



LUTHER MEMORIAL lutheran church

Actively Sharing Christ's Love in Community



Messenger

March, 2020



THE LUTHER MEMORIAL MESSENGER is published by Luther Memorial Lutheran Church

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March 15 is the deadline for articles in the April issue.

PJ's Page

Dear Ones,

I write this on Mardi Gras....Shrove Tuesday....Fat Tuesday.....a day, in many parts of the country and the world of great revelry. Parties and parades and all sorts of excess rule this day that precedes the season of Lent.

Laura and I were talking about how we miss the cultural observance of the liturgical seasons. She noted that, where she grew up, the school cafeterias served only fish on Fridays during Lent. Where I was raised, it seemed that everyone walked around with an ashy cross on their foreheads on Ash Wednesday.

But as I sit here today, I grieve a bit that our Shrove Tuesday Pancake Supper at LMLC has ceased to be because people just don't observe the liturgical seasons in the context of daily life as they used to.

I wonder if we think that we are too busy for such observances? Or that they don't have any practical bearing on our lives? I wonder, what keeps us from mid week Lent soup suppers? Or worship on Maundy Thursday or Good Friday?

It's good to remember that the liturgical seasons themselves teach us something about our life together in Christ.

Advent invites us to a quiet reflection in the hustle of a busy world already adorned for Christmas. It reminds us of the value of waiting.

Epiphany teaches us of the many ways Jesus is known as the true light of the world.

And Lent. Lent invites us to remember our dusty mortality. Maybe that's why we shy away. But as far as I can tell, most of us will not leave this life alive. Resisting this reality, though, means that we miss the chance to remember how precious life truly is. We miss the chance to know that God is with us in the struggle and the sorrow and the shadows too...not just risen on Easter morning. We cheat our spirits and we do not grow when we ignore the gifts that each of these seasons brings.

So, I miss the pancake supper on this Shrove Tuesday. (Fun Fact: They ate pancakes because they were using up the excess fattening things

from the pantry: sugar, flour, butter, syrup.) I miss us gathering for fun and festivity and some revelry of our own. But ready or not, we are walking into Lent with our foreheads ashed and our spirits turned to remembering that we too are dust.

Beloved in Christ, in this holy season, I invite you to a holy Lent. There are many opportunities for keeping this season (come and learn about them at the Lenten retreat on March 7).

See you in church,

+Pastor Julie Hutson



CONTEMPLATIVE WORSHIP....COME AND SEE. COME AND BREATHE.

We welcome the Celtic Center as together we offer an opportunity for contemplative, quiet worship in our chapel space the first Sunday evening each month at 5pm.

This time of prayer, reflection, silence, poetry, music, candles, and deep space is an ancient way the Church gathers.

More information about the Celtic Center can be found at www.thecelticcenter.org. If you are seeking a quiet space for time with God, this is a wonderful opportunity.

Sunday, March 1, 5:00 pm
Luther Memorial Chapel

Outreach & Community

As we watch the changing landscape of organized religion it is often easy to become disheartened while churches change and close. It can be terrifying to think, "Are we next?" or "How much longer will my church be open?". In the midst of this ever-changing world it is easy to become crippled by this fear. I have also found myself crippled by this fear with questions swirling of "How long will my young career last?" or "Do I need to be training for other professions?". There are questions a mile long that we can ask that insight fear, anxiety, and cynicism but there is also light in this changing landscape.

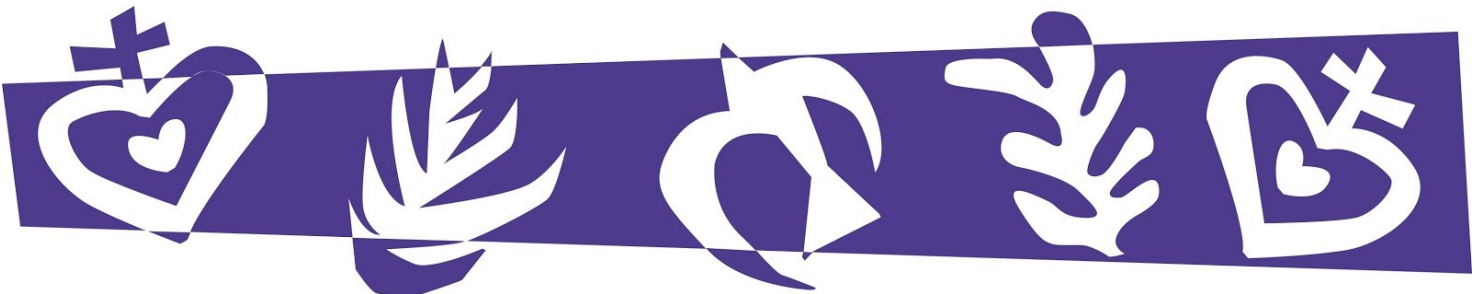
As churches close, while it is painful, this also creates space for new possibilities. Grace Lutheran Church in Bellevue closed this past year and faithfully donated their resources to continue ministries in ways their current congregation could no longer fulfill. One way that this congregation chose to further their support of congregational ministry in this changing landscape was to donate money to our synod. Our synod council in turn chose to invest this gracious donation in congregations around our synod. For each of the next three years (2020-2022), \$100,000 will be made available for congregations and ministry sites to apply for Grace Grants. Congregations and ministry sites are welcome to apply for grants ranging from \$2,000 to \$20,000 for a specific ministry project.

This is great news! These Grace Grants offer a variety of ways for congregations to engage in mission opportunities that they could not have previously afforded. There are four areas that they would like folks to focus on who apply for Grace Grants: Leadership Development, Building Community, Faithful Innovation, Youth & Young Adult ministry. This money could change the way in which Luther Memorial is prepared for the changing landscape around us.

I am so excited about these Grace Grants because it provides us the opportunity to engage faithfully in mission in ways we could not have previously dreamed of! So, I invite you to join me **Sunday, March 22nd after church** to brainstorm ministry ideas for these Grace Grants. I truly believe these could be a game changer for Luther Memorial. Come prepared to talk about how we can actively share the love of Christ with our neighbor!

Peace,

Laura Harris-Ferree



Lenten Retreat March 7, 9am-1pm

What is Lent, anyway? How did it come to be? What are some spiritual practices that help guide us through Lent?

Come find out more at our Lenten Retreat on Saturday, March 7th, 9am-1pm. There are guest speakers and lunch is provided. Please sign up at Sign Up Central so we can plan appropriately for food.

LMLC News and Events

Daylight Savings Time Begins

Spring Forward one hour on March 8th.
Set your clocks ahead an hour before you go to bed, so you aren't late to church!

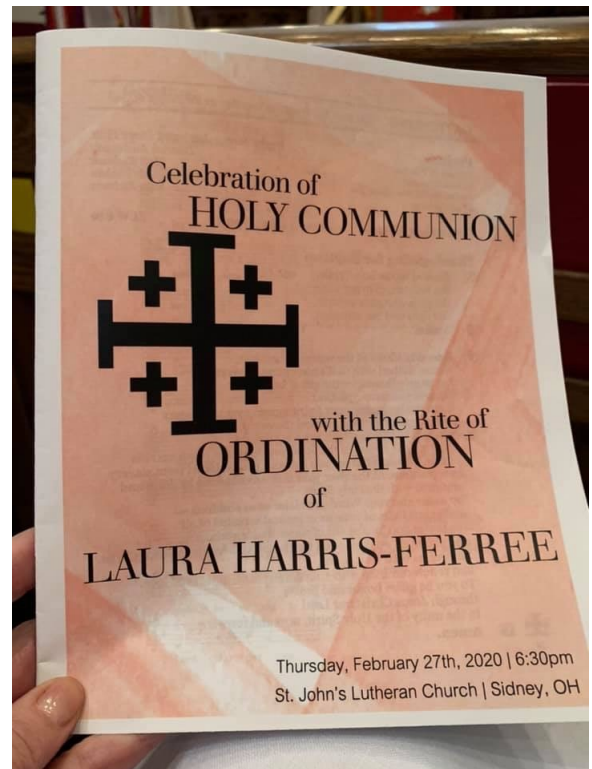


FIRST SUNDAY FAITH FORUM

We will gather on March 1st at 9:30am in Celebration Hall for First Sunday Faith Forum. The planned agenda is a brief re-cap of Laura's ordination, and some "stump the Pastor" conversation. Bring your questions and let's wonder together! Join us in Celebration Hall....All are Welcome!



See page 9
for more photos.



LMLC News and Events

Carpool/Share a Ride to Church!

Interested in helping others get to church? Would you like to share a ride on Sunday mornings? See the info at Sign-Up Central. Willing drivers, please put your name, ZIP code and phone number, so that those who would like a ride can find someone near them.

SEEKERS BIBLE STUDY

Wednesday mornings from 9:30-11:00 for Bible Study and fellowship.
Interested? Join them in Grace Space on Wednesday mornings



Collecting items for Lutheran World Relief Personal Care Kits



- Light weight bath towels - (maximum 52"x27", dark color recommended)
- Bars of soap (4 to 5 oz., any brand, in original wrapping)
- Toothbrushes (adult size, in original single packaging)
- Nail clippers (metal, attached file optional)
- Combs

Collection box can be found in the Narthex



Work Party

When: Saturday March 28, 9:00 am—1:00 pm

Where: Inside and outside LMLC cleaning and sprucing up!

Come join us for spring cleaning at LMLC in preparation for Easter!

Jobs for everyone! Coffee, donuts and pizza will be served!

Question? Contact the Facility Committee



ELCA Prayer Ventures



Evangelical Lutheran Church in America

God's work. Our hands.

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.

1 First Sunday in Lent During the 40 days of Lent we recall how Jesus, the Son of God, withstood temptations even in a weakened state. Pray that we will find confidence and courage through faith in Jesus and will draw on the strength of God to endure the temptations and distractions of daily life.

2 Give thanks for the contributions and impact of women of all ages and abilities who shape our society and communities, share their faith and wisdom, serve our neighbors in need and respond to God's call to serve as lay and rostered leaders in our congregations and church.

3 Give thanks for the witness and work of the Rev. Lancelot Themba Mkhabela and Kwena Mkhabela, regional representatives for Madagascar, West Africa and Central Africa; the Rev. Kirsten Laderach, YAGM country coordinator for Madagascar; and the seven volunteers serving alongside our companions in that country as part of the Young Adults in Global Mission program.

4 Be glad and shout for joy! Trust in God's love and mercy, which strengthen and preserve us in our every need and circumstance.

5 Pray that during Lent we will carve out time in our busy lives to pause and reflect on our faith, our baptismal journeys and the life and suffering of Christ, who sacrificed himself for us that we might enjoy a new life, reconciled to God and full of love, mercy, hope and a spirit of service.

6 Give thanks for the gift of grace we have in Jesus Christ, which sets us free to live our faith with boldness and to serve our neighbor.

7 Pray for peace, reconciliation and healing in the world wherever there is conflict or war, especially in Iran, Iraq, Syria, Afghanistan and parts of Africa. Ask that the Spirit of God will guide and inspire political leaders, diplomats and mediators, soldiers and peacekeeping forces to be persistent and unified in seeking peaceful, just and compassionate solutions and treaties.

8 Talk with God. Ask your questions even though some feel deep and perplexing, and trust that God will listen and respond as a loving, concerned parent.

9 Thank God for our special relationship with the United Church of Christ, a full communion partner with the ELCA since 1997; pray for the church, its diverse ministries and its

members and leaders; and pray that together we will find mutual support, new partnerships and new resources for the work of sharing the gospel and serving our neighbor.

10 Harriet Tubman (1822-1913) and Sojourner Truth (1797-1883) were born into slavery but emboldened by their convictions of justice, equality, faith and concern for others to fight against slavery and to advocate for women's rights. Ask God to grant us a similar boldness to live our faith and serve our neighbors who suffer injustice, poverty, oppression and hunger.

11 Throughout Lent, remember and give thanks that God is our ready source of help, protection, strength and life.

12 Ask for God's wisdom and creativity in developing our congregations as communities of faith where people discover a sense of belonging, feel grounded in the word of God and the sacraments, find opportunities for faith-centered learning and service, and know they are connected to the greater body of Christ.

13 Praise God for the undeserved and unearned gifts of mercy and grace given to us and our ancestors of faith. Pray that the Spirit will fill us with the words, thoughts and images needed to tell others about God's promises and activity throughout history and especially today.

14 Lift up prayers of concern and support for people and communities affected by the widespread destruction caused by wildfires in Australia. Pray for the thousands of people displaced from their homes, for volunteer firefighters and relief workers, for the healing of nature and for the response efforts of the Lutheran Church of Australia, local congregations and Lutheran Disaster Response.

15 Pray that we will be inspired by the story of the Samaritan woman talking with Jesus at the well and will share with others — without bias or judgment — the good news of Jesus Christ, Savior of the world.

16 Give thanks for the service and witness of the Rev. Zachary Courter and Rev. Rachel Eskesen, YAGM country coordinators for Hungary, and the eight volunteers serving alongside our companions in Hungary and Serbia as part of the Young Adults in Global Mission program.

17 As Moses and the Israelites called out in the wilderness for the reassurance of God's presence and attention, we, too, long for reminders and signs of God's activity, love and mercy in our

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.

daily lives. Pray that the Spirit will open our hearts and minds to God's presence and that we will be eager partners in God's work in the world — wherever it leads us.

18 Pray for people who are grieving the loss of a loved one or a member of their community. Ask God to help us be present with them through our empathy, care, support and faith; ask the Holy Spirit to help us kindle comfort, hope and peace when the fragility and brevity of life feel overwhelming.

19 Give thanks for the ELCA Lay Schools for Ministry network and the Select Learning program, partner ministries that equip us for our baptismal vocations and create opportunities for lifelong learning, sharing multigenerational stories of faith and nurturing biblical and theological literacy.

20 God is good and great and the creator of all that exists. Sing praises to the Lord and make a joyful noise to the rock of our salvation.

21 Praise God that we will be changed inside and out by God's love "poured into our hearts through the Holy Spirit." Pray that the love and reconciliation we have received from God through Jesus Christ will transform us to be passionate witnesses, disciples and bearers of the gospel for all who long for good news and hope.

22 Give thanks that God equips us and uses our unique abilities and gifts to care for the physical and spiritual needs of our neighbor. Ask God to grant us courage, patience and confidence in the gospel when we experience resistance, anger or condemnation in response to our advocacy and acts of compassion and justice.

23 Pray that our church's understanding of the theology and practice of accompaniment will deepen as we walk together with Lutheran, ecumenical and interfaith sisters and brothers around the world.

24 *Óscar Arnulfo Romero (1917-1980), bishop of El Salvador* Bishop Romero was assassinated for his courageous, gospel-driven work and his advocacy for human dignity, social justice and the rights of the poor and marginalized. Give thanks for his witness and impact and for those in the church and society who continue to fight for justice and the interests of people in Central America.

25 In Jesus Christ we have a loving shepherd and a guiding light who walks with us in the dark moments and places of our lives. Give praise and thanks to God!

26 Remember in prayer congregations and communities that are preparing for spring and summer storms and living with the uncertainty of what this year will bring. Pray that God will protect them, equip them to respond and calm their anxiety.

27 Praise God for spring and its abundant signs of new life, which prompt us to remember the good things God has given us to tend, share and use.

28 Pray that, as "children of light," we will grow in our understanding of what pleases God — lives full of light and shining with everything that is good, right and true.

29 Ask God to help us trust that our actions, words, witness, relationships and service can and will accomplish wonderful and sometimes miraculous things in the world. Pray that, in all we do, we will act with humility so that our lives point not to our own abilities and accomplishments but to the power and love of God.

30 Ask God's forgiveness for the times when, turning our attention to the breaking news of the day, we forget the masses of refugees in the world. Pray that, through our prayers, generosity, compassion and advocacy, we will be inseparably bound to those refugees who, displaced from their homes and communities, yearn to be welcome, respected, safe and settled.

31 Remember in prayer those congregations, synods, leaders and churchwide staff preparing for synod assemblies this year. Pray that the Spirit will guide and inspire their plans for the sake of doing God's work in the world, spreading the good news of Christ and growing the church.



Stewardship
a way of life

Synod News

The Spirit

Volume 37, Number 3

March, 2020



It's time to be honest

by the Rev. Shelley Bryan Wee
Bishop NWWA Synod

Wouldn't it be nice if people could talk about their anti-anxiety medication or depression medication as easily as their cholesterol medication?

Unfortunately, even though we have come a long way in society, there is

still some shame when talking about illnesses in our brains – whether it is anxiety or depression or addiction or bipolar disorder or ADHD or a traumatic brain injury (TBI) or other mental health challenges.

Sadly, there seems to be an added stigma when one is a deacon or a pastor. I am not sure why. Perhaps it is because rostered ministers are supposed to have everything in order. Perhaps it is because rostered ministers are supposed to be the helpers rather than the ones who need help. I don't know. But the stigma is present.

The truth is, in the United States nearly one in five adults experience some form of mental illness. It is very common. And, in most cases, it is treatable with therapy and medication. With the right treatment plan, most are able to lead a full and happy life.

I encourage us all to be compassionate and to be truthful with one another. We all need to get to a point where we can be honest regarding our mental health, whether we are a rostered minister or a layperson. This is for the sake of the church, the person involved and their family.

When I was a young adult, I learned that my great-grandmother suffered from schizophrenia. I had never met her and thought she had died years before I was born. The reality was that she died only a few years before I heard about her. You see, she had been institutionalized for years and no one in the family spoke of her. I am saddened that I never had a chance to meet her. And I am saddened for the shame my family held close. My family and I are less than what we could have been together.

While I am thankful that things are different than when my great-grandmother was confined to an "asylum" (as it was called back in the day), we still have a long way to go. I encourage all of you to be honest if you are experiencing symptoms. I ask all of you to listen and see and empathize with those who are struggling. And encourage those around you to get help as needed.

Truly, we do not want you to struggle alone. In addition to your primary care provider, here are some resources:

Lutheran Counseling Network -

www.lutherancounseling.net/

Lutheran Community Services Northwest – www.lcsnw.org/
Suicide Prevention Hotline: 800-273-8255

For Rostered Ministers: Consultation to Clergy -

www.consultationtoclergy.org/

For Portico Plan Members, check out the online *Learn to Live* and *Being* programs: www.porticobenefits.com

Let us trust in one another.

Truly, let us trust in God - that God is with us, carrying our burdens, and giving us rest.

Blessings,

Bishop Shelley Bryan Wee

P.S. Here are two additional stories that might be of interest:

<https://livingchurch.org/2019/11/18/facing-an-invisible-storm-mood-disorders-in-church-workers/>

[www.indianapolisrecorder.com/religion/article_3a80369a-2bda-11ea-98ee-5722a8bd15b1.html?](http://www.indianapolisrecorder.com/religion/article_3a80369a-2bda-11ea-98ee-5722a8bd15b1.html?utm_medium=social&fbclid=IwAR3JhB2MSEdH7Vz47rp2vaHtuCDOUMpuUzGO5tarK7P6NQ0gn1cBYIQW3qE)

[utm_medium=social&fbclid=IwAR3JhB2MSEdH7Vz47rp2vaHtuCDOUMpuUzGO5tarK7P6NQ0gn1cBYIQW3qE](http://www.indianapolisrecorder.com/religion/article_3a80369a-2bda-11ea-98ee-5722a8bd15b1.html?utm_medium=social&fbclid=IwAR3JhB2MSEdH7Vz47rp2vaHtuCDOUMpuUzGO5tarK7P6NQ0gn1cBYIQW3qE)

Grace & Peace,

Bishop Shelley Bryan Wee

LMLC News and Events



Mid Week Lent: Soup Supper and Holden Evening Prayer

We will gather in Celebration Hall and welcome our friends from Broadview UCC for Mid Week Lent Soup Supper and Holden Evening Prayer on each Wednesday during Lent.

Soup's on at 6:00 and Holden Evening Prayer follows at 6:45.

Come and join us!



Happy March Birthdays!

07 Elaine Hardin

Shirley Yandl

12 Nancy Sandbloom

17 Laura Harris-Ferree

20 Norman Swenson

21 Karen Senior

23 Jackson Ter Hark

25 Mary Ellen St. Clair

26 Michael Trice

27 Gavin Gough

Happy Anniversary!

3/19 Mary Hinderliter & Eric Zoeckler

3/25 Jerry & Rosemary Semrau

LMLC News

*By the grace of God and the call from
Luther Memorial Lutheran Church
Laura Harris Ferree
will be installed as
Pastor of Community and Outreach*

Saturday, March 14th 4:00pm

Clergy are invited to vest. The color of the day is purple.

Dinner Following in Celebration Hall

Notes:

Please RSVP for the dinner by signing up in Sign Up Central. The meal is catered and we need to have as accurate of a count as possible. If you are willing to stay to help with clean up, that would be very helpful!



Worship

Readings for March

March 1 First Sunday in Lent	March 8 Second Sunday in Lent	March 15 Third Sunday in Lent	March 22 Fourth Sunday in Lent	March 29 Fifth Sunday in Lent
Genesis 2:15-17; 3:1-7	Genesis 12:1-4a	Exodus 17:1-7	1 Samuel 16:1-13	Ezekiel 37:1-14
Psalms 32	Psalms 121	Psalms 95	Psalms 23	Psalms 130
Romans 5:12-19	Romans 4:1-5, 13-17	Romans 5:1-11	Ephesians 5:8-14	Romans 8:6-11
Matthew 4:1-11	John 3:1-17	John 4:5-42	John 9:1-41	John 11:1-45

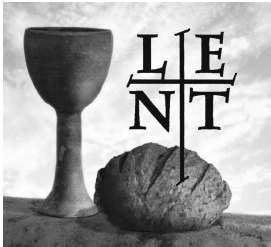

Worship servers are scheduled on the 15th of the preceding month by Pastor Julie. If you have dates when you do NOT wish to be scheduled, please let her or the office know before the 15th. If there is a scheduling conflict, please find a substitute from among the additional names on the schedule.

	3/1	3/8	3/15	3/22	3/29
Assisting Minister	Julie Moe	Andrew Wesly	Cathy Fransson	Raj Lingappaiah	Steve Olson
Lector	Donna Smith	Steve Olson	Julie Moe	Cathy Fransson	Andrew Wesly
Acolyte	Jed TerHark	Zachary Johnson	Joshua Llingappaiah	Stacie Jamieson	Lillian Long
Communion Altar	Dian MacKechnie				
Greeters and Ushers	Mary Hinderliter & Eric Zoeckler	Ardene Adams & Cathy Fransson	Bill & Laurie Meade	Lollie Ellingson Lynne Greenup	Mary Hinderliter & Eric Zoeckler
Children's Time	Pastor Julie	Pastor Julie	Pastor Laura	Pastor Laura	Pastor Julie
Song Leader	Leia Smith	Shirley Teuber-Goins	Chrade Younkin	Julie Moe	Julie Moe
Musician	Chrade Younkin				
Closer	Bill Meade	Bruce Hutson	Lollie Ellingson	Donna Smith	Raj Lingappaiah



March 2020

See our live calendar online for any changes or updates: www.luthermemoralseattle.com/calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1 Lent 9:30 1st Sunday Faith Forum 9:30 Sunday Church School 10:30 Worship 11:45 Congregational Mtg. 5 Contemplative Worship	2 6 NA <div style="border: 1px solid black; padding: 2px; text-align: center;">Pastor Julie's Sabbath</div>	3 10 Kaleidoscope Play & Learn 7 Seattle Photographic Society	4 9:30 Seekers 6 Soup Supper & Worship 7 NarAnon	5 1 Stepstudy		
8 <u>DST starts</u> 2 Lent 9 Choir 9:30 Sunday Church School 10:30 Worship	9 6 NA <div style="border: 1px solid black; padding: 2px; text-align: center;">Pastor Julie's Sabbath</div>	10 10 Kaleidoscope Play & Learn 6:30 Church Council 7 Seattle Photographic Society	11 9:30 Seekers 6 Soup Supper & Worship 7 NarAnon	12 1 Stepstudy 7 Broadview Garden Club	13	14 4 Installation of Laura Harris-Ferree
15 3 Lent 9 Choir 9:30 Sunday Church School 10:30 Worship 11:30 Prayers for Healing	16 6 NA <div style="border: 1px solid black; padding: 2px; text-align: center;">Pastor Julie's Sabbath</div>	17 10 Kaleidoscope Play & Learn 	18 9:30 Seekers 6 Soup Supper & Worship 7 NarAnon	19 1 Stepstudy	20	21
22 4 Lent 9 Choir 9:30 Sunday Church School 10:30 Worship	23 6 NA <div style="border: 1px solid black; padding: 2px; text-align: center;">Pastor Julie's Sabbath</div>	24 10 Kaleidoscope Play & Learn 7 Seattle Photographic Society	25 9:30 Seekers 6 Soup Supper & Worship 7 NarAnon	26 1 Stepstudy	27	28
29 5 Lent 9 Choir 9:30 Sunday Church School 10:30 Worship	30 6 NA <div style="border: 1px solid black; padding: 2px; text-align: center;">Pastor Julie's Sabbath</div>	31 10 Kaleidoscope Play & Learn 7 Seattle Photographic Society	April 1 9:30 Seekers 6 Soup Supper & Worship 7 NarAnon			



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