



OCTOBER 2019

Faith Lutheran Church

NOTES OF FAITH

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

Martin Luther 1483 - 1546



Luther was tormented by the demand for righteousness before God. “I did not love, yes, I hated the righteous God who punishes sinners, and secretly, if not blasphemously, certainly murmuring greatly, I was angry with God.” Then, in the midst of that struggle with God, the message of the Scriptures became clear, like a long-shut door opening wide. When he realized that a “merciful God justifies us by faith ... I felt that I was altogether born again and had entered paradise itself through open gates.”

This discovery set Luther’s life on a new course —both his own life and his public service as a preacher and teacher. When a church-endorsed sales team came to the Wittenberg area in October, 1517, Luther was concerned that the promotion and sale of indulgences undermined the promise of God’s unreserved mercy in Jesus and the faith that trusts that promise. His *95 Theses Disputation on the Power and Efficacy of Indulgences* became the first of a life-long stream of books, sermons, letters, essays, even hymns in which he expressed his confidence in this life-giving promise from God, the Gospel, and its liberating implications for all of life in church and society.

Taken from www.elca.org/Faith/ELCA-Teaching/Luther-and-Lutheranism

A NOTE FROM YOUR PASTOR



How do we create space for others by not giving space?

My friend Marietta is a student at Wartburg Seminary in the distance learning program. She goes to the seminary twice a year for intensive classes. During that time she interacts with her classmates and is on campus each day for classes and meals.

The refectory at Wartburg has a stone floor and brick walls. When there are a number of people in the space it can get difficult to hear, as the sound bounces, and can be over-stimulating. Marietta said she combats this during meal times by trying to intentionally focus on one conversation with only the person sitting next to her.

A few weeks ago Marietta was at Wartburg. As she sat down to lunch she turned to have a conversation with a woman next to her. The woman serves as an ELCA pastor in Milwaukee. She was on campus to teach an anti-racism workshop. As the conversation started, Marietta said this woman gave her no space. No space. In a really good way. As opposed to talking about class, asking the small-talk questions about family or hobbies, the woman, who is African American, immediately started the conversation by saying, "So, what are you doing to combat racism in your congregation?" Marietta said she stumbled and stuttered. And then they got into a deep conversation about racism, the church, and the world. Marietta said it was one of the best and most educational hours of the week.

In an effort to be in the status quo or find a space within a group, how often are we unwilling to invade space that needs invading? Brene Brown speaks to and has written multiple books about vulnerability. I've read them and watched them and she has a lot of good things to say. And yet...I am not convinced that we are willing and able to be truly vulnerable with one another as a society. It makes us uncomfortable. There is often a desire to leave a space bubble, it feels like proper etiquette. We don't generally just sit down and start speaking about the really hard stuff. Yes, there are pieces of your life and stories that are private and they are your stories to share or not. But instead of talking about the weather or sports, what if we gave one another less space and instead took a risk to go deep right away?

"What are you doing to combat racism?"

"When have you hurt someone and how did that reconcile?"

"How is God messing with your life right now?"

"What frustrates you?"

"What do you think is an important conversation to have with children these days?"

"How do you interact with people who are homeless?"

"Are you living as the person you want to be?"

I wonder how it would change the conversations around us.

Leave less space. It will give more space for what is important.

In gratitude,
Pastor Shannyn (and the Worship Committee)



CELEBRATING GOD'S ABUNDANCE: DINNER AT FAITH

Sunday, October 13 at 6:00 p.m.

As a big and heartfelt thank you to the congregation, the Church Council and the Stewardship Committee will be hosting a celebration dinner in the Social Hall at Faith. The theme for the dinner is Celebrating God's Abundance, and we will be giving thanks for our blessings and conveying our appreciation to all of you for your ongoing support of the ministry and programs at Faith Lutheran. The idea for the dinner emerged out of Stewardship Committee and has been endorsed by the Church Council. The items to be served at the meal are based on an Oktoberfest theme, and will include bratwurst, hot dogs, vegan sausage and salads, among other things. Beer and wine will be served as well as soft drinks.

In order to help us plan for food buying, please let us know in advance if you are planning to attend the dinner. Please RSVP to the Church Office or sign up on the sheet in the Narthex by Monday, October 7th. Thank you and we look forward to seeing you on the 13th! - Church Council and Stewardship Committee.

FAITH CONCERT: SAVE THE DATE!

Sunday, November 24 at 3pm

Several of Faith's "in-house" instrumentalists will join David Buice in a concert of beautiful and relaxing music from late 19th and early 20th century France. A perfect "pause" before the holiday activities of Thanksgiving, Advent and Christmas, the concert will feature Kathy Brandstetter, Merle Harris, Alec Keith, Rebecca Keith and Bruce Rummel, in arrangements for strings and woodwinds of music by Debussy, Fauré, Massenet, Offenbach, Ravel and Saint-Saëns. David Buice will provide piano accompaniment as well as solo keyboard works by Debussy and Widor.

The concert is free and open to the public, so mark your calendar and bring your friends! Donations received at the concert will be added to the Faith Pipe Organ Fund.

WINTER SHELTER UPDATE

Faith will be hosting the winter shelter from November 1-29, 2019 in addition to the month of February 2020. We were asked to consider adding another month after a congregation in the City of Kenmore was barred from hosting a low-barrier shelter due to legislation passed by the city government there.

While adding a second month will require some additional work for us, most of the heavy lifting for meals, supplies and volunteers has already been graciously offered by the Catholic congregations at Our Lady of the Lake, St. Bridget's and Assumption. These faith communities are planning to cover most of the responsibilities for the whole month, and this support removes a significant burden from Faith. Despite this helpful assistance, the Shelter Team felt strongly that at least one or two Faith representatives should be present each night to act as site hosts along with those from the other congregations. We welcome participation from any Faith members who want to serve as site hosts, and training will be provided. Stay tuned for more information about ways you can support this effort to serve our community! - The Winter Shelter Team



CONNECT, LEARN, GROW

SUNDAY MORNING EDUCATION:

Pre-El & Sunday School: Meet at 9:00am. Pre-El meets downstairs in the Sunday School room next to the nursery. Sunday School age meets in the Social Hall near the piano.

Confirmation & High School: Meet in the youth room at 9:00am.

Adult Education:

9:00am in the Library**

October 6	Intergenerational Story Circle
October 13	Social Justice as a Spiritual Practice
October 20	Addiction Pt 1
October 27	Addiction Pt 2 (note this time is at 10:45a)

**Adult Education will take place on Sundays at 9am EXCEPT for the last Sunday of the month when it will take place following the worship service. This will allow for longer discussion and/or speakers on those days!

PARENTS OF YOUNG CHILDREN, ZOOM DEVOTIONS

Thursdays 8:45pm

Being a parent means busy-ness, tight schedules, and high demands. Yet the time to pause, breathe, pray, and connect with other parents is important to nourishing your soul. On Thursday evenings at 8:45pm 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.

[Click here](#) for the link or email Pastor Shannyn at pastor@faithseattle.org Put the kids to bed, get comfy, grab your phone/tablet/computer and have a few minutes of spiritual nourishment as you finish out your week.



YOGA AT FAITH

Tuesdays at 9:45a

Wednesdays at 6:00p



By living well as people of God, we are better prepared
to do God's work at home and in the world.
Our state of mind directly affects our well-being.
Our physical health directly affects our well-being.
Our attention to that which is spiritual directly affects our well-being.

When we are mindful in these areas,
we experience peace, we handle stressful situations with grace
and we find joy and beauty in each day. *M. French*

LIVING A CENTERED LIFE

Thursday, OCTOBER 3, 6:30p—8:00p

We live in a world of permanent white water and it seems that the only time we slow down is when we get sick or injured. We hear a lot of talk about trying to create a balanced life. However, trying to balance life is exhausting; we try to stay in control and life never works that way. By striving for a centered life, we find steady ground to handle the chaos around us.

PRACTICING GRATITUDE

Thursday, NOVEMBER 7, 6:30p—8:00p

Studies show that practicing gratitude has real health benefits by reducing stress and improving your psychological and overall well-being. This workshop is a powerful reminder that there is always something to be thankful for. Take time to bask in what is good.

NO SPIRITUAL SPA IN DECEMBER

PRACTICING GRATITUDE

Thursday, JANUARY 2, 6:30p—8:00p

Studies show that practicing gratitude has real health benefits by reducing stress and improving your psychological

DETAILS:

Registration: Sign up in the Narthex, contact the office or Missy French at heartswayhome@gmail.com

Location: Faith Lutheran Church Library

Keep up with Faith Happenings:

Weekly Email: contact the office if you want to receive these

Twitter: @faithseattle

Facebook: Faith Lutheran Church --Seattle, WA

Website: www.faithseattle.org

MONTHLY SPIRITUAL SPAS

GET INVOLVED



Wednesday Morning Bible Study: All are welcome to join us in the Library each Wednesday at 10:00 am for Bible study. Together we explore the texts for the upcoming Sunday and wrestle with how God is speaking to us through these texts.

Cook for the Center: On the third Monday of each month at 1:00, volunteers prepare a meal for the Compass Housing Alliance. Volunteers and donations are gratefully accepted.

Women's Book Group: This group meets once a month in members homes.

Faith Lutheran Church Women: This group has two regular Bible Studies each month and is very active making quilts, and collecting supplies for School and Baby Kits which are distributed through LWR.

Men's Breakfast: Join in the third Saturday of each month at 8:00 a.m. for Breakfast, Bible Study and chores around facility. For more information contact the church office. (off for the summer; will be meeting again in September.)

Meal Prep Opportunity: Every 2nd Thursday the LCSNW foster program has a gathering with a meal in the social hall. A group from Plymouth and from Faith prepare the monthly meal for the meeting and are in need of extra hands. If you are interested in helping out contact the church office.

Sunday Stewards and Fellowship: Be a part of making worship happen.

Contact the church office if you are interested in any of these opportunities.



WOMEN OF FAITH

FAITH'S BIBLE STUDY CIRCLES

Mary-Martha Circle will meet on Monday, October 14th at 7:00 P.M. at the church. Jeannette Chen-U and Estelle Morley will be providing the refreshments and we will study as a group the Bible Study from the October 2019 issue of the Gather magazine. All are invited. Questions? Please call Estelle Morley (425) 329-6147.

Ruth Circle will be meeting on Thursday, October 17th at 12N in the Church Library. Please bring your own brown bag lunch. Beth Kerr will be serving dessert and beverages. The study presentation will begin at 1:00 p.m. All are invited. Questions? Call Donna Shy at (206) 523-3029.

The Gather Bible Study for October is entitled *"No hard feelings?" The ache of grief*. "In this session, participants will explore stewardship of emotions, specifically grief, through biblical poetry, especially Psalms 25, 77 and 126, as well as Lamentations 2 and 5. Biblical poetry offers countless resources for liturgy, lament and hope for those who grieve, those who struggle to name their grief and those call to comfort the grieving."

PROMOTION OF THE "GATHER" MAGAZINE CONTINUES.

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. Individuals are encouraged to subscribe by calling 1-844-409-0576 or visiting www.gathermagazine.org Have you subscribed yet?

With Grace and Peace, Estelle Morley



From LWR: "In 2019, your gifts of love reached out to people all over the world.

You provided opportunities for education for children from Honduras to Zimbabwe to Syria; gave hope to refugees in Mauritania, Bosnia, and Iraq; and comfort to displaced families in Haiti and Dominica."

The PNW fall LWR drive has started. The Circles have been gathering items for Personal Care Kits and School Kits. Of course our wonderful quilters are hard at work putting together quilts to send all over the world. If you'd like to contribute to the School Kits or Health Kits, there are baskets in the narthex to put your donations. The deadline for all donations is Thursday, Oct. 17th, at noon.

Save the date: Sunday, October 20th, will be the Display, Blessing and Packing of the Mission Quilts, School Kits and Health Care Kits. Packing of the quilts and kits will be done in the Library following the worship service. Your help in assisting with the packing and to help move the items from the Sanctuary to the Library would be greatly appreciated.

Faith's LWR Co-Coordinator: Karren Johnson and Ann Cohan



Evangelical Lutheran Church in America

God's work. Our hands.

FAITH ORGANIZATIONS TO EXPLORE:

Lutheran World Relief: <https://lwr.org>

The three main priorities of Lutheran World Relief are: Emergency Operations, Agriculture, and Climate Change effects. LWR's emergency operations are designed to address the most urgent and basic needs of these communities, while also promoting sustainable recovery and building resilience to future disasters. LWR's agriculture focus improves the lives of millions of smallholder farmers and their families through sustainable agriculture efforts that focus on building food security and increasing rural incomes through agriculture value chains. LWR's climate initiative focuses on helping communities be better prepared for natural disasters -- as well as embrace innovative climate smart agriculture practices-- which are key elements in building resilient communities and strong local economies.

Lutheran Immigration and Refugee Services: <http://lirs.org>

LIRS works with migrants and refugees, U.S. Lutherans, and many partners in service and justice to accomplish our mission. Refugees are resettled through a network of 28 local organizations in 26 states, most of which are Lutheran social ministry organizations. Sixteen of those organizations also provide immigration legal services. Asylum seekers, survivors of torture and other migrants impacted by detention are served through 23 partners providing legal and social services including visitation ministry. In addition, we work directly with eight foster care programs at the state level to provide family reunification and foster care services for unaccompanied refugee and immigrant minors.

Lutheran Community Services Northwest: www.lcsnw.org

Lutheran Community Services Northwest is a non-profit human services agency serving communities throughout Washington, Oregon and Idaho. Our caring staff provides a wide variety of services to adults, adolescents, children, families, schools, businesses, congregations, neighborhoods and communities. We are privileged to touch the lives of people of all ages, cultures and faiths. The mission of Lutheran Community Services Northwest is to partner with individuals, families and communities for health, justice and hope.

Faith Action Network: <http://fanwa.org>

Faith Action Network's mission is to be a faith-inspired statewide partnership striving for a just, compassionate, and sustainable world through community building, education, and courageous public action. We will build a widely diverse coalition of all people of faith and ally with like-minded communities and organizations across the state to take courageous action and create a more just and peaceful world.

Lutheran Volunteer Corps -LVC unites full-time stipended Volunteers with financial supporters, non-profit organizations and ministries to work for peace with justice across the nation. In addition to working for justice, LVC Volunteers live together in intentional household communities of 4-7 people to encourage simple, sustainable living. www.lutheranvolunteercorps.org.

ReconcilingWorks: Lutherans for Full Participation – Since 1974, ReconcilingWorks has advocated for the full welcome, inclusion, and equity of lesbian, gay, bisexual, transgender, and queer (LGBTQ) Lutherans in all aspects of the life of their Church, congregations, and community. www.ReconcilingWorks.org



Join us for an afternoon of food, fun and philanthropy
**LUTHERAN COMMUNITY SERVICES NORTHWEST
FUNDRAISING LUNCHEON!**

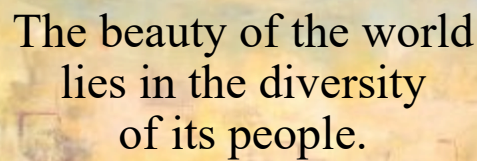
Sunday, October 13, 2019

Social Hour: 12:30-1:30

Lunch and Program: 1:30-3:00pm

Lynnwood Convention Center
3711 196th St. SW, Lynnwood, WA 98036

You and your guests will have an opportunity to make a gift or pledge to support struggling families, children and refugees in our community. Register Online: lcsnw.org/nps-event or contact Mollie Bond at 206-707-5818 or mbond@lcsnw.org if you have any questions.



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



FALL IN LOVE AGAIN

Fall is a busy time of year. School starts, kids have new activities, time to do those things you put off over the summer. Don't forget to take some time as a couple!

- re-kindle the love you have for each other
- appreciate the gift you have in each other
- fall in love all over again

Marriage Encounter provides a private way for married couples to maintain a deep and lasting relationship with each other, with family and with God. Upcoming event:

November 1-3, 2019

Vancouver, WA

For more information, see www.GodLovesMarriage.org

or contact Carl & Dallas Anne Presley

carl.presley@comcast.net

206-522-6849



THURSDAYS IN BLACK

October 2019 Article from *The Spirit*

For the next several months, as I am able, I will raise up issues, resolutions, actions and memorials that were taken at the 2019 ELCA Churchwide Assembly. This month I am focusing on the ELCA's Commitment to the World Council of Church's "Thursdays in Black" campaign toward a world without rape and violence.

Several years ago I sat in the window seat on a plane. The plane ride was long. Fourteen hours long. The man next to me struck up a conversation. We talked for a while. I then fell asleep. When I woke up it was dark in the plane's cabin. No lights were on. Everyone appeared to be sleeping. But the man's head was resting on my shoulder. Thinking he would be embarrassed when he awoke, I gently tried to move my shoulder away from him in order to give him more space. Instead, this man woke up and with his face right next to mine he attempted to kiss me while groping me. I was caught between this man and the wall of the plane. Why I didn't notify the flight attendant is still a mystery to me. Instead, I somehow pushed my way out to the aisle and wandered through the plane – wondering what to do. Honestly, I couldn't think. Eventually I returned to my window seat and sat as close to the window as possible, as far away from the man as possible, putting a barrier of sweater, blanket, and pillow between me and the man.



You know, with the amount of violence and harm that happens to women throughout the world, this is a small story. Unfortunately, many women have much worse stories to tell. This is why this month I want to lift up the important action that took place at the 2019 Churchwide Assembly. The assembly voted to adopt a resolution to support the World Council of Church's "Thursdays in Black" campaign toward a world without rape and violence.

In its simplest form, this means wearing black on Thursdays declaring our support through words and actions towards a world without rape and violence. The color black was chosen as a color of strength. As the WCC's *Thursdays in Black* website states, "Often *black* has been used with negative racial connotations. In this campaign *Black* is used as a color of resistance and resilience."

I invite you all to wear black on Thursdays. I hope that you will look at the website and see the materials available for you and for your congregation. (The link to the website is www.oikoumene.org/en/get-involved). Especially, I strongly encourage and advocate that we all work towards a world where there is no more rape or violence against any vulnerable population. As WCC's *Thursdays in Black* website states, "We all have a responsibility to speak out against violence, to ensure that women and men, boys and girls, are safe from rape and violence in homes, schools, work, streets – in all places in our societies."

In the synod office, we have ordered pins that you are welcome to wear each Thursday. We hope that you come and visit the office and pick up a pin. Even more, beloved Children of God, I pray that God grants us courage and strength as we work towards peace, wholeness, justice, and love.

In God's Peace and Joy,
Bishop-Elect Shelley Bryan Wee



OCTOBER BIRTHDAYS

1	Taylor Astel	19	Julia Cressey
6	Alec Keith	21	Nell Baumgarten
10	Elise Hansen	22	Suzanne Gleason
11	Aimee Hasle	26	Cindy Beck
14	John Bergo	26	Areal GoodVoice-Petersen
14	Sharon Jodock-King	27	Robert Monsen
15	Megan Monsen	27	Nan Beth Walton
15	Heather Templeman	29	Hanna Petros
17	Erik Johnson	29	Suzanne Phillips
18	Sarah Powelson	30	David Peterson



Sunday Morning Worship
Sunday Morning Worship 9:45am

Sunday Morning Worship 9:45am

Publication Notices
Notes of Faith is published once a month.
 News deadline is the 20th.

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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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