



March 2020

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O Lord throughout these forty days,

You prayed and kept the fast;
inspire repentance from our sins,
And free us from our past.

Be with us through this season, Lord,
And all our earthly days,
That when the final Easter dawns,
We join in heaven's praise.

Gilbert E. Doan

In the words of this simple hymn we are reminded of the deepest meaning of the Lenten season: that in following the pattern of Christ's solitary sojourn in the wilderness we may be inspired to repentance. Repentance means more than remorse for wrongs we may have done; in fact, repentance is less about the past and more about a turning to God who opens up the future. In his *Wishful thinking: A Theological ABC*, Frederick Buechner writes: "True repentance spends less time looking at the past and saying, 'I'm sorry,' than to the future and saying 'Wow!'"

But the amazing thing is that even this turning is the work of God's grace. As Buechner puts it: "To repent is to come to your senses. It's not so much something you do as something that happens." This is the promise of the Lenten season of preparation for the celebration of Easter: that as we turn – as we are turned by God – toward God's future revealed in the resurrection of Christ, we are freed to let go of all that binds us to the past.

God's grace and peace to you,

Pastor Richard

Lenten Soup Supper and Worship

Wednesdays, March 4
thru April 1 at 6:00pm

Table of Grace Dinner and Worship

Thursday, March 12 at
6:00pm

Inga Swearingen Concert

Sunday, March 29 at
3:00pm

Sunday Worship at Mt. Carmel

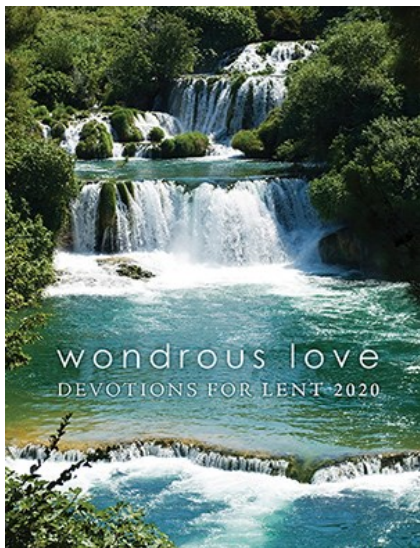
Sunday Worship Service

9:30am

Holy Communion is offered at all
Sunday worship services.

Join us for coffee on the patio
immediately following the service.

LENTEN DEVOTION BOOKS



The devotion book "Wondrous Love", based on the Gospel of Matthew, is available in the Narthex for a donation of \$3.00. The devotions include a scripture passage, brief homily and prayer for each day in Lent beginning Ash Wednesday, Feb 26, and are valuable for individual Lenten study. Sorry but there are no Large Print editions this year.

LENTEN SOUP SUPPERS & WORSHIP

Wednesdays at 6:00 pm
March 4 thru April 1

We hope you will join us for our midweek Lenten gatherings beginning Wednesday, March 4th with a soup supper at 6:00 pm. Our Lenten Holden Evening Prayer worship, under the theme of "the Symbols of Lent," follows at 7:00 pm in the sanctuary.

3/04/20 - MCLC Council

3/11/20 - Men's Breakfast/Bible Study

3/18/20 - Still open - waiting for confirmation

3/25/20 - Congregation

4/01/20 - CAT

We have approximately 7-8 soups, bread & butter, milk, juice and water. Everyone is welcome. Bring a friend or two.



LENT AND HOLY WEEK AT MT. CARMEL CHURCH

There is much more to Lent than ashes alone, and we encourage you to make time for worship with a community of faith. You are warmly invited to join us at Mt. Carmel for this special season.

Lenten Soup Supper and Worship

Wednesdays, March 4-April 1 at 6:00 pm

We gather for a simple soup supper, followed by meditative worship.

Maundy Thursday Meal and Worship

Thursday, April 9 at 6:00 pm

Potluck meal and worship with San Luis Obispo United Methodist Church.

Good Friday Stations of the Cross Procession

Friday, April 10 at 1:00 pm

A procession through downtown San Luis Obispo accompanied by the music of a New Orleans style funeral. Check our website, mtcarmelslo.org, for details.

Good Friday Worship

Friday, April 10 at 7:00 pm

*at SLO United Methodist Church
1515 Fredericks Street, SLO*

Easter Sunday Worship

Sunday, April 12
8:45 am & 11:00 am

ADULT FORUM

Sundays 11:00AM

Quist Hall

Adult Forum Schedule

"Lessons for Today's Disciples" is the topic of a four-week Lenten series beginning March 8th. Watch the bulletins for the weekly lessons.

March 29—Members of the Church Council will share information about events and plans at Mt. Carmel. Questions are welcome.

ADULT FORUM, FEBRUARY 16, 2020

Twenty three people met at this forum to discuss the impact of the Food Bank (FB) on the food insufficiency problem in SLO County. Currently 47,000 people, or 1 out of 6, will go to bed hungry on any given night without the intervention of the FB. The FB is currently providing food to 30,000 persons monthly. That leaves 17,000 people who are unserved.

The group discussed many strategies that could be employed to help mitigate the hunger issue in SLO County. After much discussion they came up with the following strategies. MCLC will support the FB ten months of the year and will support Iglesia Lutheran in Santa Maria in Oct. and Nov. each year.

First, Steve Bennett will apply for four Thrivent grants over the next twelve months. Each grant is for \$250. On the first Sunday of each quarter we are going to take a second cash offering to match the grant amount for a total of \$2,000 annually. This will greatly help the FB because most of their donations come in November and December each year. However this works with us because cash enables them to buy product wholesale at one-third of the retail price.

Second, for those who do not want to shop, they can designate an amount above their regular tithe and designate it to the FB on the memo line of their check.

Third, for those who love to shop the donation schedule is as follows:

- ⇒ **First Sunday**—canned fruit and vegetables
- ⇒ **Second Sunday**—main dish meals, canned meat and fish
- ⇒ **Third Sunday**—soup
- ⇒ **Fourth Sunday**—cereal
- ⇒ **Fifth Sunday**—pasta and rice

This type of organization makes it easier to shelve the items.

Fourth, for those who want to volunteer time, the first Friday of the month we will be filling dry bags for those who are near or homeless. The items will be in kind donations and will be handled assembly style. We need 8 to 10 persons who can meet at 1:00 and spend not more than two hours filling approximately 100 dry bags which will be taken to the FB for distribution.

Last but not least, we need three volunteers (we already have one) to pick up the food each week after church and deliver it to the FB on Monday.

Our God is an awesome God, but he also admonished us in Luke 12:48 that to whom much is given, much is expected. So we all need to prayerfully consider being part of the solution to this problem. Can we do any less!!?

Peace and patience,

Marilyn Brown
Member, Adult Forum Ministry Team
SLO Food Bank Coordinator

CHILDREN'S MINISTRY



Vacation Bible School July 13—17

This exciting and fun filled week will feature music, games, crafts, and more from the Rocky Railway curriculum. Registration information will be available soon.

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Milestone Ministry at Mt. Carmel celebrates the milestones in a child's spiritual journey. The milestones celebrated are: Baptism, 3 year olds receive their first Bible, Communion instruction, Study Bibles given to 3rd graders, Acolytes serve during worship, Confirmation, New Driver's Blessing, and Graduation from High School.



### LUMIN CAMPUS MINISTRY

**THE SIDE DOOR STUDY CENTER** continues to be open on Sundays from noon to 5 pm. The Side Door is there for all students needing free internet, the use of a color printer, a cup o' Joe and a snack.

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LuMin continues to visit Cuesta College on Thursday mornings from 9:00 am-noon. We need more folks to volunteer. We hang out, give away granola bars and tell students about things going on at Mt. Carmel. Call Patti Frey to help. 805-235-1938.

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**Pancake Palooza** returns on Monday night, March 16 from 10 pm to MN. Call John or Rebecca Keisler to volunteer to help. 805-543-4259. It's really fun!

| DATE        | ACOLYTES         | COFFEE SERVERS        | COMMUNION ASSTS                                         | GREETERS                           | LECTORS             |
|-------------|------------------|-----------------------|---------------------------------------------------------|------------------------------------|---------------------|
|             | COORDINATOR      | COORDINATOR           | COORDINATOR                                             | COORDINATOR                        | COORDINATOR         |
|             | John Keisler     | Carol Harvey          | None                                                    | None                               | Wayne Lippold       |
| <b>3/1</b>  | Allie Schultze   | Ro Cannon-Miller      | Janis Sexton;<br>Diane Mansell;<br>Maureen Dresp        | Janis Sexton                       | Janis Sexton        |
| <b>3/8</b>  | Brooklyn Mansell | Jenice Twomey         | Karen Petersen;<br>Betty Johnson;<br>Jenice Twomey      | Betty Johnson                      | Wayne Lippold       |
| <b>3/15</b> | Andrew Moersdorf | JoAnn & Steve Bennett | Nancy Priddy;<br>Sandy Rowland;<br>Cyndi Rollefson      | Sandy Rowland;<br>Margaret O'Neill | Steve Bennett       |
| <b>3/22</b> |                  | Jan Uder              | John & Nancy Cook;<br>Mike Dresp;<br>Lisanne Martinelli | Pat Forrest                        | Carlyn & Lily Hinds |
| <b>3/29</b> | Lily Hinds       | Jack & Roberta Moen   | Sherri Parkinson;<br>Marilyn Brown;<br>Jenice Twomey    | Ro Cannon-Miller                   | Nancy Cook          |

\*Reminder:

If you are unable to serve, please notify your coordinator and the church office of your substitute as soon as possible.

### FRIDAY MORNING OFFICE VOLUNTEERS

|          |                |
|----------|----------------|
| March 6  | Dorothy McCoid |
| March 13 | Carol Winger   |
| March 20 | Maureen Dresp  |
| March 27 | Pat Forrest    |
| April 3  | Dorothy McCoid |

### FLOWER SPONSORS

|          |                         |
|----------|-------------------------|
| March 1  |                         |
| March 8  | Matt & Deanna Schultze  |
| March 15 | Dave & Sherri Parkinson |
| March 22 | Marc & Patti Frey       |
| March 29 |                         |

**IF YOU WOULD LIKE TO RECOGNIZE  
SOMEONE SPECIAL, CONSIDER  
SPONSORING  
FLOWERS FOR OUR CHANCEL.**

Two bouquets for \$55.00.  
Thank you, Jeanie Schultz, Altar Guild

### MOUNT CARMEL COUNCIL MEMBERS

|                         |                  |
|-------------------------|------------------|
| <b>President</b>        | Marshall Pihl    |
| <b>Vice President</b>   | Patti Frey       |
| <b>Treasurer</b>        | Sherri Parkinson |
| <b>Secretary</b>        | John Merrill     |
| <b>Members at Large</b> | Jenice Twomey    |
|                         | Carol Harvey     |
|                         | Jan Uder         |
|                         | Matthew Schultze |
|                         | Wayne Lippold    |

| DATE        | USHERS                                                                | SOUND BOARD    | POWER POINT       | ALTAR GUILD    | CHILDREN'S CHURCH |
|-------------|-----------------------------------------------------------------------|----------------|-------------------|----------------|-------------------|
|             | COORDINATOR                                                           | COORDINATOR    | COORDINATOR       | COORDINATOR    | COORDINATOR       |
|             | Jess Bathke                                                           | Marshall Pihl  | Marshall Pihl     | Jeanie Schultz | Ingrid Frokjer    |
| <b>3/1</b>  | Steve & JoAnn Bennett;<br>Jess & Pat Bathke;<br>John Sexton           | John Perreault | Carol Grosse      | Jeanie Schultz | Ingrid Frokjer    |
| <b>3/8</b>  | Norm & Mollie Smith;<br>Dale & Betty Johnson                          | Marshall Pihl  | Matthew Moersdorf | Mollie Smith   | Sandy Rowland     |
| <b>3/15</b> | Glen Priddy';<br>Burke & Kathy Towle;<br>Cyndi Rollefson              | John Perreault | Linda Schultze    | Dorothy McCoid | Val Lund          |
| <b>3/22</b> | Warren Quist; John<br>Merrill; Andy Frokjer;<br>Carol & Donley Winger | Marshall Pihl  | Dave Parkinson    | Vicky Tway     | Diane Mansell     |
| <b>3/29</b> | Steve & JoAnn Bennett;<br>Jess & Pat Bathke;<br>John Sexton           | John Perreault | Dave Parkinson    | Pat Forrest    | Ingrid Frokjer    |

\*Reminder:

If you are unable to serve, please notify your coordinator and the church office of your substitute as soon as possible.



**The  
People's  
Kitchen**  
of San Luis Obispo

**Mt. Carmel serves lunch at the Prado Center on the first Friday of each month.**

Volunteers: Thank You, and be sure to check the schedule below for what is needed.

*Please find your own substitutes if you cannot provide this month.*

Email Jan Uder at [j.uder@yahoo.com](mailto:j.uder@yahoo.com) if you have any questions about The People's Kitchen program or would like to volunteer.

**Please have your clearly marked items at church by 11:00am, (heated and ready to go)**

**Looking ahead to March 6:**

**Hot Dish (serves 12+)**

Karen Almas  
Linda Lex  
Ruth Rollefson  
Janis Sexton  
Sheilah Tietje  
Kathy Towle  
Jenice Twomey  
Jan Uder

**Salad (serves 12+)**

Sid & Beryl Bennett  
Rheinisch  
Judy Tewell

**2 Large Cans of Fruit**

R. Christensen  
Sue Cummings

**3 Gallons Whole Milk**

**Looking ahead to April 3:**

**Hot Dish (serves 12+)**

JoAnn & Steve Bennett  
Dave Lonsway  
Kathy Meyer  
Cyndi Rollefson  
Sandy Rowland  
Mollie Smith  
Jenice Twomey  
Jan Uder

**Salad (serves 12+)**

Carol Harvey  
Wayne Lippold  
Rebecca Keisler

**2 Large Cans of Fruit**

M. Hemmersbach  
Dorothy McCoid

**3 Gallons Whole Milk**

Carol Grosse

All are invited to join

## Table of Grace

Dinner Church Worship Service

**Where:** Mt. Carmel Lutheran Church

1701 Fredericks St. (Corner of Grand & Fredericks)

**When:** Second Thursday of each month at 6:00 pm:

*March 12; April 9; May 14; June 11*

Please join us for our new once-a-month dinner worship service! Come alone, as a family, or with a group...ALL ARE INVITED! Feel free to bring any food you have to share, or just come as you are (especially if it is your first visit!), and we will all eat together, share Word and Meal, and grow closer to each other and God!

**Come as you are.**

**Listen. Feast. Pray.**

Weekly Worship at Mt. Carmel: Sundays at 9:30 AM



### 10K STEPPERS HIKING GROUP

**Saturday, March 22 at 9:30 am**

The hiking group's next hike is at the Lemon Grove on San Luis Mountain. Meet at church at 9:30 am to carpool, or meet at the trailhead at 9:45. The trailhead is located just off the 101 southbound Marsh Street on/off-ramp. Bring water, a hat, sunscreen and your neighbor. Easy to moderate. Children are welcome. Everyone will join together to help out with kids who may need extra time. Questions call Patti Frey 805-235-1938.

### WOMEN'S RETREAT

Attention all women, interested in a weekend of spiritual enrichment, great fellowship and of course...food

Mark your calendars for October 23-25 for the next Annual Women's Retreat. Sadly, La Casa is several years away before we can return, but we have found a new, beautiful location at the St. Francis Retreat Center in San Juan Bautista. Sign-ups will be held this Spring, but mark your calendars now, so you won't miss it. Don't know where San Juan Batista is? It is about the same driving distance as La Casa, except it is north, a little south of Gilroy. We are planning a "field trip" this Spring to familiarize ourselves with the location, and hey, who doesn't like a field trip!

Questions? Nancy Priddy, 805-459-9249.

### DAYLIGHT SAVINGS BEGINS

**Sunday, March 8**

Set your clocks ahead one hour before going to bed on Saturday night.



### THE NEW AND IMPROVED BROWN BAG GROUP

Beginning in May the Brown Bag Group will be changing a bit. Instead of meeting monthly, we will be having an event on any month which has a fifth Friday. These events could be speakers giving presentations in Quist Hall, or it could be a field trip to places of interest around the County.



Our first event will be held on May 29. Keep checking the Newsletter, or Vistas for information, times, etc. as we get closer to May. Haven't attended a brown Bag in the past? This is a great way to hear interesting speakers and be able to spend some time with folk you may not have gotten to know in the past.

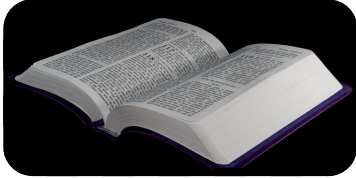
Questions or ideas? Contact Nancy Priddy, 805-459-9249

## BIBLE STUDY

**Friday Mornings at 10:00**  
Four Cats Café  
1531 Monterey  
San Luis Obispo

## Men's Breakfast & Bible Study

**Saturday Mornings at 8:00**  
Mt. Carmel in the Brick Area



## MARCH BIRTHDAYS

|                        |                  |
|------------------------|------------------|
| 03 Bev Humphry         | 21 Beryl Bennett |
| 03 Sharon Lonsway      | 24 Dale Johnson  |
| 05 Brennan Dellinger   | 26 Kathy Towle   |
| 05 Jennifer Remington  | 28 Kevin Dong    |
| 05 Sandy Rowland       |                  |
| 07 Suzanne Leedale     |                  |
| 12 Carol Grosse        |                  |
| 12 Makenna Parkinson   |                  |
| 13 Russ Anderson       |                  |
| 14 Rebecca Christensen |                  |
| 16 Nancy Cook          |                  |
| 20 Anneke Moersdorf    |                  |

happy  
birthday

## HAPPY ANNIVERSARY

|            |                        |
|------------|------------------------|
| 03/13/1999 | Phil & Jenice Twomey   |
| 03/21/1982 | Jackie & Steve Kinsey  |
| 03/24/1973 | Glen & Nancy Priddy    |
| 03/25/2006 | Matt & Deanna Schultze |
| 03/30/1969 | Jack & Roberta Moen    |

## PRAYING FOR OUR CHURCH COMMUNITY:

**March 1**—James, Erin, Evalea & Maia Malone-Davison; Diane & Ryan Mansell; Ian, Brooklyn, Khloe & Rachel Mansell

**March 8** —Lisanne Martinelli; Julie & Jenny Martin; Dorothy McCoid

**March 15**—John Merrill; Dean & Kathy Meyer; Jeanne Miller

**March 22**—Jack & Roberta Moen; Chris, Brittany, Reagan and Gavin Nicol; Margaret O'Neill

**March 29**—Dave, Sherri, Stephen and Makenna Parkinson; Joan Pedersen; John Perreault & Claudia Coughran



Have something you want to celebrate or commemorate?

E-mail the details/pictures to the church office - [info@mtcarmelslo.org](mailto:info@mtcarmelslo.org) - for publication in this newsletter and our weekly "Vistas" announcements!

**Deadline for the April Summit is March 20**

### Mount Carmel Staff

|                        |                                          |
|------------------------|------------------------------------------|
| Rev. Richard Rollefson | Interim Pastor                           |
| Paul Woodring          | Organist                                 |
| Dave Becker            | Director of Contemporary Music           |
|                        | Custodian                                |
| Tony Bloodworth        | Parish Administrator                     |
| MaryAnn Jakes          | Director of Children and Teen Ministries |
| Ingrid Frokjer         | Nursery Caregiver                        |
| Deanna Schultze        |                                          |

**Church Office Hours 9:00am—3:00pm Monday-Friday**  
Phone 805-544-2133

Email: [info@mtcarmelslo.org](mailto:info@mtcarmelslo.org) [www.mtcarmelslo.org](http://www.mtcarmelslo.org)

**Our pastoral staff is here for you.**

In time of crisis, please contact the church office or Pastor Richard Rollefson 858-349-8862

Mt. Carmel Lutheran Church Presents:

# Jinga Sweawingen



JAZZ, FOLK, BLUES

Jeff Miley, guitar; Dylan Johnson, bass; and Britta Sweawingen, vocals and percussion. With special guest performances by student musicians

All proceeds benefit music programs in  
San Luis Coastal High Schools and Middle Schools

**March 29, 2020**

**3:00pm**

Suggested donation: \$20.00

Mount Carmel Lutheran Church

1701 Fredericks Street, San Luis Obispo, CA

Information: [www.mtcarmelslo.org](http://www.mtcarmelslo.org), [info@mtcarmelslo.org](mailto:info@mtcarmelslo.org)

*Mt. Carmel*  
LUTHERAN CHURCH

1701 Fredericks St.  
San Luis Obispo, CA 93405

Phone: 805-544-2133  
Email: [info@mtcarmelslo.org](mailto:info@mtcarmelslo.org)

#### OUR MISSION

*Celebrating God's grace through  
worship, learning and service.*

#### CHECK US OUT ON FACEBOOK!

For updates from  
Mt. Carmel, go to  
[www.facebook.com/  
mtcarmelslo](https://www.facebook.com/mtcarmelslo)

ADDRESS SERVICE REQUESTED



**Southwest California Synod/Mt. Carmel  
Evangelical Lutheran Church in America**  
God's work. Our hands.