



**Abiding Savior
Lutheran Church**

July 2024

Day By Day



Take a Moment and Pause

How do you respond when someone mistreats you? Are you quick to judge that person, cataloging all the reasons you didn't deserve to be treated so unfairly? That was David's initial response when the fair treatment he expected was denied.

David, while still on the run from Saul, sent men from his army to request provisions from Nabal, a rich man in the area. David felt sure Nabal would look favorably on him and meet the needs of his army. Not only would that have been customary, but David had also earned the favor by protecting Nabal's flocks. Yet the request, though reasonable, was scornfully rejected.

When we feel spurned, mistreated, or unappreciated, it can cause us to respond in a way that only makes the situation worse. In David's case, his anger flared, and he set out for revenge. But before he and his 400 warriors could make it to their destination, Nabal's wife Abigail intercepted them, falling on her face to apologize for her husband's behavior and to reason with David.

In that moment, David had a choice to make. He could either charge right past her, fueled by his own rage and need for justice, or he could pause (James 1:19). God gave him the wisdom to make the better choice. The next time anger erupts in your heart, will you follow David's example and stop to listen to wisdom?

When David saw Abigail kneeling in the road, he could have ordered her out of his path. After all, he was powerful. He had been anointed to be the King of Israel and had an entire army behind him. Nothing obligated him to stop and hear what Abigail had to say; but thankfully, he did.

Have you ever been barreling toward a huge mistake, only to hear someone caution you? Did you consider what the person was saying? And would you say things turned out better as a result? Or perhaps the opposite has been the case and you ignored wise advice; if so, it's highly likely you learned a great deal from that experience!

Abigail's words were wise and persuasive, and David prudently chose to listen with humility. His decision to heed the woman's pleas diverted him from a course that would have tainted his future rule.

If you're facing a decision today, God doesn't expect you to figure it out on your own. Maybe the Holy Spirit is providing counsel (John 14:26), or it might be that God has sent someone to advise you. Who is the Abigail in your path? May you have the wisdom to listen to those God has placed in front of you.



Join us each Thursday at 6:00 PM for a night of themed dinner, games, fellowship, and memories that will last a lifetime! Please [RSVP here!](#) Here's the treasure map for fun:



July 11: All American Night

Water balloon battles on the lawn and a feast fit for a champion (hot dogs, corn dogs, chili dogs galore!)



July 18: A Trip to Italy

Family Bingo and learn how to say "Bingo!" in Italian while you eat delicious spaghetti and meatballs




July 25: A Pirates Life for Me

Ahoy, mateys! Embark on a swashbucklin' treasure hunt. Pirate grub awaits the heartiest of buccaneers!

HELP NEEDED

We are looking for people to help in the kitchen for Family Fun Nights. Please contact Lori Beniche at ibeniche@abidingsavior.com or 949.300.1051.

 **Abiding Savior Lutheran
Church, School & Preschool**
23262 El Toro Road
Lake Forest, California 92630
Church: 949.830.1460

Church Staff

Reverend Glenn Lucas, Senior Pastor
Dr. Christian Guebert, Director of Music
Tricia Stroube, HR and Office Manager
Alexis Wood, Christian Education Intern
Chris Vick, IT Specialist
Janet Calhoun, Church Secretary
Lisa Taylor, Accounting
Laura Lyons, Member Coordinator
Stephanie Harmon, Business Administrator
Lori Beniche, Director of Communications
Linda Bo, Editor of Day by Day

Church Officers

Jonathon Harmon, President
Daniel Carrillo, Vice President
Sara Helmreich, Secretary
Lynda Jacobs, Treasurer
Erica Volz, Congregation Liaison

School Staff

School.....949.830.1461
Donna Lucas, School Principal
Yesi Naber, Admissions Director
Keigh Lee Horn, School Secretary
Marika Parent, School Secretary
Extended Care949.837.4289
Deana Hicks, Extended Care Director

Preschool Staff

Preschool Center949.837.4292
Celeste Cisna, Preschool Director

Church Office Hours

Monday through Friday
8:15 AM to 4:00 PM

School Summer Office Hours

Monday through Friday
9:00 AM to 1:00 PM

Preschool Office Hours

Monday through Friday
8:30 AM to 4:30 PM

Visit us on our website at
abidingsavior.com



[abidingsaviorlakeforest](http://abidingsaviorlakeforest.com)



[abidingsavior](https://www.instagram.com/abidingsavior)

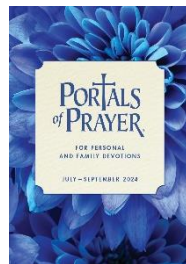
**CHURCH
OFFICE
CLOSED**

Please note, the Church Office will be closed on Thursday, July 4 and Friday, July 5 in honor of Independence Day.

If you have a pastoral emergency when the church office is not open, you can call **661.505.8152** to be connected to the pastor's emergency line.

Also, we ask you to please notify the church office if you or anyone in your family is hospitalized.

Portals of Prayer



The July, August, September 2024 edition of Portals of Prayer is now available. Pick up your copy at either the desk in the Narthex or in

the Gathering Grounds.

Portals of Prayer is great for personal devotions and can be used to open church meetings or Bible studies.

Altar Flowers

The 2024 Flower calendar still has open dates for you to sign up for. Recognize an important date for you or a loved one like birthdays and anniversaries. It's a wonderful way to honor and remember the special people and/or events in your life.

Use the flower envelope and place it in the offering basket or note the Flower Fund using the online giving options.

Thank you for your support!



Before you fire up the grill and settle into your July 4th barbecue festivities, take a moment to appreciate the men and women in uniform who have fought for your freedom. Think of those who have come home wounded and scarred from war, and for those who never made it home. As you celebrate this Independence Day with your friends and family, we encourage you to take a moment and honor those who have served our country.

Strike up the band...it's time for a parade!



American flags, lawn chairs, and nearly 14,000 people will line the streets for the City of Lake Forest's "Family, Fun, and Freedom" 31st Annual Fourth of July Parade! Once again, Abiding Savior will have a float in the parade. This year our float will feature stained glass umbrellas. We are looking for people that would like to ride on the float or walk along the side to hand out candy. The parade begins at 9:30 AM. Please email LBeniche@abidingsavior.com if you would like to participate.

CHILDREN'S Sunday School



The students were asked who they obey, and they responded with God, parents, and teachers. The teacher then discussed the story of the Israelites wandering in the wilderness and how Moses climbed Mt. Sinai and received the Ten Commandments from God. These Commandments were laws on how the people were to obey God.

The younger ones heard about the blessings we receive from God, and then proceeded to take cutouts of some of their favorite fruits, and color and paste them onto paper.

For the little ones, the teacher led them in the singing of a hymn; after which they were offered cookie treats and coloring material. In addition, the picture above shows a greeting card to be given to their fathers in recognition of Father's Day.

"Water, water everywhere and not a drop to drink, water, water everywhere and not a drop to drink." Parents may remember this poem from "The Rime of the Ancient Mariner." But this was not a lesson about water, or the lack thereof, that the students heard. It was about the Children of Israel wandering in the desert and about to perish for lack of water. In their

days, they had no bottled water, or no water faucet upon which to draw water. Their pleas were heard by Moses, who called out to God for help, and he responded by telling Moses to strike a rock with his staff. When he obeyed and struck the rock water gushed forth, satisfying their thirst. The teacher asked the children if they thought it would be possible to mimic this miracle by squeezing a rock, taking a stick, and hitting a rock. The result, no water. Only God can provide us with precious water.

Sunday School is on recess for the summer and will return in the fall.



We are excited to once again have Vacation Bible School at Abiding Savior **July 29 - August 2**. At Scuba VBS, kids will be immersed in the Word and discover what living water is really all about!

We need your help! VBS is full and we are short on volunteers. We are looking for volunteers, 6th grade and older. If you are interested in volunteering your time and talents to teach, lead games, decorate, or help with crafts, we would love to have you join us.

Click [here](#) to register as a volunteer today.

Can't volunteer? Considering donating! VBS also needs donations - Amazon, Walmart, and Visa gift cards are helpful for purchasing

supplies. Donations can be left in the VBS treasure box located in the Narthex or in the Church Office. Thank you for your support!

Elementary School

Donna Lucas,
School Principal



**VOTE FOR US DAILY!
ABIDING SAVIOR
BEST FAITH-BASED SCHOOL**

We have exciting news! Abiding Savior Lutheran School & Preschool has been nominated again for Parenting OC's Readers' Choice Award: Best Faith-Based School! This is a testament to the exceptional Christ-centered education we provide, and we are truly honored.

Your support is incredibly important to us. Every vote brings us closer to spreading the light of Christ to more children in our community. You can cast your vote **DAILY** until **July 7th at 11:59 PM PST**. Here's how:

- Click on the link [HERE](#).
- Scroll down to find the category for "Best Faith-Based School."
- Select **Abiding Savior Lutheran Church School & Preschool**.

Please share this message with your family and friends!

Every vote makes a difference, and together, we can ensure Abiding Savior continues to be a beacon of Christian education in Orange County. Thank you for your unwavering support!



Youth Ministry at Abiding Savior

Club 56 and JHM Youth Group - We will take a pause on meeting weekly for Youth Group over the Summer but check out our [Summer youth calendar](#) for the events we will be doing. Thank you all for making this year in Youth group so amazing!

YOUNG ADULT MINISTRY

Looking for a Christian community to be a part of and meet some new people? Contact Alexis Wood to get more information on Bible studies, fellowship, and recreational activities! She can be reached at awood@abiding-savior.com. Check out our [Young Adult Ministry summer calendar](#).

Surprising Places to Find God this Summer

Laura Kelly Fanucci



School is done and summer has begun. But between registering kids for sports and mapping family road trips, I've had to catch myself. Where could we seek and find God in this new season, too?

Here are places you might delight to encounter God with your family this summer.

By the Water

If you spend time near a lake, river or ocean, let your thoughts

wander from the waves to the God who once walked on them.

Take a moment to pray to Jesus who lived near the shore: "Once again he went out along the sea. All the crowd came to him and he taught them" (Mark 2:13).

Eating Outside

When we think of Jesus eating, we often picture the Last Supper in the upper room. But remember, he ate outside too: miraculous meals when he fed thousands or ordinary afternoons when he stopped to eat with his friends. Sound familiar for the rest stops and road trips of your youth?

Christ even cooked for his friends the morning after his resurrection, a reminder that every picnic or campfire meal can lead us to prayer: "Jesus said to them, 'Come, have breakfast'" (John 21:12).

Under the Night Sky

As a child, I listened to my grandfather tell ancient tales of the constellations around a bonfire. Our faith is full of star stories, too: the creation of the heavens in Genesis, God's promise to Abraham of countless descendants and the new star that pointed the Magi to Bethlehem.

How could campfire conversations invite your children or grandchildren to wonder like the sky-gazing psalmist, "When I see your heavens, the work of your fingers, the moon and the stars that you set in place" (Psalm 8:3)?

Among the Flowers

As a mom of five boys, I have been given dandelion bouquets for years now. Each proud fistful reminds me to stop and see the beauty — even in the weeds — that God has planted around us.

Summer brings full bloom to many landscapes, offering the sight and scent of creation's bounty in

ways that inspire our prayer and praise: "Learn from the way the wild flowers grow. They do not work or spin. But I tell you that not even Solomon in all his splendor was clothed like one of them" (Matthew 6:28-29).

On Vacation

Jesus and his followers were often on the move during his ministry. While their travels were far from a summer vacation, any chance we get to see or stay somewhere different can open our eyes to new ways of knowing God.

As you pack for a family reunion or weekend with friends, carry the spirit of the disciples on the road to Emmaus: "Then they said to each other, 'Were not our hearts burning (within us) while he spoke to us on the way and opened the Scriptures to us?'" (Luke 24:32).

Gathering Together

After long months of isolation or separation, many are rejoicing in reconnecting with loved ones.

As we set extra places at the table, spread picnic blankets at the park or double the recipes for favorite summer treats, we can offer prayers of thanksgiving: "For where two or three are gathered together in my name, there am I in the midst of them" (Matthew 18:20).

In Rest

Remember as you work and play this summer that rest is holy, too: "God blessed the seventh day and made it holy, because on it he rested from all the work he had done in creation" (Genesis 2:3).

Let yourself take a nap, read a spiritual book or curl up for a cuddle with your youngest family member. What space can you make for the Sabbath in each week of this fleeting season we call summer?

Lutheran Layman's League

Impacting People Through Digital Engagement

By Chad Fix



The world today is increasingly shaped and connected by the internet. As people become more present online, God's people are finding ways to share the Gospel in this space.

LHM is once again a pioneering force for good in this realm as we proclaim the Name of Jesus to people around the world. As the digital mission field continues to grow, emerging technologies offer unique opportunities to communicate with audiences in a broad variety of ways, with content that is specific to the individual platforms on which people are engaging.

The digital mission field is new and exciting—but also challenging. So was radio. So was television. LHM has been at the forefront of using innovative technologies like these to share the Good News throughout its more than 105-year history, and we are eager to engage in this place at this time because never before has the opportunity existed to reach the entire world with the Gospel.

LHM maximizes its online presence today to share the Good News through a variety of platforms and rapidly increase the capacity for the priesthood of all believers to connect more souls to the saving message of Christ.

Project Connect

By Paul Schreiber



Journey Through Depression by Dr. Rick Marrs is LHM's latest **Project Connect** booklet. It deals with the causes of depression and how it impacts our physical, emotional, and spiritual well-being. Marrs also addresses recovery strategies, myths surrounding depression, and how caregivers can help. He reminds readers that "Whatever pain we are in, whatever is troubling us, Jesus invites us to believe, to know, that we are not alone."

The National Institute of Mental Health notes that depression impacts all ages and races/ethnicities. In the U.S. alone, some 21 million adults experienced at least one major depressive episode (an event lasting two weeks or longer) in 2021. Globally, as of 2023, some 280 million people have depression, according to the World Health Organization.

Types of depression include Major Depression, Seasonal Affective Disorder, or related diagnoses like Bi-Polar Disorder. Depression triggers include physical causes, biological predisposition, trauma, grief or loss, aging, brain injury and, of course, relationship issues. Because of the complexities involved, consulting a professional is essential to finding out what's going on and how to treat it.

Recovering from depression is certainly possible. Proper care of the body (nutrition, exercise, rest, stress avoidance), medications, and alternative treatments all play a

part. So does counseling. Still, finding the right counselor may take time. "If you feel like giving up, ask your pastor or another trusted Christian friend to check in with you on a regular basis and encourage you to keep trying until you find the right one for you," Marrs writes.

For caregivers—prayer, listening, and reminding the person that you love them are crucial. Marrs suggests joining them in a healthy pursuit like exercise, and just being there for them, but be sparing with advice as feelings can get in the way. If they mention thoughts of suicide, know and use the 988 suicide prevention hotline.


Depression can be awful, but it doesn't have the last word. "Even when we don't feel like Jesus is with us, we have His promise that He is (see Matthew 28:20)," Marrs writes. "His heart goes out to you, and He is deeply concerned about your welfare. God is here with you in your pain, whether it feels that way or not."

Rev. Dr. Rick Marrs is a licensed psychologist and senior professor of practical theology (counseling) at Concordia Seminary in St. Louis, Missouri. To find out more about LHM's Project Connect topical booklets, go to lhm.org/projectconnect.

Check out our updated app!
Connected by LHM

LHM's Daily Devotions mobile app just got even better! In addition to being able to read and listen to our Daily Devotions, you can now read and listen to The Lutheran Hour sermons.

To explore all of the app's new features, head over to the app store on your phone to get the latest version of **Connected by LHM** for FREE today!

 **LHM.ORG/APPS**

Summer 2024 Therapy Sessions

June 3, 2024–August 16, 2024

Child/Teen/Adult & Couples Therapy

Our therapists can provide support in areas such as:

- Self Esteem
- Depression
- Anxiety
- Phobias
- Grief and Loss
- Relationship Concerns
- Trauma Attachment
- Life's Transitions
- Body Image
- Identifying Substance Abuse
- Screen/Gaming Addiction
- Self Harm

Provided at 4 convenient locations

■ **Abiding Savior**
23262 El Toro Rd
92630
Lake Forest

■ **Grace Lutheran**
5172 W McFadden Ave
92649
Huntington Beach

■ **Prince of Peace**
1421 W. Ball Rd,
92802
Anaheim

■ **Salem Lutheran**
6500 Santiago Cyn Rd
92869
Orange

M–F 8:30am–6:00pm



www.seedstherapy.org

Cost

per session

\$75 for Individual

\$115 for Couples



TO REGISTER

714-878-6226

juliem@seedstherapy.org

"Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger." James 1:19



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 7:30p-Narcotics Anonymous	2 5p - Pickleball	3 7:45p-AA	4 Independence Day Campus Closed	5 No Sonshine or preschool summer camp Offices closed 7:30p-Narcotics Anonymous	6 9a-Altar Guild Prep 5p-Praise Worship Service
7 Worship Schedule- See chart at bottom of Calendar 10:30a-Praise and Nurture	8 7:30p-Narcotics Anonymous	9 5p - Pickleball	10 7:45p-AA	11 6p-Family Fun Night 7:30p-Abiding Praise Practice	12 7:30p-Narcotics Anonymous	13 9a-Altar Guild Prep 5p-Praise Worship Service
14 Worship Schedule- See chart at bottom of Calendar 10:30a-Praise and Nurture	15 7:30p-Narcotics Anonymous	16 5p - Pickleball	17 7:45p-AA	18 6p-Family Fun Night 7:30p-Abiding Praise Practice	19 7:30p-Narcotics Anonymous	20 9a-Altar Guild Prep 5p-Praise Worship Service
21 Worship Schedule- See chart at bottom of Calendar 10:30a-Praise and Nurture	22 7:30p-Narcotics Anonymous	23 5p - Pickleball	24 7:45p-AA	25 6p-Family Fun Night 7:30p-Abiding Praise Practice	26 7:30p-Narcotics Anonymous	27 9a-Altar Guild Prep 5p-Praise Worship Service
28 Worship Schedule- See chart at bottom of Calendar 10:30a-Praise and Nurture 11:30a-VBS Preschool Decorating	29 9a-VBS 7:30p-Narcotics Anonymous	30 9a-VBS	31 9a-VBS 7:45p-AA			

WORSHIP | COMMUNION SCHEDULE

In Person Informal Worship – Saturday 5:00 PM

In Person Classic Worship – Sunday 8:00 AM

In Person Abiding Praise Worship – Sunday 10:15 AM

Live Stream Abiding Praise Worship Via You Tube – Sunday 10:15 AM

Communion Offered Weekly

Communion Offered 1st and 3rd Weeks

Communion Offered 2nd and 4th Weeks



Abiding Savior Lutheran Church

23262 El Toro Road
Lake Forest, CA 92630

Return Service Requested
Time Dated Materials

