



Feelings of Inadequacy

At one time or another, we have all dealt with feelings of inadequacy. Maybe it's because we lost our temper with our spouse, missed an important work deadline, or were too afraid to say yes to an opportunity at church. How did you feel afterwards? Maybe you were frustrated with yourself or felt as if you didn't measure up. In 2 Corinthians 2:14-17, Paul asks a question that points to this common insecurity: "Who is adequate for these things?" (2 Corinthians 2:16).

Here's the good news: *We are* inadequate – but God isn't. And we trust Him as our Lord and Savior, we become His children, and He gives us His righteousness (John 1:12; 2 Corinthians 5:21). He empowers us and has promised to lead us "in triumph in Christ" (2 Corinthians 2:14). But unless we believe Him and step out in faith, we will never experience the life He has planned for us.

Feeling inadequate isn't a sin, but using inadequacy as an excuse is. When God calls us to do something that feels beyond our abilities, we have two choices: We can focus on Christ and proceed in triumph or focus on ourselves and withdraw in defeat.

It's really a matter of faith. God will always empower us to do what He asks us to accomplish. This doesn't mean we will do everything perfectly, but each step of obedience is a victory that He will bless (Psalm 128:1-2).

For example, Paul never said he was capable of doing all that God called him to. He simply learned to look beyond his own inadequacy to the sufficiency of Christ. And if we adopt the same practice, we will be able to discover the blessings hidden in our experiences of inadequacy. So keep in mind:

Our insufficiency should drive us to God. When we realize a situation is bigger than we can handle, we ought to quickly open the Bible and diligently pray for guidance and power. Inadequacy relieves us of the burden of self-effort and self-reliance, motivating dependency on divine power instead.

We will never be adequate until we draw from the Holy Spirit's inexhaustible strength. He does in and through us what God never intended that we do on our own. By using inadequate people, God demonstrates the great things He can do. There is no limit to what He can accomplish through someone willing to give Him full control.

Inadequacy challenges our faith. Paul says, "Our adequacy is from God" (2 Corinthians 3:5). Those who focus on the reliability of this promise and step out in obedience will grow in faith. Let the Lord make you adequate: Rely upon Him and allow Christ to live in and through you.



It's Time for a Chili Cook Off

Break out your best recipes because it's time to put them to the test at our 12th Annual Chili Cook Off on Saturday, September 21. Tasting will begin at 6:00 PM.

[Sign-up forms](#) are available in the Church Narthex on Sunday or in the Church Office during the week.

Mike Stroube took home last year's 'Golden Ladle Award' with his "Fight On Chili".



So, come enjoy some food and fellowship and don't miss your chance at the chili title!



 **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 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 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



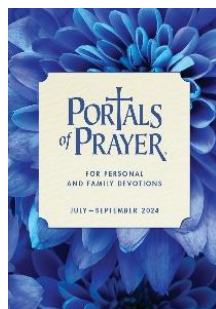
abidingsavior



Please note, the Church Office will be closed on Monday, September 2, in honor of Labor 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.

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.



If you served in the military and have pictures of both past and present, we would like to include them in a video we are planning for Veteran's Day. If your picture was in last year's video, there is no need to resubmit it. All new pictures need to be received by Sunday, October 20. If you have any questions, please contact Lori Beniche at LBeniche@abidingsavior.com.

Altar Flowers

The 2024 Flower Calendar still has open dates! Choose a date to honor or remember a special person or event 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!



LWML Mites Lutheran Women's Missionary League



Mite Boxes are used to further God's kingdom through the mission grants. Its name comes from the lesson of the widow's mite. Mite Boxes are available in the Narthex by both entrances. Place your Mite Box in an obvious place so you can "feed" it. Return your filled Mite Box to the large box in the Narthex and exchange it for an empty box and start filling again! As we continue to support Mite Box projects, may God bless our efforts to spread Jesus' love here and throughout the world.

Scheduling Events at Abiding Savior

To keep everyone informed of the various meetings on campus, we ask that you submit a yellow request form to the church office.

This information is needed for insurance purposes and if there is a conflict between two parties regarding the use of a room, the party with a valid room request form on file will have use of the room. For more information, yellow reservation forms, etc., please contact the church office at 949.830.1460.



On Saturday, September 28, from 8:00 a.m. – 10:00 a.m. Abiding Savior will be holding the 10th annual Great Giveaway in our church gym.

Please consider donating any gently used items at the church office. Items needed are:

- Clothes and shoes for babies, kids, and adults.
- Toys and baby equipment.
- Household and garden items, only if it can fit in the trunk of a car.
- Bicycles that are in working condition.

Items NOT accepted: Large furniture, books, appliances, and mattresses.

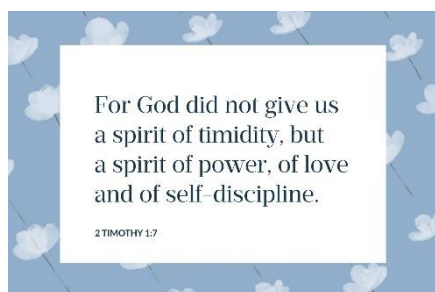
Donations are accepted through Thursday, September 26.

If you have any questions, please contact Samantha Fitt at sammfitt@gmail.com.

Volunteers are needed, please use the signup genius link:

[VOLUNTEER HERE!](#)

We are also providing a pancake breakfast to all those who attend. If you are available to help make pancakes at 6:00 AM we would love to have you on our team. Please contact Lori Beniche at LBeniche@abidingsavior.com for details.



Women's Fellowship; Ladies Night Out will start up again



October 7 at 6:00 PM in the Adult Ed Room for a fun night of BUNCO! You don't need to know how to play, just come roll the dice.

It's a potluck dinner (A-L salad; M-Z main dish) or you can eat on your own before you join us. The Women's Fellowship Team provides all the paper goods, drinks and dessert.

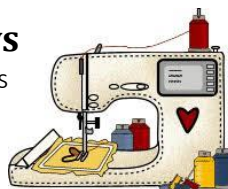
We look forward to seeing you!

The Women's Fellowship Team are Audrey Henry, Lori Beniche, Joyce Brown, Karen O'Brien, Janice Trumbauer, Kathy Vick and Heidi Wolfson.

Mark Your calendars for Advent by Candlelight; Saturday, December 7 - more information and sign ups to follow.

Sew 'n Sews

Sew 'n Sews meet the first Saturday of the month from 10:00 AM - 12:00 PM in room E125 (youth room).



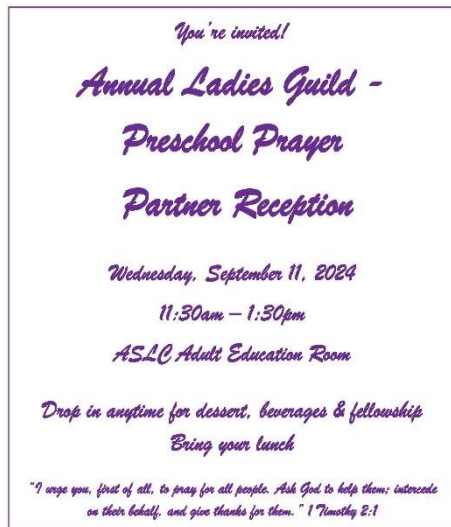
We have sewing machines that you can use or you can bring your own. We provide all that is needed for our projects. Don't know how to sew but would like to learn, join us!

We are currently working on pillowcases for My Own Case for Kids. They provide a suitcase with essentials and a pillowcase for children going into Foster Care.

For questions, contact Janice Trumbauer at krafter@cox.net.

ASLC Ladies Guild

The Ladies Guild are inviting Preschool Staff to a welcome back social on Wednesday, September 11 from 11:30 AM - 1:00 PM in the Adult Ed Room. Please see invite below:



Food Pantry Donations Needed

Thank you to everyone who donated to our food pantry this summer! We are still in need of the following items.

- Tomato Sauce
- Pasta such as rigatoni, macaroni, rotini
- Rice, 1 or 2 lb packages
- Canned Fruit
- Cup of Noodles Ramen
- Canned spaghetti sauce
- Peanut Butter
- Single servings of tuna, chicken, etc for the homeless

Donations can be placed in the bins in the church Narthex or brought by the church office during business hours.

Thank you for your continued support!



Petal Pushers® 2025 Rose Parade Float Coloring Contest



Petal Pushers® is a group of hundreds of volunteers that help the Phoenix Decorating Company decorate Rose Parade floats. The Tournament of Roses Parade in Pasadena, CA will be held on January 1. The theme for the 2025 Parade is **"BEST DAY EVER!"**. This year's theme "...celebrates life's best moments, including unexpected times, simple pleasures, family, friends and community..." The joy, creativity, and color of God's world is an inspiration for all ages living around the world. Petal Pushers invites all students Preschool - Eighth grade, from across the globe to join in the celebration!!! It is time for you to take part in the 14th Annual Petal Pushers Coloring Contest, celebrating the 2025 Rose Parade Float, **"BEHOLD! JESUS THE SAVIOR IS BORN"**. Show us YOUR colorful design while you use the colors from GOD'S beautiful creation. This year finds us with our 14th Annual Coloring Contest. Here's how to enter:

[Click here to download
Coloring Sheet](#)

[Click here to download
Contest Rules](#)

Color the float picture page by using colored pencils or crayons. We suggest not using markers, they tend to bleed through the page.

Complete all the information at the bottom of the coloring page. Entries with incomplete information cannot be judged.



Submit your entry to:

**Lutheran Hour Ministries
Float Committee
P.O. Box 7556
La Quinta, CA 92248**

Entries MUST be **postmarked by November 1, 2024**. Be sure all information lines on the bottom of the page are filled in otherwise your entry cannot be judged. Entries become the property of Petal Pushers and cannot be returned.

Three winners will be selected from each category:

- Preschool-Kindergarten
- 1st – 2nd grade
- 3rd – 5th grade
- 6th – 8th grade

First place winners, as well as their teachers, will receive a \$50 gift certificate to use at the Petal Pushers® online store, a 2025 Petal Pushers T-shirt & Float magnet.

Second and third place winners will receive a 2025 Petal Pushers T-shirt and a Float magnet.

ROSE PARADE FLOAT IN ACTION

The Lutheran Hour Float has been built and was taken out for a test drive in July and everything ran smoothly.



Test Drive #2

The next step is to start decorating this December.

Travel with a purpose this holiday season to the 2025 Rose Parade, Pasadena, CA. Join the Petal Pushers® for an exciting 3-days of preparing and decorating the many meaningful Rose Parade floats including the LHM Christian float. And on January 1st, you will view the Rose Parade from your reserved grandstand seat along the world-famous Colorado Boulevard in Pasadena, CA. Volunteer decorating registration/travel packages is open and available on the Petal Pushers® website at petalpushers.org.

If you are unable to volunteer, please consider a donation. On January 1, Lutheran Hour Ministries will have hundreds of individual conversations regarding the spiritual meaning of our **Behold! Jesus the Savior is Born** float which will include:

- Staff with both English and multicultural volunteers.
- Distributing thousands of souvenir **Behold! Jesus the Savior is Born** post cards.
- Distributing kid's and adult Project Connect booklets.

You may mail your support to: The Lutheran Hour Ministries Float Committee, PO Box 7556, La Quinta, CA 92248 or go to: <https://interland3.donorperfect.net/weblink/weblink.aspx?name=E152411&id=3>

You can also contact ASLC's Lou Marting at 949.770.8420 for more information or questions.

To all of this, we give God the Glory!!

Preschool
Celeste Cisna
Preschool Director



Preschool has completed their long-anticipated back playground renovation. They have removed all of the wood chips and installed the new playground structure purchased with the funds they raised last year from their Trike-A-Thon, Ice Cream Social, and Coin Drive, so thank you to all who donated!

We also have three Silkie Chickens, Mary, Martha, and Esther, who will live on the back playground. If you missed the reveal of the new playground and feathery friends on Christian Education Sunday, we invite you to stop by and take a look.

Please contact me at 959.852.4292 or ccisna@abidingsavior.com for questions or additional information regarding our program.

Elementary School

Donna Lucas,
School Principal



NEW SCHOOL YEAR

School began on August 27. We are excited to celebrate Abiding Savior's 49th year! This milestone is a testament to the dedication of our faculty and staff and the strength of our faith-based education. We're truly grateful to walk this journey alongside you and watch your children grow academically and spiritually. May God guide our steps and fill our hearts with His love!

There is a new security system in place this year. Please click [here](#) to view a letter from Mrs. Lucas regarding the new security system and protocol for visitors.

We will have our first fundraising event on Friday,

September 6 at Check E. Cheese's in Foothill Ranch. Please come out and support the school!!

CHUCK E. CHEESE'S
SCHOOL FUNdraising EVENT
LET'S TURN FUN INTO FUNDS!
Chuck E. Cheese's donates up to 20% of the sales generated from this event to your child's school. Friends and family members are encouraged to help support this event.

Sales includes all food, merchandise, and Play Points deals purchased at the register. Just notify the cashier that you're participating in your school's Fundraising Night.

Event information

LOCATION: Chuck E. Cheese's
TIME: All Day!!
SCHOOL: Abiding Savior Lutheran School
EVENT DATE: Friday, September 6
EVENT ADDRESS: 26562 Towne Centre Dr.
Foothill Ranch, CA 92610

To find out more, check out www.chuckecheese.com
Proud supporter of education in your community!



LCMS YOUTH GATHERING 2025

If you are currently in high school or will be entering high school in Fall 2025, this event is for you! The LCMS Youth Gathering is a five-day experience in New Orleans, LA, where 20,000 high schoolers and leaders gather to worship, fellowship, and have fun. The Youth Gathering consists of exploring the city of New Orleans, meeting new friends, spending days in the convention center, and worshipping in the Superdome at night! The theme for this gathering is ENDURE from Hebrews 12:1-3.

Held every three years since 1980, the LCMS Youth Gathering provides thousands of youth and adults the opportunity to come together as a community of God's people to be encouraged in their walk with Jesus Christ and learn about the Christian faith and their Lutheran identity.

Click the link below to check out the website:

[LCMS YOUTH GATHERING](#)

If you have any questions or would like to learn more, please contact Alexis Wood Upchurch at awood@abidingsavior.com.

Also, follow our Instagram @ASLC_youth for updates, and check out all things Youth Ministry on our LinkTree:

www.linktr.ee/aslcyouth



Youth Group is Back for Junior High AND High School!

5th-8th grades will meet Wednesdays from 6:00 to 7:30 PM starting Wednesday, September 4. There will be snacks, games, and a Bible study!

Starting Sunday, September 8, the high school will meet on Sundays from 5:00 to 6:30 PM twice a month. There will be food, games, and a Bible study!

Youth Group is a great time to get away from the chaos of life and enjoy some time in scripture and with friends.

[Click here for the dates.](#)

Contact Alexis Wood Upchurch to get more information or if you have any questions. She can be reached at awood@abiding savior.com.



Child/Teen/Adolescent Individual Therapy

2024-2025 School Year

\$45
Per Session

Our therapists 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

Individual sessions are held at Abiding Savior, during the school day.

Limited after-school (3pm) sessions available, must be booked in advance. Scholarships available on as needs basis.



To schedule an intake or for more info:

sandra@seedstherapy.org

📞 949-259-5330

www.seedstherapy.org



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 Worship Schedule- See chart at bottom of Calendar 10:30a-Praise and Nurture	2 LABOR DAY OFFICE/SCHOOL CLOSED 7p-Boy Scout Meeting 7:30p-Narcotics Anonymous	3 8:30a-Large Print 5p-Pickleball	4 8:30a-Large Print 9a-Bible Study 6p-Jr High Youth Group 7:45p-AA	5 8:30a-Large Print	6 7:30p-Narcotics Anonymous	7 9a-Altar Guild 10a-Sew 'n Sews 5p-Praise Worship Service	
8 Worship Schedule- See chart at bottom of Calendar 10:30a-Praise and Nurture 5p-High School Ministry	9 7p-Boy Scout Meeting 7:30p-Narcotics Anonymous	10 8:30a-Large Print 5p-Pickleball 7p-Elders Meeting	11 8:30a-Large Print 9a-Bible Study 12p – Ladies Guild 6p-Jr High Youth Group 7p- Free to Grow forum 7:45p-AA	12 8:30a-Large Print 6:30p – Praises Ring 7:30p-Abiding Praise	13 7:30p-Narcotics Anonymous	14 9a-Altar Guild 5p-Praise Worship Service	
15 Worship Schedule- See chart at bottom of Calendar 9:15a – Free to Grow Forum 10:30a-Praise and Nurture	16 8:30a-Large Print 7p-Boy Scout Meeting 7:30p-Narcotics Anonymous	17 8:30a-Large Print 5p-Pickleball	18 8:30a-Large Print 9a-Bible Study 6p-Jr High Youth Group 7:30p-Chapel Choir 7:45p-AA	19 8:30a-Large Print 6:30p – Praises Ring 7:30p-Abiding Praise	20 7:30p-Narcotics Anonymous	21 9a-Altar Guild 10a-Glenn Witte Memorial Service 5p-Praise Worship Service 6p-Chili Cook Off	
22 Worship Schedule- See chart at bottom of Calendar 10:30a-Praise and Nurture	23 7p-Boy Scout Meeting 7:30p-Narcotics Anonymous	24 8:30a-Large Print 5p-Pickleball	25 8:30a-Large Print 9a-Bible Study 6p-Jr High Youth Group 7:30p-Chapel Choir 7:45p-AA	26 8:30a-Large Print 7:30p-Abiding Praise	27 7:30p-Narcotics Anonymous	28 8a-The Great Giveaway 9a – Free to Grow forum 9a-Altar Guild 5p-Praise Worship Service	
29 Worship Schedule- See chart at bottom of Calendar 10:30a-Praise and Nurture 5p-High School Ministry	30 7p-Boy Scout Meeting 7:30p-Narcotics Anonymous						

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**

12TH ANNUAL
Chili
COOK OFF!

SATURDAY,
SEPTEMBER 21

**CHILI TASTING
BEGINS AT 6PM!**

**VOTE FOR THE
BEST CHILI THIS
SIDE OF TEXAS!**

Abiding Savior
Lutheran Church

DON'T MISS THE OPPORTUNITY TO BRING
THE FAMILY FOR GREAT FUN!


JOIN THE
**MUSIC
MINISTRY**

MAKE A JOYFUL NOISE!

Abiding Savior
Lutheran Church