

Central Thoughts

Volume 36 - Issue 3
March 2020

Central Lutheran Church
centralluthoffice@gmail.com 425-252-8291
2702 Rockefeller Avenue, Everett, WA 98201



A Message from the Pastor

DATESTO REMEMBER:

[**Council Meeting**]
Tuesday, 03/10, 6:30pm

[**Quilting**]
Mondays, 03/02 & 03/16
9:30am ~ Noon

[**Community Dinner**]
Sundays, 03/08 & 03/22
Start at 4pm

[**Dinner Church**]
Sunday, 03/15/20

Pastor Tim recently told me of the midweek Lenten tradition at his home congregation in Kansas City, Missouri. Rather than serve a simple meal of soup and bread, as is the custom of many Lutheran churches, this church served an elaborate feast every single Wednesday during Lent before evening worship.

I was surprised to hear this, because before I went to seminary, the church I served as a youth minister in Omaha had the very same tradition! I thought for sure they were the only ones. Both Pastor Tim and I waxed nostalgic about these fantastic meals: spaghetti and meatballs; chicken and wild rice; meat loaf. People would show up as early as 4:30 for supper, spending the time leading up to the 7:00 service visiting with one another. As many as 200-300 people would turn up for supper and worship.

And worship always featured a prominent visiting preacher. Every year a representative from the ELCA Churchwide Office was sure to show up on a Wednesday, and other well-known preachers with homiletical acumen were scheduled besides.

It was quite a production.

I loved those Wednesdays, and I still look back on them fondly. Yet I have a deep appreciation for our observation of Lenten midweek services. The simplicity of a meal of soup reinforces the discipline of Lent and the reduction or even absence of indulgence and frivolity. Even our relatively low attendance reminds us that the faithful are few, because a message of self-denial, dying to self, and our own mortality does not really sell all that well.

It is as we embrace these realities at the heart of the Gospel that we also reflect that marketing slogan from a well-known mediocre Italian restaurant chain: "When you're here, you're family." Because those who gather alongside us to hear and to remember such an unpopular message that is offensive to our sensibilities are truly our sisters and brothers. And what is especially remarkable is that we share these midweek experiences with our extended family of Trinity Lutheran Church. We commute to their building and they commute to ours as we acknowledge that even in the midst of our differences, we are enveloped in the same kingdom.

My dear sisters and brothers in Christ, blessed Lent to you all. I look forward to seeing you in worship.

March 2020
Pastor Jeremy

Circles

☞ **Elizabeth Circle**
☞
TUE 03/17 @7pm

☞ **Priscilla Circle**
☞
WED 03/18 @1pm

☞ **Rachael Circle**
☞
MON 03/09
@1:30pm



ADULT FORUM continues in the month of March. During this month we will be watching Jim Jarmusch's film "Dead Man," with discussion every week. The film is itself deeply symbolic and highly representative of Lent.

OUR MIDWEEK LENTEN PREACHING SERIES was written by...you. Those of you who were in worship about a month ago may recall that I asked you to write down what is keeping you up at night. Pastor Tim did the same at Trinity. We have collated and categorized your answers and these have formed our Lenten preaching series this year

- March 4 - Our Nation & Our World, Part I
Jeremiah 15:15-21 & Romans 14:1-13
- March 11 - Our Nation & Our World, Part II
Jeremiah 7:1-11 & Matthew 22:15-22
- March 18 - Our Church - Malachi 3:1-4 &
Ephesians 1:3-14
- March 25 - Our Loneliness & Inadequacies
I Samuel 16:1-13 & Matthew 11:25-30
- April 1 - Our Health - Jeremiah 18:1-12,
Isaiah 45:9-10, & II Corinthians 4:7-15



... another message from the Pastor ...

WE CANNOT RECOMMEND LISTENING TO "THE OUTSIDERS" HIGHLY ENOUGH.

The Seattle Times teamed up with KNKX and spent a year in Olympia watching the homelessness crisis unfold there. The reporters explore every facet of homelessness and frequently challenge assumptions. Questions they explore include: What's it like to live outside for months on end? What's it like when tents come to your neighborhood? What new solutions can city leaders find? If you subscribe to podcasts, you can easily find The Outsiders through your provider. If you don't, you can find the series online and listen to it at: <https://www.seattletimes.com/seattle-news/homeless/outsiders-podcast-knkx-seattle-times-project-homeless/>

It is absolutely worth your time to check it out!

PASTOR JEREMY'S OFFICE HOURS

Monday, 12-3

Tuesday, 12-3

Wednesday, 9-12

Please note that Pastor Jeremy is frequently in the office at other times; however, these are the occasions when you are guaranteed to be able to reach your pastor in the office.



It's Time to Be Honest

Spirit Article, March 2020 by Bishop Shelley Bryan Wee

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*

(Bishop: Continued from page 3)

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?utm_medium=social&fbclid=IwAR3JhB2MSEdH7Vz47rp2vaHtuCDOUMpuUzGO5tarK7P6NQ0gn1cBYIQW3qE



Faith and Everyday Life

March 2020

March A soft answer turns away wrath, but a harsh word stirs up anger. (Proverbs 15:1)

When couples come into the therapy room, they are usually at odds with each other. Harsh words fly, and anger is stirred between them. They blame and point fingers at each other, their voices raised and their eyebrows knitted in anger. I've begun to see angry behavior like this as a shield, a protection.

It's too risky to show each other how much they hurt, and how much they care about each other, so they hide behind their protections and blame. In the therapy room, we are able to slow down their arguments and discover what goes on inside, where they may harbor fears that their partner doesn't understand them, doesn't care about them, perhaps doesn't even love them. The more the couple is able to get down beneath the anger and protection to more vulnerable emotions and share them from a softer, more vulnerable place, the more the partners begin to see each other in new ways.

When one partner tentatively and vulnerably shares the fear that the other doesn't care about them, the other partner is able to respond with compassion rather than defensive anger. This begins a new pattern of vulnerability and risk that helps the partners reach for each other and rebuild their bond.

I see God at work in this process. God creates us in love, and creates us for loving relationship – with God and with each other. When our sin and brokenness get in the way, God shows us how to take down our protections and reach for each other with love and forgiveness, and a true desire to know one another. It's true for us as couples, as families, as congregations and communities. When we live this way, we make room for God's love to grow in our homes, our churches, our world.

Written by a staff member
of Lutheran Counseling Network

* Altar Guild Needs You! *

- * • No experience necessary *
- * • Training provided *
- * • Commitment of 4-6 Sundays a year, plus helping with decorating and un-decorating for Christmas and Easter. *

* If interested, contact the office @425-252-8291 or centralluthoffice@gmail.com *

Mission of the Month



Faith Action Network is an interfaith statewide partnership striving for a just, compassionate, and sustainable world through community building, education, and courageous public action.

We are a diverse coalition though which thousands of people and over 150 faith communities across Washington State partner for the common good. Together, we are a powerful voice of the faithful building a more just, peaceful, and sustainable world.

As people of faith, we believe working for justice is part of our religious calling. Together we identify and give voice to the issues affecting our communities. FAN seeks to build a powerful network one faith community and one advocate at a time. We provide a persistent moral voice in the halls of power and outspoken public witness throughout the state of Washington.

To learn more please visit <https://fanwa.org>

From Our Quilters...



PERSONAL CARE KITS & SCHOOL KITS continue to be in need, as evident, due to world crises and disasters. The semiannual shipment of Quilts & Personal Care Kits to Lutheran World Relief is due at the end of April (note: in late October, we will send out another load with School Kits & Quilts.)

Personal Care Kits supply list in needs for the April shipment are:

- Towels: DARK colors, lightweight, bath-size (between 20"x40" or 52"x27")
 - Soap: bath-size (3-4 oz) any brand in original wrapping
 - Nail clippers: basic (file optional)
 - Toothbrush: adult-size (in original packaging)
 - Comb: Sturdy —supply complete
- ~ Please note: with any donations, not acceptable are religious-political-patriotic symbols.~

Marlene Ringen is the contact for donations for both LWR Kits. Please bring any of the listed items to church or to the office. Any surplus supplies will be stored until the next shipping cycle. Thank you all for your continued support.



Remember Our Homebound in Your Prayers

The following persons are unable to worship with us on a regular basis.

Please include them in your prayers.

Wally Hammen at Forest View;

Phyllis Norlie at Josephine; @home or adult home residences: Sarajane

Petersen, Linda Slater, and Sheryn Todd

Please contact the church office if you would like to be included or add a name to this list.

Remember Our Military Members in Your Prayers

Jacob Shimmin—U.S. Navy

Remember Our College Students in Your Prayers

Holden Fox—Lewis and Clark College (Portland, OR)

Kayla Barnes—Everett Community College

Malcolm Fox — Trinity University (Texas)

Recovery Café



On every ***3rd Friday of the month***, volunteers deliver main dish, salad, side, and dessert to be served at Recovery Café at Everett United Church of Christ (2624 Rockefeller Ave.)

There is a sign-up sheet in the narthex.
Your participation would be highly appreciated!

♥ Interested? **The upcoming delivery is on March 21st**; there is a sign-up sheet at the church entrance.

♥ Question? Please contact Kathy Trosvig at (425) 231-7070

Newsletter Submission Cutoff

for the April Issue is **Monday, March 23rd**

centralluthoffice@gmail.com

Everyone is encourage to submit.



Council Members

The church council members for 2019 - 2020 are listed below. If you have questions, concerns or comments, you may contact the appropriate person directly. Please keep our council members in your prayers.

President

Peter VanderWeyst

Vice-President

Bob Lee

Secretary

Karen Fox

Treasurer

Dave Finstad & Debbie Ritchie

Property

Bill Troll

Education

Kelli Trosvig

Stewardship

Kathy Trosvig

Missions

Kathy Trosvig

Fellowship

Debbie Saunders

Audit Committee

Dave Watts

Clayton Olsen

Steve Olsen

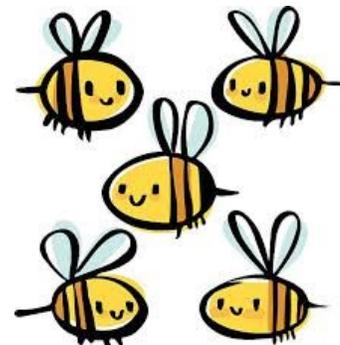
Nominating Committee

Kathy Trosvig

Nancy Olsen

Bob Lee

Stan Surridge





MARCH

	March 1	March 8	March 15	March 22	March 29
Greeters	<i>Peter & Laurie VanderWeyst</i>	<i>Kathy Trosvig</i>		<i>Danny Tezloff</i>	
Ushers	<i>Peter VanderWeyst Dave Finstad Tom Dotzauer</i>	<i>Bill Troll Bill Brockway</i>	<i>Marlene Ringen Mary Beck Jonathan Todd</i>	<i>Steve Olsen Bob Lee Ryan French</i>	<i>Dave Findstad Tom Dotzauer</i>
Assisting Minister	<i>Mya Ritchie</i>	<i>Trygve Anderson</i>	<i>Petr Lee</i>	<i>Dave Finstad</i>	<i>Jonathan Todd</i>
Lectors	<i>PeterLee</i>	<i>Nancy Olsen</i>	<i>Dave Kurtz</i>	<i>Danny Tezloff</i>	<i>Trygve Anderson</i>
Communion Assistants	Altar Guild and Volunteers				
Counters	<i>Peter VanderWeyst Dave Finstad</i>	<i>Karen Fox Debbie Ritchie</i>	<i>Dave Finstad Kelli Trosvig</i>	<i>Debbie Trosvig Dave Finstad</i>	<i>Debbie Ritchie Ben Krause</i>
Altar Guild	<i>Debbie Ritchie</i>				



*Birthdays
&
Anniversaries*

03/01 Jeremy & Shannyn Forest

03/02 Wyona Jodock

03/07 Katie Yates

03/09 Joe Harbour

03/15 Stephen Ritchie

03/17 Jean Lilley

03/20 Ben Krause

Colin Fox

Steve Fisher

03/22 Brad Rogers

Greg Lichnecker

Kris Olsen

03/23 Rod & Kathy Nelson

03/24 Lori Wents

03/26 Linda Slater

03/28 Kristine Washburn

03/29 Bill Brockway

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2702 Rockefeller Ave.
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*"For you, O God, are my fortresses,
the God who shows me steadfast love." Psalm 59:17*

