

January 2020

# Grace Lutheran Church & Preschool Newsletter



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Help us update our directory! Look for the old Grace Covina Directory in the Narthex and let us know of any changes in your address. Please update or add your email address at the same time!

Thank you to everyone who helped beautify the Sanctuary for Christmas by donating a poinsettia! Thank you as well to everyone who donated to ELCA Good Gifts.



## Inside this issue

Pastor's Message .....	2-3
Blessing Bags.....	4
Chili Cook-Off.....	4
Silent Auction .....	4
Prayer Requests .....	5
Calendar.....	6
Birthdays & Anniversaries.....	7
Who We Are .....	8

## Upcoming Events

- January 20—Martin Luther King, Jr. Day
- February 16—One service at 10:00am/Chili Cook-Off /Silnet Auction
- February 21—23—Fruit of the Spirit Women's Retreat in Desert Hot Springs

## *Pastor's Message*

Dear Brothers and Sisters in Christ,

Happy New Year! Are you, like me, wondering how 2019 passed so quickly? As I get older it seems like time somehow moves more quickly than it had in the past. Obviously, that's not the case because there's still 24 hours in each day, seven days in each week and 365 days each year (except for the occasional leap year!). Maybe that's just my perception because I rarely seem to have enough time to do all the things I need to do or want to do on a daily basis. Things seem to take longer than I expect them to, or maybe I'm just simply a bad planner. Whatever the case may be, I wish I could somehow add a few hours to each day or a few more weeks to each year. But, since that's not an option maybe I need to change my perspective.

At the end of most days I often feel as if I didn't accomplish as much as I had hoped to accomplish or needed to accomplish. Maybe you've felt this way before? And there's a lingering sense that I had failed to 'win that day' when this happens. I ask myself questions like, "Did I disappoint some people by my lack of good time management?", or "Did I waste time today?", or "What did I forget to do today that needed my attention?" There are dozens of other questions I ask myself, but the reality, when I really think about it, is that I did what I did with the time I had today and what didn't get accomplished can wait until tomorrow .

The problem with this mindset is I rarely make time to or give myself permission to relax and do nothing. This is a problem because taking time to relax is vital to our mental, physical and spiritual health. If we're constantly 'on the go' we'll surely wear ourselves out emotionally, physically and spiritually. God commanded the Israelites to observe the Sabbath not simply as a rule to be followed but because God knows what's best for us. We are no longer commanded to observe the Sabbath, but that doesn't mean the need for Sabbath rest has gone away. As time flies by quicker and quicker each year it seems that life just gets busier and busier, which is ironic because so many things have been invented to make our lives simpler and easier.

On my busiest days I am simply physically exhausted as the day comes to a close, often felling like I've run a marathon or something. I believe this is a result of constantly being in a hurry to get everything done that I had on my to do list. This must raise our adrenaline levels which over an extended period of time can make one feel physical exhaustion. Doing this day after day after day is a recipe for burnout or getting sick and when we're

## *Pastor's Message (cont.)*

in this mindset for days on end we will eventually crash. Before that happens what we need to do is to stop, take a breath, maybe say a prayer, and be still for 10 minutes, an hour, or even most of a day. Most of the things we think have to be done can wait. Yes, there are some things we need to do, but that list is probably shorter than we think.

Emotionally exhaustion often accompanies the physical exhaustion that happens when we're constantly on the go. We can get short tempered and lash out for no apparent reason. This happens to me a lot when I'm driving and people are moving waaaaayyyy to slow for me. Or we can feel depressed or down when there doesn't seem to be a reason for such emotions. And when we're emotionally spent, we can't invest emotionally in the lives of others. This, I believe, happens frequently to those who are caretakers for others. Taking a break allows us to recharge our physical batteries and our emotional batteries.

Physical and emotional exhaustion are sometimes obvious to us, but spiritual exhaustion is the one we're not great at recognizing in our lives. When life gets busy the one thing I find I'm quick to give up is my relationship with God. Prayer, bible study, service, and this is a big one, listening to God are often the first thing I skip when life gets busiest. And these are the things that should be at the top of my daily priority list instead of at the bottom. Staying connected to God through the spiritual disciplines I just mentioned and the countless others I know of keeps me at the highest levels of joy and peace possible. And when I'm feeling joyful and aware of God's peace, I realize that I'm loved, cared for and flawless because of His grace and the challenges of this crazy life seem much less important.

As we begin a new year it's common to make new resolutions for improving our lives. That's never a bad thing, especially if we stick to them for longer than a few weeks. But, this year instead of resolving to lose weight, eat better, or give up a bad habit, how about you resolve to be more intentional about including some Sabbath time in your life? It doesn't necessarily have to be a full day. It can be 10 minutes here and there throughout the week when we stop and remember who we are in light of God's grace and love and remember that He came to give us an abundant life.

*In His Love,  
Pastor Steve*



# *Living the Fruit of the Spirit*

*A Women of the ELCA Weekend Retreat*

February 21 – 23, 2020

Miracle Springs Resort & Spa  
Desert Hot Springs, CA

Cost: \$250 by January 28/  
\$275 by February 11

(payment plan available)

Guest Speaker: Pastor Dodi Young  
*Please see Bonnie Larini for a brochure  
& more information*



**Save the date and get out your chili recipes!**

We will hold one service at 10:00 am on Sunday February 16, with SWCA Synod Bishop R. Guy Erwin as our guest preacher!

After service, join us in Fellowship Hall for Grace, Covina's annual chili cook-off! Prove your chili-making skills and sign up in the Narthex.

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# SILENT AUCTION

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On Sunday, February 16, a Silent Auction will be held to support the ACTION food pantry. Items will be on display Sunday, February 2 in the Narthex between services. Items include a Portal {a hands free video calling device}, handmade jewelry, and many local restaurant gift cards. Please come and support the food pantry! Any questions - please call Cindy Skolaski at 626 -688- 5020.

*The eyes of the Lord are on the righteous, and his ears are open to their cry - Psalm 34:15*

## **Remember in Prayer**

*Please let us know of any changes or updates to prayer requests!*

**Please pray for those with medical needs, including:** Annalisa Morgan, Hailey, Linda Osdale, Lorraine Thorne, Trina Clay, Walter Hoke, Charlene Bergerson, the Davidson Family, Jaxon Turner, Sarah Encabo, Shiloh Truman Charles, Mickie Spangler, Kevin Ardery, Jack Kantola, Sylvia Gilmour, Lennon & family, Harper, Steve Schantz, Tory Strada, Ed McGee, Suzanna Auckland, Dakota Gorske, Roland Palmer, Aria Labrum, Kari Watson, Peggy Salcido, Karyn Yamate, John Carlin, Gary Wilson, Lynn McDonald, Kathleen Richter, Jason Foutch, John Brahs, Addie, Susan Atkison, Rick Domiani, Jr., Sylvia Stevens, Dakota Palanca, Joyce Sutera, Jan Sieber, Carol Orrell, Ofelia Rodriguez, Robert Henderson, Dave Diaz, Andrew Laxson, Rich Siebert, Lee and Joan Juneau, David Petry, and Madison.

**Please pray for others in need of prayer, including:** Clair Atrach, Rocio Orozco, Miguel Ventura, Pam Elparia, the Gleason family, the Willianby family, the family of Greg Savage, the family of Bertha Guillen, the family of Susie Galleta, the family of Nancy Landsdown, the family of Tom Prager, and our Grace neighbors.

**A special prayer of thanks to God** for the birth of a baby girl to Dierk and Adrianna Biggs, and to Lauren and Fernando Varela

**Please pray for the men and women who are currently serving in the military who are bravely protecting us and our country,** including Andrew Ranabarger and Cole Elliot (Marine Corps).

**Please pray for all victims of natural disasters.**

**Please pray for those who are being faced with grief, and all who know violence and hate.**

**Please pray for our Grace Lutheran Church Congregation and partners in ministry.**

### ***Please let us know...***

If we don't have your birthday or anniversary listed  
If you have a special announcement  
If someone in your family is sick or in the hospital  
If you move or change your telephone number  
If you will be away for a period of time  
If you feel the church can assist you in any way

### ***Our Prayer Book is...***

Also located in the back of the Sanctuary. You can write your prayer request in this book each Wednesday or Sunday. Remember, you can also contact the church office with your prayer request and updates for the prayer list.

# January

**Sun Mon Tue Wed Thu Fri Sat**

			<b>1</b> New Year's Day Campus Closed	<b>2</b> 9:30am Lydia Lois Circle 10am-1pm Action Food Pantry	<b>3</b> 6-10pm Everlasting Gospel Ministry 7pm Friday Night Rest & Recover	<b>4</b> 8:30am-9pm Everlasting Gospel Ministry 10am Al-Anon
<b>5</b> 8:30am Traditional 10:30am Contemporary 1pm Apostolic Assembly	<b>6</b> 12:30 Deborah Circle 4-7pm Action Food Pantry	<b>7</b> 10am Prayer Group 7pm Apostolic Assembly	<b>8</b> 11am Preschool Chapel 11:30 Bible Study 7:00pm Worship	<b>9</b> 10am-1pm Action Food Pantry	<b>10</b> 6-10pm Everlasting Gospel Ministry 7pm Friday Night Rest & Recover	<b>11</b> 8:30am-9pm Everlasting Gospel Ministry 10am Al-Anon
<b>12</b> 8:30am Traditional 10:30am Contemporary 1pm Apostolic Assembly	<b>13</b> 2pm Staff Meeting 4-7pm Action Food Pantry	<b>14</b> 7pm Church Council Meeting 7pm Apostolic Assembly	<b>15</b> 11am Preschool Chapel 11:30 Bible Study 7:00pm Worship	<b>16</b> 10am-1pm Action Food Pantry 5:45pm Heathdale HOA	<b>17</b> 6-10pm Everlasting Gospel Ministry 7pm Friday Night Rest & Recover	<b>18</b> 8:30am-9pm Everlasting Gospel Ministry 10am Al-Anon
<b>19</b> 8:30am Traditional 10:30am Contemporary Noon Worship Committee 1pm Apostolic Assembly	<b>20</b> Martin Luther King Day 4-7pm Action Food Pantry	<b>21</b> 10am Prayer Group 7pm Apostolic Assembly	<b>22</b> 11am Preschool Chapel 11:30 Bible Study 7:00pm Worship	<b>23</b> 10am-1pm Action Food Pantry	<b>24</b> 6-10pm Everlasting Gospel Ministry 7pm Friday Night Rest & Recover	<b>25</b> 8:30am-9pm Everlasting Gospel Ministry 10am Al-Anon
<b>26</b> 8:30am Traditional 10:30am Contemporary 1pm Apostolic Assembly	<b>27</b> 4-7pm Action Food Pantry	<b>28</b> 7pm Apostolic Assembly	<b>29</b> 11am Preschool Chapel 11:30 Bible Study 7:00pm Worship	<b>30</b> 10am-1pm Action Food Pantry	<b>31</b> 6-10pm Everlasting Gospel Ministry 7pm Friday Night Rest & Recover	

### Sunday Service Times

8:30am Traditional Worship  
10:30am Contemporary Worship  
1:00 pm Apostolic Fellowship

### What's Happening at GLC?

Exciting things are always happening here at Grace! Please take a moment to look at the bulletin board and the table in the narthex and see what's going on. You can also check us out on Facebook at [www.facebook.com/GraceLutheranCovina](http://www.facebook.com/GraceLutheranCovina)

## January Birthdays

<i>Chris Turner</i>	<i>January 6</i>
<i>David Brown</i>	<i>January 14</i>
<i>Austin Hernández</i>	<i>January 17</i>
<i>Brian Akey</i>	<i>January 20</i>
<i>Natalie McHugh</i>	<i>January 20</i>
<i>Martha Olson</i>	<i>January 23</i>
<i>Maureen Colwell</i>	<i>January 27</i>

## January Anniversaries

<i>Steve &amp; Lindi Otte</i>	<i>January 17</i>
<i>Jerry &amp; Maureen Colwell</i>	<i>January 17</i>



Grace Lutheran, Covina is proud to host and support the ACTION (Area Congregations Together in One Name) Food Pantry, a ministry of a coalition of interfaith communities. The month of January's featured food item is **canned soup**. When you're grocery shopping, please remember our brothers and sisters in need and pick up one or two cans of soup. Any and all donations are most appreciated.

**When you don't know  
where to turn...  
because someone  
drinks too much...**

**Al-Anon Family Groups can help.**  
Learn more by attending free confidential meetings at Grace Lutheran Church  
**Meetings every Saturday at 10:00 a.m. in room 6**

888-4AL-ANON      [www.al-anonesgv.org](http://www.al-anonesgv.org)      [al-anon.org](http://al-anon.org)

The advertisement features a background image of a road stretching into the distance under a cloudy sky. On the right side of the road, there is a yellow diamond-shaped sign with a black border. The sign contains a black arrow pointing upwards and a stylized black symbol that resembles a combination of a 'P' and a 'D'.

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**Church Council**

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Dave Brown  
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**Minister of Member Care**

Johna Stienstra  
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*Something to hold on to...  
A friend. A neighbor. Hope. Faith.  
We are all looking for something...*

***Welcome to Grace***

*This is who we are.  
This is what we do.  
You are welcome here.*

**This is who we are...**

Grace is a family of believers who gather in the name of Jesus Christ to experience God's love and acceptance through each other. Our intimate community is one where all are welcome, all are accepted, all are filled and all are sent out to give as they have received.

Though we are a community of faith, Grace is not a place for those who feel they have found everything they need regarding their faith journey. The people of grace feel that we are on a journey that is just beginning for some of us, while for others, that journey is much further along. Wherever we might be in that individual journey, we feel we are called to walk together, as no one should ever have to journey alone. No matter where you are in your beliefs, no matter where you feel you place in life is, you are welcome here.

*"One person can have a profound effect on another. And two people...well, two people can work miracles. They can change a whole town. They can change the world."*  
- Diane Frolov and Andrew Schneider, Northern Exposure, Cicely (1992)

**This is what we do...**

Our community prays for one another. It is part of our duty, as people of faith, to lift up each other's joys and sorrows.

Our community chooses to offer back to God what God has so greatly blessed us with—ourselves, our time, our possessions—all signs of God's gracious love. Our community gathers together for many different reasons and in many different places.

Below are just a few:

**Grace Gatherings:**

- **Traditional Worship & Holy Communion** (every Sunday at 8:30am)
- **Contemporary Worship & Holy Communion** (every Sunday at 10:30am)
- **Midweek Worship & Bible Study** (Bible study at 11:30am and Worship at 7pm every Wednesday)
- **Deborah Circle** (every FIRST Monday of every month at 12:30pm in homes)
- **Lydia Lois Circle** (every FIRST Thursday of every month at 9:30am in Room 6)