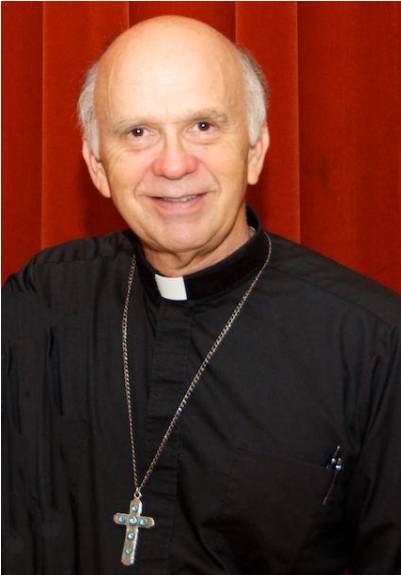


Clifton Lutheran News

October/November 2010



From Pastor David Franks :

Many of us would like a more vital, comforting and focused prayer life but are uncertain how to nurture one. In the following article Glen VanderKloot offers some suggestions.

Many Christians believe in prayer, but need a jump start. Here are seven ways you can jump start your prayer life in order to grow a more intimate relationship between you and God. Select a couple of them to implement in your life starting this week.

Set aside a time and place for daily prayer. This is the single most important thing you can do. When we establish a regular routine for prayer, we will make sure that our prayer life is not just 'on the run', or when our backs are up against the wall, or when our buildings are being brought down by terrorists.

Begin your prayer times by slowing down and quieting down. When we come to prayer agitated and stressed, it is especially difficult to hear God's voice and to sense God's presence. Spending a quiet minute or two focusing and breathing deeply can help quiet our minds and spirits and make two-way prayer more probable. Allow for some silence in your life. This silence doesn't have to be long. It can be as short as 30 or 60 seconds to begin with and then gradually extend it to longer times as you get more comfortable with silence and waiting and listening for God.

Have a prayer conversation with God. Simply begin a conversation with God, like you might with a good friend. It could go something like this:

“Good Morning, Lord. It's Glen.
This is how I am feeling.
This is how I need your help.
What should I do?
Silence.
I am concerned about these people....
Because....
What should I do?
Silence.
Lord, guide me in...
Thanks, Lord for listening.
I am counting on you.”

Pray the Bible. Take a few moments to read something from the Bible and direct attention toward God. Use a Bible passage you are already familiar with to help you get started praying. Focus on the contents of the Scripture passage and allow it to steer your time spent in prayer. Slowly read a single verse or short passage two or three times. Pause for some silence in between each reading to allow God's word to sink deeply into your heart and mind. Record some of your favorite Bible verses in a notebook and pray with one or more of them when the need arises. All of Scripture does not speak equally to us. Pick out those verses that mean the most to you. Put yourself in the Biblical story and ask God what God might be saying to you about yourself, your life, your priorities, your relationships, your time, your money management -- you. (continued on page 2)

Write out your prayers. Name what is going on in your life. Sometimes simply by naming and articulating what we are thinking, feeling or experiencing - such as "I'm thinking about changing careers" or "I feel lonely" or "I feel hopeless about..." or "I am overwhelmed" can help us gain focus and reclaim a portion of the power our life experiences have drained from us. Writing it down , composing a short prayer and giving it to God can be an empowering ritual. Many people find keeping a prayer journal to be a helpful discipline.

Recall how God has helped you in the past. God told Israel over and over to "Remember how the Lord God brought you out of bondage in Egypt." It is as we remember the past saving acts of God that we gain greater trust in God's power and love. And so Jesus says "Eat the bread in memory of me." When we are caught up in our stress, pain or suffering, it is easy to forget how God has helped us in the past. The trials of life can cause us to lose perspective and weaken our sense of trust in God's caring presence. But as we remember how God has helped us in the past we can be filled with hope for today and tomorrow. "O God our help in ages past, our hope for years to come."

Develop a Prayer Rolodex. Put together a rolodex with names of them. Use either 7 or 30 cards. On each card put together a short list of people and then take one card each day and pray for the people on the list. A short list allows you to go deeper into prayer for each person and yet keeps several people in your prayers every day. If you use seven cards, you have one for each day of the week. If you use 30, you have one for each day of the month.

Are these 7 ways the only ways to pray? Of course not! They are simply some tools you can use to jump start or beef up your prayer life. Pick a couple of them to implement in your life starting this week. How you pray isn't important. What is important is that each of us prays every day.



The Clock of Life

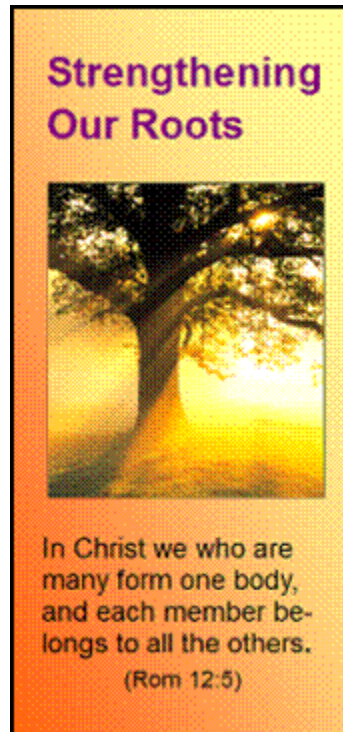
By George Dearborn

The clock of Life is wound but once,
And no man has the power

To tell just when the hands will stop
On what day or what hour

Now is the only time we have
So live it with a will

Don't wait until tomorrow
For the hands may then be still



**Our focus
for
the 2010
Stewardship
Campaign is
how we are
rooted in
Christ.**

From the Stewardship Committee:

It is time for Stewardship Pledge Drive 2010. It has been another rough year for the economy and we're sure for many of you as well. However, we ask that you please think of all your blessings, consider your

Church and begin to think about your pledge for this year.

The stewardship schedule will be as follows:

- Sunday, 10/31 Temple Talk, followed by Brunch
- Week of 11/7 Receive mailing with Faith (pledge) card
- Sunday, 11/14 Commitment Sunday – bring your pledge card to church

More information will follow soon in the form of church announcements.

Yours in Christ,
Bill and Sarah Walker



From Vic DalPozzal the Choir Director

We are all on a personal journey. In the book entitled Ten Poems to Change your Life by Roger Housden, a poet named Mary Oliver captures how life feels when your life's journey faces the challenges of a change in direction.

“The Journey” is a poem of transformation, and as much as any poem Oliver ever wrote, it is a mirror in which you can see reflection of your own story. It captures that moment when you dare to take your heart in your hands and walk through an invisible wall into a new life. We don’t know the personal history that led Mary Oliver to the truth of this poem. Yet what matters for her, she has said in one of her rare interviews, is that her poems invite readers to find themselves and their own experience

at its center. “The Journey” like so many of her poems conjures the archetype of a fundamental human experience, and in that collective image we are each able to perceive our individual story.

The Journey By Mary Oliver

One day you finally knew
what you had to do, and began,
though the voices around you
kept shouting
their bad advice—
though the whole house
began to tremble
and you felt the old tug
at your ankles.
“Mend my life!”
each voice cried.
But you didn’t stop.
you knew what you had to do,
though the wind pried
with its stiff fingers
at the very foundations,
though their melancholy
was terrible.
It was already late
enough, and wild night,
and the road full of fallen
branches and stones.
But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do—
determined to save
the only life that you could save.



**Clifton Lutheran
Church
Sunday School Scoops
October 2010**

**By Barb Janavaris,
Christian Ed Director**

- A new initiative this year is to have each Sunday School group take a turn at presenting a few *Gems of Sunday School learning* that have taken place in their Sunday School class. This will take place on the first Sunday of each month by the individual class assigned to present for that month. This will be a brief but fun presentation by the class that may involve a song, a skit, or whatever the class chooses. All children enjoy performing, and this will give the children a chance to show everyone something they have learned about God.
- The first Gem presentation will take place on **October 3rd** by Lynda's age 2 to Kindergarten group.
- Sunday, **November 7th** will feature the next group. We will continue to do this until all groups have had at least one chance to share.

Kids Christmas Craft Workshop to be held on December 11

It is that time of year again! Time to plan our annual Kids Christmas Craft Workshop for December. We will be looking for volunteers to help on **December 11 from 9am to noon**. The workshop is growing every year and each year we have a blast helping the children create fun memories while decorating their homes for the holidays. **Please save the date** and volunteer a few hours of your time. Sign up sheets will appear on the bulletin board soon.

If you have an idea or creation you would like to share for the workshop please let Sandy Maio know. We are always open to new activities to keep the workshop fresh and exciting. Last year we added cookie decorating and it was a fantastic hit thanks to the Wade's yummy cookies! For further

information, contact Sandy Maio at 781-631-2070 or at marbleheadmaio@gmail.com.

REMINDERS:

Worship Service at Clifton Lutheran Church begins each Sunday in the Sanctuary at 10 am.

Pastor Franks may be reached in the church office Monday through Friday, 10am to 3pm at 781 631 4379 or by email at dlfranks1@earthlink.net.

AA Meetings are held in the CLC Hall the second, third, and fourth Thursdays of the month from 7-8pm.

Boy Scout Food Drive is scheduled to be held on Saturday, **October 23, 2010** from 9am-12noon. The Boy Scouts will be collecting canned goods and non perishable food items in the CLC parking lot. In the event of inclement weather, food drive will be held in Kretzmann Hall.

Got Books? Clifton Lutheran Church has a Got Books bin located conveniently in our parking lot. Drive your car in, drop off your books and drive on out. Plus Got Books recycles all the books and either donates them or sells them at a discounted price at their used book store in Danvers at the Market Basket Plaza.

Flowers: Thanks to all who have sponsored flowers for the altar in memory or honor of a loved one. When you make your payment, please remember to write flowers in the memo section of your check and deposit it in the wooden box at the rear of the Narthex. Please do not put payment in the collection plate. The cost is \$20 for two vases. ~ Thank you.

Publicity... If you have church information that you would like to see publicized, please contact Joyce Lofmark, Publicity Chair at wlofmark@verizon.net.

Let us Email your Newsletter to you.... Save a tree and send your email address to infoclc@verizon.net for an electronic copy of the newsletter.



October & November Birthdays

October 1:	Sandy Maio
October 1	Suzanne Nye
October 8	Christopher Gally
October 9	Karin Ernst
October 15	Sam Pickell
October 16	Garry Watzke
October 17	Ellen Mahr
October 19	Daniel Collins
October 20	Krista Koehn
October 22	Nathalie Dearborn
October 22	Linda Watzke
October 24	Sarah Walker
October 31	Vic Dal Pozzal
November 8	Megan Watzke
November 11	Nina Dal Pozzal
November 11	Fox Prouty
November 11	Colleen Vesely
November 16	Doris Meredith
November 17	Kristina Kopljen
November 24	Lori Pollard
November 26	Christopher Elliott
November 26	Andrew Gally
November 26	Jillian Slattery
November 28	Erika Vesely



October & November Anniversaries

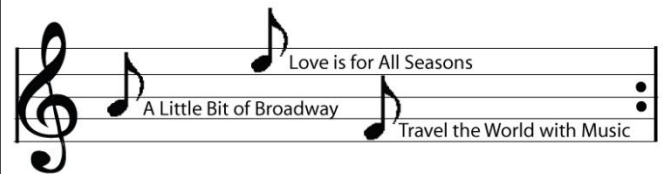
October 11:	Christopher & Katherine Prouty
November 12	Tim and Peg Slattery
November 17	Dan & Lois Genis
November 29	Peter & Karin Ernst

Evening of Dinner and Music

Clifton Lutheran Church is sponsoring a fundraising event on Saturday, November 6, 2010 to purchase new tables for our hall! Vic Dal Pozzal is providing the entertainment with his choral group, Young at Heart, and we will be hosting a Spaghetti supper. All are welcome.

Young at Heart Singers
celebrate

Music of Our Life



The Young at Heart Singers are ready to sing their way into your hearts with the songs you know and love! Performing a variety of programs for all to enjoy, these four women, frequent guest artists and their pianist will liven up your next business or social function. The Young at Heart Singers regularly perform at senior facilities such as Brooksbys Village, Lasell Village and Fox Hill. Bring the Young at Heart Singers and the "Music of Our Life" to your next event!

To book the Young at Heart Singers, contact Arlene Klayman 781-289-1975 aklayman1@msn.com

Spaghetti Dinner and Young at Heart Performance

Where: Clifton Lutheran Church
When: Saturday, November 6, 2010
5:00 PM
Suggested donation: \$7.00 per person

**Remember
with
prayers,
calls, and
cards or
visits to
those
hospitalized**



The following folks are homebound or recovering from surgery:

- Audrey Hufnagel (at home)
- Nat Dearborn (at JRC in Swampscott),
- Barbara Johnson (at Twin Oaks Nursing Home, Danvers)
- Ray Julien (at home),
- Terry Tucker, 1110 Renaissance Gardens, Brooksby Village, Peabody.

For addresses, see your directory or email infoclc@verizon.net.

If you would like to help CLC strengthen its ministry to members who are ill, confined or unable to drive, by serving as coordinator of the Member Support Team, please let Pastor Dave know.

Classified:

Services and Jobs

Bernina Design Workshop: Bernina Design Workshop at 30 Main Street, Topsfield, MA offers sewing machine repair, and classes in sewing, garment construction, and home decorating. Custom interior fabrication of soft furnishings for the home, like drapes and pillows and new Bernina sewing machines are also available for purchase. For more information contact Stefanie Julien, Owner at 978-887-2009 or see website berninadesignworkshop.com.

If you run a business or have a service you would like us to post here, please contact the church secretary at infoclc@verizon.net.

For Sale:

Condo For Sale: Naples, FL, Approx: 1400 Sq Ft, 2 Bed, 2 full Baths, Large Kitchen, Dining Area and LR. Large Lanai overlooking a small lake with a lighted fountain. Cathedral ceilings. Carport, nicely furnished. Located on a prestigious golf course, six minutes from the beach. Property is in pristine condition. Asking \$199,000. Call Dan or Lois Genis 781-639-1450 or email Danlogenis@verizon.net.

Remember in Your Prayers...

Cole Lundquist: Fighting cancer

Audrey Hufnagel: Member at home

Ray Julien: MS and Parkinsons at home

Nathalie Dearborn: At JRC in Swampscott

Michael Tierney: Serving with the military in Kuwait

George Smith: Recovering from a rock climbing accident.

Kenneth Adler: Sande Vesely's uncle hospitalized after a fall

Matthew Tina, Friend of Carol Lloyd, serving in Afghanistan

Nancy Carlson: Friend of Karin Ernst suffering from leukemia

Shirley Graver: Friend of Joanne Evans recovering from a stroke

Sharon Hynes: Sister of Teddy's friend suffering from cancer

Frances McCool: Aunt of Barbara Janavaris with breast cancer

Norman Card: Friend of Vic DalPozzal with multiple health issues

Jerry Tucker: Friend of Tonya & Jim Nye - Fighting stage 4 neck cancer

Sharon Carlson: Bill & Pt Finch's daughter-in-law's sister with brain tumor

Angie Friday: Sandy Maio's cousin – pray for peace and comfort during life threatening illness



OCTOBER CALENDAR

SUNDAY	MONDAY	TUESDAY	WED	THURSDAY
10 am Worship 3 7 pm Scout Council Mtg.	4 7pm Cub Scout Mtg	5 7pm Boy Scout Mtg.	6	7 11am Worship Meeting 6:30pm Bell Choir 7pm AA Meeting
10 am Worship 10	11	12 7pm Boy Scout Meeting	13 7pm Choir	14 11am Worship Meeting 6:30pm Bell Choir 7pm AA Meeting
10 am Worship 17 (Healing Service)	18 6:30pm Cub Scout Mtg	19 7pm Boy Scout Meeting 7pm CLC Council Mtg.	20 7pm Choir	21 11am Worship Meeting 6:30p Bell Choir 7pm AA Meeting
10 am Worship 24	25 8pm Cub Committee Mtg	26 7pm Boy Scout Meeting	27 7pm Choir	28 11am Worship Meeting 6:30p Bell Choir 7pm AA Meeting
10 am Worship 31 (Reformation Sunday)	1	2 7pm Boy Scout Meeting	3 7pm Choir	4 11am Worship Meeting 6:30p Bell Choir 7pm AA Meeting

October Worship Servers:

Serving in Worship	October 3	October 10	October 17	October 24	October 31
Pastor	Dave Franks	Dave Franks	Dave Franks	Dave Franks	Dave Franks
Music Director	Vic Dal Pozzal	Vic Dal Pozzal	Vic Dal Pozzal	Vic Dal Pozzal	Vic Dal Pozzal
Assistant Minister	Ali Janavaris	Linda Koehn	Susan Angrisano	Daniel Collins	Joanne Evans
Communion Asst.	Pat Duly	Jim Rude	Barbara Janavaris	Bill Finch	Mary Hall
Ushers	Edwin Baez	Teresa Collins Daniel Collir	Ken Anderson Steve Duly	Robin Calahan Robin Rude	Chris Prouty Fox Prouty
Altar Guild	Robin Rude	Bonnie Magistrelli	Sally Skinner	Karen Pickell	Sande Vesely
Greeter	Vesely Family	Sally Skinner	Gally Family	Theresa or Jennifer Byors	Joyce Lofmark
Acolyte	Drew Gally	Melinda Wilson	Joe Walker	Sam Walker	Melanie Wilson

NOVEMBER CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday
10 am Worship 7	8 7pm Cub Scout Mtg	9 7pm Boy Scout Mtg.	10 7pm Choir	11 11am Worship Meeting 6:30pm Bell Choir 7pm AA Meeting
10 am Worship 14	15	16 7pm Boy Scout Meeting 7pm CLC Council Mtg	17 7pm Choir	18 11am Worship Meeting 6:30pm Bell Choir 7pm AA Meeting
10 am Worship 21	22 6:30pm Cub Scout Mtg	23 7pm Boy Scout Meeting	24 7pm Choir	25 11am Worship Meeting 6:30p Bell Choir 7pm AA Meeting
10 am Worship 28	29 8pm Cub Committee Mtg	30 7pm Boy Scout Meeting	1 7pm Choir	2 11am Worship Meeting 6:30p Bell Choir 7pm AA Meeting

NOVEMBER WORSHIP SERVERS

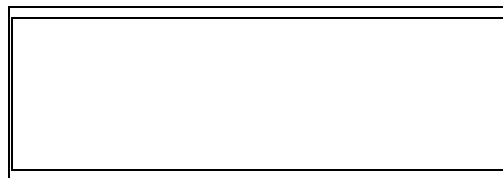
Serving in Worship	November 7	November 14	November 21	November 28
Pastor	Ralph Walter	Dave Franks	Dave Franks	Dave Franks
Music Director	Vic Dal Pozzal	Vic Dal Pozzal	Vic Dal Pozzal	Vic Dal Pozzal
Assistant Minister	Mike Wade	Bill Walker	Garry Watzke	Linda Watzke
Communion Asst.	Carol Lloyd	Pat Duly	Jim Rude	Barbara Janavaris
Ushers	Bill Finch Jim Koehn	Edwin Baez	Teresa Collins Daniel Collins	Ken Anderson Steve Duly
Altar Guild	Susan Angrisano	Louise Wade	Mary Hall	Pat Duly
Greeter	Pat Finch	Louise Wade	Rude Family	Pat Duly
Acolyte	Abigail Nye Alyssa Nye	Nora Walker	Scott Walker	Rachael Slepian Kristina Koplien

Clifton Lutheran Church
150 Humphrey Street
Marblehead, MA 01945

The Congregation Council

President	Jim Koehn
Vice President	Steve Maio
Secretary	Lori Dobson
Treasurer	Sally Skinner
Financial Secretary	Karin Ernst
Education/Youth	Barbara Janavaris
Member Relations	Tonya Nye Lori Pollard
Property	Teresa Collins
Publicity	Joyce Lofmark
Social Service	Bonnie Magistrelli
Stewardship	Sarah & Bill Walker
Worship Team	Vic Dal Pozzal Pr. Dave Franks Linda Koehn
Synod Assembly Delegates	Chuck & Lori Pollard

October 2010



Clifton Lutheran Church is a welcoming, multi-community congregation of people, gathered by God and nurtured in worship by Word and Sacrament, in order that each of us has the opportunity to grow in faith amidst the chances and changes of this life, belong and be valued, and serve among the hopes and hurts of our world