



August 2020

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Be a gardener.
Dig a ditch,
toil and sweat,
and turn the earth upside down
and seek the deepness
and water the plants in time.
Continue this labor
and make sweet floods to run
and noble and abundant fruits
to spring.
Take this food and drink
and carry it to God
as your true worship.

Julian of Norwich was a 13th century English mystic. Julian's book, *Revelations of Divine Love*, is known for its focus on God's goodness and the inclusivity of God's love. In one of her "showings" (visions) she is told by Christ: "All shall be well, and all shall be well, and all matter of things shall be well."

Julian lived in a chaotic and difficult time; she was not naïve about the struggles of life and she experienced times of real suffering along her journey. Yet she remained confident that God's love would win out over all else. As she writes: "Love was the meaning of everything God had shown me. . . . God's love for us has never diminished and it never will." A foundational belief that God is always seeking our well-being sustained her: ". . . if we know God, love God, and are filled with reverence and awe for God, we shall have peace. . . . Everything God does will create in our mind an enclosed garden of joy and delight, a place where we can be safe and happy."

Just as she once wrote of God being revealed in the wonder of a small hazelnut, Julian believed that God was made known in and through the workings of creation. Perhaps she was thinking of the "enclosed garden of joy and delight" of God's love when she composed the poem above.

Peace,
Pastor Richard

Meetings in August

Meetings are held online via Zoom. Please visit our website at mtcarmelslo.org for links to the meetings. Visitors welcome!

Executive Team

Tuesday, Aug 4 at 6pm

CAT Team

Tuesday, Aug 4 at 7:30pm

Church Council

Thursday, Aug 17 at 6pm

RSVP for in-person worship on Wednesdays at 7:00PM:

[CLICK THIS LINK](#)

Or call the church office

Sunday Worship

at Mt. Carmel
Sunday Worship Service

9:30am

Join us online!

See page 2 for links to our worship services. All are welcome!

WORSHIP ONLINE

Join us on ZOOM for
worship and bible studies

Our worship options have changed with the Shelter at Home order. Please use the links listed here to join any of our worship services and Bible studies. We look forward to seeing you!

[How to join a ZOOM meeting - Instructions](#)

- [Link to SUNDAY morning Zoom worship](#)
Sundays at 9:30 AM

For telephone: +1 669 900 6833 (San Jose)
Meeting ID: 892 1868 1679

- [Link to WEDNESDAY Evening Zoom Service](#)
Wednesdays at 7:00 PM

For telephone: +1 669 900 9128 (San Jose)
Meeting ID: 867 5095 6162

- [Mt. Carmel YouTube channel](#)

WHAT TO EXPECT AT OUR SUNDAY MORNING ONLINE WORSHIP

To enhance our time together and our online worship experience, we will include an extended time before and after worship for conversation with microphones unmuted. During worship microphones will be muted by the host (except for the Sharing the Peace and Lord's Prayer).

9:00-9:25: Bring Your Own Coffee (BYOC)
Fellowship (unmuted)

9:25: Announcements (microphones muted)

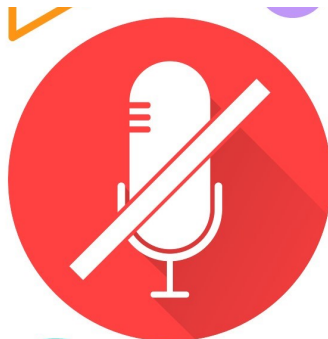
9:30: Worship

10:30 Post Service (PS) Fellowship (unmuted)

10:45: Adult Forum

Please remain muted during the worship service so that everyone may enjoy the experience.

Thank you!



CHILDREN AND TEEN'S MINISTRY

Join Ingrid on YouTube for children's sermons. Click the link or copy to your browser to watch online.

<https://www.youtube.com/channel/UC9Ny-io7V6ObxbcEmoDazBg>

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**Blessing Bags:** The CAT team is working on bags for the families at Mt. Carmel to help bless this new school year. The bags will contain prayers, activities, and items that will make this year special. The 2020-2021 school year will be full of unknowns, opportunities to do things differently, and fun experiences. If you are interested in helping with this project, please contact Ingrid. Prayers are welcome for the families at Mt. Carmel. We have students starting school on August 13 and August 24.



## ADULT FORUM

**Sundays following worship**

The Adult Forums in August will continue our series on Luther's Small Catechism with the Apostle's Creed. The first article, "I believe in God the Father...", will be discussed on August 2nd. We'll discuss the second and third articles later in August.

Also coming in August is a possible presentation by MET team. We'll conclude our Adult Forums for August on the 30th with a Town Hall discussion by the church council.

## Bible Study

**Fridays at 10:00 AM**

[Link to FRIDAY morning Bible study](#)

For telephone: +1 669 900 6833 (San Jose)

Meeting ID: 552 129 433

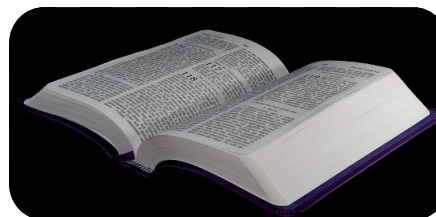
## Men's Bible Study

**Saturdays at 8:30 AM**

[Link to SATURDAY morning Bible study](#)

For telephone: +1 669 900 6833 (San Jose)

Meeting ID: 936 479 529



## REOPENING TASK FORCE UPDATE

The Task Force continues to meet weekly. Thank you to all of you who participated in our Adult Forums and in the survey. As I write this, the survey remains open so results are not finalized. Based upon the discussion at the Adult Forum, issues of particular concern are:

- Outdoor services are permissible under the current government restrictions. Distancing must be maintained and masks used when this is not possible.
- Make sure that there is adequate space in the Memorial Garden for in-person participants at the Wednesday evening prayer service to distance.
- Assure that the Wednesday service will still be live-streamed for in-home participation.
- Regularly attend to shut-ins. Visitation is a ministry not addressed by the Task Force, but it is encouraged by those in the MCLC community who are safely able to do so.
- Live-stream the Sunday service from the sanctuary. There are technical issues to be addressed.
- Task Force to investigate in-person celebration of Holy Communion. This might include home delivery to shut-ins.
- CAT considerations:
  - ◊ Investigating whether we might offer a drive-in movie, projecting a movie on an outdoor screen. Ingrid Frokjer is researching licensing laws.
  - ◊ Hoping to offer the beach bonfire in the fall under COVID restrictions.
- Outdoor meetings of small groups may be possible.
- Double check that any activities undertaken during COVID restrictions do not conflict with the church's liability insurance policy.

Don't hesitate to contact me with questions, comments or to serve on the Reopening Task Force. And remember, "Don't be afraid, little flock, because your Father delights in giving you the kingdom."—Luke 12:32

Peace and blessings be with you, your families and friends. As John Keisler says, God is good!

Patti Frey  
805-235-1938  
1slonative@gmail.com

Face Covering  
Required\*



Prior to Entry

\*Per California Department of Public Health Guidance



## M.C. LITERARY DETECTIVES SQUAD BOOK CLUB

Monday, August 17 at 7:00PM on Zoom  
- hosted by Detective Sgt. Patti (a.k.a. "Four  
Eyes Agatha") Frey

### Attention all amateur sleuths: Join The M.C. Literary Detectives Squad!

This month's case is *The Sweetness at the Bottom of the Pie* by Alan Bradley. The first in a series, the main character is eleven-year-old Flavia de Luce, an aspiring chemist with a passion for poison. Set in the summer of 1950's rural England, a number of events has struck Buckshaw, the decaying mansion that Flavia's family calls home.

August's briefing will be on Monday, August 17 at 7 p.m. Please read and be prepared to discuss your findings with the rest of the squad. We're looking for more detectives, and everyone is welcome.

For any questions about your assignment, call or text Detective Sgt. Patti (a.k.a. "Four Eyes Agatha") Frey at (805) 235-1938.

[Click here to enter Zoom Headquarters](#)

Meeting ID: 798 2610 8228

Password: 0gQrgX

Sorry, but that cheapskate Chief Detective has restricted our budget, so there is no phone-in option available for these briefings.

### In-Person Worship Service Resumes on Wednesday, August 5th

Join us in the Memorial Garden at 7:00PM for a return to in-person worship. Pastor Richard will lead the weekly meditative service, Prayer at Night's Approaching, with attendees and on Zoom. We're observing social distancing, so only 15 spots are available at this time. Please make your reservation online by clicking this link:

<https://reopen.church/r/wKqae8jC>

Reservations can also be made by calling the church office at 805-544-2133.





## HAPPY ANNIVERSARY

08/05/2006 Brittany & Chris Nicol  
 08/08/1959 Dale & Betty Johnson  
 08/12/1967 Dean & Kathy Meyer  
 08/14/1993 Sue Haas-Clark & Kelly Clark  
 08/24/2012 Steve & Cynthia Quist  
 08/28/1954 Beryl & Sid Bennett  
 08/28/1977 Jill Anderson & Steven Jobst  
 08/29/1969 Kay & Russ Jensen  
 08/29/2009 Ian & Rachel Mansell  
 08/31/1974 Norm & Mollie Smith  
 08/31/1991 Marci & Wayne Lippold  
 08/31/1997 Richard & Cyndi Rollefson

## HAPPY BIRTHDAY

|                   |                      |
|-------------------|----------------------|
| 03 Dorothy McCoid | 25 Jenni Kinsey      |
| 06 Marci Lippold  | 26 Elisa Garnsey     |
| 06 Linda Schultze | 27 Stephen Parkinson |
| 11 Tony Huffaker  | 29 Dennis Brown      |
| 14 Sarah Pihl     | 29 Fiona Huffaker    |
| 17 Khloe Mansell  | 30 Susan Allan       |
| 18 Patti Frey     |                      |
| 19 Wende Dong     |                      |
| 20 Andy Frokjer   |                      |
| 21 Erik Brun      |                      |
| 21 Wayne Lippold  |                      |
| 25 Karen Almas    |                      |

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 August Summit is August 20**



### Prayer Requests

*Please contact our church office with your prayer concerns.*

### PRAYING FOR OUR CHURCH COMMUNITY:

**August 2**—Ro Cannon-Miller; Paul & Rebecca Christensen; John & Nancy Cook

**August 9**—Greig & Sue Cummings; Charles, Desiree, Aidan, Brennan & Brielle Dellinger; Kevin, Wende & Olivia Dong

**August 16**—Michael & Dianne Drazee; Ed & Maureen Dresp; Mike, Marina & Belen Dresp

**August 23**—Sally Eggen; Alan Estes. Jr. & Ruben Garcia & Adam Estes; Pat Forrest

**August 30**—Marc & Patti Frey; Andy & Ingrid Frokjer, Anneke, Matthew, Katie & Andrew Moersdorf



## 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.

### Schedule for August 7: Hot Dish (serves 12+)

Steve & JoAnn Bennett  
Marilyn & Dennis Brown  
Sandy Rowland  
Sherri Parkinson  
Mollie Smith  
Cyndi Rollefson  
Ruth Rollefson  
Jenice Towmey

### Salad (serves 12+)

Carol Harvey  
Wayne Lippold  
Ruth Rollefson

### 2 Large Cans of Fruit

M. Hemmersbach  
Dorothy McCoid

### 3 Gallons Whole Milk

Carol Grosse

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

### OPENING DOORS OF INTERFAITH UNDERSTANDING August 10, 2020 at 7:30 PM

To participate, click on the invitation below just before 7:30 to join the gathering. Dr. Hisham Assal of Mosque of Nasreen will present the book "The Bible, the Qur'an and Science - The Holy Scriptures Examined in Light of Modern Science by Dr. Maurice Bucaille." It is not necessary read the book ahead of time to gain insight from the presentation. Q & A follows.

We will also talk a bit about Pentecost and celebrating the birthday of the church universal.

[Link to Zoom meeting](#)

Meeting ID: 853 2626 5923 Passcode: 984340  
Dial by your location:  
+1 669 900 6833 US (San Jose)

**Are you ready  
for some  
Football?**



The Mt Carmel Fantasy Football season 6 is right around the corner. If you would like to join in the fun and camaraderie, let me know. Ours is a friendly league and new players are welcome.

Hut, hut, HIKE, Commissioner Pihl  
([marshallp@cannoncorp.us](mailto:marshallp@cannoncorp.us))

**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

### Mount Carmel Staff

Rev. Richard Rollefson  
Paul Woodring  
Dave Becker

Tony Bloodworth  
MaryAnn Jakes  
Ingrid Frokjer

Deanna Schultze

Interim Pastor  
Organist  
Director of  
Contemporary Music  
Custodian  
Parish Administrator  
Director of  
Children and Teen Ministries  
Nursery Caregiver

### Mount Carmel Church Council

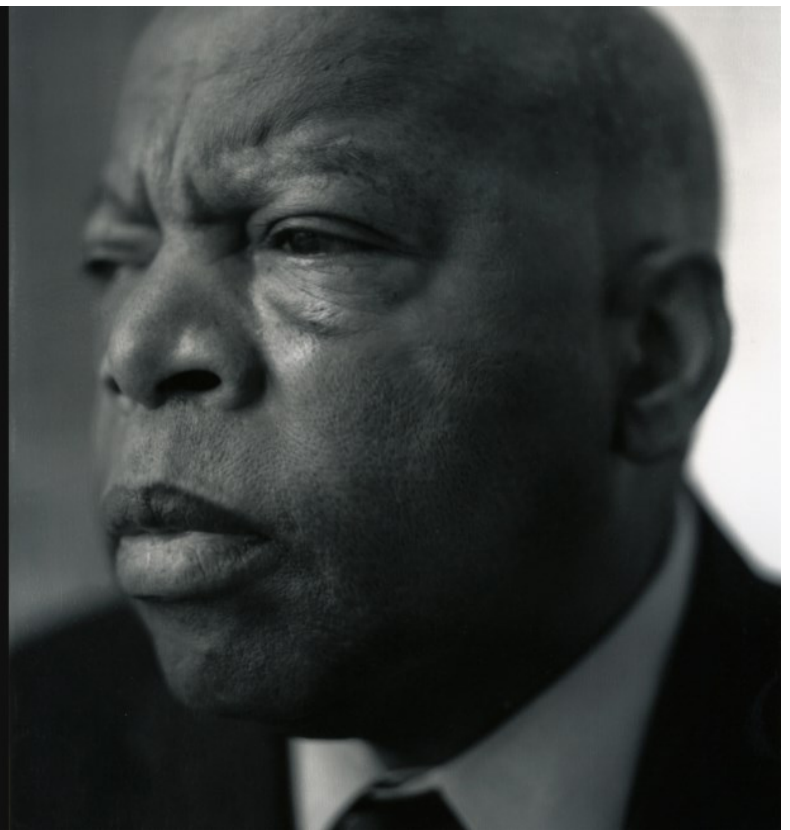
President Marshall Pihl  
Vice President Patti Frey  
Secretary Carol Harvey  
Treasurer Sherri Parkinson

Members-At-Large  
Erik Brun Jen DeClark  
Chuck Kilstrom Wayne Lippold  
Jan Uder

OPINION  
JOHN LEWIS

# Together, You Can Redeem the Soul of Our Nation

Though I am gone, I urge you to  
answer the highest calling of your heart and  
stand up for what you truly believe.



John Lewis, the civil rights leader and congressman who died on July 17, wrote this essay shortly before his death:

[Please click this link to view the essay](#)

Printed copies of the newsletter will include the essay.

*Mt. Carmel*  
LUTHERAN CHURCH

1701 Fredericks St.  
San Luis Obispo, CA 93405

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

**ADDRESS SERVICE REQUESTED**

#### 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](http://www.facebook.com/mtcarmelslo)



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