

January 2022



**Lord of Life
Lutheran Church**
2100 Buffaloe Road
Garner, NC 27529

Email: LordofLife2100@gmail.com
Pastor's Email: wdubnansky@gmail.com
Website: www.lordoflifechurchgarnernc.org
Office (919) 772-9044

Pastor Wayne Dubnansky
Minister of Music Dr. Brad Hunnicutt
Office Manager Laura Raun
Web Master Gray Anthony

Congregational Council

Alecia Harrison President
Julie Bogle Secretary
Lindsay Crocker Treasurer
Tess Andrews Deputy Treasurer
Terry Barnes Financial Secretary
Sarah Watkins, Steven Brantley



WORSHIP SCHEDULE

Sundays: 10 am – In-Person Worship

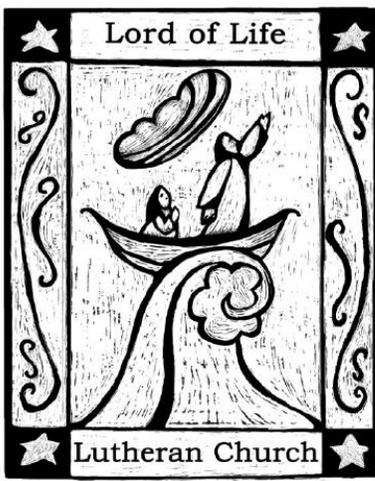
10 am - Virtual Worship via Facebook

Live [https://www.facebook.com/
LoLLCGarner](https://www.facebook.com/LoLLCGarner)

Eucharist: Every Sunday



2021 GOODBYE



Life-Lines

January 2022



WONDERMENTS FROM PASTOR WAYNE'S WORLD

Let me begin with some thoughts about the old year, 2021. We remember.

The wise writer of Ecclesiastes said, *“Remember also your Creator in the days of your youth, before the evil days come, and the years draw near of which you will say, ‘I have no pleasure in them.’”* (Ecclesiastes 12:1) Right now, 2022 is young and the opportunities seem fresh. Every New Year, every new season, is grace. Thus the proper response to the last year, which is probably not on any one’s lists of years to remember, is not “I’m glad it’s over.” Or “We made it through.” Maybe it should be “Thank You, Lord”, that’s all; or “Thank You, Lord” attached to “We made it through.”

As we move to the New Year let us first take the time for ourselves to “Rest in Christ”. If we stressed greatly or worried unnecessarily or even grieved what had been, let us begin this year by “resting in Christ”. Jesus invites us to do so. *“Come to Me, all who labor and are heavy-laden and I will give you rest. Take my yoke upon you, and learn from Me for I am lowly and gentle in heart, and you will find rest for your souls, for My yoke is easy and My burden is light.”* (Matthew 11:28-30).

To “rest” does not only mean doing nothing or being inactive, it is doing, serving, and active living. As a result of doing that, we then “rest in Christ”.

The prophet Jeremiah connects doing and being active with resting. Jeremiah says, *“Stand by the roads, and look and ask for the ancient paths: where the good way is, and walk in it, and find rest for your souls.”* (Jeremiah 6:16) I think of all the walking Jesus must have done during His ministry. No wonder He always appeared so relaxed, calm, and “rested”.

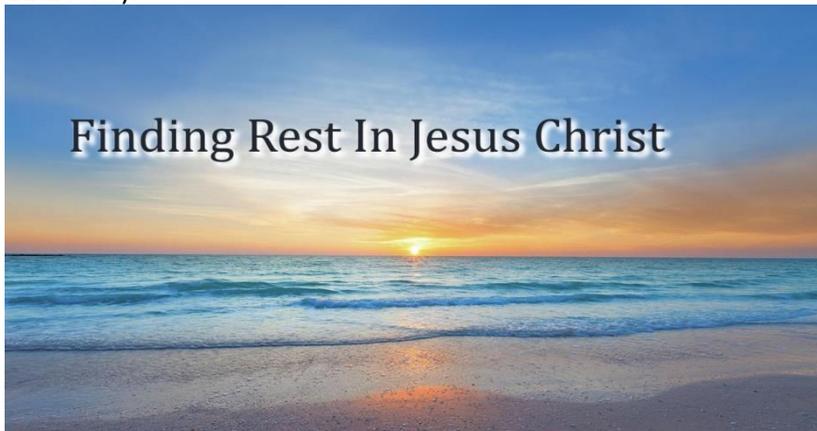
Coming back from seeing the film American Underdog on Christmas night, in my less than two mile car trip to the cinema, a car pulled out in front of me which tested my reflexes unnecessarily. (I still have good reflex response!) That short drive was not restful. Earlier in the day I walked around a lake in our neighborhood enjoying geese gliding on the water and a gentle breeze cool me. That was restful. I know we have several walkers who walk regularly in Lake Benson and White Deer Parks. As you do so, may you “find rest for your souls.”

May you “Rest in Christ”.

This New Year, may we all find “rest in Christ”.

~ Pastor Wayne

Finding Rest In Jesus Christ





From the Desk of Your Council President

I cannot believe this is our second Covid Christmas! Something to consider... Have you felt joy this week? Am I looking forward to something? Am I making meaningful contributions to others? I pray that you can say YES. And if not, work toward being able to say yes. Things to celebrate this year over last year include worshipping inside, singing, modified sharing of the peace, fellowship and resuming the Annual Christmas Party. We may still be wearing masks but we have much to be grateful for this year!

Your Council continues to develop ways to measure success with our four **2022 Goals:**

- * Worship that nourishes people and deepens their faith and personal relationship with God
- * Incorporate members of all ages and use their gifts in our church ministries
- * Help members live out their faith in their daily lives
- * Build excitement within and without

We owe a deep appreciation to Lindsey Crocker, Becky Babel, Tess Andrews and Harry Albert for wrestling through mounds of papers and two computerized accounting systems to get a clear picture of the Lord of Life finances!!! 2020 was fortunately a very flat year for us; we had decreased contributions AND decreased expenses. 2021 had a resumption of expenses but not as much increase in contributions. We spent around \$20,000 more than our income in 2021. We are not behind in the payment of any of our bills. We used our savings to make up the deficit in our checking account. This is a practice that we cannot continue. Our finance committee will continue to look for ways to cut our expenses for 2022. I ask each of you to consider if you are able to increase your giving for next year. Thank you for your prayerful consideration.

We are still on course to pay off the church mortgage in about 6 years.



We have raised over \$37,000 for the kitchen renovation. This is an acceptable amount to Able to Serve to continue their classroom and kitchen renovation project. A Contractor has been identified, measurements done and supplies ordered. Just waiting on those materials to arrive before construction will begin.

Town Hall Meeting



I am aware of some unrest within the church. I want to make sure everyone feels that they are heard. Everyone's concerns are important. No one person's opinion is more important than another's. The Council will hold a Town Hall meeting on Saturday, January 8th at 3pm. We hope that many of you can attend. We need to voice your concerns so they can clearly be addressed.

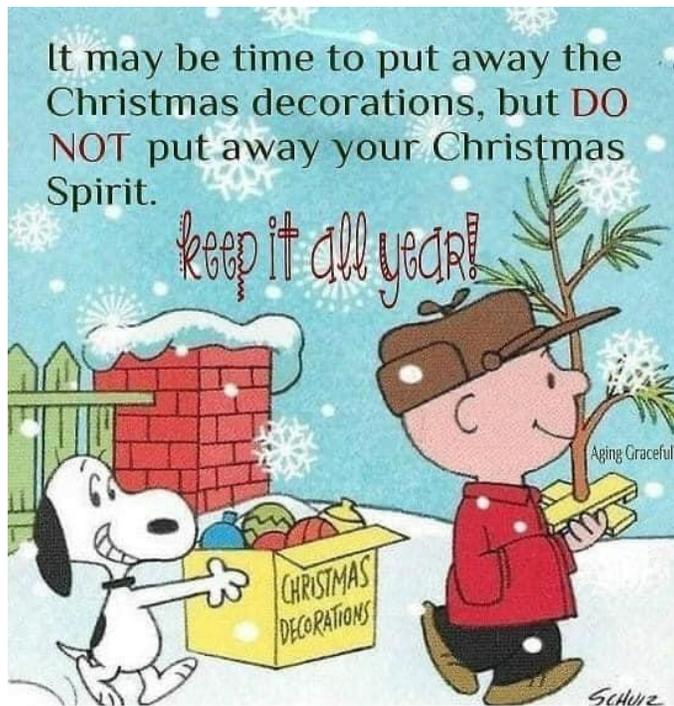


Our Annual Congregational meeting will be held on Sunday, January 23rd after worship. Please plan to attend. We will elect our new Council members, approve the 2022 budget and get updated on the ATS renovations. The following people have agreed to run for the Church Council: Sylvia Lambert and Sarah Watkins for the one year term and Terry Barnes, Tim Clark, and Gale Isaacs for the three year term. Their Bios are posted in the hall outside the Church Office and are included in this newsletter.

The Leaders' Retreat will be held on Saturday, February 5th from 9am until noon. All Council

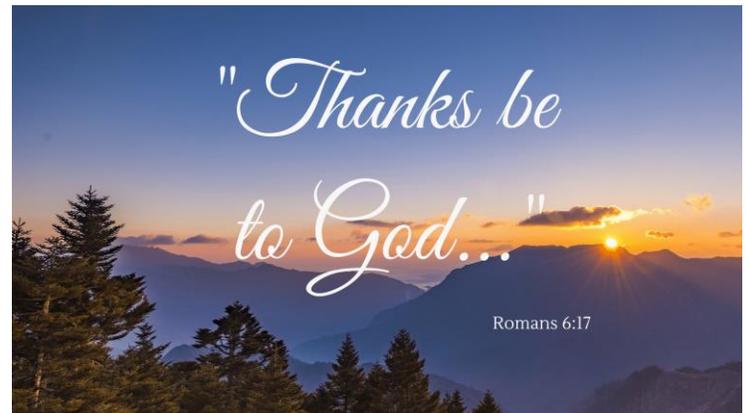
members and committee chairs are encouraged to attend. This is our annual review of ministries at LOL and planning meeting. We have invited Heidi Kleine, the Coach appointed to LOL from the NC Synod to meet with us during this time.

Finally, I want us all to take a moment to celebrate the coming of our Lord and the celebration that Christmas is! We have a Savior of the world. He came to our world as an infant to experience all the joys and concerns of a human then became the perfect sacrifice for our sins. Before Jesus was born, animal sacrifices were common. This was an attempt to show God how sorry we are for our past sins. Jesus' death on the Cross satisfies God's judgment of ALL our sins; past, present and future. That is still a little hard for me to comprehend, but THANK YOU LORD! As a believer in Jesus Christ, we are saved from eternal judgment and will spend our eternity with God. Jesus made a way for us to have a relationship with God and a promising future versus a dreaded ending. This is a time to celebrate Jesus for ALL that He has done for us and continues to do for us!



You may know that a Christmas tree is suspended over I-440 between North Hills and Crabtree exits. The tree has been there for years, but it means more to me this year than years past. Maybe it is because we have lost so much due to the pandemic. Since it is now dark when I go to work, I purposely go by the suspended tree to remind me that my Savior came to this world to provide me a way out of the punishment I deserve for my sins. And fortunately, we are able to say "Merry Christmas" at my job! I am learning that

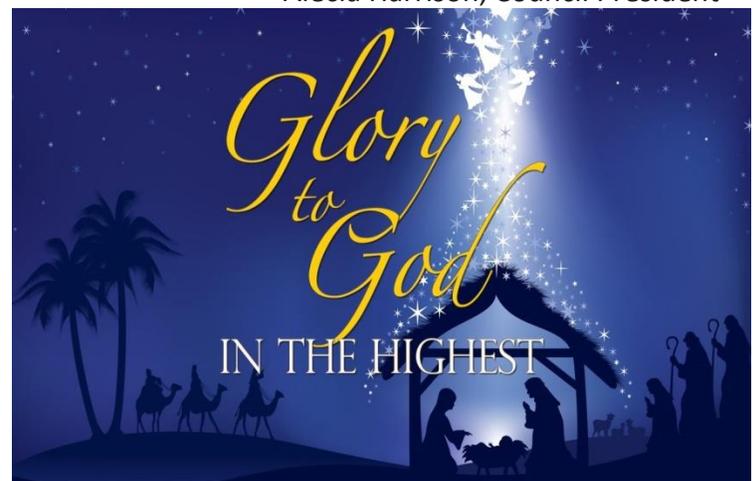
many businesses are discouraging Christmas reference and using Happy Holidays instead. This makes me sad! But what makes me happy is that there is also a lit Christmas tree on top of the building where I work during the month of December. I thank Ronnie, the maintenance director, every chance that I get for ensuring the Christmas tree is on top of the building. It is the first thing that I see when I crest the hill to the Surgery Center. I take a deep breath each morning as I arrive and say, Thank you God that I get to work here today. Thanks be to God!



"And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, 'Do not be afraid. I bring you good news that will cause great joy for all the people. Today in the town of David a Savior has been born to you; he is the Messiah, the Lord. This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger. Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, 'Glory to God in the highest heaven and on earth peace to those on whom his favor rests.'"

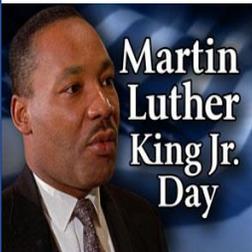
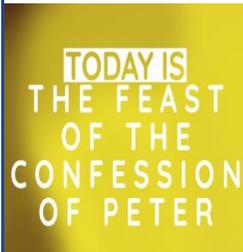
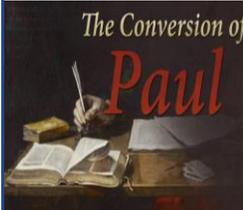
Luke 2:8-14, NIV

Blessings,
Alecia Harrison, Council President





January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Every Sunday 9 am Coffee & Old Testament Bible Study 10 am Worship						1
2	3	4	5 7 am Rotary Breakfast	6  Epiphany	7	8
9	10	 Human Trafficking Awareness Day January 11	12 7 am Rotary Breakfast	13	14	15
16 RELIGIOUS FREEDOM DAY JANUARY 16 	17  Martin Luther King Jr. Day	18  TODAY IS THE FEAST OF THE CONFESSION OF PETER	19 7 am Rotary Breakfast	20	21 National Hug Day 	22
23	24	25  The Conversion of Paul	26 7 am Rotary Breakfast	27	28	29
30	31					



We Are Grateful For Your Boundless Generosity

“When a man becomes a Christian, he becomes industrious, trustworthy and prosperous. Now, if that man when he gets all he can and saves all he can, does not give all he can, I have more hope for Judas Iscariot than for that man!”

— John Wesley

Although this blurb from Social Concerns Ministry kicks off the new year of 2022, 2021 would have been an unnoticeable blip on the giving spectrum. However, our Lord of Life Congregation rocks! (adjective... not verb or noun). In other words we asked, and you gave; we reached out and you reciprocated; we semi-pleaded and you acquiesced! You supported our Christmas Giving Initiative in earnest by supporting twenty-five (25) children from the Aversboro Road Child Care Center! How did you contribute? Well, each child received a coat, a pair of shoes and, most importantly to them, a toy; it was most appreciated!

We are always in the fight against hunger as we contribute weekly to Garner Area Ministries. At year's end, five-hundred dollars per school donations, hopefully served to bolster spirits, feed, and otherwise assist needy children at Creech, Rand, East Garner, and Timber Road elementary schools. We added Community of Faith, Central & Eastern NC Food Bank, ELCA Good Gifts, and Garner Police and Fire Departments to name a few.

The *Sixth Annual Mary Jo Albert Memorial Christmas Concert*, while virtual in 2020, in December proved to be the in-person musical experience that we all anticipated. It was, to state simply, a wonderful event. It lifted our spirits and spurred on the Christmas holiday to ready us for this incoming year.

It is because of you, our brethren in Christ, that we can achieve a wide range of outreach and together with your continued rise-to-the-occasion support, Social Concerns Ministry is looking forward to a bountiful 2022. Think faithfully upon these words: *“The best way to find yourself, is to lose yourself in the service of others.”* —Mahatma Gandhi.

Happy New Year All!

Your 2022 Social Concerns Ministry Membership:

Rita Clark, Treasurer

Alecia Harrison, Co-chair

Helen Holderman, Rotary Liaison

Gale Isaacs, Co-chairs & Secretary

Sarah Watkins, Council representative

Enid Weatherwax, Yard Sale Diva

Pastor Wayne, Ex Officio



Religious Freedom Day seeks to commemorate the Virginia Statute for Religious Freedom. The statute became the inspiration for the 1st Amendment of the US Constitution and led to freedom of religion for all Americans. The 1st Amendment states that Congress shall *make no law respecting an establishment of religion, or prohibiting the free exercise thereof.* And this day honors the guarantee of freedom to practice whatever religion one chooses.

According to the Pew Research Center, as of 2021, 70% of US citizens were Christian, and 22.8% considered themselves unaffiliated.

While almost all US Presidents have identified as Christian, two – Thomas Jefferson and Abraham Lincoln – had no affiliation.



PARISH COMMITTEE

Our Parish Committee last met on 9/5/2021. We discussed proposed website updates for Parish, welcome packet updates and our church member directory. We reviewed our LOL directory and each of our committee members participated in reaching out to LOLers we haven't seen in a while. We reached out to people via emails, greeting cards and actual phone calls. Remember phone calls, where you can actually hear somebody's voice (maybe not quite as good as an "in person" visit)? It was nice chatting with some of our members and former members. Our next meeting will be 1/16/22 @ 11:30 in the conference room (Library).

We've had many good after service Fellowships and will be discussing that at our next meeting. Thank you to those groups and individuals who have helped with Fellowships; Social Concerns, Council, Alter Guild and Men's Group to name a few.

Our council has been requesting an upgrade to our current Facebook Broadcast, which has primarily been made possible by Scott Lokken and also Tony Cappelletti. I reached out to Creative Acoustics and have been working with them for quite a while in getting quotes, updated quotes and attempts at scheduling an upgrade to our Facebook broadcast equipment. The installation with a new camera inside the sanctuary took place on December 20th. Thanks to Scott Lokken, Tim Clark and Laura Raun. Anyone who is interested in being a backup Facebook Videographer to Scott, please let me know. At this time, WE DO HAVE AN OPENING for this position, please let me know if you are interested.

Our LOL Christmas party was a great success and it seemed everyone enjoyed themselves and all that great food! The key to success was all the great people who participated and attended.

We're starting a New Year and can be thankful for all God has done for us and will continue to do for us!

God's Peace,
Terry/Parish Chair

Parish Committee Members: Grace Barnes
Steve Brantley
Barbara Kyles
Tim Clark
Pastor Wayne



Your Rotary Crew Needs Your Help

As you may know the Rotary Crew serves breakfast at 7 am every Wednesday to the generous Garner Area Morning Rotary. Our current crew consists of Alecia Harrison, Don Craig and Helen Holderman. Pastor Wayne kindly makes coffee on Tuesdays and Kathi Tichansky gifts us with a sweet each week. Kathi's talent is baking and she generously makes a treat for us each week before heading to work. YAY to Kathi!!!

Immediate Need:

Alecia will have knee surgery at the end of January and we need a replacement for several weeks. This would involve arriving at church at 6 am to help cook and serve and stay until around 8:30 or 9:00 to clean.

Ongoing Need:

Clean up crew from 8 until 9. Can you volunteer once a week, once a month?

Casserole makers - We serve 4 casseroles once a month. A dish every few months would help.

Contingency plan:

What happens when the regular crew has conflicts? We need people who are willing to jump in and help when one or more of us can't be there. It would be helpful if you could shadow us on a Wednesday to see what is involved and if this would work for you. Not everything is done early on Wednesdays. We also need help shopping, setting up on Tuesday afternoon or evening for the non-early birds.

Please contact Alecia, Don or Helen if you can help or if you have further questions.



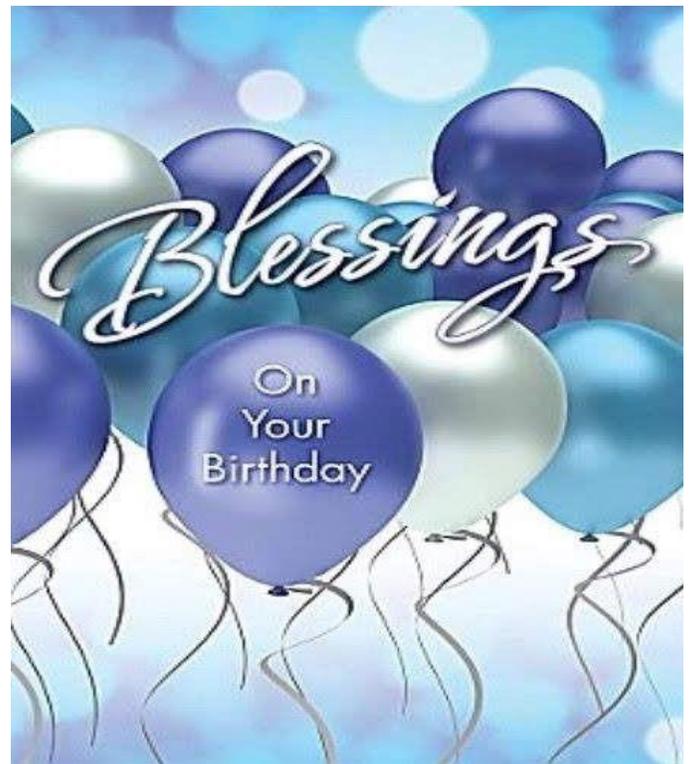
We pray for our world and those in it with hope for our future.

Antonio's baby brother Ashton (2 yrs.) has a hole in his heart and having heart surgery January 6; Sylvia Lambert's niece, Lori Wise – cancer; Liz Larson – struggles; Sheryll Albert's father, John Pope, and his wife, Barbara Pope; Jim Powers; Shirley Poole; Paula Pickler; Eric & Julie Roeser; Julie Roeser's brother, Paul Panek; Jonathan McCoy; Bob Savoysky – pancreatic cancer; Gary Dubnansky; Karen Morassi, cousin of Anne Marie Dubnansky; Ingrid Albee, long-time friend of the Dubnansky's; Joan Stuart – broken hip; Rebecca Swanson's nephew, Dr. David Shaefer, and her great niece, Hope Emmaline; Mary Langworthy's mother, Evelyn Peterson – broken femur; Mary Langworthy's Nephew's Wife, Stephanie Evans – double mastectomy; Mary Langworthy's brother, Tom Schmidt; Lora Clark's friend, Rebecca Bowman, recovering; Kevin & his family, stage 4 cancer; Dennis King; Ginny King's niece, Robin Littleton – recurrence of breast cancer; Peg Stamp, myeloma; friends of Julia Lochra, Tom Chism – ALS, and Lynne Wright – death of her husband; Kathryn Lochra, Julia's sister; Tess Andrews brother, David Van Benschoten,

multiple myeloma; John Driggers – heart surgery; Lindsay Crocker's Nephew, Daniel Harman, health and healing; Pam Klawiter's

co-worker, Carolyn Harbertson, breast cancer; Holly Hans' sister, Heather House and her family; Holly Hans' mother, Carol Hardy; Don Wallace's nephew, Chuck Wallace - health problems; Susie, Benjamin and Bryce Lowe.

Please say a special prayer for the 1,400 Americans and thousands of Afghan allies who were needlessly left behind in Afghanistan.



January

January 6	Holly Hans
January 7	Becky Roof
January 8	Grace Barnes
January 9	Anne Marie Dubnansky
January 14	Jamie Bredell Becky Von St. Paul
January 15	Rita Clark
January 18	Gere Savolainen
January 21	Ryan Macurdy
January 24	Barbara Kyles
January 25	Pastor Wayne Dubnansky

February

February 3	Daniel Cook
February 9	Paul Finger Lisa Hash Burnett
February 12	Daniel Jordan
February 15	Clyde Cook Vince Wright
February 16	Josh Kestner
February 17	Antonio (Tony) Smith
February 21	Patrick Niemann
February 24	Helen Reeves
February 29	Paul Blanchard



Reset 2021...

Anticipation in a New Year

*"I like the dreams of the future
better than the history of the past."*

—Thomas Jefferson

It's over! (I think)...so, we begin anew, again! The New Year is a time for reflection and satisfaction of a job well-done. Ecclesiastes 5:18 says, *"This is what I have seen to be good: it is fitting to eat and drink and find enjoyment in all the toil with which one toils under the sun the few days of life God gives us; for this is our lot."* For many, when the calendar flips to January 1st, we transform into champions of organizing "stuff," or diligent in our work efforts, or super dependable fixing stuff, all in anticipation of what is to come. It would have been great to witness first-hand the definitive anticipation: the birth of the Christ Child... wow!

Ultimately, new beginnings give way to new endings, so in this sense I am immensely thankful for past Graces; but if you're feeling a little bit weary at the end of this very, very, long year, you're not alone. Chances are, as you look back on the last 12 months, you feel an excess of mixed emotions about it. You feel gratitude that you made it through; sadness for those who didn't; and relief that it's in your rearview mirror. Still, it's not without fragments we'd rather forget. We can't help but hold mixed emotions in our anticipation of what lies before us... day-to-day apprehension and even more trepidation about our country and our world landscapes in general. So you know what? Let's not conjure up things that we don't have to... pity-party, SCAT! Besides, we humans can't handle this, but we know who can; God can.

Perhaps we should look beyond the mindset of settling back into our pre-holiday mode, especially since we're encouraged by this sense of urgency that each new year brings. Instead, we can sorta scrap the New Year's Resolutions thing! Unless, of course, you have notions that were put on the backburner in 2021, which are now primed and ready to be put into action... go for it! Everybody likes new things and according to Isaiah, so does God by having said, *"Do not remember the former things or consider the things of old; I am about to do a new thing..."*

Undoubtedly 2022 will hold challenges for us... some new; some old; some metamorphosed. This isn't bad. It's life. Yet, like those challenges we've faced before, what matters most is not the challenges themselves, but how well we choose to respond to them (and yes, good or not-so-good the choice is ours). It matters HOW, and IF, we apply lessons to the problems as a means to grow in relationships; grow in leadership; grow in life; and grow in spiritual upbringing (yes, we're still growing)... we can do anything through Christ who strengthens us; this is a paraphrase of the ultimate encouragement verse (Philippians 4:13).

Let's not focus simply on the turmoil (real or imagined). Things will never be perfect, but that doesn't mean we should slack off and not have hope, faith, charity, and love for ourselves as well as for each other.

So, for this shiny new 2022, let's just stay the course of praying to God for what we need and offer appreciation and thanks to Him for all He has done. This way we can continue boldly to do His will and bask in His glory, benevolence, Grace and peace. To God be the Glory, for the things He has done!

Happy New Year to All! Be Blessed!

Gale J. Isaacs





THE UNFORGIVABLE: A Review

Right up front I have to say this is a hard movie about a rough character named Ruth Slater. It can only be seen on Netflix.

Here is the context: Ruth Slater, played by Sandra Bullock, gets out of prison after serving 20 years, and immediately goes to the house of Liz and John Ingram. It is in the middle of nowhere, in a rural area outside of Seattle, Washington. Slater used to live there. In fact, her crime was committed at that house. It had become known as the “murder house”. She killed a police officer. As the film progresses, we see more and more of the story behind Ruth’s crime which is not completely revealed until the very end. The married couple living in her former house now knew nothing of its past, which is hard to believe.

Ruth has returned to the house in search of her “kid” sister whom she left behind while she was incarcerated. Ruth does everything right on the “outside”. She gets a job at a fish processing factory (big business in Seattle). She is pounced upon and beaten up when her co-workers find out about her past. While kicking Ruth, one of them shouts out, “My father is a cop.” To her co-workers, Ruth is unforgivable. She takes on a second “job” remodeling an unused church so it can be used for a community center thereby showing and “speaking” excellent “carpenter skills”. She reports to her parole officer every week who keeps reminding her she will always be a “cop killer”. To him, Ruth also is

unforgivable. The police officer she killed left two sons behind who are outraged that she was paroled from prison. She killed their father when they were children, and one more than the other even wants revenge. To them, Ruth is certainly unforgivable.

One major reason I am telling all of you about this movie is rather obvious. If I met her and got to know her past, would I feel she was unforgivable? I hope not, but I wonder if her rough look would get in my way of even giving her the chance to be forgiven. If she walked into our sanctuary one Sunday morning, would we welcome her, especially would we welcome her once we heard her story? All this is enough for one movie.

However, there is an entire, much more important subplot of the film than “unforgiveability” (is this even a word?) which we do not know about until the end; and that is sacrifice. I won’t say anything more about this since I don’t want to be accused of ruining the movie. If you want to know about the “sacrifice” central to this film, watch it, or ask me and I will tell you if you don’t want to see the movie yourself.

I said this about Amy Adams after seeing “Hillbilly Elegy”, and I will say this about Sandra Bullock. She should get at least an Academy Award nomination for her performance as Ruth Slater. Amy Adams did not get even a nomination. I feel Bullock should be honored by at least a nomination if not a Best Actress win.

~ Pastor Wayne

Meet Your 2022 Council Nominees

Terry Barnes

I was born and raised in Unadilla, New York, a small town in upstate NY. My father, (Clinton Barnes) was a hard-working man who held jobs as a dairy farmer, carpenter and started his own business of Barnes Plumbing, Heating and Electrical. My mother, (Lena Barnes) was a hard-working woman who helped anchor our family's structure of a Christian home as a mother, wife, Sunday School Teacher and manager of Barnes Trailer Park. We were members of Unadilla Baptist Church throughout my upbringing.

I attended Broome Community College in Binghamton, NY and received an Associate's degree in Mechanical Engineering Technology. Upon graduation, I was hired by IBM Corp. in Fishkill, NY, which was the largest semi-conductor facility in the world at that time. After six years with IBM, my feet got cold in a blizzard in 1992. At this time IBM was offering severance packages for those who wanted them and as God directed me, I raised my hand at IBM and took an incentive package.

My severance package provided pay for 3 months, and it was 3 months exactly in acquiring a job in Wake Forest, NC at "The Body Shop" cosmetics company as an engineering technician for our packaging facility of shampoo, moisturizers, etc. I was later hired by GSK Pharmaceuticals in 1996 and am still employed there. In 1997, I met the woman who captured my heart... Grace. We were married in 1998.

Grace and I went to various churches of different Christian faiths and started going to LOL Lutheran Church around 2012. LOL seemed to be a good fit for us with Grace's Catholic upbringing and my Baptist upbringing, it was a good compromise. We were impressed by the many friendly, welcoming people at LOL and attended an LOL Christmas Party around 2011 (before we were members). The Christmas Party was the spark that ignited our interest in attending the services and joining LOL.

I was on the LOL Council previously from 2014 – 2016. I'm currently the Chair of the Parish Committee, Treasurer of Men's Group, Financial Secretary, Member of Property Committee and I run the audio/sound for services. I've seen many good people come

and go over the past few years. I'm hoping over LOL's near future, we can experience more people coming than going.



Tim Clark

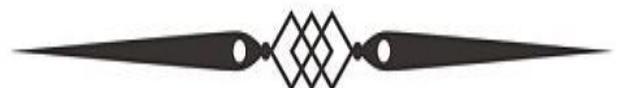
I was born in Morgantown, WV, 75 years ago and spent the early part of my life living in several different northeastern states, including Pennsylvania, Vermont, Virginia, and two other locations in West Virginia. My father was in the US Forest Service.

I returned to Morgantown where I graduated from high school. I was in the Army for about three years serving in Heidelberg, Germany and in Chu Lai, Vietnam. I graduated from West Virginia University in January 1972, with a degree in Agriculture

I married Rita in December 1968 and she has put up with me for 53 years.

We have two children - Joseph and Lora. Lora is active at Lord of Life, when her work allows. Most of my career was spent with Deere and Company in industrial and forestry equipment. I worked in product support, sales, and marketing. While with Deere we lived in Orlando, Florida, Saratoga Springs, New York, and Raleigh, North Carolina.

Rita and I have been involved with Lord of Life since 1989 when we were in the original church building. Rita and Lora were much more involved than I was during the early years. I became much more active after I took an early retirement. I have been very involved in our buildings and land for about 20 years. I have also been active in the men's group for the same amount of time. I am currently Vice President of the Men's Group, and Chairman of the Facility Committee, and a long term member of the Parish Committee.



Gale J. Isaacs

Gale is a 'second-time-around-er' for Church Council activities. She previously held the offices of secretary and vice-president and worked with three Council Presidents. She lives in Raleigh; loves Pittsburgh Steelers football; and is married to her best friend, Thomas.

Professionally, she is a clinical professor in Communication Sciences & Disorders with primary teaching responsibility in the respiratory & neural anatomies at the University of North Carolina. She previously held positions at Elizabeth City State and Shaw Universities. She received the PhD degree from UNC.

Gale has several peer-reviewed research publications to her credit and is a past editorial consultant in language for the *Journal of Speech, Language, & Hearing Research*. She also holds memberships in several service organizations and has received numerous academic and leadership awards on the local and national levels.

She is a people-person (just ask her anything) and considers friendship to be God's greatest gift.



Sylvia Lambert

I'm Sylvia Lambert and I am from West Virginia. My husband Jack and I came to NC in 1999 following his retirement from Allegheny Energy. Jack and I had been married 51 years at the time of his death in 2016. We were blessed with 2 amazing sons and 3 absolutely awesome grandchildren.

Brent, our oldest, lives in North Raleigh with his fiancé Val. He works in logistics and supply chain management for Hitachi Energy. He and Val are also Master Scuba Dive instructors and are part owners of Divin' Dawgs in New Bern. Val is head of the French department at NC State. Brent has 1 son, Ian, who is completing his first tour of duty in Anchorage, AK. Next June he will be stationed at Fort Bragg 82nd Airborne Division.

Brannon, our youngest, and his wife Marissa live in Garner. He is a CFP and owner of Canvasback Wealth Management. Marissa works in sales for the past 10 years at a locally based software company in Cary. His daughter Jerri (13) attends Heritage Leadership Academy. She is an avid ballerina and tap dancer.

Their son Forde is 3 and greatly enjoys his preschool days at Ernest Myatt Presbyterian. He also loves his Mamaw "A bushel and a peck!" 😊

As for myself, I graduated from Glenville State and WVU with a BA in Elementary Ed K-6 and a Masters in Language Arts and Math grade 6-9. I taught middle school math in WV and NC. I also did math remediation, and did 3 years in special needs after retirement. Two years prior to coming to NC I took a break from education and worked for the FBI in Clarksburg, WV.

I have attended many churches through moving with Jack's work several times and coming to NC. I have served in many capacities in the church including council member and council secretary. Other roles included assisting as worship and communion assistant and teaching adult and children's Sunday school. While at Christ the King Lutheran in Cary, I did all the training for becoming a Stephen Minister. I also served as a Stephen Minister for a short time at Edenton Street Methodist when I moved to Garner from Cary. I also attended BSF for 8 years. Now that I have settled in my new home in Garner, I look forward to serve out my days at Lord of Life in whatever capacity the Lord sees fit!



Sarah Watkins

Hi Lord of Life congregation! My name is Sarah Watkins. I have been a member of Lord of Life Lutheran Church since I was around a year old. With the help of my Mother, I even "signed" our Charter! I have been an active Lutheran my whole life. I have been on the Church Council for two different terms, both for three years. I have held the office of Vice President and President. I am an active member of the Social Concerns committee as well. Lord of Life holds a very special place in my heart. The people here have helped me grow into the adult I am today, with the strong faith I have today. Outside of Church, I am a Preschool teacher at The New School Montessori Center in Holly Springs. I love spending time with friends and family, and I love to read. I have two fur children - Jake, an eleven year old Golden Doodle, and Jasper, a very sweet, loving, and trying three year old tabby cat. I am looking forward to serving as one of your Council members for a one year term. I am finishing up an extended three year term (thanks Covid). We as your Council, are ready to hit the ground running in the New Year! Thank you for your support and continued prayers.



Overcoming Negative Thoughts

A Scripture Writing Plan

Day 1: Philippians 4:8
Day 2: 2 Timothy 1:7
Day 3: 1 Peter 5:7
Day 4: Romans 12:2
Day 5: Ephesians 6: 10
Day 6: Ephesians 6:11
Day 7: Ephesians 6:12
Day 8: Luke 12: 7
Day 9: Psalm 139:14
Day 10: Psalm 139:17
Day 11: Jeremiah 29:11
Day 12: Romans 5:8
Day 13: Romans 5:9
Day 14: Matthew 10:31
Day 15: 2 Corinthians 5:17
Day 16: Psalms 94:19
Day 17: John 15:16
Day 18: Zephaniah 3:17
Day 19: 1 John 3:20

Day 20: Isaiah 26:3
Day 21: 2 Corinthians 10:3
Day 22: 2 Corinthians 10:4
Day 23: 2 Corinthians 10:5
Day 24: Isaiah 54:17
Day 25: 1 John 4:4
Day 26: John 10:10
Day 27: Psalm 19:14
Day 28: John 8:36
Day 29: Romans 8:1
Day 30: Matthew 11:28

This Scripture Writing Plan covers scriptures to help you fight the battle against Satan's attacks on your mind. If you struggle with self-doubt and negative thoughts, use these scriptures for combat.

