



trust in the
Lord
with all your heart
Proverbs 3:5

Trust In the Lord

Stephanie Harmon

Several months ago, I was invited by a friend to attend a speaking event led by Megan Fate Marshman on her book titled "Relaxed - Walking with the One Who Is Not Worried about a Thing". The title of the book alone caused a stirring in my mind and heart. Relaxed. When was the last time I felt "relaxed"? What does it look like to be relaxed? I certainly do not feel relaxed most days. Between the constant distractions, hurried schedules, and a never-ending to-do list, life does not feel relaxed. Does the word relaxed describe you?

Megan Fate Marshman explains further that many of us Christians feel this burnout because we are attempting to figure life out all on our own. We might try to pray more, sin less, love more, but on our own, this is all impossible. While our cultural norm tells us to be independent and self-reliant, we need complete dependence on Christ. Jesus even tells us in John 15:5, "...apart from me you can do nothing." Apart from our Savior, we

struggle every day. Thankfully, we don't have to live this way!

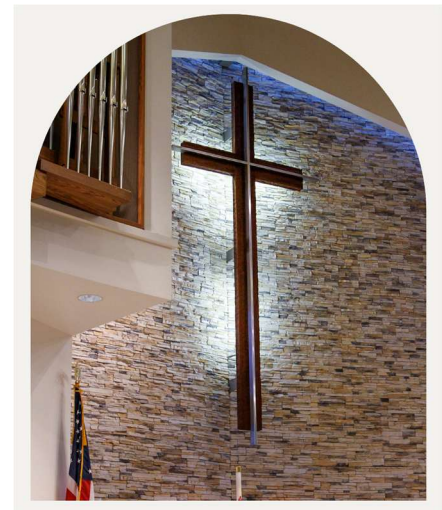
Trusting in the Lord isn't just a one-time event; He wants to be part of every step of our daily journey. He desires to walk alongside us each day, sharing in our joys and challenges. When we lean on Jesus and submit to Him, we can relax in the assurance that we are taken care of. Megan Fate Marshman gave a powerful visual for trusting in the Lord - think of whatever is giving you anxiety and place it in your hand and close it. Can you open your hand to God and offer Him this burden? I struggle in this area, maybe you do too. But perhaps this is a key to seeing where God wants us to grow and where we need to trust in Him more. We don't have to hold onto our anxiety alone; we can open these worries up to Jesus. And He loves us the way we are.

In the end, we can relax with confidence knowing that Jesus will guide us every step of the way. The best part? We're never on this journey alone!

Altar Flowers

There are still open dates on our 2025 Flower Calendar! Sign up to contribute flowers in honor or remembrance of the special people and events in your life. Each flower vase is \$50.

Please use the flower envelopes and place it in the offering basket or note the "Flower Fund" using the online giving options. Thank you for your support!



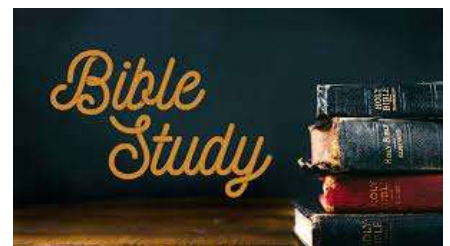
Worship Services

Saturday 5:00 pm | Informal Worship

Sunday 8:00 am | Classic Worship

Sunday 10:15 am | Praise Worship

**Children's Church returns
September 7th.**



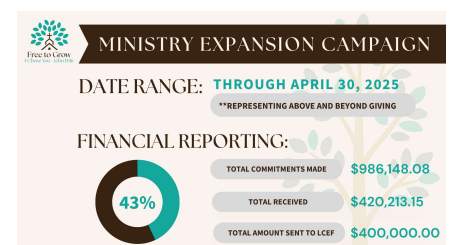
Adult Bible Study

Sundays 9:15 am

Adult Education Room

**Wednesday Bible Study returns
September 3rd.**

Free To Grow: Financial Reporting



 **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 Upchurch, Director of Family Ministry
Chris Vick, IT Director
Janet Calhoun, Church Secretary
Lisa Taylor, Accounting
Laura Lyons, Member Coordinator
Stephanie Harmon, Business Administrator
Lori Beniche, Director of Communications
Stephanie Harmon, Editor of Day by Day

Church Officers

Jonathon Harmon, President
John Parent, 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 Care 949.837.4289
Deana Hicks, Extended Care Director

Preschool Staff

Preschool Center 949.837.4292
Celeste Cisna, Preschool Director

Church Office Hours

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

School Office Hours

Monday through Friday
7:30 AM to 3:30 PM

Preschool Office Hours

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

Visit us on our website at
abidingsavior.com



abidingsaviorlakeforest



abidingsavior | aslc_youth

Love | Serve | Connect

**CHURCH
OFFICE
CLOSED**

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

If you have a pastoral emergency when the church office is not open, you can call **661.309.3527** to be connected to the pastor's emergency line. In particular, we ask you to notify the church office if you or anyone in your family is hospitalized.

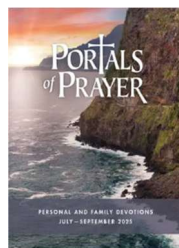


Join Us for Pickleball

Get ready for some fun on the courts! Are you excited to play pickleball or eager to learn? We'd love to have you play with us at Abiding Savior! For more details, please email Deana Hicks at dhicks@abidingsavior.com or Allysha Neebe at aneebe@abidingsavior.com.

Let's hit that ball and have a blast together!

Portals of Prayer



the Gathering Grounds.

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

The July, August, September 2025 edition of Portals of Prayer is now available. Pick up your copy at either the desk in the Narthex or in

Support The Abiding Savior Food Pantry

Help Abiding Savior make a difference in our community by donating to our food pantry! We need food items:

- Applesauce containers
- Canned fruit
- Oatmeal
- Cream of Wheat
- Rice
- Mac and Cheese
- Instant mashed potatoes
- Canned tuna
- Canned chicken
- Cereal
- Pasta sauce
- Pasta noodles
- Peanut butter
- Strawberry jelly

Please ensure all food items have not expired. Donations can be placed in the bins in the church Narthex or brought to the church office during business hours. Thank you for your continued support!



This July 4th, as you celebrate with loved ones, remember and honor the brave men and women who have served our country and sacrificed for our freedom.

- OUTREACH MINISTRIES -



Large Print Ministry

Jim Ryan

The Large Print Ministry is an off shoot of the Braille Ministry that was begun in the Narthex of the old Sanctuary in 1980. We operate under the direction of Lutheran Braille Workers Inc. located in Yucaipa, CA. Currently we are producing six different publications including complete bibles, which are printed in 26 volumes and shipped in three boxes. The New Testaments are printed in 9 volumes and shipped in one box. Then there is the Today's Light monthly devotion. The production of the number of this devotional varies each month but is usually around 200 copies which are shipped out in special envelopes. The other devotional we print is called Mustard Seed and there are usually five copies that are mailed out.

We also have a "Prison Ministry" that we are responsible for, and these publications have a special cloth binding which is applied by a heat process. Currently we print a complete bible in 7 volumes, and they are shipped in two boxes. The other is the Lutheran Service Book which is printed in three volumes and shipped in one box.

These publications are shipped domestically and internationally. Fun Fact! All our publications are shipped as FREE MATTER for the handicapped. Thanks to an agreement with the

U.S. Post Office. There are, however, operating expenses, such as paper, we use 20# and 60# paper depending on the publication and where it goes. Then there are two different size cartons, packing materials, different kinds of packing tape, 5 different sizes of binding combs, hole punching machines, and different machines to do the binding.

We have small groups of volunteers that meet, on campus, in a space generously provided by Abiding Savior, three to four days a week for about three hours in the mornings. These volunteers use two high speed printers, printing nearly 100,000 pages a month, punch holes for the bindings, bind, and ship an assigned monthly quota for each publication.

The work is easy, the comradery is uplifting and knowing that your efforts provide spiritual comfort to those who have trouble seeing. To make a donation or get involved in this rewarding ministry come visit us in Room C 200 or contact Margaret De La Cruz (949) 922-0087 or Jim Ryan (949) 929-0607.



VITA: Appreciation Ceremony

Bob Gibbins

You are all invited and encouraged to take a look at our VITA Team's poster mounted in the

corner of the Adult Education Room. This poster was presented to the team at a recent ceremony recognizing all of the VITA sites in the greater South Orange County area that operate through United Way of South Orange County.

The poster shows the statistics of the metrics achieved for the 2024 tax season, which took place this year. Adjacent to the poster is the one received in 2024 for the 2023 tax season (sort of a mini art gallery!)

You will see by comparing the posters that we exceeded the stats from the prior season. Although we did not receive an award this year, our neighboring VITA sites were awarded various trophies. Laguna Woods Village (which has a very large "built-in" clientele and very numerous volunteers) was a repeat in receiving awards, and St. Killian's—also with a large team of volunteers—received an award.

The Abiding Savior Lutheran Church VITA Team does not take a vacation; some of the team members provide tax preparation assistance to San Francisco Solano Catholic Church in Rancho Santa Margarita. They are one of only a couple of South Orange County VITA sites that offer free income tax preparation.

May our Lord and Savior Jesus Christ continue to bless the VITA Team in serving our communities with financial support and being a witness and example of your love for them.





**Abiding Savior
Lutheran Church**

INVITES YOU TO

Family Fun Nights!

EVERY THURSDAY IN JULY!

JOIN US ON THURSDAYS AT 6 P.M. FOR A THEMED DINNER, GAMES, FELLOWSHIP, AND MEMORIES THAT WILL LAST A LIFETIME!



**JULY 10TH
ALL AMERICAN NIGHT!**

**WATER GAMES ON THE LAWN AND A FEAST
FIT FOR CHAMPIONS!
(HOT DOGS, CORN DOGS, CHILI DOGS GALORE!)**



**JULY 17TH
A TRIP TO ITALY!**

**LEARN HOW TO SAY "BINGO!" IN ITALIAN WHILE
YOU EAT DELICIOUS SPAGHETTI & MEATBALLS!**



**JULY 24TH
MEXICAN FIESTA!**

**TAQUITOS, MINI TACOS, CHIPS, AND SALSA
FOLLOWED BY LAUGHTER, GAMES, AND
FIESTA FUN YOU WON'T MISS!
¡VAMOS A CELEBRAR!**



**JULY 31ST
A PIRATE'S LIFE FOR ME!**

**AHOY, MATEYS!
EMBARK ON A SWASHBUCKLING TREASURE HUNT.
PIRATE GRUB AWAITS THE HEARTIEST OF
BUCCANEERS!**

**PLEASE RSVP HERE OR CLICK THE
LINK IN THE NEWSLETTER EMAIL**



LOVE | SERVE | CONNECT

- YOUTH MINISTRY -



Youth Ministry

Alexis Upchurch

July is shaping up to be an incredibly exciting month for our youth ministry! After a year of dedicated planning, we're thrilled that we're finally heading to the LCMS Youth Gathering in New Orleans on July 18th with five of our freshman students. It's going to be an unforgettable week packed with adventure, service, and spiritual growth.

Our students will get to experience the vibrant culture of New Orleans firsthand with some truly unique excursions. We'll embark on an exciting swamp boat tour, explore fascinating museums, and, of course, grab a delicious beignet at Cafe Du Monde. Beyond sightseeing, the core of our trip will involve faith building, participating in a meaningful service project, engaging in enriching sessions, and joining 20,000 other high schoolers for a powerful worship experience in the Superdome. We truly believe God is going to do some amazing things this week, and we can't wait to see the impact it has on our students!

Vacation Bible School

We're in full swing preparing for our "wild adventure" at Vacation Bible School in early August! This year's VBS promises to be an unforgettable experience for our kids, but we need your help to make it happen.

Your generosity can make a huge difference! If you're able to donate **gift cards, Thrivent cards, or cash**, it would be greatly

appreciated and help us cover the costs of essential VBS items. Throughout July, we'll also have a table set up in the Narthex, where you can pick up a list of specific supplies we need and bring back an item. Your support truly brings this special week to life!

Finally, we're still on the lookout for at least **25 more enthusiastic volunteers!** If you're available and willing to lend a hand, please, please, please sign up at www.vbs.aslc.church. Every helping hand makes a difference!



VBS 2025
August 4th-8th

TRUE NORTH
Trusting Jesus in a Wild World

WE NEED YOU!!
Volunteer and donate today
vbs.aslc.church

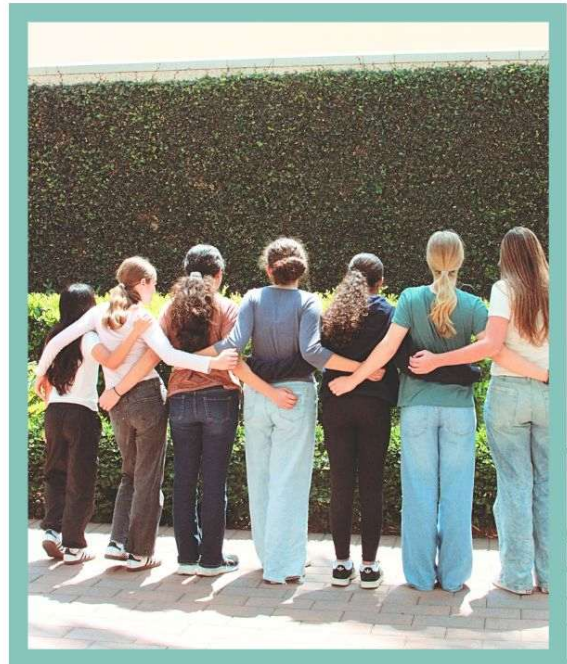
SEEDS

Community Private Practice

Affordable counseling for individuals, couples, and families

OUR SERVICES:

- ✓ Individual Therapy
- ✓ Couples/Family Therapy
- ✓ Children and Teens
- ✓ Crisis Intervention
- ✓ Christian Therapy
- ✓ Telehealth



Skilled therapists available to support you
SEEDS is committed to making therapy accessible for the community

Affordable private-pay options available

Locations Across Orange County and Long Beach

To Register:

seedstherapy.org 

info@seedstherapy.org 



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 5p-Pickleball	2 7:45p-AA	3 6:30p – Praises Ring Practice	4 4 th of July! Abiding Savior Lutheran Church closed	5 9a-Altar Guild Prep 10a-Sew and Sews 5p-Praise Worship Service
6 Worship Schedule- See chart at bottom of Calendar 9:15a – Adult Bible Study	7 7p-Boy Scout Meeting 7:30p-Narcotics Anonymous	8 5p-Pickleball 6p – Elder Meeting	9 7:45p-AA	10 7:30p-Abiding Praise Practice 6p – Family Fun Night	11 7:30p-Narcotics Anonymous	12 9a-Altar Guild Prep 5p-Praise Worship Service
13 Worship Schedule- See chart at bottom of Calendar 9:15a – Adult Bible Study 11:45a-Life Group, Glenn and Debby Amick	14 7p-Boy Scout Meeting 7:30p-Narcotics Anonymous	15 5p-Pickleball	16 7:45p-AA	17 7:30p-Abiding Praise Practice 6p – Family Fun Night	18 7:30p-Narcotics Anonymous	19 9a-Altar Guild Prep 5p-Praise Worship Service
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27 Worship Schedule- See chart at bottom of Calendar 9:15a – Adult Bible Study 3p -All Youth Roller skating	28 6p-Bible Study 7p-Boy Scout Meeting 7:30p-Narcotics Anonymous	29	30	31 6p – Family Fun Night		

WORSHIP AND COMMUNION SCHEDULE

- In Person Informal Worship | Saturday 5:00 PM | Communion Offered Weekly
- In Person Classic Worship | Sunday 8:00 AM | Communion Offered 1st and 3rd Weeks
- In Person Abiding Praise Worship | Sunday 10:15 AM | Communion Offered 2nd and 4th Weeks
- Live Stream Abiding Praise Worship Via YouTube | Sunday 10:15 AM



Abiding Savior Lutheran Church

23262 El Toro Road
Lake Forest, CA 92630

Return Service Requested
Time Dated Materials

 Abiding Savior Lutheran
School & Preschool

CELEBRATING 50 YEARS!

2025/2026
NOW
ENROLLING!

PRESCHOOL THROUGH 8TH GRADE

BUILDING CHRIST-CENTERED LEADERS

For more info
 **949-830-1460**  abidingsavior.com