



First Lutheran Church

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Church office hours:

Monday: 8:30 am 12:00 noon
Tuesday-Friday: 8:30 am - 4:30 pm

Telephone: (619) 444-7444
Fax: (619) 444-9892
Web site:
www.youhaveaplace.com
e-mail: flc@ecflc.org

Thought for the day:

It is far better to forgive and forget than to resent and remember.

Anonymous

Getting Off to A Great New Year

Dear friends in Christ,

I hope you had a wonderful Christmas, and will have a very meaningful and significant New Year. I pray 2007 is an important year in your life as far as your relationship with the Lord, and in your reflection of Him to the world. If I could suggest the three most beneficial things you could do to make those happen they would be:

- Worship together faithfully each week
- Get connected to a weekly New Life Gathering and partner with others in reaching out with Jesus as well as growing in your own relationship with Him
- Get involved in Love El Cajon, the Prayer Summits, and the Harvest Institute.

As far as two of those, this past Fall I announced the beginning of two new ministries at First Lutheran. But they are actually more than just ministries. Like worship, they are expressions what it means to BE the Church. They are meant to serve as catalysts for a greater amount of prayer and praying people, as well as learning and growth.

One is the *Harvest Institute of Ministry and Church Multiplication*. The Harvest Institute has been on the drawing boards for a number of years, and now it is finally becoming a reality. You can read the article about it in this issue of Focus 2020, but the purposes of the Institute are to: 1) help members and attenders grow in their relationship with Christ through offering in-depth courses in God's Word and Christian living, 2) help small group and ministry leaders learn the skills and best practices of missional living and leadership, and 3) help those who feel led to gain the abilities needed to plant new churches or go into national/international mission work.

FOCUS 2020

January 2007

The second new ministry is what I am calling quarterly *Prayer Summits*. Even as I write this, I am in the process of forming a leadership team who will plan and lead our quarterly summits. Every three months, First Lutheran will have the opportunity to unite in prayer over a set period of time. Some of the activities will happen on campus, others will take place in your homes or where you work or go to school. But there will always be a focus and theme for the summit, zeroing in on some important aspect of our mission and ministry. If you would like to help with these prayer summits, please let me know.

As always, it is a great gift to be a part of First Lutheran Church. From every member to every leader and staff member, you are committed to Christ and to one another in order to fulfill His work on earth. Thank you for having such a huge heart for Him, and for people who need Him.

It is a gift to serve as your pastor.

In Christ,

SKI AND SNOWBOARD TRIP



Sat. Feb 10th

The First Lutheran "Party Bus" is ready to go up to the mountains for some snow fun! We have room for 59 on the bus and the seats are filling up! To get the detailed information, stop at the Celebrate Recovery table under the gazebo (to the left of the Worship Center as you leave) and then turn in the Deposit and Sign-up Form to the church office or to Ryan Albert with a \$20 deposit for each person riding the bus. There are a variety of ski and snowboard packages listed in the packet. The money for those will be due on February 10th. Feel free to spread the word to family, friends and co-workers, as we want to fill the bus!

Upcoming Events

Love El Cajon

First Saturday / month
January 6th
10:00-12:30 pm
Meet in front of the
Administration Building

New Member Class

Sunday, January 21st
1:00-5:30 pm
Music Dept.
Administration Building

Pastor's Breakfast for Men

First Saturday / month
Saturday, January 6th
8:15-9:45 am
Tedrahn Hall

Couples Group

January 28th
5:30-7:30 pm
Tedrahn Hall

The couples group will not be meeting in December and Jan 14th.

MOPS

Second Friday / month
January 12th
9:15-11:30 am
Tedrahn Hall

Timothy Girls

Women's Luncheon
2nd Tuesday / month
January 9th
12:00 noon
Coco's, Melody/E. Main
All women welcome!

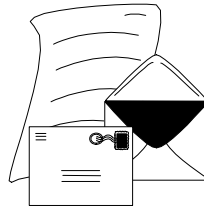
Mourning to Morning

Watch this newsletter for the dates of our next support group!

A LETTER TO YOU FROM TAIWAN

Dear First Lutheran Family,

If a teenage girl had sex before marriage and got pregnant, what advice would you give her? When do you think is the best time to have sex? I know we need to trust our husbands, but where are the boundaries in relationships with females for a husband? These are some of the questions posed to me as I was asked to guest speak in the *Women of Worth* class at our High School. The class consisted of Asian girls from both Taiwan and Korea. Their questions, submitted anonymously on paper, came straight from their hearts. They got me to thinking...



Conflicting opinions about sex encircle our globe. As usual, search of the ultimate answer lead me to see what God had to say about it. What I discovered is what God is *not* saying. He is *not* saying, "Men and women, I am giving you sex, *but* you can't touch it until after your married." I think what He is saying is, "Men and women, I'm giving you marriage and as an added bonus there is a sexual, loving relationship built within." Unfortunately, the worldview of the Christian standard regarding sex is that God tempts us with something meant to be good and then says no. But this idea is twisting His truth. What He has designed is a gift within a gift. It is actually man who tempts himself by removing the gift outside of its intended context. When this is done, we settle for something that is a part rather than the whole, and ensuing relationships are built on only a fragment of a gift which was designed in completeness.

"Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows." James 1:17 Thank you, God, for the many beautiful gifts you bestow on us. Gifts within gifts sent from above.

With a grateful heart,

Jamie, Norma and Julian (in Taiwan)



MEMBERSHIP CLASS

The New Year is a time for renewal and looking ahead. If you have been considering membership at First Lutheran, Pastor Scott invites you to join him for the next New Member Class on Sunday, January 21st from 1-5:30pm in the Music Department. This is a great afternoon to learn more about First Lutheran and ask any questions you might have. To sign up, call the church office or fill out a communication card and mark the box "Discovering My Membership."

SERVICE OPPORTUNITY

Sunday Hospitality Team



We have 2 openings for Sunday hospitality servers and 2 providers on the Hospitality team. If you would like to learn more about these opportunities, please call Marilyn at 444-7444/mh@youhaveaplace.com or complete a Plug-in form the 2nd Sunday of the month at worship.

CELEBRATE RECOVERY

Come and Visit Celebrate Recovery

Celebrate Recovery is having an Open House on Friday, February 2nd. This evening is open to those from First Lutheran and those in the community, as well! We will start the evening with a FREE chili dinner at 6pm. Our Worship begins at 7pm, recovery groups at 8 pm and the Friendship Café Coffeehouse at 9 pm. You are encouraged to come and spend the whole evening with us and experience Celebrate Recovery or stay as long as you like! See you on Friday!

7-UPS FOR THE NEW YEAR

- Wake-Up** Begin the day with the Lord. It is His day. Rejoice in it.
- Dress-Up** Put on a smile. It improves your looks. It says something about your attitude.
- Shut-Up** Watch your tongue. Don't gossip. Say nice things. Learn to listen.
- Stand-Up** Take a stand for what you believe. Resist evil. Do good.
- Look-Up** Open your eyes to the Lord. After all, He is your only Savior.
- Reach-Up** Spend time in prayer with your adorations, confessions, thanksgivings and supplications to the Lord.
- Lift-Up** Be available to help those in need-serving, supporting and sharing.

For more helpful and healthful resources like this one, visit our website at: www.wheatridge.org

THE DISCOVERY ZONE

(Grades K-5)

Sundays - 9:30-10:30am
in Tedrahn Hall

Knights of the Rectangle!

Strap on your kilts and swords –
we're in a battle for men's hearts!

In "Knights of the Rectangle," Sir Lost-his-Lance, Sir Round Sound, and Sir Purfluous journey to battle for the hearts of men that had become selfish. Desiring to become Knights of the Rectangle, these clumsy characters brave the Forest of Boo and other difficult challenges trying to reach the King of Hearts. Clueless as to the true meaning of their journey, they are guided by their simple Squire and challenged by the looming Kwestor. Inspired by stories of David, the Knights learn they must have a willing heart and be ready, able, merciful, and humble.

Grab your armor and join the journey to see who will be chosen as a Knight of the Rectangle!



CHRISTMAS AROUND THE WORLD

What a great time we had at our Christmas Around the World Event in December! Over 70 people were in attendance enjoying the activities, caroling, chili dinner, cookies from other countries, and craft activities from various parts of the world.

Thank you to ALL who helped make "Christmas Around the World" a success! We had a wonderful time together celebrating the birth of our Savior, Jesus!

YOUTH

I was always the kid, and still am the type, who slowly gets into the swimming pool. I'll first do a balancing act to lower my toes into the pool to get a sense of what I'm in for. Then slowly and cautiously I recreate my own "one small step for man" onto the first step of the pool. After my feet and ankles adjust to the water I'll slowly make my next move to the following step, grimacing as I expect frostbite to kick in at any time in the 70-degree pool. My steps usually end up retracing themselves as I go in a little more just to back off and start again.

The New Year is like that for me too. I don't know about you, but each year I usually put together an extensive list of what I want to do in the new year I'm given. Each year my list looks pretty similar: work out more, eat better, spend more time with God, be a better husband, spend less money...and the list goes on. The problem is that when I stare down at that list, which insinuates a whole lot of life change, I freeze up and don't know where to start. *Do I really want these things? Am I willing to work hard to see them through? Is it worth it?* Pretty soon I end up talking myself out of the list of good things because I don't know where to even begin.

I'm learning it's a lot easier to focus on excelling at a couple of things rather than trying to tackle a whole range of things, which brings mediocre results at best. So this is the goal for what's ahead for the youth ministry at First Lutheran.

In October I was able to lay out some characteristics of what I'd like to see happening in the lives of teenagers and their families. The idea is that if these things were present the Holy Spirit would seem to be at work in them. The goal is to see people living spiritual lives (creating space for God to work), authentic lives (getting good at who God made them to be), selfless lives (thinking beyond themselves), godly lives (standing out as strange

YOUTH LETTER CONTINUED

because of decisions that are made), hopeful lives (living with a purpose and goal in mind), and courageous lives (standing up for their beliefs).

Hopefully every teenager who comes to anything we have for them will walk away being influenced positively in one of those areas. That's the goal. And we're going to start with a few things and try to get really good at them and then move ahead. Succeeding at these things doesn't necessarily mean there will be hundreds of teenagers knocking down the doors of the church. It does mean that the lives of those who come will be changed.

If you've made it this far down in the article maybe there's something in here that you can relate to, or something that excites you. So I do have one plea for help. Along with the new year for me comes a new little baby. I'm realizing I'm not superman and can't do it all alone. So there is one area specifically that I'll need some help in the new year. My wife, Sarah, will be taking some time away from any regular help in the youth ministry, which leaves a void in one area in particular. She's been helping with the middle school students along with one other person on Sunday mornings at 9:30. In order to be able to teach the middle and high schoolers separately we need at least one more person, preferably a couple people, to teach a couple times a month. The lessons are all laid out and ready to go. Please let me know if you have any interest in finding out more.

Blessings in the New Year!

A handwritten signature in black ink, appearing to be "Ryan".



UPCOMING IN 2007!

The Harvest Institute is Coming in 2007!

The *Harvest Institute* is a new ministry of First Lutheran Church and is designed to: 1) help members and attenders grow in their relationship with Christ through offering in-depth courses in God's Word and Christian living, 2) help small group and ministry leaders learn the skills and best practices of missional living and leadership, and 3) help those who feel led to gain the abilities needed to plant new churches or go into national/international mission work.

The first course being offered is Old Testament Survey. It will be:

- Held for four consecutive weeks, from 7 - 9 PM
- Thursday nights: **January 18, 25, February 1 and 8**
- Meeting with the facilitator in Mackensen Center room 205.
- Course: Old Testament Survey. Pastor Carl is the facilitator.

There is no tuition charge. For this Old Testament Survey course, please bring your Bible and a pencil/pen. There is a minimal charge for the handout copies needed. You can begin to SIGN UP at the "Tapes and Resource" table on Sunday, January 7th so we can plan the number of copies to make.

What is the whole plan of The Harvest Institute training? We will have 3 levels of training:

Starting in 2007

Level 1 – is designed for members and attenders and consists of 10 CORE COURSES. See the brochure at the "Tapes and Resource" table at the front of the sanctuary for a list of these. They are all facilitated by volunteers. There is no college credit for the Level 1 courses.

Starting in 2008

Level 2 – is designed for leaders of a New Life Gathering or a ministry in the congregation. These courses can be taken for college credit and will be facilitated by paid instructors. There will be a cost to the student for the books and credits received.

The Harvest Institute Continued...

Starting in 2009

Level 3 – is designed for those who are feeling led to either plant new churches or go into national/international mission work. These courses can be taken for college credit and will be facilitated by paid instructors. There will be a cost to the student for the books and credits received.

We strongly urge all current New Life Gathering leaders to take the 10 core courses. People thinking about becoming a New Life Gathering leader should also consider taking these courses.

If you have any questions, or would like more information, please contact Pastor Carl Lutz, the Dean of the Harvest Institute at 619-470-1747, or email him at c-ltz@cox.net.

NEW YEAR MESSAGE SERIES!

Get off to a GREAT start in 2007

Our New Year message series focuses on **8 Things Healthy People Do**. Join Pastor Scott as he shares insight and tools to live a life of health, peace and joy with Christ as our Lord and Savior!

Healthy People...

- STOP when they hit a wall
- Look UP when they're flat on their back
- LET GO when they can't hold on
- Step into the LIGHT when they're tired of the dark
- CHANGE when they're ready for something new
- Make things RIGHT when they've made things wrong
- Fall FORWARD when they're slipping backward
- HELP others with the help they have been given

This series begins Sunday, January 7th. This is great time to invite those you have been praying for!



PASTOR'S BREAKFAST FOR MEN



Saturday, January 6th
8:15 – 9:45 a.m.
Tedrahn Hall

Theme:
**Making
2007 a New Year**

All of us guys like new things: a new car, a new truck, a new tool, a new motorcycle, a new assignment at work, a new project, a new television to watch sports on, or a new computer. Everyone likes something new.

God likes new too, and says that His desire is to make "all things new." That includes you and me. God wants to help us make our lives, marriages, relationships, work, and recreational activities – whatever we do – new. God isn't a God of routine and ruts. He wants us growing and changing into all He meant for us to be.

So join me and a bunch of other men for breakfast on Saturday, January 6th from 8:15 – 9:45 a.m. Enjoy some good food, friendship, and forward looking teaching from God's Word to help you make 2007 a new year!

In Christ,

Pastor Scott Kiech



FROM THE PARISH NURSE

Parish Nurse Notes and Happenings

As 2007 begins, I want to share with you some thoughts on the Parish Nurse ministry and my role as Parish Nurse at First Lutheran. I have been so honored to be in contact with so many of you. Whether we have laughed, cried, listened, worried, prayed or hoped, we have gotten through a lot of things. Thank you for letting me be a part of your lives. I look forward to continuing to serve you through my visits and phone calls. In this issue, I would like to tell you about some changes that will be happening in 2007 in our grief support ministry, as well as let you know of opportunities in our visitation ministry. God bless you richly in the New Year!

MEDICAL CARE

A new resource in El Cajon for health care for the uninsured. There are a group of doctors who are providing free medical care to the "working poor" of El Cajon. You must be a resident of El Cajon, have no medical insurance, and be employed or recently laid off and looking for work. You can contact them at 440-4591.

MOURNING TO MORNING

Mourning to Morning – A new look! We are changing the format of our grief support group. We will be meeting for 4- week sessions several times a year, instead of twice a month. I have enjoyed our twice monthly sessions; however I know that there are many who are experiencing losses who are unable to attend the meetings. At the same time I know that there has been incredible support that has been given and received to those who could attend. While I see the importance of group support, I also want to avail myself to meet individual needs of those who are grieving. If you have any questions concerning these changes, please contact me at 444-7444.

Watch the newsletter for dates of our next support group!

BLOOD PRESSURE CLINIC



The next blood pressure clinic will be on Sunday January 8 after the 8:00 service in the Parish Nurse office. The normal blood pressure is 120/80. Do you know what yours is?

VISITATION MINISTRY



This ministry seeks to meet the needs of our members and friends who are ill or homebound, or members who need transportation to Dr. appointments. Training will be given.

NURSING HOME MINISTRY

Bible Study At Granite Hills Convalescent Hospital



- 1st and 3rd Mondays from 10:00 to 10:45 AM.
- Residents are led in worship, prayer, scripture reading, and song.
- The residents, as well as the group that goes to minister to them, are blessed each time!

If you are interested in finding out about the visitation or nursing home ministry, and discovering if this is where God wants to use you, please contact Sue in the church office @ 444-7444.

FAMILY MATTERS

Family Matters is a monthly page on which we share significant events or happenings in your life with others in your church family. Please submit your items to the church office by the 12th of every month to be included in the next issue of **Focus 2020 Family Matters**.

Birthdays

Denise Anderson	1/01	Barbara Lomax	1/13
Sue Efting	1/01	Barbara Bowen	1/14
Becky Wallace	1/01	Charlie Maikish	1/14
Shirley McCarthy	1/02	David Ballou	1/15
Mark Wyckoff	1/02	Scott Wyckoff	1/15
Carl Darrieulat	1/03	Kyle Ochenduszko	1/16
Jennifer Abel	1/04	Carlin Nevin	1/17
Sarah Albert	1/05	Adam Riddle	1/17
Barbara Ochenduszko	1/05	Bonnie St. Clair	1/17
Kristen Reinhardt	1/05	Gwyn Reed	1/18
Jessica Hunt	1/06	Michelle Bristol	1/19
Bob Nowak	1/07	Stephanie Dahlberg	1/19
Marcy Tobey	1/07	Shawnee Rodriguez	1/20
Ryan Bast	1/08	Linda Cox	1/21
Carolyn Blair	1/09	Jesse Rogers	1/21
Dejah Kielinen	1/09	Dave Harmel	1/22
Emily Schluter	1/09	Beth Murray	1/22
Lela Tryon	1/09	Lisa Snyder	1/22
Eric Carmody	1/09	Kristin Brayman	1/23
Michael Homan	1/10	Nina Burkhalter	1/23
Nicole Smith	1/10	Robbie Donohue	1/23
Gretchen Banks	1/11	Sheri Kelly	1/24
Lee Boozel	1/12	Pam Kelly	1/25
		Jim Miller	1/26

Wedding Anniversaries	
Lee & Marilyn Hetherington	1/01
Dan & Gina Lauridsen	1/01
Harry & Barbara Lomax	1/04
Tom & Carol Sipan	1/06
Ernest & Kathleen Bellavance	1/08
Jim & Vivian Hodde	1/09
Gordon & Sandy Bristol	1/14
Jim & Nancy Miller	1/15
Cecil & Mona Eberhart	1/19
Lee & Joann Knutson	1/19
Mel & Jere Wyatt	1/29

Birth	
Caedmon Ryan Albert	12/16

Baptism	
Marcos J. S. Moore	12/12

Focus 2020 ... To Inform and to Inspire

First Lutheran Church
867 S. Lincoln Ave.
El Cajon, CA 92020



Sunday 8:00 am Worship
Powerful hymns, organ & choir
Childcare provided

**9:30 am Worship
& Education Hour**
Uplifting new songs, band & vocalists in
worship & a variety of adult classes,
children's activities, middle & high school
classes. *Childcare provided*

11:00 am Worship
Uplifting new songs, band & vocalists.
Childcare provided

**Friday 6:00 pm
Celebrate Recovery**
Dinner, Worship, Recovery Groups,
Coffee House. *Childcare provided*

“A place to *discover, deepen, and live out* the life and relationships we were created to have with God and others.”

Love El Cajon
Saturday, January 6th, 2007
10:00 a.m. to 12:00 NOON

“We can do no great things; only small things
with great love.” Mother Teresa

Join in for our monthly
Love El Cajon as we seek to
“love our city to Christ” by serving and
meeting needs of others with
“no strings attached.”