



March 2021

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The Lenten season that began a few weeks back with the imposition of ashes recalls the biblical account of creation where God bends low to breathe the breath of life into dirt molded into the human form. In the verses that follow the humans seek to “become like God,” and despite God’s prohibition, eat from the tree of the knowledge of good and evil. According to Rev. Tom Chittick, the meaning of the story is not that we are not spiritual enough, but “that we don’t trust God’s earthiness enough.” We humans yearn for more than what creation grants us. As Chittick writes: “We want somehow to be different than who and what we are. . . . In the final analysis the origin of sin is our refusal to let God be God. . . . We want to be like God, not so much in character as in power. We lust for control and for knowledge.”

In light of this, we might say that the purpose of the Lenten season that begins with the pronouncement “Remember you are dust and to dust you will return,” is not so much to make us more spiritual, but to remind us of our creatureliness, of our limits and, most of all, our need for God. In the words of a hymn from John Bell of the Iona community:

Because the world is beautiful,
and beauty is a tender thing,
and we are stewards of creation,
we need you, God.
We need you, God.

Because human knowledge seems endless,
And we do not know what we do not know.
We need you, God.
We need you, God.

Because we cannot live without you
and are free to go against you,
and could worship our wisdom alone,
we need you, God.
We need you, God.

In this Lenten season we are called to recognize the truth of who and what we are: not God, but God’s creatures – limited, earthly and loved. And in recognizing this we are opened to hear the deepest truth of the Easter message:

Because you came among us,
and sat beside us,
and healed our pain and let us wound you,
And love us to the end.
And triumphed over all our hatred,
we need you, God.
We need you, God.

Peace,
Pr. Richard

March Highlights

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

Executive Team

Tuesday, Mar 9 at 6pm

Church Council

Thursday, Mar 18 at 6pm

Daylight Savings Begins March 14

St. Patrick’s Day March 17

Palm Sunday March 28

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: Prelude & 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!



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

Sunday Readings and Psalm

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

March 14 (Fourth Sunday of Lent)

Lector: Carlyn & Lily Hinds

First Reading: Numbers 21:4-9

The lifting up of the serpent

Psalm 107:1-3, 17-22

Second Reading: Ephesians 2:1-10

Saved by grace through faith for good works

Gospel Reading: John 3:14-21

The lifting up of the Son of Man

March 21 (Fifth Sunday of Lent)

Lector: John Cook

First Reading: Jeremiah 31:31-34

A new covenant written on the heart

Psalm 51:1-12

Second Reading: Hebrews 5:5-10

Through suffering Christ becomes the source of salvation

Gospel Reading: John 12:20-33

The grain of wheat dying in the earth

March 28 (Palm Sunday)

Lector: Monica Holman

First Reading: Isaiah 50:4-9a

The servant of the LORD submits to suffering

Psalm 31:9-16

Second Reading: Philippians 2:5-11

Humbled to the point of death on a cross

Gospel Reading: Mark 14:1 to 15:47

The passion of the Lord

April 4 (Easter Sunday)

Lector:

First Reading: Acts 10:34-43

God raised Jesus on the third day

Psalm 118:1-2, 14-24

Second Reading: 1 Corinthians 15:1-11

Witnesses to the risen Christ

Gospel Reading: Mark 16:1-8

The resurrection of Jesus is announced, and the response is one of terror and amazement

Lent and Holy Week

Mt. Carmel Lutheran Church

All services are held online via Zoom.

Midweek Worship & Soup Supper

Feb 24- Mar 24

[Link to Wednesday Lenten Service](#)

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

[Link to Maundy Thursday Service](#)

Remembering Jesus' last supper, betrayal, and arrest

Good Friday Worship

April 2 at 7:00pm

[Link to Good Friday Service](#)

A traditional "Tenebrae" Service of growing darkness

Easter Sunday

April 4 at 9:30am

[Link to Easter Sunday Service](#)

A joyous celebration with music and scripture

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.

Bible Study

Fridays at 10:00 AM

[Link to FRIDAY morning Bible study](#)

Telephone: 669 900 9128

Meeting ID: 829 5418 7961

Passcode: 229122

Men's Bible Study

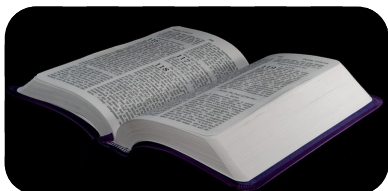
Saturdays at 8:30 AM

[Link to SATURDAY morning Bible study](#)

Telephone: 669 900 9128

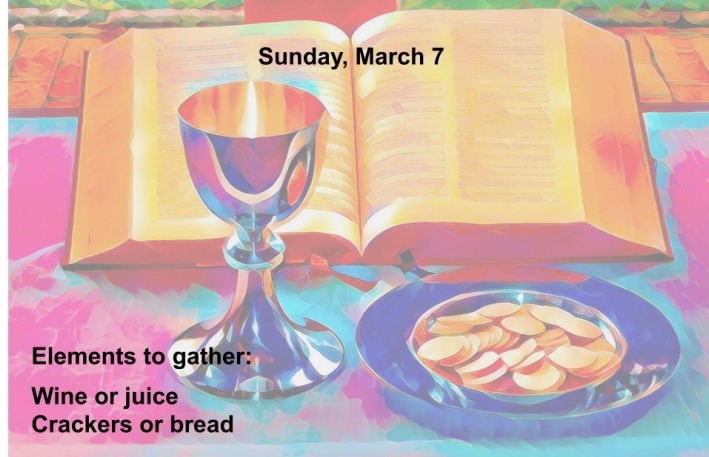
Meeting ID: 248 770 4658

Passcode: 159759



Communion at Home

Sunday, March 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.**



ADULT FORUM

Sundays following worship

March Schedule

March Forums will center on a series from the ELCA study resources: Conversations on Race Relation. This will be a five-week discussion suited for Black History Month in February and for self-reflections during Lent. As the name indicates, the series will be open to lots of discussion and introspection, so come and bring your ideas.

[Click HERE to view the full document](#) on the ELCA website.



Community News

SLO Food Bank, honored to serve all of SLO County
From Garret Olson, CEO

Dear Mt. Carmel,

Your entire team at the SLO Food Bank wishes you and your loved ones a happy and healthy start to 2021. We are heartened by the hard work of our local Public Health officials and the medical providers, first responders, and volunteers supporting our regional vaccination effort. Like you, we look forward to future days enriched with unmasked smiles, hugs among friends, the sound of laughter emanating from school playgrounds, and more opportunities to gather and support our local businesses throughout SLO County.

We are committed to rebuilding our vibrant county, and we will continue to share how your ongoing support of the SLO Food Bank meaningfully improves the lives of our neighbors in need. Over the next few months, though, we would like to reflect on **our countywide effort to alleviate hunger**. As you may know, the formal name of the SLO Food Bank is the "Food Bank Coalition of San Luis Obispo County," and while we transitioned from that mouthful of a name to one that rolls off the tongue more easily, the County aspect of our mission is as strong as ever. As we look back on our

service record, the data from last year demonstrates our countywide dedication. The two regions that received the greatest volume of nutritional assistance are at the opposite ends of our county: we provided **62,592 meals per month to residents in the northern region*** of SLO County and **63,411 meals per month to residents in the southern region** of SLO County! In the **central region**, we provided **39,005 meals per month**, and the **north coast** was provided **30,528 meals per month!**

When all said and done, the SLO Food Bank distributed ***over five million pounds of food in 2020***. We offered these 195,536 monthly meals through three primary distribution methods: direct services, agency partnerships, and home deliveries. Every month, SLO Food Bank trucks and staff provided direct-to-client food relief at 60 distribution sites throughout the county. Patrons of these distribution sites receive fresh-picked produce and nutritious staple foods from our dedicated staff and volunteers. We also helped stock the pantry shelves and community kitchens of our 83 nonprofit agency partners that serve San Miguel, Nipomo, and every community in between. These agency partnerships make up the bulk of our hunger relief efforts and are vital to our mission. Finally, we deliver essential groceries to the doorsteps of isolated and homebound seniors. This incredible effort is part of a collaboration with two other local nonprofits—Wilshire Community Services and RideOn Transportation—and representative of the SLO Food Bank's continuous pursuit to identify and creatively alleviate the hunger challenges faced by our community.

Regardless of what region of San Luis Obispo County you call home, when you support the SLO Food Bank, you are supporting health and hope in your own neighborhood! Local donors account for over 70% of our annual operating budget—that's you! Every dollar you give provides us with the resources to nourish seven otherwise empty tummies. Thank you for supporting our countywide mission. **You are making a difference in your community!**

*For purposes of this breakdown, the northern region includes the non-coastal regions north of the Cuesta Grade and the central valley, the southern region includes all communities south of Avila Beach, the central region includes Avila Beach, Edna Valley, and the City of San Luis Obispo, and the north coast includes Baywood, Los Osos, Morro Bay, Cayucos, Cambria, and San Simeon.

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

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

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 twice-weekly "Vistas" announcements!  
**Deadline for the April Summit is March 20**

### Prayer Requests

Sid & Beryl Bennett  
 Jeannie Ledford & Family  
 Elsa Brody  
 Don & Carol Hemwall & Family

## HAPPY BIRTHDAY

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

## *Announcing a Sweet Miracle*

Congratulations to Timothea Tway and Bryan Eck on the birth of their son

Emil Lawrence Eck  
on February 16

Congratulations also to proud Oma (grandma)  
Vicky Tway

### Welcome New Member

#### Dorothy Cunningham

Dorothy lives in San Luis and recently transferred her membership from First Lutheran Church of Vista. Please call or email the church office for Dorothy's address if you would like to send a card welcoming her to Mt. Carmel.

### PRAYING FOR OUR CHURCH COMMUNITY:

- March 7**—Jill Anderson & Steven Jobst; Russ Anderson; Carolyn Baker  
**March 14**—Jess & Pat Bathke; Dave Becker; Beryl & Sid Bennett  
**March 21**—JoAnn & Steve Bennett; Tony Bloodworth; Jennifer & Callie Bobell  
**March 28**—Ty Bomba; Paul Bostrom; Susan Bouvette  
**April 4**—Judy & Walt Bremer; Elsa Brody; Dennis & Marilyn Brown



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

Karen Almas  
Linda Lex  
Ruth Rollefson  
Janis Sexton  
Sheilah Tietje  
Kathy Towle  
Jenice Twomey  
Judy Tewell

### Salad (serves 12+)

Diana Rheinisch  
Ruth Rollefson

### 2 Large Cans of Fruit

Rebecca Christensen

### 3 Gallons Whole Milk

Sue Cummings

**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 for at least a few more months.

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....

March 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.

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



We delivered approximately 1,000 lbs of food and personal items in February thanks to your drive-thru donations and funds provided by Thrivent teams. We schedule our trips ahead of time and there are always families there to unload, organize, put away everything we bring. Here are a few pictures from our trip in February...



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



### *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.*

## St. Patrick's Day

March 17

St. Patrick's Day Facts and Traditions

[From History.com](http://FromHistory.com)

1. St. Patrick was actually born in Britain in the late 4th century. He was kidnapped by Irish raiders at the age of 16 and sold to a Celtic priest in Northern Ireland. He escaped 6 years later and eventually returned to Ireland as a Christian missionary.
2. St. Patrick used the shamrock to explain the Holy Trinity.
3. The legend of St. Patrick banishing snakes from Ireland is actually a metaphor for the eradication of pagan ideology from Ireland and the triumph of Christianity.
4. Corned beef was a less expensive alternative to the Irish traditional meal of ham and cabbage for immigrants living on New York's Lower East Side.
5. According to folklore, leprechauns are cranky souls responsible for the mending the shoes of other fairies.

Enjoy your St. Patrick's Day—with or without green beer.

## Daylight Savings Begins March 14

Set your clocks ahead one hour



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

ADDRESS SERVICE REQUESTED



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

God's work. Our hands.