

The Good News

We are dedicated to sharing God's unconditional love and to telling the story of Jesus to all.

Christ Lutheran Church
4761 Cass Street
San Diego CA 92109
(858) 483-2300

www.christpb.org
clcsd@christpb.org



Journey into the Wilderness

The Forty Days of Lent at Christ Lutheran



Mardi Gras

Pancake Breakfast and Bingo
10:45am Sunday February 20

February 2012
Volume 66, Number 2

Sunday Morning
Worship Celebration
9:30 a.m.

Christian Education
8:30 a.m.

Monday

Souper Seniors Lunch
12:00 noon
Lounge

Wednesday

Feather Kids
4 p.m. Music & Movement
5 p.m. Music

Thursday

12 noon Handbells
7 p.m. Choir

Friday

11:30 a.m. Our Daily Bread

Ash Wednesday Worship

12 noon in the Chapel

7:00pm in the Sanctuary



Lenten Series; The Lord's Prayer

Midday Prayer 12 noon
(Soup Lunch at 12:30)

Evening Prayer

7:00pm

(Soup Supper at 6:30pm)

*Let us begin the time of the fast and light,
Preparing ourselves for spiritual combat!
Let us purify our soul; let us purify our body.
Let us abstain from passion as we do from food,
and enjoy the virtues of the spirit;
So that, perfected in time by Love
we may be made worthy to see
the Passion of Christ and the Holy Passover
In spiritual joy!*

In a few weeks we will begin the season of Lent, the forty day period patterned after Jesus' solitary sojourn in the wilderness in preparation for his ministry. Because of this association with Jesus' time of fasting, Lent has traditionally been a time to practice this spiritual discipline.

You might say that fasting is a discipline of the body in order that the soul may grow. Although fasting involves our bodies, it's meant to be a readjustment and renewal of body and spirit together. We do not fast simply to deny our appetites and certainly not to punish our bodies, but to increase our awareness of the interconnection of body and spirit and our dependence upon God for all things. Fasting reminds us that just as body and spirit are interconnected, our faith must be physically embodied in actions and that gratitude, not guilt, is the real foundation of our Christian faith.

Truth is, there are many things besides food we might consider fasting from – things like anger or resentment or despair. Whatever we may choose to move away from for a time, the real purpose is to draw us closer to God.

Peace to you this season



Pastor Richard

Deadline for the March Issue is February 21. Articles can be faxed 858-483-5777, left in the church office, or E-mailed to clcsd@christpb.org. Office hours: Monday-Thursday, 9:00-4:00 p.m.; Friday, 9:00—12:00 p.m. The Good News is published monthly by Christ Lutheran Church, 4761 Cass St., San Diego, CA 92109, 858-483-2300.

Interfaith Shelter

January 28 to February 11, 2012

CLC will again be hosting the Interfaith Shelter from January 28 to February 11, 2012. During those two weeks we will host up to 12 guests (singles, couples and families) who are working with a case manager to get themselves into permanent housing. The guests transfer between churches every two weeks and are able to stay for a total of eight weeks if they work on the program set up for them. During the time they are with us we provide breakfast, a sack lunch and a warm evening meal in addition to linens, toiletries and other miscellaneous items. On Sundays in January we will be signing up volunteers after church services to provide these items and help us with the project. Mary Swenson and Cindy O'Riordan are the coordinators. Please call us at the numbers below if you have questions or want to volunteer.

Mary at 858-488-7374 or Cindy at 858-459-4823

Caring Ministry Connections

As your Coordinator of Caring Ministries, I am thankful for what God is doing in this very loving congregation. Our Neighborhood Groups are beginning to meet again, and as they do, please take special care to try and establish personal phone contact with the person following you on your phone list. You may discover a prayer concern or hear that someone could use a visit; please let me or Pastor Richard know if so.

By the way, we would like to equip some more Caring Ministers to assist with visitation. Forums will be held in the early spring, during the day and also in the evening. Watch for details, and please speak with me in advance if you have any questions or are interested.

In His Love,
Taffin Fisher, Coordinator of Caring Ministries
taflinf@christpb.org

Sunday Morning Adult Forums

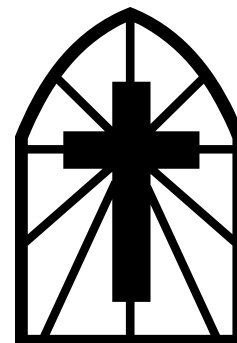
For the first three weeks in February we will continue the DVD/discussion series, *Questions of Faith*, which features a variety of theologians, pastors, rabbis and others discussing some of the fundamental issues and questions of our time.

- February 5** – Who is God?
- February 12** – What happens after death?
- February 19** – What matters anyway?
- February 26** – New Lenten series



Midweek Lenten Services

Our special midweek services for Lent begin on Ash Wednesday, February 22 with services at 12 noon in the Chapel and 7 p.m. in the Sanctuary; the services will include the imposition of ashes. On Wednesdays February 29 through 28, our Lenten series will focus on the Lord's Prayer with gatherings in the Chapel at 12 noon, followed by a soup lunch and at 7 p.m., preceded by a soup supper at 6:30 p.m.



Council President Note

One of the problems we faced as a Church Council last year was really knowing what the congregation wanted in regard to some important issues and ministries. When we learned about something that was a problem, often it wasn't until people were absent for some time. Your Church Council wants to make decisions that reflect the views and concerns of our Mission Partners. As your outgoing president, I ask to please remember to keep in touch with Church Council members. Let us know your concerns, likes and dislikes so we can keep our church healthy.

Thank you for your continued support and prayers over the year.

Respectfully,
Cristine Holmer
2010-2011 Council President

Music Ministry Notes from Paula's Desk

Calling all singers! Holy Week and Easter will be here soon. Come join the choir for a season and prepare for these soulful and beautiful celebrations. Please e-mail Paula at feathersmusic@yahoo.com.

Sunday Feather Kids begins on February 5th for an 8 week session of classes at 10:45am-11:30am in Garman Hall RM5. This class is for infants to age 4 with parent or caregiver. Come sing, dance, play and get to know other kids and parents from our church.

A hymn request box will live in the Narthex during the month of February. Please let me know your name, e-mail or phone number and the name of your favorite traditional hymn and I will let you know what Sunday we will sing it.

Paula Mowbray
Director of Music

Stewardship

<u>Jan 1 to Dec 26</u>	<u>General</u>
Income YTD	\$ 16,344
Expense YTD	\$ 30,348
Cash Flow	\$-14,004

Attendance:

Jan 1 = 80 Jan 8 = 125 Jan 15 = 112
Jan 22 = 113

Overall, I would declare the matching gift program a success. The program raised \$18,131.15 between December 5 and December 31, 2011. This was then matched by \$18,135 from our generous matching donor, for a total deficit reduction of \$36,266.15. Unfortunately, even with this amazing effort, there was still a deficit of \$26,872.81 at the end of the year that was covered with transfers from the memorials and endowment. The matching gift program reduced the deficit by more than half and made the impact on our reserves much lighter. In addition to funds used to keep the lights on, in 2012 we were able to donate \$30,000 to the Pacifica Synod, \$6,765 to the Rwandan Orphans Project, \$1,961 to World Hunger, \$1,200 to ELCA Disaster, \$2,328 to Samaritan's Purse for Japan Disaster Relief, \$1,025 to SDSU Campus Ministry, \$4,000 to CCSA, \$1,500 to the Clairemont Lutheran Hispanic Ministry, and \$1,500 to LRCC. This is of course in addition to the in kind gifts you all give to CCSA, Interfaith Shelter, the quilting ministry, and so on. We should all be proud of the generosity shown by the Christ Lutheran Community.

Sabrina Stern
Business Manager



Bible Readings



February 5

Isaiah 40:21-31
Psalm 147:1-11,20 c
1 Corinthians 9:16-23
Mark 1:29-39

February 12

2 Kings 5:1-14
Psalm 30
1 Corinthians 9:24-27
Mark 1:40-45

February 19

2 Kings 2:1-12
Psalm 50:1-6
2 Corinthians 4:3-6
Mark 9:2-9

February 26

Genesis 9:8-17
Psalm 25:1-10
1 Peter 3:18-22
Mark 1:9-15

Health Ministries

Save the date.

Red Cross Blood Mobile will be here on **March 25th**. We will be having a blood donation drive with St. Brigid's.



Community Garden

Most of the development and preparation work has been completed on our new community garden in the courtyard area on Missouri Street. We are now planting for the winter season. In addition to plots for individuals, produce from community beds will be used for our Monday "Souper Senior" lunch and the Friday "Our Daily Bread" meal. A **Garden Dedication** and open house is scheduled for **Sunday, February 12**, following worship



Sprouts in the Community Garden



Jane Alford
Brian Brown
René Brown
Van Cook
Douglas Ellison
Linda Ellison
Dorothy Fortney
Mary Jane Harrison
Helen Hess
Michelle Matson
Cindy Nobel
Ralph Patrick
Paul Rajewski
Mildred Reed
Ralph Schuler
Cheryl Simpkins
Rick Wuerl
Deborah Young

Family & Friends of Adele Robeles upon her death.

Family & Friends of Sandra Hamlin Stillings upon her death.

Kim Springer & family on the death of his mother Wanda Koeck.

All seminary students, especially for Jennifer Krushas & Christine Higuera-Street

Our Stephen Ministers

Those in the Armed Services and the Homebound



If you would like yourself or someone you love to be placed on our Prayer List, please call the church office. They will ask you the person's name and how long you wish for them to be on the list.

Book Group



The CLC Book Group warmly invites all to join our monthly gatherings, held at 7:00 p.m. on the third Monday of every month (except December) in Open Door Books. Those who may not have read the book but just want to join us for fellowship are most welcome. Below are the titles we'll be talking about over the next year. F= fiction. N-F = non-fiction. Join us!

—Jackie Hanson, Coordinator

Book Group Titles Chosen for 2012:

February (N-F): *The Immortal Life of Henrietta Lacks*, by Rebecca Skloot, 2011. 400 pp. Science journalist Skloot tells a remarkable story about the life and death of Henrietta Lacks, a 31-year-old black mother of five in Baltimore when she died of cervical cancer in 1951. Without her knowledge, doctors treating her at Johns Hopkins took tissue samples from her cervix for research that then spawned a miraculously productive cell line—known as HeLa cells—that has aided in major medical discoveries ever since her death. Without judgment, Skloot portrays the devastating impact Henrietta's death and the eventual importance of her cells had on her husband and children.

March (F): *The Cat's Table*, by Michael Ondaatje, 2011. 288 pp. The central theme here—a journey that represents the magical, often forbidden discoveries of childhood—is set on a 1950s voyage by ship from Ceylon to England via the Suez Canal. At the assigned dinner table (from which the title derives), one meets fellow travelers and the brief bios they present to the world. With each passing day, the narrator finds that these constructed selves give way to something deeper, something overstated, or something dark and ominous, or at other times they modestly conceal a being that is incredibly beautiful and heroic. As the journey progresses, the many characters and the flavors that each adds to the voyage begin to meld together.

Souper Seniors



Monday Soup Lunches for Luther View and Christ Lutheran Seniors Mondays at 12 noon in the Lounge. Suggested donation \$2.

Christ Church Women

Christ Church Women are a unit of the Pacifica Synod Women of the ELCA. We extend an open invitation to all women to join in any of our monthly functions. Call Jo Ann for information 858-274-0483 or any of the Circle Leaders.

Feb. 4 10:00 a.m. Joanna Circle
Leader: Jan Stadler 858-200-7467

Feb. 7 1:30 p.m. Martha Circle
Leader: Jo Ann Longerbone 858-274-0483

Feb. 14 12:30 p.m. Mary Circle
Leader: Millie Mealey 858-453-1170

Feb. 19 10:45 a.m. Women's Open Forum
Leader: Leslie Lucas 858-531-7866

March 2 10:00 a.m. World Day of Prayer
Hosted by Christ Church Women

February Bible Study

Session 6 – “Tough Questions”

Theme Verse: “*Take heart, get up, he is calling you.*”

Each of the passages covered in this session includes a tough question. Some are questions asked of Jesus; others are the tough questions Jesus poses for those who encounter him. Marriage, divorce, children, power prestige and sacrificial living are all discussed. What it means to be a disciple of Jesus stands at the heart of all of these exchanges.

Faith Traits

Our Faith Traits family ministry program continues on Friday nights at 6:00-7:30pm through February 10. We gather for dinner, a brief worship in the chapel at 6:30pm, followed by activity time for kids and discussion for adults. Our upcoming faith trait topics are: Perseverance, Forgiveness and Love. Everyone who is part of our Christ Lutheran family of faith is invited to join us on Fridays.

Prayers & Squares (P&S) Ministry

18 (Sat) 10:00 a.m. Please mark the 3rd SATURDAY of Feb. on your calendar for our monthly P&S workshop. Karen Austin will be leading our workshop on: **Using Up Your Scraps – Hints from Bonnie Hunters Books.**

- Cutting up your scraps into usable sizes so that they are ready to use.
- Using your precut shapes as “Leaders and Enders” so that while chain piecing you can be sewing on a 2nd quilt.
- Green Quilting – using clothing and thrift shop finds to extend your quilting dollar.

She has three books in print and a 4th coming this summer. Check out her web site for free patterns and her blog -<http://quiltville.blogspot.com/>.

Everyone is invited to come. The regular prayers group members will be split up into sewers, cutters and ironers. Come and participate or learn these helpful hints.

TIP: *When many people are contributing to one quilt, make one person responsible for cutting all the foundation squares to ensure they are exactly the same size.*

God's Pattern: *God loves us even when we know we have not pleased Him. He does not tire of working with us and nudging us toward completion.*

Keep saving Campbell Soup labels and Box Tops for Education that we send to the Navajo Evangelical Lutheran Mission in Rock Point, AZ. Drop them off in the box in the church office.



Rwandan Orphans Project

Thank you to all of the mission partners and friends of ROP for their support of the Children's Center. \$25,000 was raised. The Center has been recognized as an important part of helping Rwanda with orphans and street children. This recognition is coming not only from the local and national government in Rwanda, but from other countries. With this recognition comes some support for the programs, but the major source to continue helping the children to become productive citizens comes from CLC and friends. Six young men graduated from the program last year and all have jobs or are at the university. This year more than twelve will be graduating. We and the children thank you all for your support and prayers.

PALLMM Day of Learning and Growing

February 18, 2012 9 a.m.-3 p.m.
Clairemont Lutheran Church
4271 Clairemont Mesa Boulevard
San Diego, CA 92117-2795

This day-long event will feature classes for lay people in the areas of Spiritual Care and Wellness, Congregational Life and Leadership, Theology and Bible. The event will offer two-hour classes in the morning and another set of two-hour classes in the afternoon. All congregations in the Pacifica Synod are welcome to attend this life-long learning event. The cost for the day is \$10/per person, which includes lunch.

For More Information or to register (by February 8) call Mindy at (858)487-2225 or email: mindy@GodAmong.us

Staff

Rev. Richard Rollefson, *Lead Pastor*
Paula Mowbray, *Director of Music*
Candace Springer, *Office Administrator*
Sabrina Stern, *Business Manager*
Taflin Fisher, *Coor. of Caring Ministries*
John Jay Owens, *Campus Coordinator*



Christ Evangelical Lutheran Church – Pacific Beach
The Good News February 2012
4761 Cass Street
San Diego CA 92109-2604

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Ash Wednesday February 22



Services
12 noon & 7:00 p.m.

Lenten Services Wednesday
12 noon & 7:00 p.m.

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">Christ Lutheran Church 4761 Cass Street San Diego, CA 92109 Tel: 858-483-2300 FAX: 858-483-5777 E-mail: clcsd@christpb.org www.christpb.org</p>			<p align="right">1</p> <p>4:00 PM-Feather Kids Music & Movement (Rm 5) 5:00 PM-Feather Kids Music (Room 5) 5:30 PM-Basketball (GFH)</p>	<p align="right">2</p> <p>12:30 PM-T'ai Chi (Sun Room) 1:00 PM-Liturgy Collators (Lounge) 5:30 PM-Basketball (GFH) 6:30 PM-Widowed to Widowed (Sun Room) 7:00 PM-Choir Rehearsal (Choir Room)</p>	<p align="right">3</p> <p>11:30 AM-Our Daily Bread (GFH) 6:00 PM-Faith Traits (Lounge & Chapel)</p>	<p align="right">4</p> <p>10:00 AM-Joanna Circle</p>
			Interfaith Shelter			
<p align="right">5</p> <p>8:30 AM-Christian Education (all ages) 9:30 AM-Worship 9:30 AM-Blood Pressure Screening (Office Lobby) 10:45 AM-Feather Kids Music & Movement (Rm 5) 11:00 AM-Daniel Neighborhood Group (Ingrid Galchenko's home)</p>	<p align="right">6</p> <p>12:00 PM-Souper Seniors (Lounge)</p>	<p align="right">7</p> <p>8:00 AM-Renovare 9:30 AM-Bible Study (Lounge) 11:00 AM-Staff Meeting 1:30 PM-Martha Circle (Canyon Villas) 5:30 PM-Basketball (GFH) 5:30 PM-Finance Committee (Library) 6:30 PM-Church Council (Lounge)</p>	<p align="right">8</p> <p>4:00 PM-Feather Kids Music & Movement (Rm 5) 5:00 PM-Feather Kids Music (Room 5) 5:30 PM-Basketball (GFH)</p>	<p align="right">9</p> <p>12:30 PM-T'ai Chi (Sun Rm) 1:00 PM-Liturgy Collators (Lounge) 5:30 PM-Basketball (GFH) 6:30 PM-Widowed to Widowed (Sun Room) 7:00 PM-Choir Rehearsal (Choir Room)</p>	<p align="right">10</p> <p>11:30 AM-Our Daily Bread (GFH) 6:00 PM-Faith Traits (Lounge & Chapel)</p>	<p align="right">11</p> <p>5:00 PM-Proverbs Neighborhood Group (Holmer's Home)</p> 
Interfaith Shelter						
<p align="right">12</p> <p>8:30 AM-Christian Education (all ages) 9:30 AM-Worship 10:45 AM-Feather Kids Music & Movement (Rm 5) 10:45 AM-Christian Education Committee (Library) 3:00 PM-Poetry Reading</p>	<p align="right">13</p> <p>12:00 PM-Souper Seniors (Lounge)</p>	<p align="right">14</p> <p>8:00 AM-Renovare 9:30 AM-Bible Study (Lounge) 11:00 AM-Staff Meeting 12:30 PM-Mary Circle (Sue Kelley's Home) 5:30 PM-Basketball (GFH) ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥ ♥</p>	<p align="right">15</p> <p>4:00 PM-Feather Kids Music & Movement (Rm 5) 5:00 PM-Feather Kids Music (Room 5) 5:30 PM-Basketball (GFH) 7:00 PM-Book Signing (Chapel)</p>	<p align="right">16</p> <p>12:30 PM-T'ai Chi (Sun Rm) 1:00 PM-Liturgy Collators (Lounge) 5:30 PM-Basketball (GFH) 6:30 PM-Widowed to Widowed (Sun Room) 7:00 PM-Choir Rehearsal (Choir Room)</p>	<p align="right">17</p> <p>11:30 AM-Our Daily Bread (GFH) 6:00 PM-Faith Traits (Lounge & Chapel)</p>	<p align="right">18</p> <p>10:00 AM-Prayers & Squares (Room 7)</p> 

* Calendar items are subject to change. Please check the Bulletin insert for updated information. *

<p style="text-align: right;">19</p> <p><i>Transfiguration of Our Lord</i></p> <p>8:30 AM-Christian Education (all ages) 9:30 AM-Worship 10:45 AM-Feather Kids Music & Movement (Rm 5) 10:45 AM-Women's Open Forum (Lounge)</p>	<p style="text-align: right;">20</p> <p><i>President's Day</i></p> <p>Church Office Closed Good News Deadline 12:00 PM-Souper Seniors (Lounge) 7:00 PM-Book Group (Open Door Books)</p>	<p style="text-align: right;">21</p> <p>8:00 AM-Renovare (Lounge) 9:30 AM-Bible Study (Lounge) 11:00 AM-Staff Meeting (Library) 5:30 PM-Basketball (GFH)</p>	<p style="text-align: right;">22</p> <p><i>Ash Wednesday</i></p> <p>12:00 PM-Ash Wednesday Service 4:00 PM-Feather Kids Music & Movement (Rm 5) 5:00 PM-Feather Kids Music (Room 5) 5:30 PM-Basketball (GFH) 7:00 PM-Ash Wednesday Service 7:00 PM-ROP Board meeting (Library)</p>	<p style="text-align: right;">23</p> <p>12:30 PM-T'ai Chi (Sun Room) 1:00 PM-Liturgy Collators (Lounge) 5:30 PM-Basketball (GFH) 6:30 PM-Widowed to Widowed (Sun Room) 7:00 PM-Choir Rehearsal (Choir Room)</p>	<p style="text-align: right;">24</p> <p>11:30 AM-Our Daily Bread (GFH)</p> 	<p style="text-align: right;">25</p>
<p style="text-align: right;">26</p> <p><i>Lent</i></p> <p>8:30 AM-Christian Education (all ages) 9:30 AM-Worship 10:45 AM-Feather Kids Music & Movement (Rm 5)</p>	<p style="text-align: right;">27</p> <p>12:00 PM-Souper Seniors (Lounge)</p> 	<p style="text-align: right;">28</p> <p>8:00 AM-Renovare (Lounge) 9:30 AM-Bible Study (Lounge) 11:00 AM-Staff Meeting (Library) 5:30 PM-Basketball (GFH) 6:00 PM-Gospel Choir (Chapel)</p>	<p style="text-align: right;">29</p> <p>10:00 AM-Mail Crew (Lounge) 12:00 PM-Lenten Service (Chapel) 12:30 PM-Lenten Soup Lunch (Lounge) 4:00 PM-Feather Kids Music & Movement (Rm 5) 5:00 PM-Feather Kids Music (Room 5) 5:30 PM-Basketball (GFH) 6:30 PM-Lenten Soup Supper (Lounge) 7:00 PM-Lenten Service (Chapel)</p>	<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>* Calendar items are subject to change. Please check the Bulletin insert for updated information. *</p> </div>		

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The following groups meet at the God's Garage

AA Dawn Patrol–Mon – Fri. 7:00 am, Sat. at 7:15 am
AA - Grupo La Palma – Mon. Tues. at 7:00 pm
AA Doctors, Lawyers & Others – Wed. at 8:00 pm
CA on Cass – Thurs. at 7:30 pm
AA – 11th Step Yoga – Fri. at 8:45 am
NA the Otherside – Sat. at 7:30 pm
HA – I.V. League – Sun. 6 pm
AA Singleness of Purpose – Sun. 8 pm