



November 2020

Inside this issue:

Message from Pr. Richard	Cover
Our Worship	2
News & Notes	5
Celebrations & Concerns	7
Reaching Out	8

November is the month for two significant observances – All Saints Sunday and Thanksgiving. At first glance they may not seem to have much in common: All Saints is a solemn religious remembrance of loved ones who have died, Thanksgiving a national celebration of the bounty of the harvest season. And yet deep down I think both occasions share a fundamental theme: gratitude.

Although remembering those who have died always carries with it a sense of loss and grief, at its heart is a deeper thanksgiving for the gift of the beloved's life. Even as we feel the pain of separation, we experience the love that unites us with one another. To grieve is to know the preciousness of life and it is this very preciousness for which we are grateful.

Although Thanksgiving is a national, secular celebration of harvest bounty, at its heart it, too, is a spiritual occasion. Whenever we give thanks we are opened to the source of all good things. At its deepest level, like All Saints, what we are ultimately grateful for on Thanksgiving is life itself – our life, the lives of those we love, the life of the world around us.

On this All Saints Sunday we will share the meal which remembers the death of a loved one. We call this meal "the Eucharist," a word meaning "thanksgiving." Although it solemnly recalls a death, in the end it is a celebration of life. In and through this sacred meal we remember the life of the One who embodies God's love and forgiveness. And our response is a thanksgiving; our faithful response is a life of gratitude.

Peace,
Pastor Richard

Meetings in November

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

Executive Team

Tuesday, Nov 10 at 6pm

Church Council

Thursday, Nov 19 at 6pm

RSVP for in-person worship:

[CLICK THIS LINK](#)

Or call the church office

November Holidays:

Wednesday, Nov 11

Thursday, Nov 26

Friday, Nov 27

Sunday Worship at Mt. Carmel

Sunday Worship Service

9:30am—Online via Zoom

12:00 noon—In-person outside

(please RSVP for in-person services)

See page 2 for links to our online 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: 849 4786 1947

Passcode: 591300

- [Link to WEDNESDAY Evening Zoom Service](#)

Wednesdays at 7:00 PM

For telephone: +1 669 900 9128 (San Jose)

Meeting ID: 867 5095 6162

Passcode: 695333

- [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 should be muted 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)

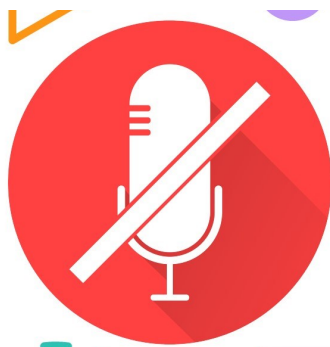
9:30: Worship

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!



Readings and Psalm

November 1 (22nd Sunday after Pentecost)

Lector: Janis Sexton

First Reading: Micah 3:5-12

Judgment upon corrupt rulers

Psalm 43

Second Reading: 1 Thessalonians 2:9-13

The apostle's teaching accepted as God's word

Gospel Reading: Matthew 23:1-12

All who humble themselves will be exalted

November 8 (23rd Sunday after Pentecost)

Lector: Steve Bennett

First Reading: Amos 5:18-24

Let justice roll down like waters

Psalm 70

Second Reading: 1 Thessalonians 4:13-18

The promise of the resurrection

Gospel Reading: Matthew 25:1-13

The story of the wise and foolish bridesmaids

November 15 (24th Sunday after Pentecost)

Lector: Nancy Cook

First Reading: Zephaniah 1:7, 12-18

The day of the Lord

Psalm 90:1-8 [9-11] 12

Second Reading: 1 Thessalonians 5:1-11

Be alert for the day of the Lord

Gospel Reading: Matthew 25:14-30

The story of the slaves entrusted with talents

November 22 (Christ the King Sunday)

Lector: Carlyn & Lily Hinds

First Reading: Ezekiel 34:11-16, 20-24

God will shepherd Israel

Psalm 95:1-7a

Second Reading: Ephesians 1:15-23

The reign of Christ

Gospel Reading: Matthew 25:31-46

The coming of the Son of Man; the separation of sheep and goats

November 29 (First Sunday of Advent)

Lector: Nancy Cook

First Reading: Isaiah 64:1-9

Prayer that God would come with power and compassion

Psalm 80:1-7, 17-19

Second Reading: 1 Corinthians 1:3-9

Gifts of grace sustain those who wait for the end

Gospel Reading: Mark 13:24-37

The sudden coming of the Son of Man



ADULT FORUM

Sundays following worship

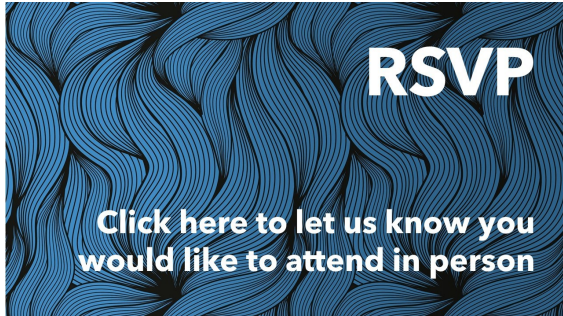
November Schedule

November 1: "The Most Obscure Saint in the Bible" - A short bible study on the Book of Haggai for All Saints Sunday. You will find that Haggai is pretty much of an unknown yet in a few months he made a big impact on the Hebrew people. Have your bible ready and join in.

November 8, 15 & 22

The Gospel of Mark

Advent begins a new year in the liturgical church calendar with our primary gospel readings coming from the Gospel according to Mark. In November, we'll prepare for the new church year by exploring what is generally understood to be the first account of the story of Jesus.



LISTENING TO GOD: PRAYER AT NIGHT'S APPROACHING

WEDNESDAYS AT 7:00PM

Pastor Richard Rollefson leads this quiet service each Wednesday evening at 7:00pm on Zoom. Click the link on page 2 to join the meeting, or join by phone and enter the meeting ID and passcode.

For telephone: +1 669 900 9128 (San Jose)
Meeting ID: 867 5095 6162
Passcode: 695333

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

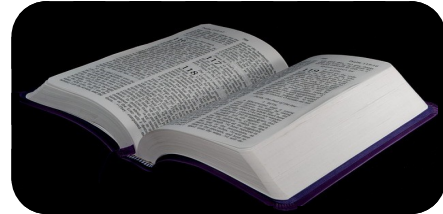
Men's Bible Study

Saturdays at 8:30 AM

[Link to SATURDAY morning Bible study](#)

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

Meeting ID: 936 479 529



Special thanks each week to our musicians and singers each week:

Paul Woodring / Dave Becker / Joan Pedersen
Sue Haas-Clark / Patti Frey / Richard Rollefson

Church Office Hours

Please call for appointment
Phone 805-544-2133

Email: info@mtcarmelslo.org 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	

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>

~~~~~



**Join the Mt. Carmel youth on a virtual trip to Luther Glen Farm!**

Sunday, November 8th at 1:30 PM

[Link to virtual tour on Zoom](#)

We sure miss camp, and the staff and animals miss us too! Come "travel" with the high school youth as we visit with LRCC camp staff on Zoom for 30-45 minutes to hang out with the farm animals, see what's growing in the garden, and find out what's happening with our local Bible Camp while we can't go there in person.



LuMin is working behind the scenes for ways to reinstitute Campus Ministry. We've been asked by The Front Porch, the Presbyterian-sponsored coffee house at Cal Poly, to provide "to go" dinners for students on Wednesday, November 11. We will provide 20 meals, each capable of feeding 4 students. We can provide either the fixin's that students can take and prepare themselves in their own kitchens, or we can provide already prepared, prepackaged dinners ready to be reheated.

This project will need 4 or 5 volunteers to decide on the menu, shop and cook and/or assemble the packages. It will probably be simplest to do the actual cooking or assembly at church on either Tuesday, November 10, or Wednesday, November 11. LuMin will cover the cost of ingredients. While we won't serve the meals we prepare, we will include information about Mt. Carmel in our packages. If you can help, please call or text Patti Frey at 805-235-1938.

## MET Team Interview Process Completed

In October, the MET Team completed interviewing active members of Mt. Carmel. This process was to gather information for use in preparing a report to the Call Committee. The results of the interview process are as follows:

|                         |     |
|-------------------------|-----|
| Interviews Completed    | 83  |
| Declined to Participate | 23  |
| Could Not Be Reached    | 26  |
| Total "Active Members"  | 132 |

With a 2019 official membership of 208, and 2019 average weekly attendance of 81, the MET Team was very pleased with the result.

The following people generously offered to conduct the interviews:

Steve Bennett / Nancy Cook / Marc Frey / Dale Johnson / John Keisler / Dave Lonsway / Dave Parkinson / Marshall Pihl / Sandy Rowland

The MET Team would like to wholeheartedly thank all members who participated and offered their input in this very meaningful process.

## FROM THE REOPENING TASK FORCE...

### Report to Congregation November 2020

The Reopening Task Force members: Patti Frey / Sharon Haupt / Pastor Richard Rollefson / Katie Moersdorf

The task force continued meeting weekly until mid-October. Since our last SUMMIT report:

- We recommended that the Worship Team evaluate the effectiveness and appeal of the Wednesday evening, in-person service. The service is poorly attended in-person.
- We gave the Worship Team our recommendations for resuming in-person communion at church, for holding outdoor memorial services and for holding outdoor Sunday worship. Decisions about when and how to enact those recommendations are now in the hands of the Worship Team.
- We participated in an Adult Forum on resuming in-person Sunday worship.
- We gave general recommendations regarding CAT activities and a specific recommendation about a potential Halloween activity to CAT, with a further suggestion that CAT get final approval from the Council.
- The County Office of Emergency Services (OES) has indicated that 12 Step Group meetings are essential services. A recommendation has been developed. The Council has indicated support for contacting NA representatives to see if that body wants to resume using Mount Carmel's facilities under our specified conditions.
- Mount Carmel has received approval from the county Office of Emergency Services to reopen the Side Door Study Center with conditions such as limiting the numbers of attendees. No further work on a specific recommendation has been done at this time.
- Apart from a decision about 12 Step Group meetings and a possible reopening of the Side Door Study Center, we are adjourning regular meetings for the time being. We will plan to resume meeting when the need arises for developing a recommendation on indoor worship and the reopening of the office.
- I'd like to thank the members of the Task Force for their dedication in meeting and developing the various recommendations / procedures. The congregation can expect to hear more from us at a later time, probably in early to mid 2021.

For the team,  
Patti Frey

## New Book Discussion Group Begins Monday, November 9

An online Zoom book discussion of *The Book of Joy*, will meet on Monday November 9 at 6:30 pm. The book is a series of conversations between interfaith religious leaders the Dalai Lama and Bishop Desmond Tutu and is available from Amazon in a hard copy or electronic version. Watch for the Zoom link in the weekly VISTAs and on our Mt. Carmel webpage at [www.mtcarmelslo.org](http://www.mtcarmelslo.org).

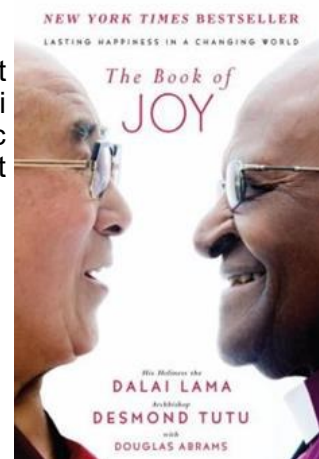
[Click here to join the Zoom meeting](#)

Meeting ID: 862 7971 6007

Passcode: 419787

Join by phone

1 669 900 9128



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

## Call for Nominations

### SWCA Synod Council & Committees

**Deadline April 9, 2021**

The Nominating Committee of the Southwest California Synod invites members of synod congregations to prayerfully consider if God is calling them to serve on Synod Council or on a Synod Committee. Elections to fill these positions will take place at the 2021 Synod Assembly, which will take place June 4 - 6. Descriptions of the duties of each open position are linked below. If you are considering serving on the Synod Council, [please read the Synod Council Conflict of Interest Policy here.](#)

[Please click here for the online nomination form, and for a complete list of the open committee, council, and representative positions and descriptions.](#)

## Communion at Home

Sunday, November 1

Elements to gather:

Wine or juice

Crackers or bread

## Observing Communion at Home

Sunday, November 1

We share Communion on the first Sunday of each month during our online worship service. We ask that you gather your elements prior to the service—a cup with wine or juice, and a plate with crackers or bread. Pastor Richard will lead us through the Great Thanksgiving as though we are gathered in person.

Some may choose not to participate, and that's okay. As always, All Are Welcome at the Table.





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 December Summit is November 20**



### Prayer Requests

Sid & Beryl Bennett—*Sid is recovering from a fall*

Sally Eggen & Family—*Sally's son, Eric, is in the hospital*

### PRAYING FOR OUR CHURCH COMMUNITY:

**November 1**—Linda Lex; Wayne & Marci Lippold; Dave & Sharon Lonsway

**November 8**—Mike & Val Lund; Wyatt Lund; Holly & Cooper Lyle

**November 15**—Diane Mansell; Ryan Mansell; Ian, Rachel, Brooklyn & Khloe Mansell

**November 22**—Lisanne Martinelli; Dorothy McCoid; Bob & Wendy Meier

**November 29**—John Merrill; Dean & Kathy Meyer; Jeanne Miller



## 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 November 6:

#### Hot Dish (serves 12+)

Karen Almas  
Linda Lex  
Jan Uder  
Sandy Rowland  
Sheilah Tietje  
Judy Tewell

#### Salad (serves 12+)

Karen Bockelman  
Rheinisch  
Jan Uder

#### 2 Large Cans of Fruit

R Christensen  
Sue Cummings

#### 3 Gallons Whole Milk

Ro Cannon-Miller

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

## HUNGER HEROES

Mount Carmel has provided over \$6,300 to the SLO Food Bank, and the challenger has matched \$6,000 for a total of 84,000 meals. Since Congress will not pass a stimulus bill until after the election, the need for funding at the Food Bank will not decrease any time soon.

There are currently 21 giving units at Mount Carmel funding this challenge. That is more than last month. You are all truly HUNGER HEROES!

Thank you for all of your support of this very important ministry. Mount Carmel is truly blessed by your commitment. If you have not yet committed your support, even five dollars will provide thirty-five meals. Please prayerfully consider this opportunity to make a difference to those standing in line to get their next meal from the Food Bank.

Peace and patience,

Marilyn Brown  
Food Bank Coordinator



**SLO  
FOOD  
BANK**

## Angel Tree Project – 2020

**What it is:** A program benefiting the children of Iglesia Santa Cruz by purchasing Christmas gifts from their wish lists.

**When it is:** Dates to be determined

**Where it is:** Mt. Carmel gathers your gifts and delivers them to Santa Maria for distribution.



Please contact the church office for more information, or to let us know you would like to participate. We are eagerly awaiting details about the children and their lists and will pass it along as soon as it's available.

Church phone: 805-544-2133

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



## Supporting Iglesia Santa Cruz....

**November 14, 2020, 11am-3pm**

The people at Iglesia Luterana de Santa Cruz in Santa Maria are feeling the effects of COVID-19 more than most. The isolation and uncertainty we all feel is further compounded by language and cultural barriers. Pastor Esteban and Angie are working with the churches in our conference, and with the Synod, to identify agencies in their area who will provide assistance now and in the long term.

At Mt. Carmel, we will hold a Drive-Thru donation on the second Saturday of each month to benefit the families at our sister congregation. Our primary focus will be on food donations, with additional items added to the list as needed. These items are specifically requested by Pr. Salazar and Angie for distribution to the families. Many families are multi-generational with several members in one household. Bags of rice and beans from 1lb to 25lbs are acceptable. The same goes for the flour, sugar and oil. All sizes are acceptable and will be put to good use. Maseca is a special corn flour used to make tortillas and is a basic staple in all of the households. Storage space is limited at Iglesia Santa Cruz, so Visa gift cards for \$25 are also helpful.

Special thanks to Steve Bennett for organizing Thrivent teams to supplement your donations. If you would like to sponsor a Thrivent Action Team, please contact Steve at sbenn1941@gmail.com, or the church office at 805-544-2133.

Benefiting Iglesia Santa Cruz



### Suggested items include:

- ❖ Maseca
- ❖ Cooking Oil
- ❖ Sugar
- ❖ Rice
- ❖ Beans
- ❖ Flour
- ❖ Laundry & Dish Soap
- ❖ \$25 Visa Gift Cards
- ❖ Diapers / Baby Wipes

## DRIVE-THRU DONATIONS BENEFITING IGLESIA SANTA CRUZ

AT MT. CARMEL



### **Instructions for making a safe, no-contact donation:**

1. Place your donations in a bag or box, then set them on the back seat of your vehicle, or in the trunk.
2. Enter the main driveway on Fredericks Street.
3. Drive to the loading area near the patio.
4. We'll greet you with a smile (under our masks, of course) and a warm hello.
5. Volunteers will get the bag or box from your back seat.
6. Exit the parking area to Grand Ave.
7. If you are unable to come by on Saturday, please bring your donations to the church between 8am and noon on any weekday.

Volunteers to accept donations and to deliver to Santa Maria are welcome. Please contact MaryAnn in the church office at 805-544-2133.



Thank you to everyone who donated to the October drive. We delivered personal care items and food to Santa Maria on October 11. Here are a few picture of Pr. Esteban and some of the families. [You can watch a short \(1 minute\) video of other pictures by clicking here.](#)



## Outdoor In-Person Communion Service Begins Sunday, November 8 at 12 noon

### In-person Communion

Beginning November 8 at  
12 noon on the patio



As presented at the Adult Forum on Sunday, October 25, the Worship Team is proceeding with a recommendation for in-person, outdoor communion service at 12 noon beginning on November 8. We are seeking to meet the expressed interest of some of our Mt. Carmel members for in person worship and communion while observing guidelines and best practices to maximize the safety of those attending. We will continue with the existing Sunday morning schedule of Zoom worship at 9:30am followed by the Adult Forum at 10:45.

There will be a link in the VISTA semi-weekly email newsletter and on our website where you can RSVP to help us prepare the outdoor space beneath the shade canopy in front of the sanctuary for socially distanced clusters of same household members. You are asked to bring your own chair (if possible); metal church chairs will also be available. Attendees should be masked when arriving, will receive a temperature check and be signed in. The worship itself will be an abbreviated communion service (under 45 minutes in length). Communion will be done using prepackaged communion bread and cup kits. Entrance and departure routes will be marked and attendees are requested to mask following the service. There will not be a coffee time following worship. While we are aware that we are beginning this in-person worship at a time when the weather is turning cooler and we hope for needed rain, we hope that this will be an alternative worship for those wanting to meet in person.

[Click here to RSVP](#)

*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.