

LUTHER MEMORIAL Iutheran church



Messenger

February 2014

Actively Sharing Christ's Love in Community

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(repostings) on Facebook!

THE LUTHER MEMORIAL MESSENGER

published by Luther Memorial Lutheran Church 13047 Greenwood Avenue N, Seattle, WA 98133 | 206.364.2510 www.luthermemorialseattle.com | office@luthermemorialseattle.com **February 15** is the deadline for articles in the **March** issue. Rev. Julie G. Hutson, Pastor Steve Olson, Congregation Council President Paul Olsen, Choir Director Katy Sarff, Office Administrator

PJ's Page

We begin this month with a newly formed Council, new officers, and newly elected representatives to our various ministries. I am so grateful for everyone who said "YES" to God's call to serve in these many and varied ways.

Ted Schroeder wrote a wonderful reflection on serving in God's church and it is in such a spirit of gratitude that I share it with you here. ~PJ+

Marcia sat in the pastor's office. She had just been elected president of the congregation.

"I don't know what I was thinking, Pastor," she said. "I can't do this job. I'm not qualified. I don't even know how to run a meeting. How can I lead this congregation?" "But you said 'yes,' when you were asked to run," the pastor suggested. "I know I did. And I don't know what possessed me to say that." "I do!" the pastor said. "God's Spirit possessed you. You are the right person at the right time to do the job." "Me? But how can you be so sure?" "Because you were chosen. That's what makes leaders in the church, what they all have in common. They are chosen."

God's leaders have always been chosen. God's choosing is constant in the Bible. In every case, those God sought out to do great things were unready, unqualified, and almost always reluctant. In every case, God was able to do marvelous, miraculous things through these chosen ones.

Look at Moses, the disciples, and Paul. They all became leaders. They did nothing less than

change the world for generations—centuries. Moses, reluctant though he was, led the people of Israel out of Egypt, brought them to the Promised Land, and made them a nation. The disciples boldly proclaimed the good news in "Jerusalem, in all Judea and Samaria, and to the ends of the earth" (Acts 1:8). And Paul, through his preaching and writing, opened salvation to all.

But those leaders had something else in common—something Marcia shares with them. None of them sought the job they were given. Moses was hiding in the wilderness when God found him and called him. The "simple Galilean" disciples were living quiet lives as fishermen. And Paul was in the midst of an active persecution of the followers of Jesus when he was confronted, chosen, and called. Yet each responded to the call and each became a perfect tool for God's saving action in the world.

Whatever task God has set before you in the church or in God's world, whatever you feel called to do, God can do great things through you. Not because you are qualified or especially trained. Not because you sought the job or seek anything for yourself. But because the Spirit of God has possessed you, called you, helped you say "yes," and will use you to do what God has in mind for you.

Jesus said and continues to say, "You did not choose me but I chose you. . ." (John 15:16)

Pastor Wie Horson +

Stewardship Living

Stewardship Living

Welcome to this new portion of The Messenger, the monthly newsletter of Luther Memorial! Our custom in the Church is too often to think of Stewardship as a "campaign" that happens just before the Council formulates the budget for the coming year. In truth, stewardship is what we do with what God has given us.

This monthly column, then will address a variety of Stewardship topics and connections, from financial giving to living lives of gratitude, to reducing our carbon footprint in the world.

This month, Stewardship Living will looking at how we can challenge materialism in our lives. Too many voices in society call on us to become what Rev. Dr. Martin Luther King, Jr. called a "thing oriented" society, rather than a "people oriented" society.

Here are 5 suggestions for challenging materialism in our daily living:

Use free/public facilities. Check out library books, watch free movies and television shows online, play at public parks, find the free days at local museums.

Enjoy the outdoors – go for a walk, play a game in the yard, take the dog to the off leash park.

Consider establishing an "exchange system" with other people who might share similar interests or have children of similar ages. Share/trade books, games, clothing, or whatever else you might think of.

Shop with a conscience – buy food from local producers, eat at neighborhood restaurants, shop at local stores, buy from "fair trade" merchants.

If you are tempted to eat, watch TV, surf the internet, play video games because you are bored....call someone who might be glad to hear from you instead. Reach out to someone who is lonely, or who you haven't talked to in too long. Mend a fence. Say Hello.

Annual Meeting

2014 Annual Meeting - At's a Wonderful Life

On January 26th we gathered in the Fellowship Hall to give thanks for the ministries of this place, to look ahead, to hold elections, and pass a budget. Our theme was "It's A Wonderful Life" and we enjoyed ringing bells, singing, trivia, and the delicious "favorite foods of our lives" that were shared.





LMLC 2014-2015 Council

Steve Olson
Lollie Ellingsor
Katy Sarff
Karen Olsen

Additional Members

Kris Johansson Pastor Julie Hutson Shirlee Russo Bob Greenhow

Laura Steinmetz Dave Terhark

Other Elected Committees, Delegates, and Representatives

Nominating Committee

Leia Smith Gordon Trombley Heidi Gough Julie Moe

NW Washington Synod Assembly

Representatives and Alternates Voting: Bill and Laurie Meade Alternates: Norman and Phyllis Swenson **Broadview Community Council** Dave and Tara Terhark **Columbia Lutheran Ministries Delegates** Diane Chapman and Lollie Ellingson **Foss Home & Village Delegates** Jerry and Randi Jacobs

Financial Review Committee Karen Senior Diane MacKechnie Diane Chapman

Compass Housing Alliance Delegate Bob Johnson ELCA Global Missions Advocate Mary Walters **ELCA World Hunger Representative** Sunday Church School (Donna Smith, Advisor) **Thrivent Financial Lutherans Liaison** Norman Swenson The Hearthstone Delegate Norman Swenson

Lutherwood Camp & Retreat Center Delegate **Diane Chapman Lutheran Community Services NW Representative** Shirlee Russo

LMLC News and Events

A Word about Communication

There are a number of ways to find out what is going on in the life and ministry of Luther Memorial Church! The Office Staff, Council, and your Pastor are very intentional about making sure that information is available and easily accessible.

Look in:

- The Messenger, published by the last day of each month. It is sent out via email, posted on the website, and hard copies are available in the narthex.
- www.luthermemorialseattle.com Our widely visited web site is FULL of information, including the up to date, live calendar; worship servers, sermon texts, birthdays, and other great material!
- LMLC Mid-Week Update, is a great source of information for the week! It is emailed midweek (usually Wednesday) and is available on LMLC's Facebook page.
- LMLC is on Facebook at Luther Memorial Lutheran Church, Seattle

Bulletin inserts also contain information about the upcoming week's activities as well as events in the life of the congregation.

First Sunday Faith Forum - Compass Center

On Sunday, February 2 we will welcome the Rev. Mary Lindberg to Luther Memorial for our First Sunday Faith Forum. Mary is the Community Engagement Coordinator for The Compass Center, and she will share with us news of their ministry and how we might partner in the work they do. Please join us at 9am in the Fireside Room for this conversation with the Rev. Lindberg!



Bible Study

Join us at 6 pm on Thursday evenings through February as we continue our study of the Book of Ruth.

Offering Envelopes

In our ongoing efforts to be good stewards of the Earth, waste less, and respond to your suggestions, we did not order booklets for the 2014 year. Offering envelopes are located in the pews, as always, and offerings can also be given online, through our website (see page 6 for Online Giving details). For those that would still like envelopes, please contact the office. We will provide you with envelopes for the entire year. Feel free to take extra envelopes when you are in worship, if you would like to have some at home.

LMLC News and Events

Thank You! Thank You! Thank You!

We give thanks for the long and faithful service of **Dave Cederberg**, who has served as our Treasurer for many years. Please join us for a special coffee hour following worship on February 2, in Dave's honor.

In case you missed the Annual Meeting, here is the poem Pastor Julie shared to honor Dave: There was a church treasurer named Dave Who worked day after day like a slave He loved budgets and Jesus And sure aimed to please us His heart and his soul he gave! When our giving began to flag Not a finger did he wag But with words that would rhyme He said time after time We've got to get this budget in the bag! With the love of Kathy, his honey *He faithfully tended our money* Now it's his turn to rest After giving his best Dave, we think you are number one-(y)!

We are also grateful for those people who have completed their service on Congregational Council: Julie Moe and Heidi Gough.

And we are thankful for **Bill Meade's** leadership as Council President.

A special Thank You to our Nominating Committee for a job well done: Gordon Trombley, Heidi Gough, Julie Moe, and Selma Johnson.

Thank you to **all volunteers that helped out in the LMLC Office** in the past few months! It has been amazingly helpful to our Office Administrator to have the extra hands available. If you would like to help out in the office, please let us know!

LMLC News and Events

Welcome Emmanuel Charisma Congregation!

Beginning on Sunday, February 9, Luther Memorial Church will become the worship and learning center for Emmanuel Charisma Church, an Ethiopian Christian congregation in Seattle. These sisters and brothers in Christ will use our building for their worship, Christian Education, fellowship, and meetings each Sunday from 3-9 pm.

Online Giving

Tired of writing checks, or remembering to have cash for offering on Sunday? You can now give to

LMLC online! Just go to www.luthermemorialseattle.com/onlinegiving, or click on "Online Giving" on our website. The secure payment site is endorsed by Thrivent, and is a part of our Simply Giving program.

Do you have a smartphone? If you use QR codes, you scan this barcode-with your smartphone's QR decoder, it will instantly connect you to the mobile version of Online Giving. Try it out!





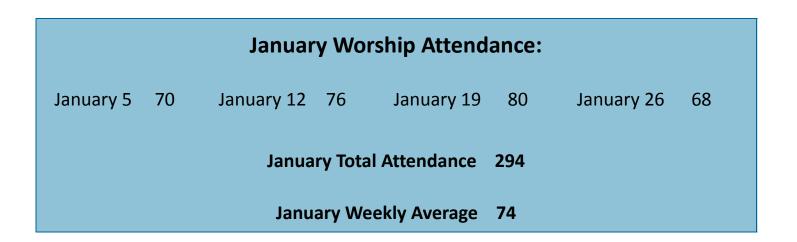
First Quarter Confirmation Class Schedule

February 9 @ Bethany Lutheran February 23 @ Maple Leaf

March 16 @ LMLC March 30 @ Bethany

In February, our Confirmation class will meet on February 9 and 23, at 12:30 pm.

REMEMBER! Worship Notes are due once a month. The form is online or in the Narthex.



LMLC Financial Picture

Financial Reports

Monthly financial reports will now be found in The Messenger. Your Council, Treasurer, Stewardship Team, and Pastor hope that these will give you a good idea of how our finances are faring. Talking about money, budgets, and giving is a part of Stewardship. We hope that having this information in The Messenger will be helpful to you in your financial support of the ministries of Luther Memorial.

From PJ+

At the Annual Meeting, the Congregation voted to pass the 2014 budget, which is, in fact, a deficit budget. In short, that means that our projected income is less than what is needed, financially, to carry out the ministries of this congregation. This is not the first time this has been necessary in the life of Luther Memorial nor are we the only congregation to find ourselves in this reality.

Before presenting the budget, Karen Olsen, your Treasurer, and your Council trimmed as much as we felt was prudent and realistic. This is not a budget that contains much "fat."

The hard truth is that many of our faithful givers are no longer with us. While we give thanks for their lives, we recognize that this leaves a significant financial challenge for those of us who remain.

This congregation needs your financial support. There is no other way to say it. We also need your involvement, your prayers, and your presence in worship. These are vitally important, not only to our life together as a community of faith, but also to our personal growth in faith and discipleship.

Please take the time to read The Financial Picture in each Messenger, look over the figures reported from the previous month, and consider the role you play in our financial future and our ministry in God's world.

In faith and hope,

Pastor Julie+

February 2014

LMLC Financial Picture

January 2014 Preliminary Financial Picture

Data is not finalized, and is subject to reconciliation. Amounts include Simply Giving contributions made that week.

LMLC 2014 Full Year Budget \$219, 044.64

Contributions Needed per week to meet budget: \$4,212.39

Preliminary January Contributions Received:

January 5	\$3,762.00
January 12	\$4,963.13
January 19	\$4,769.75
January 26	\$1,130.00

Preliminary January Total Contributions: \$14,624.88

January Budget Needed/Expected: \$16,849.56

Difference: -\$2,224.68

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LMLC Opportunities

Safeway and Bartell Fundraising

Did you know that you can earn money for Luther Memorial just by shopping at Bartell or Safeway? By signing up for eScrip, you can have a percentage of your purchases given to Luther Memorial!

For Safeway Club Card users, all you need to do is either go online to register your card number at www.escrip.com. Or, you can send your name, card number and phone number to our office, and we can do it for you! There will also be a sign-up sheet available on the desk outside the office.

SAFEWAY ()

Sign up

Your participation can mean hundreds of dollars for our group.

- Go to eScrip.com
- Click on "1-Sign Up"
- Enter your Club Card number



For the Bartell 'B' Caring Card, you will need to go into a Bartell

store with a completed form to get your card. Blank forms with our group information can also be found on the desk outside the office. If you have questions, please contact us at office@luthermemorialseattle.com, or check out the eScrip site. We appreciate all of you have already signed up and helped contribute so far, and hope to get many more soon!

What is eScrip?

eScrip is a hassle-free way for schools and nonprofit organizations to raise funds through everyday purchases made at eScrip merchants.

How Does eScrip Work?

eScrip has created a system that rewards customer loyalty by contributing a percentage of purchases made by participating families to schools and nonprofit organizations.

Parents, teachers, friends and families are encouraged to register their community cards, club cards and credit/debit cards at escrip.com. A percentage of purchases made at eScrip merchants will be given back to the designated school or nonprofit organization.

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Faith and Everyday Life

Provided by Lutheran Counseling Network

In anticipation of our 33rd Anniversary in 2014 and in our ongoing role as a social ministry organization in the ELCA, we also would like to remind you of our website www.lutherancounseling.net. On it, you will find information about LCN, our staff, locations, means of contact, etc. Here you will also find past articles of Faith and Every Day Life going back to 2007. It is also our hope that this will be another way for you to conveniently direct people to us so as best to access the services they may need.

Faith and Everyday Life

February 2014

Serious Life is Grim, but not Necessarily *Serious*

Remember how we do this? I use the word *serious* and you expand the meaning. Go!

The poet who penned the words, "Life is grim, but not necessarily serious" was dying of leukemia. His condition was not only *serious*, it was terminal. The cancer treatments ravaged his body. He moved back and forth between looking death in the face and trembling, at times laughing at his condition and at times wondering, "How Could I Not Be Among You?" which was the title of his poem.

Has anyone ever told you, "Don't make a mountain out of a mole hill." or "Get a Life!"? The message is clear. Don't take it all so *seriously*. Don't take <u>yourself</u> so *seriously*!

If someone has said that to you, you might want to consider how much of your *seriousness* was really an intensity driven by fear or pain. We snap at others who try to lighten the mood with humor. We criticize them for being "disrespectful." Really, might we be saying, "Don't you see my pain, fear or even my terror?"

Perhaps the problem is that <u>we</u> aren't taking our own pain or fear *seriously*. The pain may be telling us how much we need to reach out to others, but the sting of it is so strong we believe that we dare not feel it, lest it overwhelm us. So we don't reach out.

But what if it won't overwhelm us? What if we are unnecessarily scaring ourselves? What if God was *serious* about being with us in our hour of darkness? Could it be that we could afford to lighten up, and reach out for comfort <u>because</u> things were grim?

Perhaps life is not necessarily *serious* after all. Maybe, just maybe, "Come unto me all ye that labor and are heavy laden," was a *serious* invitation after all.

Lutheran Counseling Network



Community News

COMPASS HOUSING ALLIANCE

Services and housing for homeless and low-income men, women and families.

www.compasshousingalliance.org

Everyone Counts: What you can do to support the 3,117 living without shelter in Seattle and King County

Imagine spending one winter night outside -- no warm bed to lie down in, no roof over your head. For thousands of our neighbors, it's an everyday reality.

Last week, in the predawn hours of Friday morning, hundreds of volunteers filtered through Seattle and King County to document the number of individuals and families living without shelter in our community. What they found was a testament to the need for more affordable housing and shelter beds in our area. Volunteers found 3,117 individuals living without shelter during the One Night Count -- an increase of 14 percent from the previous year.

Each one has a story -- the couple sleeping in their car in a sprawling retail parking lot; the family-sized tent with a stroller by the door; the teenager huddled in a doorway with a suitcase by his side.

The results of the One Night Count are a call to action for all of us to do what we can to end homelessness in our community. Here are some ways that you can help:

- 1. Write to your legislators and tell them that you stand with Compass Housing Alliance in support of safe, affordable housing for all. You can reach your legislators by visiting the home of the Washington State Legislature and selecting the "Find Your District" tab.
- 2. Support the work of Compass Housing Alliance. Visit our website or like us on Facebook to learn about the innovative ways we help individuals and families transition from homelessness and into permanent, stable housing. Make a donation to see your support go even further.
- 3. Attend our Fly Me to the Moon Auction. It's your opportunity to enjoy fine dining and bid on fabulous items while supporting the critical work of our agency. Fly Me to the Moon is coming March 15 to The Museum of Flight.

For more information about how you can support Compass Housing Alliance, contact:

Cindy Jackson, 206.357.3104, cjackson@compasshousingalliance.org



Community News

New Emergency Preparedness Classes in 2014

For 2014, the Seattle Office of Emergency Management will offer a series of short, skills-based workshops in partnership with Seattle Public Libraries. Each 30-minute workshop will focus on one aspect of preparedness. The same workshop will be offered geographically throughout the city four times each month – one North, one Central, one South, and one lunch program at the Central Library.

WORKSHOP DESCRIPTIONS:

Create a Disaster Kit on a Budget – In this "show-and-tell" style class, you'll see how everyday household items can be used to economically supplement your disaster and first aid supplies. We'll share tips on how to put together a kit without breaking the bank (or your budget).

Turn Your Smartphone into a Disaster Tool – What are the best apps to keep at your fingertips in case of an emergency? With just a few clicks, we'll share the latest ways to notify loved ones, track power outages, get transit alerts, light your way and more.

Manage Household Utilities Before and After a Disaster – Every second counts after a disaster. This class will teach you how and when to control household electricity, water and natural gas during an emergency. Gain hands-on practice with real equipment and prioritize your actions so everyone stays safe.

Fire Extinguisher 101 – Knowing how to put out small fires after a disaster is an emergency essential. Learn how to choose the right extinguisher, the do's and don'ts of fire, and gain hands-on practice using a (demo) extinguisher.

Prepare your Pets for Disaster – You've got a plan, you've got a kit, you know who to call during emergencies. How about your four-footed, beaked, furry or feathered friends? We'll provide tips and resources to make sure your pets stay safe too.

Store Emergency Drinking Water – Satisfy your thirst on how to secure and maintain this essential element safely and with confidence. We'll demystify the pros and cons of all the ways people store emergency drinking water to help you make smart choices for yourself

Month	Торіс	Location/Date
March	Create a Disaster Kit on a Budget	 Green Lake 3/16, 3:00-3:30 Southwest 3/16, 1:30-2:00 Douglass-Truth 3/23 1:30-2:00 p.m. Central 3/18, 12:00-12:30
April	Turn Your Smartphone into a Disaster Tool	 Northeast 4/22, 6:30-7:00 Magnolia 4/27, 1:30-2:30 Beacon Hill 4/7, 6:30-7:15 Central 4/15, 12:00-12:30
Мау	Learn to manage household utilities before and after a disaster	 Greenwood 5/8, 7:00-7:30 Montlake 5/3 2:00-2:30 p.m. Southwest 5/18, 1:30-2:00 Central 5/20, 12:00-12:30
June	Fire extinguisher 101	 Northgate 6/21, 1:00-1:30 Ballard 6/26. 6:30-7:30 Columbia 6/25, 6:30-7:15 Central 6/17, 12:00-12:30
September	Prepare your pet for disaster	 Broadview 9/20, 1:30-2:00 Capitol Hill 9/20 3:00-3:30 p.m. Southwest 9/21, 1:30-2:00 Central 9/16, 12:00-12:30
November	How to store your water supply and get more post disaster	 University 11/10, 7:00-7:30 Fremont 11/2, 1:30-2:00 Rainier Beach 11/1, 11:30-12:00 Central 11/18, 12:00-12:30

ELCA Prayer Ventures

These petitions are offered as guides to prayer for the global, social and outreach ministries of the church. Thank you for your continued prayers for the life and mission of this church.



Evangelical Lutheran Church in America God's work. Our hands.

1 During this Black History Month, pray especially for African American leaders in communities, congregations, families and all contexts, that they might be supported, uplifted, encouraged and blessed in all the ways they serve.

2 Fourth Sunday after Epiphany and Presentation of Our Lord

Almighty God, blessed are you for you have sent us our savior Jesus, whose presentation at the temple we celebrate today. Like Simeon, may we depart in peace for our eyes have seen your salvation.

3 Pray for the people of the Central African Republic suffering amid political unrest, our companion church the Evangelical Lutheran Church of the Central African Republic, and the ELCA missionaries temporarily displaced from their work. Pray that peace will replace the violence and deaths occurring in the country.

4 We give thanks for the ELCA congregations across the country that have embraced the ELCA Malaria Campaign. We lift up the efforts of the members of Bethlehem Lutheran Church, Cedar Falls, Iowa, and their three-year fundraising goal.

5 Pray that the vision of peace and unity that made possible the recently completed Evangelical Lutheran Church at Bethany-Beyond-the-Jordan will spread from the banks of the Jordan and throughout the Holy Land and the world.

6 Remember in your prayers the five Young Adults in Global Mission who are walking in accompaniment with our neighbors in Hungary.

7 Give thanks for the beauty in God's creation, and therefore in all of us, that we may be inspired to find and nurture that beauty in our neighbors.

8 Include in your prayers new ELCA missionary in Hong Kong Abraham Peterson, who teaches English at the Lutheran Theological Seminary to students who come from all parts of Asia.

9 Fifth Sunday after Epiphany

O Lord our God, thank you for your loving guidance. Visit those who are alone in this world. Send your Spirit and the light of Christ to warm and guide those who feel helpless and hopeless.

10 Pray for the work of the Lutheran church in Costa Rica, Iglesia Luterana Costarricense, which recently ordained its first female pastor, Geraldine Alvarez.

11 Pray for the many ELCA associates in ministry — lay leaders who serve in congregations and other ministries of the ELCA in such areas as youth ministry, social services, music and parish nursing.

12 While the ELCA has six full communion partners, pray that our relationship and dialogue with other partner churches, such as the African Methodist Episcopal Church, the Mennonite Church USA and the Roman Catholic Church, will continue to foster unity and mutual understanding.

ELCA Prayer Ventures

13 Lift up in your prayers the work of the Rev. Lindsay Mack and Omar Turcios Mixco, ELCA missionaries serving as coordinators for the Young Adults in Global Mission program in Mexico.

14 On this Valentine's Day, pray that the love of Jesus Christ is welcomed into hearts that are in need of more than roses or chocolates.

15 Give thanks for the many congregations and individuals who support the work of ELCA missionaries and Young Adults in Global Mission through covenant sponsorships.

16 Sixth Sunday after Epiphany

Merciful God, receive the prayers of your people. We ask for your blessings on those living in Madagascar, Malaysia, Mexico and Southern Africa.

17 Pray for the work of ELCA Mission Builders, who use their God-given skills to help ELCA congregations, schools, camps and social ministry organizations construct or improve their facilities.

18 On the day that Martin Luther died in 1546, give thanks that through the grace of God we are saved by faith.

19 Include in your prayers the nine members of the ELCA Young Adults in Global Mission program serving for a year in Malaysia in various ministries.

20 Give thanks for the many adults who mentor the youth of this church and the innovative methods they use, such as the wrestling program that operates through Redeemer Lutheran Church in Minneapolis. **21** Remember in your prayers ELCA missionaries in the Holy Land Danae and Steven Hudson and their work in communications.

22 Pray for the bishops and staffs of the ELCA's 65 synods as they unite the work of congregations within their areas, serve as regional support, and guide pastoral staff.

23 Seventh Sunday in Epiphany

O God, we give thanks for the churches of Portugal, Spain, Italy and Malta and their ministries among people who are sick and elderly.

24 Pray for the large and growing Christian church in China and its ongoing relationship with the ELCA as together we go about God's work.

25 Remember in your prayers the seven people who are spending a life-changing year serving in Madagascar as part of the ELCA Young Adults in Global Mission program.

26 Pray for the ELCA Peace Not Walls campaign as it works for justice and peace in Palestine and Israel through accompaniment, advocacy and awareness-raising.

27 Remember in your prayers the ELCA Conference of Bishops as the 65 synod bishops and Presiding Bishop Elizabeth Eaton begin their winter meeting today.

28 Lift up in your prayers the ELCA Global Mission ministry of the Rev. Ann Klavano and her work in theological education in Papua New Guinea.

This resource may be copied and shared among members and friends of the congregations of the Evangelical Lutheran Church in America. Contact **info@elca.org** for additional information. Evangelical Lutheran Church in America, 8765 West Higgins Road, Chicago, IL 60631. Telephone: 800-638-3522, ext. 2458.

Synod and ELCA News

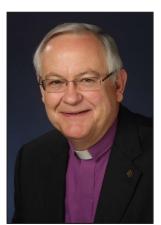
Volume 31, Number 2

February 2014





The Way of Kindness by the Rev. Kirby Unti, Bishop



"By this all people will know that you are my disciples, if you have love for one another." John 13:35

Growing up I had a hard time relating to my older brother. He was bright, a good athlete and an extremely high achiever. He also loved to tease his little brother. I was tormented by him and often felt very angry.

On one occasion I threw a barbecue fork at him as he was running out of the house. Fortunately I missed but my intentions were clear, "I wanted to hurt him."

I had forgotten the worst of these childhood memories until a few days ago when I was reflecting upon why is it that I have such a strong opposition to people being mean to one another? My daughters will tell you how upset I would be with them if I thought they were being mean. The answer to my question was obvious. It was about the how miserable I felt as a child.

When I entered into middle school I got into an emotional grudge match with one of my peers. I found myself employing the very acts of meanness that my brother had used on me. In fact I invited as many of my friends as possible to join me in piling insults upon my friend. Later in life she would take her own life. We renewed our friendship in high school but it has always bothered me that I was so mean to her.

I honestly believe we could change the world if we were committed to honoring the 8th Commandment in the way Luther explained it when he said, "We should explain our neighbor's actions in the kindest way." Kindness is the opposite of meanness. Meanness robs and destroys life. Kindness is filled with grace and can be so lifegiving.

Over the years my brother and I have been able to make amends. We became very close in caring for our parents when they were dying. I saw in my brother a deep kindness. He was so tender with our mom and dad. He would anoint their bodies with lotion trying to massage away their pain. He was there to comfort both of them when they took their last breaths.

This is my prayer for each of us and for all of our ministry sites. I pray that we would seek to be people who lean in the direction of kindness. I pray that we would be people

who withhold being mean-spirited which often expresses itself in being so critical of one another. I pray that we would strive to explain our neighbor's actions in the kindest way.

Take it upon yourself to seriously reflect upon how you treat others. Honoring the 8th Commandment not only has the power to transform the church it has the power to restore us in relationship with God and our neighbor.

Rostered Leaders - Bishop's Convocation Semiahmoo Resort & Spa ... March 9-11 Online Registration Open ... Deadline is February 9

www.lutheransnw.org/convo

A publication of Northwest Washington Synod of the Evangelical Lutheran Church in America.

Synod and ELCA News

Connected

Your Synod Office Staffers have been busy researching, listening to your ideas and implementing new ways of keeping us better connected within the synod. Our hope is that you all have the information you need & want at your fingertips. This is an overview of our Communications Strategy:

Website Changes

We have re-shaped the site to help you find what you need more easily. The tabs have changed, pages shuffled, and more resources have been added. Take time to explore the site: www.lutheransnw.org. **Your help is needed:**

What additional resources or links would you like to see? Would you share some photos to better enhance the look of the site? We look forward

to hearing from you. You may be aware that the new ELCA website has been launched. It is quite different from its previous format. There are also a number of resources that have yet to be updated or transferred to the new site. If you need help navigating it, or have some concerns, give us a call at the synod office.

Facebook

Get the latest news, connect with other local (and not so local!) Lutherans, and share photos & quotes at www.facebook.com/pages/ Northwest-Washington-Synod-ELCA. Another page that is fun to follow is one dedicated to what our Bishop is up to: www.facebook.com/BishopUnti.

The Spirit

This is a monthly e-publication that includes an article written by Bishop Unti on one side and news & information on the flip side. It is sent out electronically mid-month for placing in congregational newsletters, mailings, etc. It is also posted on the website for your perusal. If

you would like to receive it directly in your inbox, let us know!

E-mailings:

The **Weekly Update** is sent electronically every Monday. It includes announcements and the latest additions to the Synod Calendar. If you have something to share or an event to include, please contact Susan Berg at the Synod Office. We keep three weeks' worth of Weekly Updates on the synod website under the News & Info tab for your reference.

We invite our community to hold one another in prayer. The **Prayer Weekly** email includes petitions for specific needs of our leaders, congregations, those in transition, the wider church and our sisters & brothers around the world. These are also posted on the Spiritual Center page under the News & Info tab on the synod website. Additional Prayer Concern emails are sent for immediate requests.

The **Month at a Glance** email lists all of the events posted on the Synod Calendar. It is distributed during the third week of the prior month. There are two ways for you to share events that are open to the synod: submit them directly to the calendar on the synod web page or email the information to Susan.

The Lutheran Insert

The Lutheran magazine designates three pages to our synod four times a year. These pages are dedicated to ministry happenings in our synod. If you have an idea for a story, resource, photo to share, please let us know – we would welcome your ideas and submissions.

Let us know how we are doing. Share your ideas & suggestions. We are listening! -Susan Berg, Communications & Administration susan@lutheransnw.org

The Spirit, a publication of the Northwest Washington Synod of the Evangelical Lutheran Church in America (ELCA), is intended for members, leaders, and clergy of synod congregations and organizations.

Congregations are encouraged to copy *The Spirit* and include it in their own newsletters. *The Spirit* can be downloaded from the Synod website.

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Information for the March issue of *The Spirit* is due to the Synod Office by February 16.

February Worship

Happy February Birthdays!

1	Mary Jane Johnson	17	Selma Johnson Joan Kuklenski
5	Marlene DeRozier		Laura Steinmetz
9	Kristyn Brassfield Simmons	23	Robert Martin
11	Vicki Cook	25	Bill Meade
13	Darrel Jamieson Nancy Hanseth	29	Joe MacKechnie
Co	ngratulations t	o our	February
	Annivers	saries	•
10	Jill & Frank Kerton	13	Karen & Bob Senior
	21 Leigh & Bo	b Johnson	

Looking ahead at LMLC Worship and Events -Save these Dates!

March 4: Shrove Tuesday Pancake Supper 5:30-7 pm March 5: Ash Wednesday Worship 7 pm March 12, 19, 26, and April 2 and 9: Mid-Week (Wednesdays) Lenten Soup Supper at 5:30 pm, and Worship at 6:15 pm. April 17: Maundy Thursday Agape Feast 6 pm April 18: Good Friday Worship 7 pm August 4-7: Vacation Bible School with Lutherwood Day Camp!

February Worship

Lectionary Readings

February 2 | *Candlemas* Presentation of Our Lord

Malachi 3:1-4 Psalm 84 Hebrews 2:14-18 Luke 2:22-40

February 16 Epiphany 6

Sirach 15:15-20 Psalm 119:1-8 1 Corinthians 3:1-9 Matthew 5:21-37

February 9| Epiphany 5

Isaiah 58:1-12 Psalm 112:1-9 1 Corinthians 2:1-16 Matthew 5:13-20

February 23 Epiphany 7

Leviticus 19:1-2, 9-18 Psalm 119:33-40 1 Corinthians 3:10-11, 16-23 Matthew 5:38-48

	V	Vorship Leade	rs	
	2/2	2/9	2/16	2/23
Assisting Minister	Gordon Trombley	Steve Olson	Paul Olsen	Katy Sarff
Lector	Phyllis Swenson	Dave Cederberg	Karen Olsen	Donna Smith
Acolyte	Kyle Gough	Donna Smith	Gordon Trombley	Jackson Terhark
Communion & Altar Care	Diane	Chapman, Donna	Smith, and Lauri	e Meade
Greeters and Ushers	Laurie Meade Bill Meade	Heidi Gough Kyle Gough Gavin Gough	Donna Smith Diane Chapman	Marge Skrinde Rolf Skrinde Gordon Trombley
Song Leaders	Vicki Cook	Kathy Nelson	Heidi Gough	Julie Moe Janice Sherlock
Children's Time	Pastor Julie	Heidi Gough	Pastor Julie	Heidi Gough
Musicians	Lennon	Aldort	Jerry Zir	nmerman
Nursery Care		Kaci Be	endickson	

February 2014 see	See our live calendar online		hanges or update	for any changes or updates: www.luthermemorialseattle.com/calendar	norialseattle.con	n/calendar
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LUTHER MEMORIAL	ER MEMORIAL Iutheran church			Missing a Sunday this month? We now have Online Giving on our website: www.luthermemorialseattle.com/ onlinegiving	r this month? iing on our website: ialseattle.com/ ving	1
	Actively Sharing Christ's		Love in Community			
2 9 First Sunday Faith Forum, Sunday School, and Fruits of the Spirit Breakfast 10 Worship 11:30 Fellowship	3 Pastor Julie's Sabbath	4 7 Early Ford V8 Club	5 9:30 Seekers 3:45 Broadview- Thomson Chess Club 7 Nar-Anon	6 Bible Study	7 4 Cub Scouts Set-up	8 9 Cub Scouts Pinewood Derby
9 8:30 Choir Rehearsal 9 Sunday School and Fruits of the Spirit Breakfast 10 Worship 11:30 Fellowship 3 Emmanuel Charisma Church 3:30 Lilla Spelmanslag Rehearsal	10 Pastor Julie's Sabbath 1:30 Book Brigade	11 6 LMLC Council 6 Cub Scouts	12 9 Seattle Retired Firefighters 9:30 Seekers 3:45 Broadview- Thomson Chess Club 7 Nar-Anon	13 6 Bible Study 6:30 Broadview Garden Club 6:30 Youth Justice	14 6 Cub Scouts	15
 16 8:30 Choir Rehearsal 9 Sunday School and Fruits of the Spirit Breakfast 10 Worship 11:30 Fellowship 3 Emmanuel Charisma Church 	17 Pastor Julie's Sabbath Presidents' Day Office Closed	18	19 9:30 Seekers 3:45 Broadview- Thomson Chess Club 7 Nar-Anon	20 6 Bible Study 6:30 Youth Justice	21	23
 23 8:30 Choir Rehearsal 9 Sunday School and Fruits of the Spirit Breakfast 10 Worship 11:30 Fellowship 3 Emmanuel Charisma Church 3:30 Lilla Spelmanslag Rehearsal 	24 Pastor Julie's Sabbath	25	26 9:30 Seekers 3:45 Broadview- Thomson Chess Club 7 Nar-Anon	27	28	*Bold indicates afternoon and evening events.