



February 2021

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Lent

*Before the fruit is ripened by the sun,
Before the petals or the leaves uncoil,
Before the first fine silken root is spun,
A seed is dropped and buried in the soil.*

Lent comes from the old English word meaning “to lengthen.” Although we are in the midst of winter, almost imperceptibly, little by little, the days are growing longer. The imagery of the coming season, of burying seeds in the soil to await new life, reflects the meaning of this sacred time. As spring is the season of sowing seeds in the ordered rhythm of nature, Lent is the holy time in the turning of the sacred calendar that focuses on the life-giving seed of the passion of Jesus the Christ.

*Before we gain the grace that comes through loss,
Before we live by more than bread and breath,
Before we lift in joy and empty cross,
We face with Christ the seed's renewing death.*

As we draw near to this sacred season may we cultivate the seed of Christ's life within our hearts. And may this be our prayer:

*Hear, O Father
the cry of your Son,
who came to establish
the new and everlasting covenant
became obedient even unto death upon the cross.
Grant that, through the trials of this life,
we may come to share more intimately
in his redeeming passion
and so obtain the fruitfulness of the seed
that falls to earth and dies
to be gathered as your harvest for the kingdom of heaven.*

Peace,
Pr. Richard

Meetings in February

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

Executive Team

Tuesday, Feb 9 at 6pm

Church Council

Thursday, Feb 18 at 6pm

Ash Wednesday February 17

[Click here to join us on zoom at 7:00pm](#)

Meeting #: 867 5095 6162

Passcode: 695333

By phone: 1 669 900 9128

Upcoming Holidays:

Monday, Feb 15

Sunday Worship at Mt. Carmel Sunday Worship Service

9:30am—Online via Zoom

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

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)

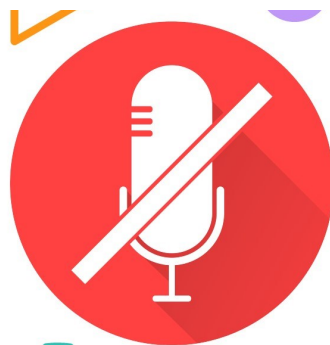
9:30: Worship

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

February 7 (Fifth Sunday after Epiphany)

Lector: Patti Frey

First Reading: Isaiah 40:21-31

The creator of all cares for the powerless

Psalm 147:1-11, 20c

Second Reading: 1 Corinthians 9:16-23

A servant for the sake of the gospel

Gospel Reading: Mark 1:29-39

The healing of Peter's mother-in-law

February 14 (Transfiguration of our Lord)

Lector:

First Reading: 2 Kings 2:1-12

Elijah taken up to heaven and succeeded by Elisha

Psalm 50:1-6

Second Reading: 2 Corinthians 4:3-6

God's light seen clearly in the face of Christ

Gospel Reading: Mark 9:2-9

Revelation of Christ as God's beloved Son

February 21 (First Sunday in Lent)

Lector: Monica Holman

First Reading: Genesis 9:8-17

The rainbow, sign of God's covenant

Psalm 25:1-10

Second Reading: 1 Peter 3:18-22

Saved through water

Gospel Reading: Mark 1:9-15

The temptation of Jesus in the wilderness for forty days

February 28 (Second Sunday in Lent)

Lector: Nancy Cook

First Reading: Genesis 17:1-7, 15-16

God blesses Abraham and Sarah

Psalm 22:23-31

Second Reading: Romans 4:13-25

The promise to those who share Abraham's faith

Gospel Reading: Mark 8:31-38

The passion prediction

March 7 (Third Sunday in Lent)

Lector:

First Reading: Exodus 20:1-17

The commandments are given at Sinai

Psalm 19

Second Reading: 1 Corinthians 1:18-25

Christ crucified, the wisdom of God

Gospel Reading: John 2:13-22

The cleansing of the temple

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 below for easy access, or join by phone and enter the meeting ID and passcode.

[Link for Wednesday Evening Service](#)

For telephone: +1 669 900 9128
Meeting ID: 867 5095 6162
Passcode: 695333

[Link for Order of Worship](#)

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

Communion at Home

Sunday, February 7

Elements to gather:

Wine or juice
Crackers or bread

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.

Ash Wednesday, Lenten Worship, Holy Week, and Easter

[Link to Ash Wednesday Service](#)

February 17 at 7:00pm

[Link to Wednesday Lenten Service](#)

February 24-March 24 at 7:00pm

[Link to Maundy Thursday Service](#)

April 1 at 7:00pm

[Link to Good Friday Service](#)

April 2 at 7:00pm

[Link to Easter Sunday Service](#)

April 4 at 9:30am

The link for the Stations of the Cross video will be available at a later date.

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

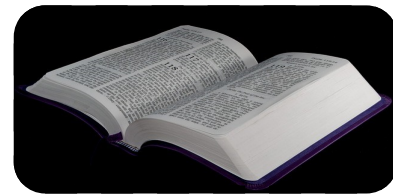
Saturdays at 8:30 AM

[Link to SATURDAY morning Bible study](#)

Telephone: 669 900 9128

Meeting ID: 248 770 4658

Passcode: 159759



IN-PERSON WORSHIP UPDATE

Outdoor worship on Sundays is suspended at this time

Outdoor In-Person Worship Service Suspended

In light of the rise in the number of COVID-19 cases in the county and the possible presence of a more contagious variant in our region, we are suspending our Sunday 12 noon in-person worship for a time. We believe it is best to err on the side of caution as we await distribution of the vaccine.



ADULT FORUM

Sundays following worship

February Schedule

February 7: The Threat of Christian Nationalism -

We will continue our discussion on Christian Nationalism led by Pr. Richard. We will use a podcast series produced by Christians Against Christian Nationalism featuring statements by Presiding Bishop of the ELCA, Elizabeth Eaton, together with the Rev. Dr. Paul Baxley (Cooperative Baptist Fellowship), Diane Randall (Friends Committee on National Legislation), Sister Simone Campbell (NETWORK Lobby), and the Rev. Dr. Jeffrey Haggray (American Baptist Home Mission Societies). You can listen to entire podcast series online at:

<https://www.christiansagainstchristiannationalism.org/podcasts-and-discussion-guides>

Topics for other dates in February will be announced in the Vistas.

SOCIAL MINISTRY TEAM JANUARY UPDATE

The first item discussed by the team was the Food Bank support. I spoke with the FB Director in December and we agreed that the need was likely to remain high through at least February when stimulus money should become available. We set a goal of \$4,000 by the members of MCLC and a match of \$4,000 by the challenger, for a total of 56,000 meals.

The team also discussed the monthly collection of food and other supplies for Iglesia Luterana Santa Cruz. This ministry is currently being handled by MaryAnn Jakes, with Ken Jakes and Marc Frey. This is a big commitment on their part. Any members willing to assist with this ministry should contact MaryAnn.

Jan Uder also said that the new cycle for the People's Kitchen lunches for Prado on the first Friday of each month is being formulated now. If you are not on the participant list but would be willing to assist, please notify Jan of your interest. This is one more avenue for helping the homeless with food.

We also discussed the results of the survey re potential new areas to provide services in the community. The results are, from highest to lowest priority:

1. Support for middle and high school students who are homeless, i.e. sleeping in cars or on park benches, etc. We will be researching this ministry for potential implementation when schools near the church are reopened.

2. The next ministry area was the Be a friend, Make a friend issue. We will be exploring agencies that we can partner with on this initiative.

3. The next item was services for the domestic violence center. We will be in contact with the Center in the coming weeks, to determine how we can best support them.

4. The remaining two items were Adult Day Care and the Wounded Warrior Project. We will be putting those two items on hold for now.

Peace and patience,
Marilyn Brown, Social Ministries Team Leader

*Thank
You*

From Paul Woodring...

Thank you to the congregation of Mt. Carmel and to Patti Frey for the very generous and unexpected financial gift in December. I'm really overwhelmed by your kindness and thoughtfulness. Thank you again!

"A single act of kindness throws out roots in all directions, and the roots spring up and make new trees." – Amelia Earhart

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-io7V6ObxabcEmoDazBg>

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## HAPPY ANNIVERSARY

02/09/1985 Debbie & Joel Peterson  
 02/15/1998 Erik Brun & Heidi Brodmarkle-Brun  
 02/19/1978 Bill & Karen Almas  
 02/22/1986 Ken & Vicky Tway

## HAPPY BIRTHDAY

|                      |                   |
|----------------------|-------------------|
| 01 Deanna Schultze   | 25 Steven Harding |
| 08 Dave Lonsway      | 28 Steve Quist    |
| 13 Dorothy Adams     |                   |
| 13 Desiree Dellinger |                   |
| 15 Dave Becker       |                   |
| 15 Jeanne Miller     |                   |
| 17 John Cook         |                   |
| 19 Val Lund          |                   |
| 20 Bob Grosse        |                   |
| 22 Alan Estes, Jr.   |                   |
| 23 MaryAnn Jakes     |                   |
| 23 Kathy Meyer       |                   |

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 February Summit is February 20**



### Prayer Requests

Sid & Beryl Bennett  
 Jeannie Ledford & Family  
 Elsa Brody  
 Family of Jon Ericson  
 Family of Adele Frey (Marc's mother)

### PRAYING FOR OUR CHURCH COMMUNITY:

**February 7**—Treva & Harry Thornton; Burke, Jr. & Kathy Towle; Ken & Vicky Tway

**February 14**—Phil, Jenice & Mark Twomey; Jan Uder; Carolyn Voss

**February 21**—Carole Wheeler; Carol & Donley Winger; Paul Woodring

**February 28**—Dorothy Adams; Susan, Jim, Emily & Rachel Allan; Bill & Karen Almas

**March 7**—Jill Anderson & Steven Jobst; Russ Anderson; Carolyn Baker



## 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 February 5: Hot Dish (serves 12+)

Pat Forrest  
Dave Lonsway  
Kathy Meyer  
Janis Sexton  
Kathy Towle  
Jan Uder

### Salad (serves 12+)

Karen Colombo  
Jennifer Bobell  
Ruth Rollefson

### 2 Large Cans of Fruit

Walt & Judy Bremer  
Wende Dong

### 3 Gallons Whole Milk

Julie Martin

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



### HUNGER HEROES

Mount Carmel continues to contribute to the SLO Food Bank, and the challenger continues to match every dollar. The need for funding at the Food Bank will likely be needed through at least February 2021.

You are all truly HUNGER HEROES!

[Link to Mt. Carmel matching funds page](#)

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

### Mount Carmel Staff

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

## Supporting Iglesia Santa Cruz....

### February 13, 2021, 11am-3pm

Mt. Carmel holds 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 as needed. All package sizes are acceptable for donation, and most is distributed or delivered to families the same day we deliver to Santa Maria. Maseca is a special corn flour used to make tortillas and is a basic staple in all of the households. If you prefer to donate money, we'll gladly do the shopping on your behalf. Please make checks payable to MCLC and note Santa Cruz on the memo line.

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

As a result of your generous donations we have delivered approximately 2,000 pounds of basic food staples, several blankets, and personal care items over the past few months. This time of year is normally difficult as many families are farm workers and the industry is seasonal, even on the Central Coast. Continued outbreaks of Covid have made life even more challenging this season with several families in quarantine and unable to shop for food. Your donations, as well as those from other sources are delivered to these families, keeping them and the community safe.

[Click this link to find out more about Iglesia Santa Cruz on their facebook page.](#)

One of my favorite stories is about starfish. I use it as a reminder to myself that, even though I can't help everyone, at least my actions can make a difference for someone. Enjoy! MaryAnn

[Original Story by: Loren Eisley](#)

*One day a man was walking along the beach when he noticed a boy picking something up and gently throwing it into the ocean.*

*Approaching the boy, he asked, "What are you doing?"*

*The youth replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die."*

*"Son," the man said, "don't you realize there are miles and miles of beach and hundreds of starfish? You can't make a difference!"*

*After listening politely, the boy bent down, picked up another starfish, and threw it back into the surf.*

*Then, smiling at the man, he said....."I made a difference for that one."*

*A brief history...*

*Iglesia Luterana Santa Cruz began in 2001 as a mission church of the Central Coast Conference serving the Hispanic community in Santa Maria, CA. Pastor Patricia Moran was called as a mission developer and was their first pastor. Her church served a very marginalized community of mostly Mexican immigrants that have minimal education, speak Spanish and a native Mayan language, and have an indigenous culture. Many work in agriculture. The grace of Christ touched their hearts and lives and continues to do so after Patricia retired in 2016.*

*Pastor Esteban Salazar was called to IL Santa Cruz after an interim period and currently serves there with his wife Angie. Mt. Carmel is honored to be one of the Central Coast Conference churches working to keep the promise of support made to IL Santa Cruz through time, talent, and treasure.*

Benefiting Iglesia Santa Cruz



#### Suggested items include:

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

## DRIVE-THRU DONATIONS BENEFITING IGLESIA SANTA CRUZ

AT MT. CARMEL





## A Prayer for Lent

Merciful God,

you called us forth from the dust of the earth:  
Look upon us as we enter these Forty Days  
bearing the mark of ashes,  
and bless our journey  
through the desert of Lent  
to the font of rebirth.

May our fasting be a hunger for justice;  
our alms, a making of peace;  
our prayer, the chant of humble  
and grateful hearts.

All that we do and pray is in the name of Jesus,  
for in his cross you proclaim your love  
for ever and ever.

Amen.

## Lent and Holy Week Mt. Carmel Lutheran Church

*All services are held online via Zoom.  
See our website and Vistas for the links.*

### **Ash Wednesday — February 17 at 7:00pm**

A simple worship service including the imposition of ashes (mailed to your home on Feb 10)

### **Midweek Worship — Feb 24- Mar 24 at 7:00pm**

Bring a bowl of soup and join zoom at 6:30pm to share a simple Lenten meal with us

### **Maundy Thursday — April 1 at 7:00pm**

Remembering Jesus' last supper, betrayal, and arrest

### **Stations of the Cross Video—April 2 on Youtube**

A video with readings and reflections at various locations around downtown SLO

### **Good Friday Worship — April 2 at 7:00pm**

A traditional "Tenebrae" Service of growing darkness

### **Easter Sunday — April 4 at 9:30am**

A joyous celebration with music and scripture

*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.