

Thought for the day:

If you judge
people, you have
no time to love
them.

Mother Teresa

First Lutheran Church

INSIDE THIS ISSUE

What is the purpose of loving El Cajon? (A letter from Mark Campbell) page 2

Kids Ministries page 5

Read a letter to you from Taiwan page 4

Calling all Men! page 4

A new look to mourning page 3

Do you have a heart for People? (Opportunities in the hospitality ministry, visitation ministry, the nursing home ministry, and youth ministry) page 3 & page 4

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@youhaveaplace.com

A Note of Thanks

Thanks to all who sent me cards during my recent stay in the hospital and since I have returned home-- also to those who visited me, for transportation provided, and other needs. All were and are greatly appreciated.

Lucile W. Whelply

Pastor's Letter

Dear friends in Christ,

I thought I would use my letter in this issue of the Focus 2020 to bring you up-to-date on some things that are happening around First Lutheran.

The first has to do with our search for a new Children's Ministry Director.

For the past two months, we have been gathering the names of individuals who have either approached us, expressing an interest in being considered for this position, or those who have been referred to us as someone to consider. A number of initial interviews have taken place, and follow-up interviews with those who come out of those interviews as strong candidates are being scheduled.

It is my hope and prayer that we are able to announce a decision by the end of February, at the latest. That is ultimately determined by whether or not we find the right person for the job, but I am excited about a number of those I have already been able to interview.

Please keep this search in your prayers, as the mission of reaching children has to be one of HIGHEST on our list of priorities!

I also want to express my gratitude to my wife Lori for continuing to support this ministry into this New Year as a volunteer, and has committed to doing so until the position is filled.

The second has to do with the formation of a new Prayer Summit Leadership Team.

On Wednesday, January 17th, the first meeting of those who are interested in being on the Prayer Summit Leadership Team occurred. Prayer Summits are going to be scheduled once every three months from now on. Their purpose is to:

- Place prayer at the forefront of the life of First Lutheran Church
- Help the members and attenders of First Lutheran grow closer to their Savior Jesus through supporting them in developing a vibrant and active prayer life
- Unite the congregation of First Lutheran around prayer, and join together in prayer regarding specific congregational issues, goals, outreaches, and mission endeavors for a set period of time

Watch for more details regarding the first quarterly Prayer Summit to be held at First Lutheran.

The third has to do with *Love El Cajon*.

I am grateful and excited to announce that Mark Campbell has accepted to serve as First Lutheran's *Love El Cajon* Coordinator. He will be serving in this position as a volunteer, and will be the lead person in planning and organizing our monthly *Love El Cajon* outreach events. Please take the opportunity to thank Mark, as well as pray for him as he assumes this important leadership position.

Continued on page 2

Upcoming Events

Love El Cajon

First Saturday / month
February 3rd
10:00-12:30 pm
Meet in front of the
Administration Building

New Member Class

Sunday, March 18th
1:00-5:30 pm
Music Dept.
Administration Building

Pastor's Breakfast for Men

First Saturday / month
Saturday, February 3rd
8:15-9:45 am
Tedrahn Hall

Couples Group

February 11th
5:30-7:30 pm
Tedrahn Hall

MOPS

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

Timothy Girls

Women's Luncheon
2nd Tuesday / month
February 13th
12:00 noon
Coco's, Melody/E. Main
All women welcome!

Mourning to Morning

4 Mondays
March 5th
10:00 am to 10:45 am
Tedrahn Hall

Pastor's Letter Continued. . .

The fourth has to do with a trip that Lori and I are taking to Greece.

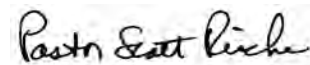
From Sunday, February 4th, to Monday February 12th, Lori and I will be on a trip to Greece. We are taking it as a vacation with one another, but will also be spending two days of the trip with leaders from around the world who will be gathering as a part of a World Conference for Vision International.

At the completion of the conference, we will be going on a group tour of places where St. Paul lived, worked, and taught...places such as Corinth, Philippi, and Athens. Lori and I are very excited about what we are going to see and learn, and look forward to sharing with you when we return.

Well, these are some news and notes from around First Lutheran for this month. If you have any questions about any of these, please feel free to contact me and I'd be happy to share more with you about them.

As always, it is a gift and privilege to serve as your pastor.

In Christ,



Love El Cajon

Saturday, February 3rd
10:00 a.m. to 12:00 NOON

Jesus said that people are able to know we belong to Him by how we love. He also said that our loving others is also how God lets people know that He loves them!

Human nature always wants to point the emotional compass inward. To be the Church, we must on occasion point that compass outward. God's grace is given freely, so we in turn give it away through acts of kindness that people can understand, perhaps showing them a little bit of God's heart toward them.

On the first Saturday of every month you have an opportunity to *demonstrate God's love by offering to do some humble act of service, with no strings attached*. Everything is planned out and provided for you. All you need to do is jump in and try it. Kid friendly outreaches are also available so the whole family can participate.

Examples of outreaches from the past include:

Acts of Kindness

- Drink give-aways or candy/snack give-aways
- Face painting at a park or giving away school supply packs

Acts of Service

- Restroom Cleaning or Trash Pick Up
- Car Washes or Grocery Cart Returns

Acts of Mercy

- Nursing home visits or senior housing visits
- Shopping Assistance or Yard Cleaning for Shut-ins

Why are these servant-outreach events so important and so powerful? Because SHOWING the love of Christ is the best way to prepare for SOWING the Gospel of Christ into someone's heart. While only a few people are gifted as "speaking evangelists," all of us are able to be "showing evangelists" as we do small things with great love. As we love, relationships are going to be built, and as relationships are built, people are going to become much more open to the message of Jesus' love that we have to share.

In Christ,
Mark Campbell
Love El Cajon Coordinator

Come and Visit Celebrate Recovery

Come and visit Celebrate Recovery 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!

Celebrate Recovery Informational Meetings

Following every service on Sunday, February 25th Celebrate Recovery will be hosting informational meetings in Room #104 of the Mackensen Building. The leaders and directors of Celebrate Recovery will be there to share about the history of our Celebrate Recovery and how this program works. Hear first-hand about the changed lives that are possible through participating in Celebrate Recovery.

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.

Mourning to Morning – A new look!

Next month, we will offer a 4 week grief support group on Monday evenings from 6-7:30 PM. Topics for discussion will include defining grief, the fuzzy brain syndrome (dealing with the emotions of grief), expectations on your journey, and stepping into my new world. Whether you are experiencing a loss, or would like to support someone who has experienced a loss, you are invited and encouraged to come.

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.

Sunday Hospitality Team

This month, we are looking for people who are willing to commit to serving and/or providing for the Hospitality team for 1 service per month for 1 year. We need 65 people to help make this happen at every worship service through the year. If you haven't served yet and are interested in learning more about it, call or email Marilyn at 444-7444/mh@youhaveaplace.com or complete a Plug-in form the 2nd Sunday of the month at worship.

Membership Class

Our next New Member Class will be Sunday, March 18th from 1-5:30 pm 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!"

February is Heart Month

Here are some facts about your heart:



- ✓ Your heart is about the size of your fist
- ✓ Your heart weighs about 3/4 pound.
- ✓ An adult heart beats between 60 and 100 beats per minute. Babies and children's hearts beat faster.
- ✓ At rest, a healthy adult heart will beat 60 beats per minute, more

than 86,000 times per day, and over 2 billion times in an average lifetime. Your heart will pump 3 ounces of blood with each beat, or 5.5 quarts/minute, or over 2,000 gallons per day. *Think of this; an 18 foot diameter swimming pool holds about 6,500 gallons – your heart could fill the pool in a little more than 3 days!*

- ✓ The heart is a muscle, but it could not function without the electrical system, the blood vessels, the valves, and the sac around the heart.
- ✓ All the components need to work in perfect timing, all the time.

Stop by the Care and Concern information table and pick up a copy of the
Ten Commandments For a Heart Healthy Temple.



The next blood pressure clinic will be on Sunday February 11 after the 8:00 service in the Parish Nurse office. Keeping your blood pressure normal will significantly lower the risk of heart disease and stroke.

Pastor's Breakfast for Men

Saturday, February 3rd
8:15 – 9:45 a.m. in Tedrahn Hall

Theme: What Christian Men and the Super Bowl Have in Common

What can you find at my breakfasts for men?

- Great food! (Thanks to Chef Joe!)
- Great Conversation!
- Some important insights for living from God's Word!
- Encouragement!
- Christian Friends!

Join me and about 40 other men for a time together to get ready for the Super Bowl! And we'll learn some things about living for God as Christian men!

In Christ,



Youth Super Bowl Party

Our annual Super Bowl party is back this year! Sunday, February 4th we'll be getting together at church at 2:30 to watch the big game in Tedrahn Hall. If you're in middle or high school you need to come! We'll be giving stuff away and keep you entertained with plenty of food, xbox, contests, and we'll have our own Super Bowl at half time. You'll have to wait a whole year until this happens again, so don't miss it! Bring some friends and \$3 for food!

The Way

If anyone says it's easy to follow all of what Jesus said they haven't lived in the real world for more than two minutes. Jesus has some pretty interesting advice for us in Matthew 5-7. Be excited when people mock me? Don't come to church if I haven't worked out my problems with someone? Be nice to everyone, especially people who are mean to me? At Refuge we're taking a look at what's known as the Sermon on the Mount that Jesus gave. After almost two thousand years the wisdom and direction he gave us still challenges how we live our lives. Jesus doesn't simply give us rules to live by, but gives us an entirely new way to arrange our life.

Refuge is on Sunday nights from 7 to 9pm in the Mackensen Center. Refuge is for 8th through 12th graders.

Consider Helping With The Youth?

Have you thought about helping out in the youth ministry? Here's a chance for you to get some training to help you be better equipped to help hurting teenagers. *The Core* training will be held at Journey Community Church in La Mesa on Saturday, February 24th from 8:45 to 1:15. You'll gain an understanding of the hidden hurts of today's teenagers, learn new skills for tackling the tough stuff, and be shown strategies for responding to the hurts of teenagers. We'll cover the cost, but you have to sign up ahead of time. We'll get a better rate if you sign up by February 9th, but you can still sign up after that if you still want to go. Please call youth director, Ryan Albert in the church office at 444-7444.

Dear First Lutheran Family,

The Taiwanese Ministry of Education has urged its students studying abroad to use the Internet cautiously after a college student received a 12 1/2 year sentence in the US last year for setting up a child pornography web site. What I found interesting about this article was the reason for caution given by the atheist government. The official of the ministry department warned that spreading child porn on the Internet is a federal crime in the US which could lead to life-long regret for any student caught in this legal violation. Nothing mentioned about morals, nothing mentioned about the preciousness of children's lives.

Could this be one reason I was questioned by those girls in the Women of Worth class last month if pornography was alright? With my son, Julian, being passed among those high school girls, I asked them if they had a child, would they want their son or daughter to grow up and be involved in pornography. I received a resounding no. But most importantly was why. Because they loved their child and didn't want him or her involved in something so bad. The Bible calls it sexually immorality, a sin that we must not entertain but flee. Isn't everybody someone's son or daughter and should be respected with the value God places on our lives?

Although the official from the Ministry of Education in Taiwan warned students studying abroad to use the Internet with more caution and exercise prudence, I wonder where that prudence will come from. If someone is not given moral instruction than how can moral concepts be understood? "These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road...Write them on the doorframes of your houses and on your gates." Deuteronomy 5: 6-8.

In this New Year, may we walk in the way God has commanded us and view others through the love in His eyes,

Jamie, Norma and Julian (in Taiwan)

The Discovery Zone

(Grades K-5) Sundays - 9:30-10:30am in Tedrahn Hall
 Quest for Truth! Jesus: The Way, The Truth, The Life
 Beginning February 11th we are going on an adventure!
 For 10 weeks we are going to dig into the Word and
 discover the truth about Jesus. We will start in Truth
 Quest Base Camp where we'll experience Amazing Truth
 Bible Stories, check out Dakota Joe's Bible Challenge,
 make Artifact Crafts, enjoy Digger's Treats and play some
 Real Deal Games. Wow! You don't want to miss this....
 See you at Quest for Truth!

Mark your calendars for . . .

**"Avalanche Ranch" VBS -
 Vacation Bible School June 18-22, 2007**
 Watch for more information to come!!!

Join the fun at Pioneer Club!

Weekly Christian Club for Grades K-5
 Wednesday Nights
 6:30-8:00pm

- a place to **Celebrate** the way God made us
- a place to learn more about **JOY** and **JESUS** as a part of every day

Special Activities coming up:
 "Exercise Fun" & "Secret Codes"

For questions, contact: Fried Thomas - 669-1295

Searching for a quality Preschool?

If you are interested in enrolling your child in our preschool, call to make an appointment and a tour. Our hours are, M-F, 6:30-6:00pm. Call 619-444-0559, and ask for Kathy. Our Preschool is a child centered, developmentally appropriate school with ratios at 12-1. For more information, go to our website at www.youhaveaplace.com.

MOPS

Meets the second Friday of the Month.

The next meeting is February 9th, 9:15 - 11:30am in Tedrahn Hall.

MOPS is a place for mothers of young children (infant to Kindergarten) to be encouraged, make new friends, have a welcomed break, and the opportunity to know that other moms go through the same struggles and joys of raising young children.

We have a speaker, small group time, snacks & a craft just for you! Childcare is available for a minimal fee.

Your 1st time here is FREE! For more information, please call Kathleen Bellavance at (619) 749-4844

King's Theatres

presents:

Family...Movie...Fun!

Sunday, February 18th

First Lutheran Church

4:00 - 6:00 pm



Looking for a fun way to spend a Sunday afternoon???

Enjoy popcorn, snacks, and family fun, and watching a good traditional family movie.

Any questions?

Call Kevin or Sandy Robinson - 442-6749

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

Jason Reinhardt	2/02	Vince Fritts	2/13
Lauren Reinhardt	2/02	David Rische	2/13
Norma Summersgill	2/03	George Stone	2/15
Vicki Wallace	2/04	Karen Kuhfal	2/16
Janet Wilkinson	2/04	Michelle Carlson	2/17
Kyle Warner	2/04	Haley Sipan	2/17
Laura Rivera	2/05	Fred Rueger	2/18
Torrie Kehl	2/05	Kim Rodriguez	2/20
Jim Brown	2/06	Peter Chang	2/22
Rebecca Moore	2/08	Ian Robinson	2/22
Magda Richter	2/08	Kitty Tucker	2/24
Sandy Bristol	2/08	Ronald Black	2/24
Anthony Sanderson	2/09	Thora Guske	2/25
Bud Murphy	2/10	Christina Martindell	2/27
Rachelle Reed	2/10	Daryl Lassen	2/28
Dan Kehl	2/10	Chris Warner	2/28
Josh Smith	2/11	Lorrie Weishan	2/28
Derek Butler	2/11		
Kaitlyn Hollister	2/11		
Kiki Brown	2/12		

Wedding Anniversaries

2/02 - 53 years	2/14 - 11 years
Fred & Guida Rueger	Doug & Becky Mote
2/05 - 13 years	2/14 - 26 years
John & Janice Dempsey	Larry & Pam Kelly
2/07 - 54 years	2/17 - 34 years
Don & Evelyn Thefeld	Wayne & Norma Sanderson
2/12 - 24 years	2/23 - 44 years
Larry & Nancy Parker	Norm & Diane Hollister

Baptism

Kevin M. Reinhardt 12/27

Deaths

Delores Goodridge 12/24
 Frances Felio 12/26
 Skip Deehring 01/05

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.”

Pastor's Breakfast for Men

Saturday, February 3rd, 2007

8:15 a.m. to 9:45 a.m.

Tedrahn Hall



Join Pastor Scott Rische and
about 40 other men for a time together
to get ready for the Super Bowl!