

THE LIVE WIRE

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PLUG INTO THE HIGHEST POWER

June 5, 2020

GRATITUDE MUSCLE

All week the feeling here around the church has been that of restlessness. Everyday more packages arrive filled with masks, sanitizers and supplies. Another safety measure is put in place. And lots of cleaning to be done. We want to protect our church family, and still provide an environment where people feel God's presence. To be honest, it's been a bit nerve wracking. No one alive has ever experienced something like the COVID-19 global pandemic, yet everyone has an opinion of how to go about it. Throughout all the chaos and changes two verses have continually been on my mind. 2 Timothy 1:7 "For God has not given us the spirit of fear; but of power, and of love, and of a sound mind" and Philippians 4:13 "I can do all things through him who strengthens me". At the end of the day we want to protect and serve God's people. We are doing that in the way we feel is best at this time. We must

continue to trust that God has a plan, and continue to give ourselves and other grace. None of us are perfect and we all have given in to fears, doubts and anger. My whole life I have told people my faith brings me comfort and peace more than anything else, and especially now. How amazing are those feelings when you feel like you can never do enough, and that you can't make everyone happy, yet the feeling of peace and comfort washes over you? That is a feeling that only God can give and I am so grateful for it everyday. It is so important for us to continue to see the positives. I once read that gratitude is like a muscle, and that we must exercise it for it to be strong. After reading that I was reminded of the song from the movie *White Christmas*, "Count Your Blessings", sung by Bing Crosby. As a little girl I would sing, "when your worried and you can't sleep, just count your

blessings instead of sheep, and you'll fall asleep counting your blessings". We have so much to be grateful for. Though it may not be like it was before, we are going to gather together on Sunday! We will get to worship and hear God's Word together for the first time in months! I encourage you when you feel upset or disappointed to count your blessings, and pray for God's peace and comfort. I promise you that when you start exercising your gratitude muscle you will see results. This is one exercise I promise is worth the effort and will impact everyone's life for the better! And the best time to start is now!

Abbie Cornelius

HAPPY BIRTHDAY

MAY:

29: Christina Hicks, Karen Johnson

30: Wally Cole, Charles Hickey, JoAnne Sherry

31: Lynne Chamberlin, Linda Mormino, Yolanda

Munoz, Tony White

JUNE:

1: Sarah Dawson, Sara Porter

2: Richard Brookmann, Carolyn Geiler, Christine

Hoekstra

3: Sharron Larson, Linda Tremper

4: Barbara Andress

5: Vicki Sams

6: Laurie Boaz, Beth Diehl, Randolph Tremper, James Wagner

7: Myrna Gifford

8: Marsha Hicks, Lindsey Mills

9: Joyce Bridgeman, Vince Porter, Teresa Steinert

10: Sandy Boehm, Christopher Morse, Michael

Olson, Ruth Puvogel

11: Frederick Peters, Roberta Scovill

3 WAYS TO GIVE



Envelope: Ask for a box of personal numbered envelopes from the church office or mail in your tithes

Mobile: Download the Tithe.ly App to give a one-time gift or to schedule ongoing giving using your checking account, debit or credit card. Or text GIVE to (928) 756-0099 and follow the prompts.

SimpleGiving: Request an automatic withdrawal form for recurring once a month giving, available in the office, M - TH 9 - 3 PM; F 9-12 PM.

STAY CONNECTED

See what's happening throughout the week on our Facebook page: [American Lutheran Church](#)

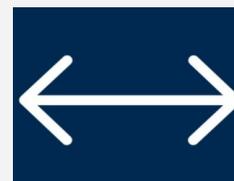
Both our Traditional & Contemporary online services are easily accessible via our [website](#).

If you have a prayer need, please e-mail Abbie at abbie@americanlutheran.net and your request will be passed on to the prayer team.

FOR YOUR SAFETY



Please wear a face mask at all times while on campus. If you do not have a mask we will provide you with one.



Please practice social distancing of 6 ft.



Please wash your hands often and use the sanitizer stations located around the building.