

## Finding Ease in the Uneasy

*Chrystal Evans Hurts, Proverbs 31 Ministries*

“Sitting up in bed, I reached for my phone — and 3 a.m. stared back at me as if it had something to say.

My chest felt heavy, like something had been sitting there waiting for me to notice it. I tossed and turned, fluffed the pillow, and kicked at the covers. An hour went by. What I was feeling wasn't full-blown anxiety. It sure wasn't peace either. It was uneasiness.

Sometimes worry doesn't carry the weight of fear or panic, but it still presses against your peace. That's what uneasiness feels like — something is slightly off, even when you can't quite put your finger on it. It shows up in small moments when plans are unclear, money is tight, or time seems to slip away.

In Matthew 6:25, Jesus said: *“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?”*

I find myself paraphrasing this verse: Do not feel uneasy about your life.

Jesus speaks to the very burdens I tend to carry quietly. The ones that rarely come out in prayer but live in my thoughts or weigh on my chest in the wee hours of the morning — finances, my body, my to-do list, the pace of life. Jesus names these worries. Then He says: *Look.*

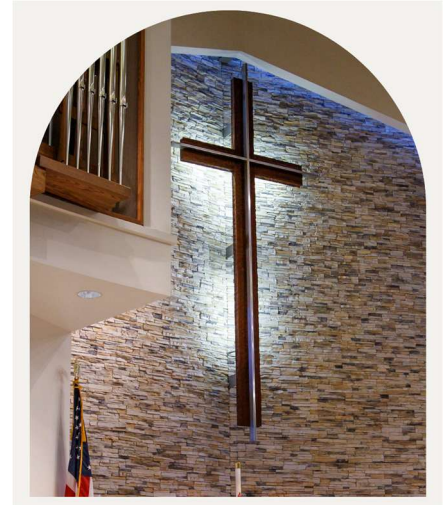
*“Look at the birds of the air ...”* (Matthew 6:26, NIV). *“See how the flowers of the field grow ...”* (Matthew 6:28, NIV). Look at how your Father cares for them. And remember how much more He cares for you.

Jesus doesn't tell us to ignore uneasiness. He invites us to shift our attention to what's already true: He sees us. He knows our needs. He provides.

I'm learning that ease is the result of trust. It's what happens when I remember God's faithfulness, take a deep breath, realize I'm not alone, and see the good that's already here. It's about being rooted in the One who holds it all. Gratitude begins to soften the edges of unease. And in that gratitude, ease begins to rise.

A few verses later, Jesus said, *“Seek first his kingdom and his righteousness, and all these things will be given to you as well”* (Matthew 6:33, NIV). That's not a formula; it's a posture. A way of living that starts with trusting God.

Maybe you've felt a low hum of uneasiness lately. You haven't known what to call it, but it's there. Friend, you're not alone. God sees it. He's inviting you to seek and focus on Him first. That's where ease begins.”



## Worship Services

Saturday 5:00 pm | Informal Worship  
Sunday 8:00 am | Classic Worship  
Sunday 10:15 am | Praise Worship with Children's Church

**MINISTRY EXPANSION CAMPAIGN**

DATE RANGE: **THROUGH FEBRUARY 28, 2026**  
\*\*REPRESENTING ABOVE AND BEYOND GIVING

FINANCIAL REPORTING:

<b>73%</b>	TOTAL COMMITMENTS MADE	\$991,448.08
	TOTAL RECEIVED	\$729,603.33
	TOTAL AMOUNT SENT TO LCEP	\$725,000.00

## Adult Bible Study

Sundays at 9:15 am  
Adult Education Room

Wednesdays at 9:00 am  
Small Conference Room



 **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  
Emma Teeple, 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 3:30 PM

**School Office Hours**  
Monday through Friday  
7:30 AM to 4:00 PM

**Preschool Office Hours**  
Monday through Friday  
8:30 AM to 4:30 PM

Visit us at [abidingsavior.com](http://abidingsavior.com)

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[aslc\\_youngadults](https://www.instagram.com/aslc_youngadults) | [aslc\\_preschool](https://www.instagram.com/aslc_preschool)



Abiding Savior's Church Office will be closed on Monday, May 25, in honor of Memorial 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 Volunteer Appreciation Chapel!

We warmly invite all the School and Church volunteers to join us for a special Volunteer Appreciation Chapel, a time for reflection and heartfelt thanks for all that you do! Please join us on Wednesday, May 27th, at 8:15 am in the Sanctuary.



### Faith Through the Generations!

Generations of faith in one frame! We were honored to have two of our oldest members, Pastor Birner and Gary Flatt, worship with us on Sunday. Their individual legacies continue to inspire us all!



### Worship Through Giving

Experience the joy of worshipping through generous giving at Abiding Savior, as we unite in support of our mission and ministry.

You may give at any time or on any day of the week. Select your preferred way to give below and give your gift. You may support our General Fund, Scholarship Fund, Church Audio/Visual Fund, and many others.

[Online](#) – Give on our website  
Text – Send amount to 844-374-6845

[Vanco App](#) – Download from the App Store or Google Play  
Swipe – Contact the Church Office for more information on giving by swiping your credit card  
Check or Cash | Offering Plate  
You can also drop off or mail your check or cash to:

Abiding Savior Lutheran Church  
23262 El Toro Road, Lake Forest, CA 92630



### National Day of Prayer

National Day of Prayer falls on Thursday, May 7th. It is a dedicated time to lift up prayers for our communities and leaders, seeking divine guidance, protection, and unity for our nation. We invite you to pause and reflect as we intercede for the well-being and future of our country.

# - FELLOWSHIP AND OUTREACH MINISTRIES -

LADIES GUILD SCHOLARSHIP RECIPIENTS



## Ladies Guild Scholarship Recipients

The Ladies Guild is pleased to announce that Eliana Fluegge, Lillian Movik, and Kristen Morgan will receive scholarships for the school year 2026-27.

Eliana Fluegge will be a Sophomore at Concordia, Nebraska. She is pursuing a Bachelor of Science in Education, studying secondary education and history. She plans to serve as a church worker in LCMS schools after earning her Lutheran Teacher Diploma.

Lillian Molvik will be a sophomore at Concordia University, Chicago. She is majoring in the Diaconess program. She plans to serve the LCMS church body in mercy and show God's great love to His children as a deaconess.

Kristen Morgan has applied for the Colloquy program at Concordia University, Irvine. She has taught Preschool at Abiding Savior for the past four years. She demonstrates a deep love for children and a passion for nurturing their spiritual, emotional, and intellectual growth. She models Christ-like compassion, patience, and integrity in all that she does.



## It's a Wrap!

*By: Bob Gibbins*

Tax season is all wrapped up; it has come and

gone...in a flash! The volunteers are tremendously grateful for all the clients who chose us to prepare their Federal and State taxes, all at no cost. Many new clients came, as well as many from previous years. And included in the returnee count were Abiding Savior members, too, whom we cherish.

On a positive note, we experienced a slight increase in the total number of clients over the last year. If there is a negative note that can be identified, it would be the anemic number of parents who have children—whether enrolled in our church's school or members only—and did not take advantage of their potential benefits. These benefits outdo all other benefits, regardless of filing status.

On a final note, let it be about witnessing, which we pray that our clients will believe we are doing in some small way. We had clients who asked if they could look inside the sanctuary; all came out impressed with what they saw. There were a few who asked that we pray for them as they were dealing with difficult circumstances. One heart-warming report: A young lady registered to have her taxes prepared. Her face appeared somewhat sober as we went through the data collection process. She reported being unemployed, plus being in the process of applying for permanent disability. When the time came to complete the final process, she was told she had a nice refund from both the

federal and state. Immediately, her eyes welled up as she attempted to hold back tears of joy. It was easy to understand her reaction when she stated that someone (a friend??) told her she needn't file her taxes because she wouldn't get a refund. And it may not be a Luke 15:17 event, but at least one client attended our Easter service; PTL!

A request to members and visitors: Please PRAY—every one of you—for a VITA volunteer who recently birthed her first child. Approaching her on the subject of baptism, she whimsically said she and her spouse had not discussed it, but added that her parents attend a church. This led to a suggestion that she contact our pastor to discuss the matter with him, pointing out that, of his many duties, baptism is a high and cherished priority.

She subsequently consented to having the pastor contact her by phone or email. Days later, the pastor was asked if any contact had been made. He said he contacted her, and she reported that they would be moving to their first house that weekend so that they would be involved in that busy activity. So it remains whether or not they will respond to the Lord's coaxing to proceed with the baptism. EVERYONE PRAY that the Lord's will be done.



ABIDING SAVIOR LUTHERAN SCHOOL  
PRESENTS

# FESTIVAL of the ARTS

**MAY 21**

You're invited to see the amazing artistic talents of our students and to celebrate their creativity.

**ART DISPLAY IN THE GYM**  
Come explore student creativity throughout the event!

The event will feature the following performances by our talented students:

- 5:30 PM** "PATRIOTIC" CONCERT  
GRADES 1-2 | LOCATION CHURCH
- 6:00 PM** CONCERT | AFTER-SCHOOL CHOIR  
LOCATION CHURCH
- 6:15 PM** HANDBELLS  
LOCATION CHURCH
- 7:00 PM** "DR. NEWHEART'S CHRISTMAS CURE!"  
GRADES 3-5 | LOCATION GYM

**FREE ADMISSION**

PRE-ORDER CHICK-FIL-A MEAL AVAILABLE  
RETURN ORDER FORM WITH PAYMENT TO THE SCHOOL OFFICE BY **FRIDAY, MAY 15TH.**

## MAY


*Blooming in Grace*

**M** Mighty God  
Psalm 24:6  
*"The Lord strong and mighty."*

**A** Abiding in Him  
John 15:4  
*"Remain in me, as I also remain in you."*

**Y** Yielded to His Spirit  
Galatians 5:25  
*"Since we live by the Spirit, let us keep in step with the Spirit."*

Short May Prayer  
Lord, thank You for the season of growth.  
*"Help me remain in You, trust Your strength, and bloom by Your grace.*  
Amen. ✨



THE  
CHARLES A. WINTERSTEIN  
ADMINISTRATOR  
OF THE YEAR



**MRS. DONNA LUCAS**  
Principal

**CONGRATULATIONS, MRS. LUCAS!**  
We are incredibly proud of you and your commitment to serving and leading with excellence!



A LEGACY OF LOVE  
LUTHERAN SPECIAL EDUCATION MINISTRIES

# - YOUTH AND FAMILY MINISTRIES -

## Journey to Easter

By: Alexis Upchurch

Looking back to April, we completed the Journey to Easter—and what an unforgettable experience it was! We had over 100 families and classrooms joining in, all walking through the most important journey Jesus took, one that led to our salvation and the gift of eternal life. It was such a blessing to see this come together. We even got to share the materials with the PSD district through Mary Wolfinbarger, so other churches can use this program too!

One of the best parts has been seeing how families decorated their crosses and added something new each week to tell the story of Jesus' final days. It was so cool to see everyone's creativity and heart in this. Thanks to everyone who has participated and to those who shared photos, we loved walking this journey with you!



## Youth Group

Our youth group is amazing! We have the best students and the most fun! We have been doing a study on the Armor of God and learning about spiritual warfare in our Junior High Group, and how God equips and protects us from the schemes of the enemy. In our High school youth group, we are focusing on priorities, distractions, and the heart, and how we can invite Jesus into all things!

## Children's Church

Our kiddos in Children's Church have been having such a great time! We've been learning all about the miracles Jesus performed and the amazing things He does for us. If you'd be interested in helping out, we'd love to have you! It's just about 20 minutes a week, and you can serve once or twice a month. If that sounds like something you'd enjoy, reach out to Alexis Upchurch at [aupchurch@abidingsavior.com](mailto:aupchurch@abidingsavior.com)



## Young Adults

Our young adults have been meeting regularly, with about 10–15 people showing up each week! In March, we had a pickleball night (always a favorite), and it's been so fun just growing together and supporting one another.

In April, we welcomed a guest speaker to Bible study, Kent Schlichtemeier, director of the Servant Leadership Institute at Concordia, who shared wisdom and poured into our young adults.

We're also getting ready to take 11 of our young adults to Bend, Oregon, this summer for an amazing retreat filled with service, fellowship, worship, and time exploring the outdoors.



# - MUSIC MINISTRY -

## Dr. Guebert at Carnegie Hall!

On May 9, 2026, Dr. Christian Guebert will conduct a combined choir, Concert Handbells, the Concordia Sinfonietta, and the Concordia Brass Ensemble in the premiere of his composition "Inscriptions". This new work not only features handbells - it is about historical bells with unique inscriptions. It is a challenging, yet rewarding piece, incorporating several new handbell techniques (at least new to us), including ringing backwards, over-the-shoulder swings, making the sign of the cross, and Mardi Gras beads.

The following individuals from Abiding Savior will be performing Christian's piece "Inscriptions" for choir, handbell ensemble, and orchestra: Lily Jacobs (8th grade), Sarah Thompson (music teacher), Heidi Wolfson, Trinity King, Roxi Korinetz, Mitchell Piantanida, Andres Valenzuela, Emily Valenzuela (Abiding Savior Chapel Choir members and other various music ministries). Troy Randall will be playing concert handbells.

Bravo to Dr. Guebert and all of our gifted musicians!



## A Chapel Music Treat!

Dr. Guebert treated our preschool and elementary students to an engaging chapel demonstration featuring the harpsichord and timpani. After sharing a fascinating historical overview of each instrument, he performed for the group, bringing their unique sounds to life. We are so grateful to Dr. Guebert for sharing his expertise and enriching our musical community here at Abiding Savior!





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> vbs <b>Registration Opens</b> 7p- Concordia Spring Handbells Concert 7:30p-Narcotics Anonymous	<b>2</b> 9a-Altar Guild Prep 10a-Sew and Sews 5p-Praise Worship Service
<b>3</b> <b>Confirmation Sunday</b> Worship Schedule- See chart 9:15a – Adult Bible Study	<b>4</b> 7p-Boy Scout Meeting 7:30p-Narcotics Anonymous	<b>5</b> 6p – Elder Meeting	<b>6</b> 8:15a – Parents in Prayer 9a- Bible Study 6p- Jr. High Youth Group 7:45p-AA	<b>7</b> <b>National Day of Prayer</b>	<b>8</b> 7:30p-Narcotics Anonymous	<b>9</b> 9a-Altar Guild Prep 11a- Carole Wells Memorial Service 5p-Praise Worship Service
<b>10</b> <b>Mother's Day</b> Worship Schedule- See chart 9:15a – Adult Bible Study	<b>11</b> 7p-Boy Scout Meeting 7:30p-Narcotics Anonymous	<b>12</b>	<b>13</b> 8:15a – Parents in Prayer 9a- Bible Study 6p- Jr. High Youth Group 7:45p-AA	<b>14</b> 7:30 p.m.- Abiding Praise Practice 7p- Young Adult Bible Study	<b>15</b> 7:30p-Narcotics Anonymous	<b>16</b> 9a-Altar Guild Prep 5p-Praise Worship Service
<b>17</b> Worship Schedule- See chart 9:15a – Adult Bible Study 11:45a-Life Group, Glenn and Debby Amick 5p – Highschool Youth Group	<b>18</b> 7p-Boy Scout Meeting 7:30p-Narcotics Anonymous	<b>19</b>	<b>20</b> 8:15a – Parents in Prayer 9a- Bible Study 6p- Jr. High Youth Group 7:45p-AA	<b>21</b> 5p – Spring Arts Festival 7:30 p.m.- Abiding Praise Practice	<b>22</b> 7:30p-Narcotics Anonymous	<b>23</b> 9a-Altar Guild Prep 5p-Praise Worship Service
<b>24</b> Worship Schedule- See chart 9:15a – Adult Bible Study	<b>25</b> <b>Memorial Day – Campus Closed</b> 7p-Boy Scout Meeting 7:30p-Narcotics Anonymous	<b>26</b>	<b>27</b> 8:15a – Volunteer Appreciation Chapel 6p- Jr. High Youth Group 7:45p-AA	<b>28</b> 7p- Young Adult Bible Study 7:30 p.m.- Abiding Praise Practice	<b>29</b> 7:30p-Narcotics Anonymous	<b>30</b> 9a-Altar Guild Prep
<b>31</b> 10:15a – Unity Worship Service 9:15a – Adult Bible Study						

**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**

**VBS 2026**

sign up  
before VBS  
fills up!

**RAINFOREST  
FALLS**

Exploring The Nature of God

**July 20<sup>th</sup> - 24<sup>th</sup>**

**SIGN UP. VOLUNTEER. AND DONATE TODAY!**  
[vbs.aslc.church](http://vbs.aslc.church)