

December 2020

Calm is the night, O Lord, as we wait for you.

All the stars are laughing at our wonder.

Wait not in vain for the Son shall come.

You will know within you his ever-stirring presence.

For our Advent Evening Prayer on Wednesdays at 7:00pm on zoom, we will begin each worship with the words of a simple chant I first heard in the starry wonder of a winter night at Weston Priory, a monastery in the mountains of Vermont. Each evening the monks close their day with a vigil worship. In doing so they uphold the ancient monastic practice of keeping watch lest all should be found asleep at Christ's return. The chant and vigil worship practice embody the deepest themes of the season of Advent—waiting and wonder—that make this time paradigmatic for the whole of the life of faith.

Waiting is a reality in all our lives. We wait for class or work to begin or end, for mealtime and rest. We wait, patiently or impatiently, for a call, a visit from a friend, the touch of our beloved. We wait, most often impatiently, for an end to a troubling conflict in our lives, for an end to the suffering of someone we love, and especially in this time of pandemic, for things to return to "normal." We wait for a time of peace, for a world beyond violence and death. And we wait for God.

Or perhaps it might better be said that in all our experiences of waiting, beneath or beyond any specific goal we had in mind, we are waiting for God. For in the end, we wait for that which will bring fulfillment to a longing so deep and hidden that it often remains nameless and unknown, or mistaken for something far less. In a world where, as Frederick Buechner writes, "of all missing persons, God is the person we most miss" we wait for God to be with us, we wait for the One who name is "God with us—Emmanuel, the Christ.

The advent promise is that the one for whom we wait is the One who has already come. The goal of our longing and waiting is revealed to us in the birth of Jesus. And this is the source of our wonder: that God should come to us as a vulnerable and humble child, born in poverty; that in compassion born of the deepest solidarity, God comes to bring healing and fulfillment of a longing too deep for words.

Morning comes and the vigil ends. The monks once again gather in the dim half-light of dawn. To close their morning vigil and begin the new day, they sing:

We go on waiting, knowing you have come, But we are not ready to be transformed. Give us your Spirit, and we'll carry on. The day is long ahead of us, And we'll carry on, and we'll carry on.

Peace, Pr. Richard

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Meetings in December

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

Visitors welcome!

Executive Team Tuesday, Dec 8 at 6pm

Church Council
Thursday, Dec 17 at 6pm

RSVP for in-person worship:

CLICK THIS LINK
Or call the church office

Upcoming Holidays:

Friday, Dec 25 Friday, Jan 1 Monday, Jan 18

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!

Our Worship

WORSHIP ONLINE

Join us on ZOOM for worship and bible studies

Please use the links listed here to join any of our worship services. 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 9128
Meeting ID: 849 4786 1947
Passcode: 591300

- Link to WEDNESDAY Evening Zoom Service

Wednesdays at 7:00 PM For telephone: +1 669 900 9128 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: Fellowship Time (unmuted)

9:25: Announcements (microphones muted)

9:30: Worship

10:30 Post Service 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

December 6 (Second Sunday of Advent)

Lector: Monica Holman First Reading: Isaiah 40:1-11

Good news of God's coming to a people in exile

Psalm 85:1-2, 8-13

Second Reading: 2 Peter 3:8-15a

Waiting for and hastening the day of God

Gospel Reading: Mark 1:1-8

John appears from the wilderness

December 13 (Third Sunday of Advent)

Lector: Bob Grosse

First Reading: Isaiah 61:1-4, 8-11

Righteousness and praise flourish like a garden

Psalm 126

Second Reading: 1 Thessalonians 5:16-24

Kept in faith until the coming of Christ

Gospel Reading: John 1:6-8, 19-28

A witness to the light

December 20 (Fourth Sunday of Advent)

Lector: Chuck Kilstrom

First Reading: 2 Samuel 7:1-11, 16

The Lord's promise to David

Psalm 89:1-4, 19-26

Second Reading: Romans 16:25-27

The mystery of God revealed in Jesus Christ

Gospel Reading: Luke 1:26-38

The angel appears to Mary

December 27 (First Sunday of Christmas)

Lector: Steve Bennett

First Reading: Isaiah 61:10--62:3

Clothed in garments of salvation

Psalm 148

Second Reading: Galatians 4:4-7

Children and heirs of God

Gospel Reading: Luke 2:22-40

The presentation of the child

December 24 (Christmas Eve)

Our Christmas Eve celebration at Mt. Carmel this year will feature two parts. We begin at 6:30pm with a "Carol Sing" of favorite Christmas carols featuring a number of our musicians and vocalists. We'll have more details in upcoming VISTAs about the online platform for viewing this event. Our Christmas Eve worship will be a service of Holy Communion at 7:00pm on Zoom. You are invited to have bread and wine (or juice and crackers) on hand for the service along with a candle.

3

Advent Evening Prayer: "Waiting and the Word"

Wednesdays at 7PM

December 2, 9, 16 & 23



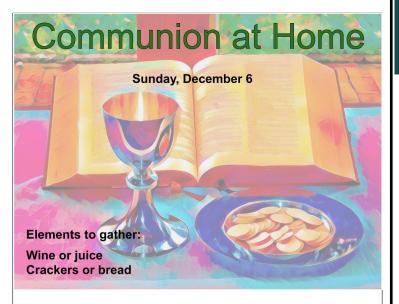
In the midst of the busyness of the season around us you are invited to join for a time of quiet with "Waiting and the Word," series of midweek meditative evening prayer services. Each week will focus on an Advent theme in a contemplative setting. The Dec. 23 worship will be a "Longest Night/Blue Christmas" worship that acknowledges the challenges of this season of celebration in the midst of sadness and loss.

Link for Wednesday Evening Service

For telephone: +1 669 900 9128 Meeting ID: 867 5095 6162

Passcode: 695333

Link for Order of Worship



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. ALL ARE WELCOME AT THE TABLE.

Bible Study Fridays at 10:00 AM

Link to FRIDAY morning
Bible study

Telephone: 669 900 6833 Meeting ID: 552 129 433

Men's Bible Study Saturdays at 8:30 AM

Link to SATURDAY morning Bible study

Telephone: 669 900 9128 Meeting ID: 248 770 4658

Passcode: 159759



Special thanks to our musicians and singers each week: Paul Woodring / Dave Becker / Joan Pedersen Sue Haas-Clark / Patti Frey / Richard Rollefson



Our in-person worship service is held in the outdoor space beneath the shade canopy in front of the sanctuary. We observe county and state guidelines and best practices to maximize the safety of those attending. Our existing Sunday morning schedule of Zoom worship at 9:30am followed by the Adult Forum at 10:45 will continue.

Please use the RSVP link in the VISTAS or on our website so that we may prepare the outdoor space 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. Communion will include prepackaged communion bread and cup kits. Entrance and departure routes are marked and attendees are requested to mask following the service. There will not be a coffee time following worship.

Click here to RSVP

My Favorite Things...

There's still time to share your favorite things this holiday season. Use this link to access the online form:

Link to My Favorite Things Survey

MaryAnn Jakes: Thanksgiving Memory—I was living on an Army post in Germany and one year we chose to take our family to one of the mess halls for Thanksgiving dinner. The food was fabulous and there was so much of it! We enjoyed the traditional offerings of turkey, ham, mashed potatoes, etc., but what my kids loved most were the crab legs. In fact, they still talk about that unique experience. The only downside to eating in the mess hall that year was that we didn't have any leftovers for the next few days.

Christmas Tradition—As a child, we were allowed to open one present on Christmas Eve, then the rest on Christmas morning. It's a tradition I kept it up with my children, and they've continued with their children.

Patti Frey: *Traditions*—My family did not really have recurring traditions, although at Christmas we always trimmed the tree with tinsel, a few strands at a time. When it was time to take down the tree, we took those same strands off a few at a time to store until the next year.

I have established a tradition of introducing something new or unexpected to the usual food or activity. It drives my family crazy. And if we have to celebrate on another day because of someone's work schedule, that's ok too. It's less important to observe an actual date than it is to observe the meaning of the holiday.

The other tradition that we have is that we NEVER decorate for Christmas, play Christmas music or watch Christmas movies until after Thanksgiving.

John Cook: *Memory*—In Thanksgiving for family present and past. For all of the great memories we share, and the ones we will create.

Pat Bathke: Thanksgiving Tradition—The first year Jess and I were married we spent Christmas Eve in Ft. Monmouth, New Jersey. The 1st time away from home for us, we were homesick. On our way to a local restaurant we picked up a soldier hitchhiker who told us his wife had died that year in Germany and his children were living with her family in Germany. He was sad and so were we. We counted our blessings after that encounter and still do after 66 years.

Bob Grosse: Christmas Memory—In the 1960's Carol and I spent three years in Naples Italy where I was stationed with the US Navy. It was a chance to see some very different Christmas traditions. Santa Claus was just being introduced into Italy but for most kids,

gifts were brought on Three Kings Day by the "Bufana" an old lady who had been too busy sweeping her house to show the wise men the way to Bethlehem, Ever since she has been going around leaving gifts hoping that she will some day see the Christ Child. It was a lovely tradition and she is always represented carrying a broom, something that found its way into our Halloween traditions. Buon Natale, Bob & Carol

Carlyn Hinds: Thanksgiving Tradition—We always go around the table and tell everyone what we are thankful for- from the serious to the silly! Many times we all end up in thankful tears!

Christmas Memory - When I was 5 or 6 years old, we had a fake metal silver tree that had this spot light behind it with a rotating color wheel on it. I thought we were so rich with that tree. I would sit and watch the colors change and think Santa is going to love it.

Thanksgiving John Keisler: *Memory*—It Thanksgiving, 1972 and was in the middle of Basic Training, at Lackland Air Force Base, San Antonio Texas. I had been married for a little over a year and this was the first Thanksgiving I had ever been away from family. I spent the afternoon waiting in a looooong line of recruits, on base, in front of a telephone booth, waiting to call home, No smart phones or face time. It was a cold damp wait and took for ever. The wait was worth it! It was so good to hear the familiar voices of my wife, Mom and Dad. How good home sounded! I will never take for granted the gift of "being with" family. Calls and zooming are good but not the same as sitting down, in person, with those you love. The rest of the late afternoon and evening was spent enjoying a lobster Thanksgiving Dinner in the Mess Hall, and watching football. Yes lobster, flown in from Maine.



Virtual Cookie Exchange

It's time to share your holiday treats - virtually, of course! Use the link below to send in your favorite recipe and/or photo of your goodies. We'll post a link to your responses in the Vistas so that everyone can enjoy with you. The form allows you to upload a copy of your recipe, or type it in. Please contact MaryAnn in the church office if you need assistance.

Virtual Cookie Exchange Link



On November 11, LuMin provided vegetarian chili, cornbread and coleslaw for Front Porch, the Presbyterian-sponsored coffee house at Cal Poly. The meals were packaged in 20 to-go sacks and served 4 students each. We included information about Mount Carmel, a prayer for the meal and one for anxiety. The meals were delivered to Front Porch for students to pick up. Thanks to shoppers and cooks Marc and Patti Frey, Rebecca Keisler, Cyndi and Richard Rollefson, Jan Uder and Jenice Twomey. We anticipate participating again next quarter. Please contact Patti Frey or the church office if you'd like to lend a hand.



SOCIAL MINISTRIES UPDATE

Kudos to Nancy Priddy for her excellent leadership of this team. She has earned a well deserved hiatus.

On November 20, the Food Bank challenge was at \$8,467 and the Challenger has provided the funds to match it. I spoke with the Food Bank Director and we agreed that the need for food will probably remain at current levels through February with the stimulus money being delayed until late January.

Other ministries of this team include:

The People's Kitchen—Jan Uder, Coordinator: The People's Kitchen is a hot meal program at the Prado Day Center. Volunteers from Mt. Carmel prepare and general lunch on the first Eriday of



The
People's
Kitchen
of San Luis Obispo

serve lunch on the first Friday of each month.



Iglesia Luterana Santa Cruz—MaryAnn Jakes, Coordinator: Iglesia Santa Cruz is a mission outreach church in Santa Maria. A food drive to support the families is held on the second Saturday of each month and is supported by Thrivent Teams. Pat Forrest organizes the Angel

Tree Project each year which provides Christmas gifts to the children.

Get On The Bus—Nancy Priddy, Coordinator: Get On the Bus is a program that unites children with their incarcerated parents. Mt. Carmel has participated in this program for many years by providing some games and treats for the children before their long bus trip home.



Steve Bennet is our Thrivent liaison and is coordinating Teams that help support our ministries. If you are a Thrivent member and would like information about creating a team, please give Steve a call at (805) 556-0359. He'll be glad to help you get started.

Chuck Kilstrom is our liaison to the Church Council and assists with various parts of the ministry.

Later in December, we will conduct a congregational survey to assess what additional ministries we should be developing. The team will meet virtually in early January to review the results and develop a plan for moving forward with implementation.

If you are interested in becoming a member of this team, please e-mail me and I will add you to the team. My e-mail is mdbrow@yahoo.com

Peace and patience,

Marilyn Brown, Social Ministry Coordinator



ADULT FORUM

Sundays following worship

December Series

Prose and Prophesies for Advent & Christmas

Join in for a series of scripture readings and beloved stories for the Advent and Christmas season. The series includes prophesies from the Old Testament, seasonal readings from the Gospels and a featured story read by Pastor Richard.

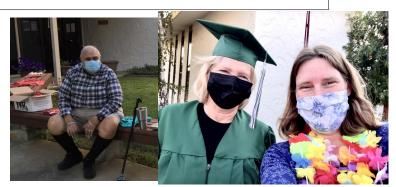
Beginning Sunday, December 6, we will read from Micah, Isaiah, Malachi and the Book of Luke. Pastor Richard will read "Barrington Bunny" from The Way of the Wolf by Martin Bell.

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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Drive by Treating October 31, 2020





# 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.



# HAPPY ANNIVERSARY 12/27/1969 Judy & Walt Bremer 12/28/1955 Dennis & Marilyn Brown 12/28/1960 Ed & Maureen Dresp 12/29/1979 Catherine Kessler & Dennis Amling 12/30/1978 Burke & Kathy Towle

# HAPPY BIRTHDAY

- 04 Joel Peterson
- 04 Mike Dresp
- 05 Sharon Haupt
- 05 Cheryl Garnsey
- 07 Norm Smith
- 07 Dante Nelson
- 08 Judy Bremer
- 14 Martha Reck
- 15 Jean Hohenstein
- 17 Dean Meyer
- 17 Holly Lyle
- 26 Jackie Kinsey

- 26 Riley Pihl
- 28 Treva Thornton
- 28 Jenice Twomey
- 30 Lauren Huffaker
- 31 Linda Lex

Have something you want to celebrate or commemorate?

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

**Deadline for the January Summit is December 20** 







# **Prayer Requests**

Sid & Beryl Bennett

Sally Eggen & Family

Elsa Brody

MaryAnn & Ken Jakes & Family

### **PRAYING FOR OUR CHURCH COMMUNITY:**

December 6—Jack & Roberta Moen; Chris, Brittany, Reagan & Gavin Nicol; Margaret O' Neill

December 13—Dave, Sherri, Stephen & Makenna Parkinson; Joan Pedersen;

John Perreault & Claudia Coughran

December 20—Karen Petersen; Marshall, Marge, Riley & Sarah Pihl; Glen & Nancy Priddy

December 27—David Quist; Steve, Cynthia & Annie Quist; Warren Quist

January 3—Pat Ramsay; Ryan, Martha, Kellani & Andre Reck; Sally Reck



# 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 if you have any questions about The People's Kitchen program or would like to volunteer.

# Schedule for December 4: Hot Dish (serves 12+)

Steve & JoAnn Bennett Marilyn & Dennis Brown Sherri Parkinson Mollie Smith Cyndi Rollefson Karen Petersen Salad (serves 12+) Carol Harvey

Wayne Lippold Rebecca Keisler

2 Large Cans of Fruit

Dorothy McCoid

3 Gallons Whole Milk

Carol Grosse

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



Serving up a delicious hot meal in November at the People's Kitchen!

## **Mount Carmel Staff**

Rev. Richard Rollefson
Paul Woodring
Dave Becker
Director of
Contemporary Music
Tony Bloodworth
MaryAnn Jakes
Ingrid Frokjer
Director of
Children and Teen Ministries

Deanna Schultze

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



### **Church Hours**

Our office is not open to visitors at this time, but we are always available by phone. Please call or email to schedule a time to visit in person:

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

# Supporting Iglesia Santa Cruz.... December 12, 2020, 11am-3pm

Benefiting Iglesia Santa Cruz

Suggested items include:

Laundry & Dish Soap

Diapers / Baby Wipes

\$25 Visa Gift Cards

❖ Maseca

Rice

Beans

❖ Flour

❖ Salt

Cooking Oil Sugar

We hold a Drive-Thru donation on the second Saturday of each month to benefit the families at Iglesia Santa Cruz. Our primary focus is on food donations, with additional items added to the list upon request by Pr. Esteban and Angie Salazar. 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 Action Team, please contact sbenn1941@gmail.com, or the church office at 805-544-2133.

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

- 1. Place your donations in a bag or box, then set them on the back seat or in the trunk of your vehicle.
- 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 for you.
- 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.

Angle Salazar shared this tortilla recipe with me. Although the recipe is similar to the one on the Maseca bag, she provided a few 'expert' tips. (My first attempt resulted in mini frisbees because my dough was too dry.)

# Tortilla Recipe

2 cups Maseca (Masa) 2-3 tsp Flour 2 tsp Baking Powder (optional) Tepid Water (approximately 1 1/2 cups)

Sift dry ingredients together. Add water until soft dough forms. Dough should be moist but not sticky. Form dough into balls (about 1 oz). Flatten balls with a tortilla press, or by pressing between two flat bottomed plates. Place tortillas in hot non-stick pan. Flip tortilla when it moves easily in the pan. Cook until tortilla begins to puff up.

# **Angel Tree Project – 2020** Thank you to our Angel **Tree Sponsors!** Please bring you gift(s) to the church on: December 12, 11am-3pm.

**DRIVE-THRU DONATIONS** BENEFITING IGLESIA



SANTA CRUZ AT MT. CARMEL

Angel Tree gifts may be dropped off at the church on Saturday, December 12, during the Drive-Thru Food Drive. If you're unable to come by on December 12, please call the church office to schedule a more convenient time to stop by, or for a package pick up. In order to avoid lost or misplaced packages, please do not leave your gifts at the church without prior notice.

Church phone: 805-544-2133 Email: info@mtcarmelslo.org

Thank you for your generosity and cooperation.



## **An Advent Devotional**

Pastor Richard shares a special devotional with us during this Advent Season. This is a home study guide filled with scriptures, reflections, and prayers for Advent. Please click on the link below to download a copy of 'Readings 'Round the Advent Wreath' by Pastor Richard.

Link to Advent Devotional

# Advent Small Group Series Four Saturdays In & After Advent: December 5, 12, 19, and 26 6:30 PM on Zoom

Please contact Monica Holman TODAY at monicajholman@gmail.com to be part of this small group study.

During the Advent season we often talk a lot about the Holy Land of the past without talking much about the Holy Land of the present. What is going on in Bethlehem today? How are we called to accompany our Palestinian siblings in love, joy, hope, peace, and justice? What does this mean for our own advent journey?

ELCA Young Adults and ELCA Peace Not Walls are presenting a 4-week Advent Pilgrimage in Palestine. Young adults from the Evangelical Lutheran Church in America and Evangelical Lutheran Church in Jordan and the Holy Land will lead us on this pilgrimage through story, education, and theological reflection. We will meet on each



Saturday in December via Zoom as a Mt. Carmel small group utilizing the pilgrimage's weekly resources.



1701 Fredericks St. San Luis Obispo, CA 93405

Phone: 805-544-2133 Email: info@mtcarmelslo.org



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

Southwest California Synod/Mt. Carmel Evangelical Lutheran Church in America

God's work. Our hands.