainly served us well this school year! With everything from mask wearing for children and staff to distancing with two year olds, and a number of requirements in between—the only way to go has been with **caution and creativity!** This has even applied to the way we have approached Children’s Worship and Music Classes.

Since we haven’t been able to gather classes together in the sanctuary of the church, Children’s Worship has taken place with individual classes on the courtyard steps when temperatures were warmer and in the classrooms on the cooler days. While the logistics have been different, the goals have remained the same: learning about God’s love for us and sharing Bible stories, songs, and prayers together.

Since we haven’t been able to gather together with Pauleta in the music classroom, Music Classes have taken place on the courtyard steps when temperatures were warmer and over Zoom in the classrooms on the cooler days. Of course, we all look forward to singing, dancing, and playing rhythm instruments with Pauleta face-to-face whenever we are able!

Here we are in the month of April and we are grateful to have zero cases of COVID since December! We are grateful to be getting vaccinated, and we continue to be grateful for the opportunity to serve children and their families.

In addition, we are grateful for encouraging enrollment numbers for Summer Camp and the 2021-2022 school year.

The interest we are receiving from prospective families is hopeful and we are cautiously optimistic about expanding the program once again.

God  
is so  
good

We continue to be blessed by your prayers, your generous donations, and your willingness to tell others about St. Luke Preschool!



As we expand our program back to five classes, we are hiring educational assistants. If you know someone who is passionate about working with young children and their families, please tell them about us!

For more information, contact Lori at 505-292-8812 or stlukesc@thuntek.net.

# Prayers of St. Luke Church Family

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

## **For Those Who Mourn**

We pray for Kate & Alex Roesler & children Ben & Summer on the death of Belle Burnett Grill, Kate's mother, on Mar. 19; Kevin (Patty) Wagner and sister Phyllis Colyer and family as they mourn for Kevin's brother-in-law Rich (who was like a father to Kevin) and was laid to rest in Pennsylvania on Mar. 8; Karen & Terri Reck and their families on the death of their mother Leona Reck on Mar. 3 (memorial service will be held at St. Luke at a later date); Sue Walters (wife), grandchildren Halen & Albrecht, and daughter-in-law Andrea & other family members on the death of Ed Walters on Mar. 4.

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

We pray for Karen, recovering from surgery (friend of Mary Voelz); Rosie Johnson (friend of Bev Berardinelli), her daughter Alice and friend Dede; Sylvie (grandmother of one of our preschoolers); Charlotta (friend of Mary Voelz); Polly Brodbeck (recently hospitalized); Daleen Olson; Richard Peters & family (cousins of Daleen Olson); Pastor Julie LaHam; Ernesto (Dorela Cole's grandson); Richard (friend of Marina Mauney); John & Joyce; Theresa (daughter of Sally Meeks); Rick; Marv Plugge; Audrey, George & Millie Brewer & daughter Kristie; Carrie; Janis & Ray; Bill & Mary Ann Arnold; Bonnie Paine; Ray; Bill; Roger (son of Magda Renteria).

We pray for homebound members: Melda Burns, Billie Cooper, Dottie Donohoe, Karin Duda, Phoebe English, Lucille Few, Howard Romme, Lois Sherwood, Ardys Theophillus, Donald Vlasaty.

We pray for all students in schools, online learning or in-person, especially for our St. Luke Preschool and Director Lori Erven for continued health and wellness of staff, students and their families.

We pray for all children separated from their loved ones.

\*\*\*\*\*

We lift up in prayer our church leaders - the Council.

We lift up in prayer our pastors Christa & Wayne as they minister to us. (*God said*, “And I will give you pastors according to mine heart, which shall feed you with knowledge and understanding.” – Jeremiah 3:15).

\*\*\*\*\*

## **For the Wider Church**

We pray for Lutheran Family Services in Albuquerque; Luther House NM/CNM; Navajo Lutheran Mission in Rock Point, AZ; and missionaries sent by God all over the world.

We pray for all Christian churches, especially St. Luke & Camino de Vida; the persecuted church; and the churches & citizens of Myanmar, that they maintain a peaceful, yet persistent, witness for the end of military rule, release of political prisoners, and the return of a freely elected government.

We pray for medical missionaries and those without access to good health care in the U.S.A. and around the world.

## **For Our Country**

We pray for more rain/snow in New Mexico and for our farmers; for our oil & gas industry and for the livelihoods & public education that depend on it. We pray for those who are affected by severe weather conditions, especially in Texas and south eastern states.

We pray for first responders, medics and food growers/transporters/grocers.

We pray for our military and government. We pray for God's will and for the preservation of our freedom & US Constitution.

## **Thanksgiving**

Welcome back to our organist, Nancy Granert.

The HVAC fire did not burn the inside of our church. For the passersby, fire rescue responders, and St. Luke choir rehearsing at the parking lot - their involvement helped quell the fire. We are especially thankful to Pauleta Hendrickson & Gil Quintana who practiced safety and preventive measures while waiting for the first responders and to Property Committee for the work they are doing to restore the church building.

## Birthdays

- 04 Cheryl Heise
- 05 Bev Larzelere  
Judith Stocum
- 06 Liam Christan Tierney
- 07 Don Lange  
Diane Gruner  
Gayle Carleton
- 09 Brent Meyer
- 11 Betty Ann Arner
- 12 Bob Thornton
- 13 Leeondra Schuler-Sandy
- 14 Denny Krenz
- 16 Pauleta Rene Hendrickson
- 19 Nancy O'Dell  
Anne Kelso
- 20 Shannon Guericke
- 21 Louanne Saylor
- 22 Rick Parker
- 25 Ben Larzelere
- 26 Carol Traeger
- 28 Laura Jorgensen



## Youth Baptism Anniversary

- 07 Layla Lyell  
Abigail Lyell
- 16 Lauren Hollowwa
- 18 Summer Roesler
- 27 Connor Knapp  
Andie Wagnild  
Sydney Wagnild
- 29 Hazel Trujillo

## Ordination Anniversary

April 23  
50th anniversary of the ordination of  
The Rev. Charles Exley

## Wedding Anniversary

- 04 Ben & Bev Larzelere  
Mike & Carol Abramovich
- 16 Les & D'Ann Anderson  
Spencer & Cheryl Gerwin
- 18 Pamela & Peter Makarenko
- 19 George & Carol Allen
- 29 Bonnie & Joe Perea



## Palm & Passion Worship Services

March 27 & 28, 2021



*The service was terrific! And the music, outstanding. God bless all those who participated. And so good to see Nancy G back at the piano. - Nancy and Denny Krenz*

*The service was great! I watched Saturday evening in real time. Great job everyone involved. - Karen*

*Beautifully done. Thank you everyone. - Betty*

*The service was wonderful and beautifully done. The reading from Mark was very effective, combining the readers and the great graphics. Thank you for putting it all together! - Mary*



# April 2021

All ministry & committee meetings held on Zoom unless otherwise noted.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1 Maundy Thursday</b> <b>9:15am &amp; 11am</b> Prek Music Lamplighters moved to 4/8  <b>6:30pm</b> In-Person worship at St. Luke <b>6:30pm</b> Live stream worship	<b>2 Good Friday</b> Preschool closed. Noon Church office closed. <b>6:30pm</b> In-Person Tenebrae service at St. Luke <b>6:30pm</b> Live stream worship	<b>3 Eve of Easter</b>  <b>7:45pm</b> In-Person Easter Vigil service & Adult Affirmation of Baptism at St Luke  <b>7:45pm</b> Live stream Worship
<b>4 Easter</b> <b>8:15 am and 10:30am</b> In-Person Easter Worship service at St Luke Recorded worship service available	<b>5 Easter Monday</b>  Church office closed.	<b>6</b>  <b>2-3pm</b> Executive meeting  <b>6:30pm</b> WMA	<b>7 9:15am &amp; 11am</b> Prek Music <b>9:45am</b> Prek Worship: Jesus the King <b>1:30-2:30pm</b> Finance Comm. <i>Kids' Salt &amp; Light on break</i> <b>7:30pm</b> Choir	<b>8</b> <b>9:15am &amp; 11am</b> Prek Music <b>2-3:30pm</b> Lamplighters  <b>7pm</b> Preschool Comm	<b>9</b>	<b>10</b> <b>5pm</b> In-Person Worship at St Luke  <b>5pm</b> Live stream worship
<b>11</b> <b>10:30am</b> In-Person Worship at St Luke Recorded worship service available	<b>12</b>	<b>13</b> <b>9:45am</b> Prek Worship: Jesus the King  <b>1-1:45pm</b> Elders Alive Planning <b>2:30pm</b> Staff mtg	<b>14 8am &amp; 12 Noon</b> 1 Corinthians: Cross Roads of Life <i>continues</i> <b>9:15am &amp; 11am</b> Prek Music <b>5-6:15pm</b> Kids' Salt & Light <b>6:30pm</b> Radiant Grace-Zoom communion & prayer resumes	<b>15</b> <b>9:15am &amp; 11am</b> Prek Music  <b>6pm</b> Council	<b>16</b>	<b>17</b> <b>5pm</b> In-Person Worship at St Luke  <b>5pm</b> Live stream Worship
<b>18</b> <b>10:30am</b> In-Person Worship at St Luke Recorded worship service available <b>3pm</b> Car choir - west parking lot	<b>19</b>	<b>20</b>  <b>1-2:30pm</b> Elders Alive event	<b>21 8am &amp; 12 Noon</b> 1 Corinthians: Cross Roads of Life <b>9:15am &amp; 11am</b> Prek Music <b>9:45am</b> Prek Worship: <i>Jesus the King</i> <b>5-6:15pm</b> Kids' Salt & Light <b>6:30pm</b> Radiant Grace-Zoom communion & prayer	<b>22</b> <b>9:15am &amp; 11am</b> Prek Music  <b>5:30-6pm</b> Frolic Bible Club— JOSEPH & HIS BROTHERS	<b>23</b>	<b>24</b> <b>5pm</b> In-Person Worship at St Luke  <b>5pm</b> Live stream Worship
<b>25</b> <b>10:30am</b> In-Person Worship at St Luke  Recorded service available	<b>26</b>	<b>27</b> <b>9:45am</b> Prek Worship: Jesus & the children  <b>10am</b> Women's GATHER Bible Study	<b>28 8am &amp; 12 Noon</b> 1 Corinthians: Cross Roads of Life <b>9:15am &amp; 11am</b> Prek Music <b>5-6:15pm</b> Kids' Salt & Light <b>6:30pm</b> Radiant Grace-Zoom Communion & prayer	<b>29</b> <b>9:15am &amp; 11am</b> Prek Music	<b>30</b>	



# 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).

## Any Changes

- to your Mailing address?
- to your Phone contact?
- to your Email address?
- to your household information?

Please send any changes to the church office by postal mail, email or phone call. Thank you.

## Prayer Requests

Please submit your prayer requests to Angie by email at [stluke@thuntek.net](mailto:stluke@thuntek.net) or by leaving a message at 505.299.2621.

## Sanctuary Candle for April

*We are not collecting any offering while the church is being cleaned of smoke and debris from the recent outdoor fire.*

## Altar Flowers for April

April 3 - 4: Easter orchids - donors and dedications listed in the Easter bulletin

April 10 - 11: Marina Mauney, in memory Of Herman

April 17 - 18: Pastors Christa & Wayne in anticipation and in honor of their newborn first grandchild

April 24 - 25: Given in memory of Wilma Buddrius

If you would like to offer the altar flowers in May or any other month, please contact the church office.

Donation: \$35 per arrangement

## Church Office

The church office is closed at 12 noon on Good Friday, April 2nd, and all day Easter Monday, April 5th.

# ST. LUKE LUTHERAN CHURCH

*A congregation of the ELCA Rocky Mountain Synod*

The Rev. Elizabeth Eaton, *Presiding Bishop*  
 The Rev. James Gonja, *Synod Bishop*  
 The Rev. Christa von Zychlin, D.Min., *Pastor*  
 The Rev. Wayne L. Nieminen, Ph.D., *Pastor*  
 Pauleta Hendrickson, *Director of Music Ministries*  
 Nancy Granert, *Organist*  
 Clara Byom, *Saturday Music Leader*  
 Angelica Miller, *Office Manager & Horizon newsletter Editor*  
 Michelle Barba, *Bookkeeper*  
 Pamela Franco, *Media Ministry Assistant*  
 Manville Enterprises, *Custodial Services*  
 Music Scholars (*university students*): Agustin Arredondo,  
 Johnathan Cain, Gabriela Di Pomazio,  
 Brianna Joyce, Molly Rosenshein

## St. Luke Preschool

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

## Church Council *(Email: Council@StLukeabq.org)*

Ken Sorenson: *President, Executive Comm., Constitution Review. (Email: Council.President@StLukeabq.org)*

Karen Carlson: *Vice-President; Executive Comm., Wellness*  
 Nancy Tarman: *Secretary, Executive Comm., Elders Alive, Preschool, Advocacy*

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

Charles Clark: *Men's Bible Study, Yard volunteer*

Ginny Fisher: *Worship, Music & the Arts*

Cheryl Folkes: *Wellness*

Steve Garrett: *Personnel Comm. Chair*

Frank Johnson

Rebecca Shore

## Horizon Newsletter is a monthly publication of

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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).*

- Articles for the monthly **Horizon** newsletter: deadline - 15th of the month
- Items for the weekly **St. Luke GPS**: - noon on Wednesday before upcoming weekend service
- *Deadlines subject to change during holidays.*