



July  
2021

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I will light a light  
in the name of God  
who lit the world  
and breathed the breath of life into me.

I will light a light  
in the name of the Son  
who saved the world  
and stretched out his hand to me.

I will light a light  
in the name of the Spirit  
who encompasses the world  
and blesses my soul with yearning.

We will light three lights  
For the trinity of love:  
God above us,  
God beside us,  
God beneath us:  
the beginning,  
the end,  
the everlasting one.

*from In Spirit and Truth*

In the old parlance of the church year, the Sunday's over the course of summer were called the numbered as "Sundays after Trinity." I'm not sure why there was a change in terminology to the Sundays after Pentecost, but although sometimes seeming obscure or esoteric in the history of theology, the importance of the concept of the Trinity for the Christian faith remains.

As the poem above suggests, the idea of the Trinity is not just an abstract doctrine but an articulation of the triune presence and compassion of God – above us, beside us, beneath us. What the doctrine of the trinity attempts to bring to language is the experience of God's grace – as Creator, Christ and Spirit. What we celebrate throughout the summer on the Sundays after Trinity (Pentecost) is the God whose love surrounds us always: in the wonder of creation, in the healing compassion of Christ and in the empowering presence of the Spirit.

Peace,  
Pastor Richard

**July Highlights**

Meetings are held via Zoom. Please visit our website at [mtcarmelslo.org](http://mtcarmelslo.org) for links to the meetings. Visitors welcome!

**Executive Team**  
Tuesday, July 6 at 6pm

**Church Council**  
Thursday, July 15 at 6pm

**Independence Day**  
July 4

**Concert & BBQ**  
July 25

**Vacation Bible School**  
July 26-30

**Sunday Worship**  
**at Mt. Carmel**  
**Sunday Worship Service**

**9:30am—In Person & Online**

## JULY WORSHIP SCHEDULE

### Sundays at 9:30 AM

Enjoy the in-person fellowship you've been craving as we worship together in the sanctuary. Masks and social distancing are required indoors. You're invited to stick around on the patio afterwards for coffee and fellowship.

*Reminder—if you are not feeling well, please join us on Zoom.*

## GATHERINGS ON HIATUS IN JULY

These groups will not meet during July.

- **Outdoor Sunday Worship** – retuning Sunday, August 1
- **Book Group** – returning Monday, August 2
- **Wednesday Evening Prayer** – returning Wednesday, August 4

### 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	

Special thanks to our musicians and singers each week:  
Paul Woodring / Dave Becker / Joan Pedersen / Richard Rollefson

## Sunday Readings and Psalm

### July 4 (Sixth Sunday after Pentecost)

Lector: Janis Sexton

First Reading: Ezekiel 2:1-5

*The call of Ezekiel*

Psalm 123

Second Reading: 2 Corinthians 12:2-10

*God's power made perfect in weakness*

Gospel Reading: Mark 6:1-13

*Sending of the Twelve to preach and heal*

### July 11 (Seventh Sunday after Pentecost)

Lector: Chuck Kilstrom

First Reading: Amos 7:7-15

*The sign of the plumb line: God's judgment on Israel*

Psalm 85

Second Reading: Ephesians 1:3-14

*Chosen in Christ to live to the praise of God's glory*

Gospel Reading: Mark 6:14-29

*The death of John the Baptist*

### July 18 (Eighth Sunday after Pentecost)

Lector: John Cook

First Reading: Jeremiah 23:1-6

*From David's line, a righteous shepherd for Israel*

Psalm 23

Second Reading: Ephesians 2:11-22

*Reconciled to God through Christ, our peace*

Gospel Reading: Mark 6:30-34, 53-56

*Christ healing the multitudes*

### July 25 (Ninth Sunday after Pentecost)

Lector: Monica Holman

First Reading: 2 Kings 4:42-44

*Elisha feeding a hundred people*

Psalm 145

Second Reading: Ephesians 3:14-21

*Prayer for wisdom, strength, and Christ's indwelling*

Gospel Reading: John 6:1-21

*Christ feeding the five thousand*

### August 1 (Sixth Sunday after Pentecost)

Lector: Steve Bennett

First Reading: Exodus 16:2-4, 9-15

Psalm 78

Second Reading: Ephesians 4:1-16

Gospel Reading: John 6:24-35

# WORSHIP ONLINE

Join us on ZOOM for  
worship and bible studies

Can't join us in person? Please use the links listed here to join any of our worship services online. 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

- [Mt. Carmel YouTube channel](#)



Elements to gather:  
Wine or juice  
Crackers or bread

Even if you are joining us online, you are invited to share communion each Sunday. We ask that you gather your elements prior to the service—a cup with wine or juice, and a plate with crackers or bread. ALL ARE WELCOME AT THE TABLE.

## 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-jo7V6ObxbcEmoDazBq>



## Flowers for the Altar

Please sign-up to sponsor flowers for our Sunday morning worship.

## VOLUNTEERS NEEDED NOW

**Ushers — Greeters — Lectors**

New protocols, new duties, and complete instructions! We are looking people interested in serving at our 9:30 Sunday worship service. Sign up as often as you like to accommodate your own schedule. NO EXPERIENCE OR SPECIAL SKILLS REQUIRED!

Please contact the church office at 805-544-2133 for more information, or to sign up.

### Women's Bible Study

Fridays at 10:30 AM

In person at Mt. Carmel,  
or join online via Zoom

[Link to FRIDAY morning Bible study](#)

Telephone: 669 900 9128

Meeting ID: 829 5418 7961

Passcode: 229122

### Men's Bible Study & Breakfast

Saturdays at 8:00 AM

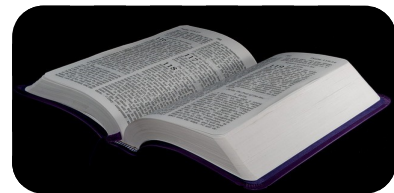
In person at Mt. Carmel,  
or join online via Zoom

[Link to SATURDAY morning Bible study](#)

Telephone: 669 900 9128

Meeting ID: 248 770 4658

Passcode: 159759



**Mark your Calendars! Save the Date!**  
**Mt. Carmel “Welcome Back” Celebration**  
**Concert and Barbeque**

**When: July 25, 2021**

**Where: Mt. Carmel Lutheran Church, 1701 Fredericks Street, SLO**

**Time: 11:00am concert (after the 9:30am service)**

**Noon BBQ following the concert by the World Famous  
“Road Kill Grill”**



**Who: Brynn Albanese, Violinist - [www.brynnalbanese.com](http://www.brynnalbanese.com)**

Brynn Albanese, a Cambria California resident, has been performing and creating for 15 years on the Central Coast. A well-known multi-genre violinist, she has been seen front and center as Soloist and Concertmaster on numerous Performing Arts Center stages with a wide variety of groups as well as the ever-popular World Music Band, Café Musique. During the pandemic lockdown, Brynn created a One-Woman-Show using backing tracks and recordings of her own band. People were starving for LIVE music, so she took to the streets playing music from European Gypsy, Latin jazz, Classical with a twist, Opera covers and a big splash of Celtic. She has created a lively, engaging and interactive show that she has now taken on the road!

**PLEASE RSVP for concert and BBQ to Mt. Carmel at email: [info@mtcarmelslo.org](mailto:info@mtcarmelslo.org) or call the church at 805-544-2133. At this time we are planning for a concert inside the church with chairs socially distanced and want to make sure we have enough seats. Mask requirements will depend on recommendations at the time of the concert. This Concert is DONATIONS ONLY at the Show. There is a Suggested Donation of \$15-\$25 per adult (kids are FREE).**

**BACK LOT UPDATE**

construction is expected to begin by the end of July



Permits are expected to be issued soon with construction beginning by the end of July. The first items on the list for the construction crew will be building the new driveway from Fredericks Street to the upper lot, and adding a perimeter fence for safety. The upper lot will be available for Mt. Carmel parking when needed.

We plan on keeping you fully updated throughout the process, so keep your eyes on the Vistas for news and photos.

*Thank You*

Thank you for your prayers for Pat Forrest. Pat is recovering at home now, and is feeling much better.



**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

**Happy  
4<sup>th</sup> of July**



**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



## HAPPY BIRTHDAY

### HAPPY ANNIVERSARY

07/02/1954 Jess & Pat Bathke  
 07/05/1986 Marshall Pihl & Marj Funk-Pihl  
 07/07/2012 Joan Pedersen & Ronald Browne  
 07/19/2009 Martha & Ryan Reck

02	Debbie Peterson	16	Cooper Lyle
03	Jan Uder	16	Matthew Schultze
05	Ian Mansell	17	Ingrid Frokjer
05	Matthew Moersdorf	17	Sue Haas-Clark
09	Jess Bathke	17	Pat Ramsay
09	Heidi Brodmarkle- Brun	17	Karen Schultze
10	Ruth Rollefson	18	Michael Draze
11	Carole Wheeler	18	Russ Jensen
12	Marilyn Brown	19	Adrian Schultze
12	Andy Sullivan	21	Warren Quist
15	Dorothy Cunningham	25	Carol Harvey
15	Ryan Reck	27	Kay Jensen
		30	Sven Hammer

### Prayer Requests

Sid & Beryl Bennett  
 Jeannie Ledford & Family  
 Elsa Brody  
 Pat Forrest

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 July Summit is June 20**

### PRAYING FOR OUR CHURCH COMMUNITY:

**July 4**—Jeannie Ledford; Suzanne Leedale; Linda Lex

**July 11**—Wayne & Marci Lippold; Dave & Sharon Lonsway; Mike & Val Lund

**July 18**—Holly & Cooper Lyle; Diane Mansell; Ian, Rachel, Brooklynn & Chloe Mansell

**July 25**—Lisanne Martinelli; Dorothy McCoid; Bob & Wendy Meier

**August 1**—John Merrill; Dean & Kathy Meyer; Jeanne Miller

## Supporting Iglesia Santa Cruz....

July 10, 2021, 11am-3pm

Support for Iglesia Santa Cruz continues in July with a drive-thru food drive on July 10. Food donations may also be left in the shopping cart in the narthex on Sundays either before or after worship. Your donations of food and gift cards make a huge difference in the lives of many families in Santa Maria.

In case you missed it, Mt. Carmel was treated to a special 'Thank You' gift from Iglesia Santa Cruz on June 19 & 20. Pastor Esteban made Pozole and Mole for the Men's Breakfast and Bible Study. Members of the Santa Cruz congregation made Tamales for the families of Mt. Carmel. The food was distributed after church on Sunday, June 20, and was delicious.

Although our primary objective is collecting basic food staples for our brothers and sisters at Iglesia Santa Cruz, other items are also welcome:

- Children's Clothing—all sizes (gently used or new)
- Small household furniture, i.e. love seats, dining tables and chairs
- Dishes

So, if you're clearing out the kid's closets, or redecorating your home, consider donating some of these items to Santa Cruz. Please contact MaryAnn at the church office prior to bringing your items to the church.

Please watch the Vistas for stories and information from Iglesia Santa Cruz.

[Click this link for more info about Iglesia Santa Cruz on their facebook page.](#)

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



**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 July 2:  
Hot Dish (serves 12+)**

- Linda Lex
- Dave Lonsway
- Sandy Rowland
- Judy Tewell
- Sheilah Tietje
- Karen Petersen
- Erik Brun
- Jan Uder

**Salad (serves 12+)**

- Diana Rheinisch
- Rebecca Christensen

**Canned Fruit**

- Karen Bockelman

**3 Gallons Whole Milk**

- Sue Cummings

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



## Mt. Carmel Lutheran Church Presents

Rocky Railway  
Vacation Bible School  
July 26 – July 30, 2021  
9 am to 12 noon

Children ages 3 years to entering 6<sup>th</sup> grade will enjoy five fun filled days on the Rocky Railway learning about Jesus through music, crafts, and play.

## 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.