

MARCH 2020

Faith Lutheran Church

NOTES OF FAITH

As followers of Christ, we learn to love and live to serve.



Photo by James Coleman

Holy Communion

You will notice a couple of changes in the format of holy communion in March. Of course, first and foremost the eucharist is Christ coming to us in the bread and the wine, his body and blood with the words, "Given and shed for you."

During March rather than kneeling at the altar railing, we are going to gather shoulder to shoulder at the edge of the bottom stair of the chancel area. This is because the new organ pipes will require us to move the altar forward. We have different options for the placement of the altar rail and thus we are exploring the various options available.

In addition, we will be returning to individual cups for communion rather than intinction. The worship assistant, who has sanitized hands, will hand you the cup of red wine or white grape juice. Please indicate if you have a preference.

A NOTE FROM YOUR PASTOR

Blessing the Dust



“Remember that you are dust and to dust you shall return.” These words mark the beginning of Lent for us as we begin the journey of 40 days in the wilderness. For the next 40 days we intentionally sit in the space of the unknown and uncomfortable. We wander through the weeds and thorns and branches that snag at us. We acknowledge that which seeks to draw us away from the light of Christ as we seek to repent and turn away from our sinful ways. We long for the beauty and the joy and the celebration of Easter and yet, we first enter with harsh wilderness and the dust that swirls around.

There is dust we are facing in our world. The political races are heating up, and no matter who you support, there is a level of blame and accusation. Viruses circling the globe brings fear and concern. There is exhaustion and an emotional drain that accompanies the support and care for friends and family with cancer, long term health concerns, and aging bodies. The dust seems to get dustier all the time.

On Ash Wednesday we bring our dust to be marked with dust, to be reminded that we are dust, and that to dust we will return. However, if we are able to bring ourselves to be marked with dust, clearly we aren't dead yet. We may be dust but we aren't ready to be returned to dust. Thus, we can turn to Isaiah 61:3&10 who says:

*3 ...to provide for those who mourn in Zion—
to give them a garland instead of ashes,
the oil of gladness instead of mourning,
the mantle of praise instead of a faint spirit.*

*10 I will greatly rejoice in the Lord,
my whole being shall exult in my God;
for he has clothed me with the garments of salvation,
he has covered me with the robe of righteousness...*

We are covered in robes of righteousness and our dust is woven with garland. Therefore, this Lent we can live in the wilderness and wipe the dust off each other as we give voice to those on the margins, speak the good news of the gospel to the oppressed, care for the ill and hurting, and comfort those who mourn. We can remember that we are clothed in the robe of righteousness and the garments of salvation.

When the dust seems to be too much, we remember that God breathed life into dust.

Pastor Shannyn
pastor@faithseattle.org



BLESSING THE DUST

—Jan Richardson

Circle of Grace: A Book of Blessings for the Seasons.



All those days
you felt like dust,
like dirt,
as if all you had to do
was turn your face
toward the wind
and be scattered
to the four corners
or swept away
by the smallest breath
as insubstantial—
did you not know
what the Holy One
can do with dust?
This is the day
we freely say
we are scorched.
This is the hour
we are marked
by what has made it
through the burning.
This is the moment
we ask for the blessing
that lives within
the ancient ashes,

that makes its home
inside the soil of
this sacred earth.
So let us be marked
not for sorrow.
And let us be marked
not for shame.
Let us be marked
not for false humility
or for thinking
we are less
than we are
but for claiming
what God can do
within the dust,
within the dirt,
within the stuff
of which the world
is made
and the stars that blaze
in our bones
and the galaxies that spiral
inside the smudge
we bear.

Illness Precautions

It is cold/flu/illness season and there are different viruses circulating. While we love gathering all together in worship, as a precaution if you are feeling ill, please stay home. Worship is streamed and posted on the Faith Lutheran Facebook page, which can be watched live or at a later time that is convenient.

In addition, small bottles of hand gel have been ordered and will be placed in the pews. You are encouraged to sanitize your hands after passing the peace and before communion. There are MANY ways to pass the peace of Christ: shaking hands, high fives, elbow bumps, waves, smiles, and words. We encourage you to pass the peace in whatever way you feel comfortable.

Lent is the season of preparation before Easter. It is a time when many observe a period of fasting, repentance, moderation, and spiritual discipline. The purpose is to set aside time for reflection on Jesus Christ - his suffering and his sacrifice, his life, death, burial, and resurrection. During the six weeks of self-examination and reflection, many will make a commitment to fast, or to give up something. Some Christians also take on a Lenten discipline, the goal being to strengthen your faith and spiritual disciplines and develop a closer relationship with God.



ASH WEDNESDAY SERVICE

Wednesday, February 26

7:00p

WEDNESDAY'S IN LENT

March 4—April 1

6:00p Soup Supper We will gather for fellowship and a soup supper, please bring a soup/dish or side to share.

7:00p Worship, Holden Evening Prayer We will gather for worship in the Sacred Space (downstairs, turn left.). We will use the Holden Evening Prayer worship liturgy and engage in Lectio Divina together. Lectio Divina is translated as "Divine Reading" and is a form of meditative scripture reading. Everyone is invited!



IDEAS FOR A LENTEN SPIRITUAL DISCIPLINE:

AT FAITH:

Yoga: Tuesday mornings at 9:45a (Note: NO Wednesday Yoga until after Easter)

Bible Study: Wednesdays at 10:00a

Taking Faith Home: Inserts are in your Sunday bulletin

Zoom Devotions: Mondays at 8:45p Being a parent means busy-ness, tight schedules, and high demands. We will gather on-line for a brief check in, short devotion, and prayer. It will last about 15 minutes and you can link in via Zoom. Contact Pastor Shannyn for more info.

Holden Evening Prayer: Wednesdays at 7:00p

Lenten Storytelling Project: This Lenten season we will begin reflecting on where our faith leads us, both inside and outside of our church community. We will be gathering stories from members who will share how their faith inspires them and moves them into action. These stories will be shared in a booklet; available in May. If you would like to take part in this project, please let Pastor Shannyn or Missy know. Stories should be between 300—900 words. Please submit your story along with a photograph. We will be collecting stories from now until the end of April.



ON YOUR OWN:

1. Create a scrapbook or journal that conveys the milestones in your faith journey
2. Social Justice Research: Head to your local Library and research a topic of interest to you (LGBTQ, Black Lives Matter, Homelessness, Immigration etc)
3. Photography. Take pictures of different images of God and use in reflection or prayer.
4. Music: singing, playing an instrument, or just listening—light a candle and use music to help you focus and meditate
5. Painting, drawing etc. Take a topic (grace, faith, love, hope...) and use your creative medium to express those reflections
6. Collect items from nature and create a collage or sculpture for your prayer space. Express your gratitude and pray for the healing of all creation.
7. Create a vision board. Who do you want to be in the world? What do you want to give attention to for the benefit of the common good?
8. Practice deep listening. Listen in a way in which you are fully present without trying to control the conversation or judge what is said. When someone else is speaking, check in with yourself: Am I thinking about how I want to respond or am I curious to hear more about what they are saying?
9. Make a list of people who have impacted your faith journey. Write them a note and tell them why.
10. Get to know your neighbors
11. Practice mindfulness: As you walk or are sitting with a cup of coffee or just doing dishes, mindfulness takes place when we are intentionally aware of our feelings, thoughts, our body or our surroundings. It is accepting those things without judgement, it is finding joy and beauty in life. In mindfulness, all of our senses are involved.
12. Simply stop and breath. Make it a habit at regular intervals during your day. Just before you start your car; Before your first bite of food; each time you start a new project, etc Breath in the Holy Spirit; breath out anxiety and stress.
13. Sit by the ocean, there is mystery and energy there.
14. Sit with a cup filled to the brim. Reflect on how full your life is—and where it needs to be filled.
15. Hand to heart. Connect with your heartbeat; be in that moment; speak words of love and gratitude to yourself.

**RECITAL TO BENEFIT
THE PIPE ORGAN FUND
AT FAITH LUTHERAN**

**SUNDAY, MARCH 29
3:00PM, IN THE SANCTUARY**

DAVID BUICE PLAYS THE LAUTENWERCK (LUTE-HARPSICHORD)

“NEW AGE POP MUSIC FROM THE COURT OF THE SUN KING”
– MUSIC FROM THE COURT OF LOUIS XIV, AND MORE.

FREE ADMISSION – OFFERINGS WILL BENEFIT THE PIPE ORGAN FUND.



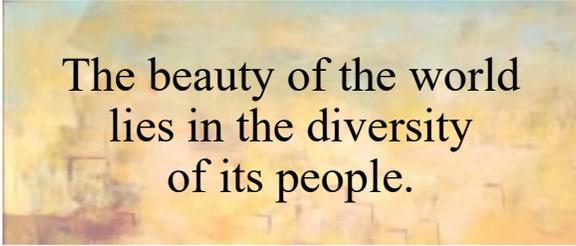
FAITH INSIDE AND OUT

Faith Lutheran has wrestled with the idea of where we are called and how we live out that calling. We recognize the call for service and outreach in our community, along with the need to nourish the internal community. These are not mutually exclusive. No, in fact these are mutually inclusive as one leads into the other.

What we learn, do, and experience in gathered community and worship leads us to the living out of our faith in the world. What we learn, do, and experience in the world brings those teachings and callings to life and action. That life and action leads us back into the gathered community and worship to ask more questions, be inspired by others, and seek to interpret God's Word. It's continuous. One continues to lead into the other.

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If you would like to take part in this project, please let Pastor Shannyn or Missy know. Stories should be between 300-900 words. Please submit your story along with a photograph. We will be collecting stories from now until the end of April. Contact the [church office](#) if you have any questions.



The beauty of the world
lies in the diversity
of its people.

WOMEN'S BOOK GROUP

Women's Book Group Weekend

All women are invited to join all or part of a weekend at a rental house in Clinton, WA, April 17 - 20. It is a relaxed time for conversation, crafts, cooking together, reading, walks - you name it! We are staying in a spacious house on lovely grounds just a couple miles from the ferry. For more information or to sign up contact Sheryl Schmeling, sheryllschmeling@gmail.com.



ADULT EDUCATION

MARCH:

50th Anniversary of Women in Ministry

March 1: 9:00a in the Library

Pastor Nancy Winder joins us to speak about the 50th Anniversary of the Ordination of Women!

March 8: Loss, Change & Growth

9:00a in the Library

As people of faith, we cry out: "Give ear to my words, O LORD; give heed to my sighing. Listen to the sound of my cry, my King and my God, for to you I pray." Psalm 5:1-2 We bring our suffering before God...then what? Many find comfort in their faith; in prayer or worship. The familiarity gives one something to hold on to when everything around them is seemingly falling apart. But for others, the emptiness and abandonment are real. Join Missy French as we look at the movement of God in our grief.

March 15: Legal Aspects of a Death in the Family

9:00a in the Library

March 22: A Look at Grief with Lutheran Counseling Network

9:00a in the Library

March 29: AARP

After Worship in the Library

YOGA DURING LENT
Tuesday Mornings at 9:45a
Wednesdays at 5:30p
NO Wednesday Yoga on March 4.

Council Briefs from February 11, 2020 meeting

March is the kick-off month for the capital campaign for a new organ. The goal is to raise \$24,000 by May. This will bring funds designated to the organ project to \$30,000 and would represent a substantial good faith commitment to the project.

February 23 and March 1 we will be celebrating the 50th anniversary of the ordination of women in the ELCA. Pastor Nancy Winder will join Pastor Shannyn Fuerst in our commemoration of this landmark event.



WOMEN OF FAITH

HAPPY MARCH! Time marches on and so do we! At one of our February circle meetings someone mentioned that sometimes we are called by God to march on like Christian soldiers. We are exploring and studying what our calls are and how we can live into them. Being a disciple of Christ often calls for purposeful and difficult actions as we advocate and promote justice and live the life to which we are called. Blessings to each of you as you enter this Lenten season and learn more about your callings.

FAITH'S BIBLE STUDY CIRCLES

Mary-Martha Circle will meet on Monday, March 9th at 7:00 P.M. at the church. The hostess will be Joan Mattes. The Bible Study, led by Dallas Presley, will be from the March 2020 issue of the Gather magazine, beginning on page 20. All are invited. Questions? Please call Estelle Morley (425) 329-6147.

Ruth Circle will be meeting on Thursday, March 19th at 12N in the Church Library. Carol Haffar will be the hostess, providing the beverages and dessert. Please bring your own sack lunch. The Bible study will begin at 1:00 p.m. All are invited. Questions? Call Donna Shy at (206) 523-3029.

The Gather Bible Study will be in the March 2020 issue of Gather magazine, beginning on page 20. The Rev. Kathryn A. Kleinhaus, is the author of Gather's January through May 2020 Bible Studies. The theme is "*We are called!*" and it will explore vocation in many contexts and learn how we and people in the Scriptures have been called by God and how we are encouraged to live out that calling. In March, Session Three entitled "*Called to Serve*" focuses on what we are being called to do. In particular, we will see how God's call is a call to serve others, and how the call to love God is linked to the call to love our neighbors. We will examine the call to respond to individual needs, to community needs, and political needs. Sound interesting? Come join us.

PROMOTION OF THE "GATHER" MAGAZINE

I cannot count the number of times I have commented and heard other people comment about how good the articles have been and how they have been so applicable to everyday life, encouraging, and inspiring! *Gather Magazine* offers a mix of articles, theological reflections, devotions and stories of comfort and challenge that help readers grow in faith and engage in ministry and action. *Gather* is published 10 times a year. A print subscription is \$19.95 a year with free digital access. Individuals are encouraged to subscribe by calling 1-844-409-0576 or visiting www.gathermagazine.org

REGISTRATION IS NOW OPEN FOR THE WOMEN OF THE ELCA GATHERING, July 16-20, 2020 in Phoenix, Arizona. Visit www.welcatg.org The theme is "JUST LOVE" and you are invited to this life-changing event. Come. Be inspired. Then begin living out your faith in new and invigorating ways.

With Grace and Peace,
Estelle Morley



FROM YOUR BISHOP

It's time to be honest

Spirit Article - March 2020



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: 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: [Living Church](#) and [Pastor Resigns](#)



MARCH BIRTHDAYS

3 Andrew Snook	15 Margaret Roe
4 Glory Busic	18 Emily Lansverk
5 Lars Roe	21 Marie Bilger
6 Trevor Warren	21 Nancy Estill
8 Julaine Hall	22 Elena Galati
9 Rick Friedhoff	23 Barbara Hill
10 Sharron Sellers	25 Laura Graham
11 Tim Overlund	25 Tristen Warren
12 Garrett Musar	28 Bob Rhinehart
13 Denise Templeman	31 Jake Hall
15 Everly Piper	31 Janice Piper



Sunday Worship Schedule

Sunday Morning Worship 9:45am

Publication Notices

Notes of Faith is published once a month.

News deadline is the 20th.

Weekly Email is sent out every Thursday

News deadline is Wednesdays at noon

Articles can be submitted to office@faithseattle.org

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Secretary: Marilyn Anderson

Treasurer: Wally Powelson

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