



Central Thoughts

Central Lutheran Church

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



A Message from Pastor Jeremy

DATES TO REMEMBER:

[Outdoor Worship Service]
June 20 - see p.2

[Quilting]
June 7 & 21

Sunday Worship Services
on June 6th and 13th
will be online via Zoom.

[https://zoom.us/
j/595273296](https://zoom.us/j/595273296)

starting at 9:45am

Bulletins are available
@centrallutheraneverett.com

Bible Study
Wednesdays via Zoom;

<https://zoom.us/j/346299474>
starting at Noon

Join Pastor Jeremy and other
for the Coffee Hour!

Every Monday at 10:00am
<https://zoom.us/j/95456636027>

Dial by your location:
1-253-215-8782 (Tacoma)



This is the sixth in an 11-part series meditating on our mortality. You might be thinking you are missing out by not having read – or not remembering – the previous five entries in this series. We will be real with you: you aren't.

Is there any better experience than validation? As someone who is wrong almost too often to know, I submit that there is not. In fact, if there is anything better than validation, it is letting everyone know that you have it. And by my thinking, there is no better place to do this than in our church's monthly (except during June and July) newsletter.

Michael Easter is not a name you should be expected to know. Except for the fact that he just published a book titled The Comfort Crisis, in which Easter explores the relationships between all of our modern conveniences and comforts and our most imminent problems. (In terms of problems, think less to do with your spotty WiFi connection and more to do with things like diabetes, heart disease, depression, and a sense of purposelessness.)

One of Easter's most noteworthy findings is that engaging with some of the more profound discomforts and realities of our existence actually helps to improve our physical, mental, and spiritual wellbeing. And chief among those realities? Thinking about dying.

Be still, my beating heart. I have not felt this validated since Nebraska won its last national championship. Once every 25 years is an occasion worth celebrating!

The irony of all of this is that, with modern medicine and all of the comforts that surround us, we have become less and less comfortable with life's only guarantee. Seven out of ten Westerners feel uncomfortable with death. Only half of people over 65 have considered how they want to die.

Our time-honored coping mechanism when someone dies is to preoccupy ourselves and take our minds off it. Usually, the body of the deceased is immediately covered before it is expeditiously sent to a mortician. There it is prepared to look as youthful and alive as possible before a final viewing, after which it is dropped into the ground of a perfectly-manicured lawn. (Though to be fair, many families have been opting out of the viewing entirely. "What is in the casket?" Preferably the answer would be grandma's old Barbara Streisand records, so they can go where they truly belong and never again see the light of day.)

(Pastor: Continued on page 2)

(Pastor: Continued from page 1)

No one observes this better than comedian George Carlin:

Some of our best work with euphemisms involves the subject that makes us the most uncomfortable: death... We owe a lot of this softened language to the funeral business, or as they prefer to be known now, "the death care industry." They have completely transformed the language used to describe what happens following a death.

In years past, it went like this: "The old man died, so the undertaker picked up the body, brought it to the funeral home, and put it in the casket. People sent flowers and held a wake. After the funeral, they put the coffin in a hearse and drove it to the cemetery, where the dead man was buried in a grave."

But in these days of heightened sensitivity, the same series events produces what sounds like a completely different experience: "The senior citizen passed away, so the funeral director claimed the remains of the decedent, took them to the Memorial Chapel, and placed them in a memorial container. Grieving survivors sent floral tributes to be displayed in the Slumber Room, where the grief coordinator conducted the viewing. Following the memorial service, the funeral coach transported the departed to the Garden of Remembrance, where his human remains were interred in their final resting place."

(By the way, I know of one church that announces the death of its members by stating they "celebrated their heavenly birthday," which...no.)

Yet the latest research reveals that death awareness is good for us. Researchers at the University of Kentucky found in an experiment where participants contemplated their own death that "death is a psychologically threatening fact, but when people contemplate it, apparently the automatic system begins to search for happy thoughts. Moreover, this occurs immediately and outside of awareness."

In Bhutan, it is a part of the national curriculum to contemplate death between one and three times a day. And although it ranks as the 134th most developed nation on earth, Bhutan consistently scores among the world's 20 happiest countries.

Although our faith ought to compel us not to fear death, we are ever and always stretched between the resurrection promise of the Gospel, on the one hand, and all of our biological instincts on the other. God knows this tension all too well, when as Jesus in human flesh he prayed in vain in the Garden of Gethsemane to be severed from the mortality of being human at all.

Could it be that direct engagement with that which we fear the most might just lead us to healthier and happier lives? It is worth considering. In any case, death may be inevitable, but there is still a last word to be had.

June 2021

Pastor Jeremy

Outdoor Worship Service

We are so excited to worship together outside in person!

Sunday, June 20th 10:00

Swans Trail Farms, 7301 Rivershore Rd, Snohomish

Please join us. Dress for the weather. Masks required.

We encourage you to *pre-register* so we have an idea how many to set up for. *Call or email the church office: 425-252-8291 or centralluthoffice@gmail.com*. If you forget to pre-register, no problem. We'd love to see you! Special thanks to Carol and Ben Krause for hosting us at the farm.





A Message from the Bishop

I began my Bishop's Report for the 2021 Synod Assembly on May 15, 2021 by quoting Paul in his letter to the Romans, "I thank my God through Jesus Christ for all of you, because your faith is proclaimed throughout the world."

I am so glad to be the Northwest Washington Synod with you – as we walk, journey, travel together. We are connected as the body of Christ – as siblings in Christ – together. We are the Northwest Washington Synod in the Evangelical Lutheran Church in America. Together in Jesus Christ we are freed by grace to live faithfully, witness boldly, and serve joyfully. As people forgiven and redeemed, beloved and welcomed, we are called to embody God's grace in speech, action, and relationships. I am reminded daily that it is Jesus Christ who loves, welcomes, and forgives. As baptized children of God, we are called to participate in this love, hospitality, and forgiveness. I am thankful for all of you for your love, your welcome, and your forgiveness.

We on the synod staff have agreed to embrace the following statement as we work together with the congregations and ministry sites of this synod: *"Trusting in the Spirit, we are journeying together with God's people so that all may discover and participate in what God is doing among us through Jesus."*

Further, there are five focus areas interwoven in the work that we are doing as we journey together in Christ:

- | | | |
|------------------------|---------------------------|---------------|
| 1. Faithful Innovation | 2. Youth and Young Adults | 3. Leadership |
| 4. Connection | 5. Racial Justice | |

I'd like to lift up a few of the actions from the 2021 NW WA Synod Assembly:

- We had our first online assembly with 332 voting members in attendance on Zoom and over 200 following along on our Facebook Livestream.
- We approved the Recommended Changes to the Constitution that were forwarded from the 2019 ELCA Churchwide Assembly.
- We approved the changes to the Constitution proposed by the Synod Council (with a minor amendment to have the Nominating Committee changed to 5 persons).
- We elected persons to the following:
 - Synod Council
 - Committee on Discipline
 - Consultation Committee
 - Voting Members to the 2022 ELCA Churchwide Assembly
- Approved budget.
- We shared videos from our ministry partners and synod committees/teams.
- Announced Grace Grants recipients.

As we do the work of this synod, I am reminded that it is not us but the Spirit that leads and guides. Trusting God's promises and participating in the Holy Spirit, we have reached places beyond what I thought possible. We have exceeded priorities and we are moving forward towards God's preferred future. I am grateful to be on this journey with you.

+ Bishop Shelley Bryan

Synod Assembly 2021

By Peter Lee
Central Lutheran delegate



Attendance (virtual + in person) and mission support did not go down during 2020.

Results of votes:

- synod council term length was reduced from 4 to 3 years
- the bishop is allowed to be compensated for other services within the church
- removed the word "Lutheran," so now "a person who moves far enough from their congregation as to make regular attendance impractical should be commended, by their pastor, to another congregation closer to their home."

The following synod council motions were approved:

- motion to cap 2022-3 general fund budget at \$1,453,484
- motions to increase expenditure in said fund shall include a recommended offsetting decrease
- motion that fiscal 2022 general fund receipts in excess of \$1,453,484 be disbursed as directed by the synod council
- motion to adopt the 2022-3 budget as presented

A Message from Vicar Pam



June has always felt like the beginning of summer – yes, I know many of you claim summer begins the day after the 4th of July, but it has always signaled summer to me, time to get out the shorts, go to the beach, picnics and outside gatherings. It's also a time to use our gifts in different ways, to try new things and be creative.

On Pentecost Sunday we celebrated the outpouring of the Holy Spirit on the disciples (Acts 2:1-21) and saw the Spirit's unifying gift of language to them. As they were filled with the Holy Spirit they began to speak in other languages and those in the crowd who spoke different languages heard them in their own language! In a very real way the Spirit is a unifier – connecting us to one another in the body of Christ. And just as on the day of Pentecost the Spirit gave the disciples the ability to speak in other languages, the Spirit gives each of us gifts. To be sure these gifts are not all the same but are meant to work together in the building up of one another and the work of the church.

The theme of my internship project is connections – exploring ways we can stay connected not just during this time of online worship and social distancing but also when we are able to be fully back together. One of the ways we can stay connected is by sharing our gifts of friendship and service for celebrations and when needs arise such as providing a meal for a family or individual, sending a card, being part of a prayer chain, providing a ride or other service, or making phone calls. Nancy Olsen would love to hear from you if you are would like to participate in any of these activities. Together we a community connected by God's love and love for one another!



Vicar Pam



Mission of the Month, June 2021

Everett Gospel Mission

engages with the community to alleviate poverty.

Everett Gospel Mission first opened its doors in 1961 to care for the homeless men of Everett. Today, the Mission continues to be the only provider of emergency shelter for men.

The mission has expanded to include services for single moms and single women.

We provide shelter and comprehensive recovery programs for 145 men, and 75 women and children each night. We provide all services without regard to age, gender, race or religion while sharing the love of Christ.

Give now to help break the cycle of poverty, homelessness and addiction and help people get off the streets – for good!



Faith and Everyday Life **June 2021**

In the Old Testament book of Ruth, we are told of the relationship and connection of Naomi and her son's wives. To set the stage, Naomi was a widow and had two sons. 10 years after her husband's death, her two sons had also died. Both of her sons had married Moabite women. After the deaths of Naomi's sons, the three widows headed toward the land of Judah. They had heard that the Lord had provided for the people in Judah. As widows, provision had to be a weighty concern. The three widows went on their way to the land of Judah, together. I wonder how, in some or many ways, this interaction paralleled their journeys of grief. A mother who was now childless, two women

who were without husbands, one who returns to her family in Moab and one who embraces her mother-in-law as her daughter; all were trying to find a new way to live. Along the way, Naomi asked or insisted that her daughter-in-law's to return to Moab to their families. One turned back toward home and one stayed with Naomi.

The story of these three women is one of connection and courage. Grief is to be shared and knowing *what* you need and *who* you need is a part of healing. Orpah kissed Naomi goodbye and headed back to Moab. Ruth needed Naomi and God, who they followed. Ruth's response is raw, tender, and beautiful. You can find it in Ruth 1:16-17. It speaks of life and love, I suggest you read it.

Written by a staff member of
Lutheran Counseling Network

Council Members

The church council members for 2020- 2021 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

Trygve Anderson

Vice-President

Bob Lee

Secretary

Karen Fox

Treasurer

Dave Finstad & Debbie Ritchie

Property

Ben Krause

Education

Kelli Trosvig

Stewardship & Missions

Debbie Trosvig

Fellowship

Nancy Olsen

Audit Committee

Dave Watts
Clayton Olsen
Steve Olsen

Nominating Committee

Barbara Lichneckert,
Gayle Watts,
Peggy Kurtz

**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.

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)

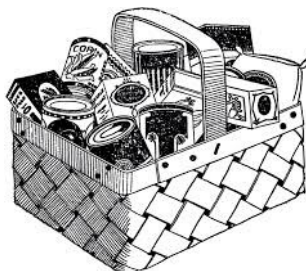
Kayla Barnes—Everett Community College

Central's Team Helping at VOA

Volunteers of America knows that Central Lutheran is a leader in feeding Everett's needy people. When Central's contact person at VOA asked me if we could put together a team of Central people to help at the food bank for two hours, I said I would ask our members.

Lyla and I will be at the VOA building on July 8 ready to work from 9 to 11am. We seek 6 more people to join us handing out food and sorting donations.

If you can help for those two hours please contact me.



Central will serve our community even beyond the Sunday feeding and the holiday season.

~ Trygve Anderson

PRESIDENT'S JOURNAL JUNE 2021

Still no news of when we may return to the sanctuary for worship, however, on June 20, thanks to the generosity of Carol and Ben Krause, we will meet for worship in person on Swans Trail Farms. <https://swanstrailfarms.com> Masks and distancing, please. Further news to be announced at Zoom worship services.

This alternative location for our worship service was arranged as the result of the prompt and effective work of our re-opening committee: Kelli Trosvig, Nancy Olsen, Karen Fox, Pastor Jeremy. They will continue to progress on making arrangements for us to return to normal services in our sanctuary. Your vaccinations are a pathway to safety for all of us.

The dismantling of the former YMCA building next to us is complete. Now only rubble remains, and that should be mostly removed by the time you read this. The broken windows resulting from their work have been repaired at their expense, arranged by Dave Finstad. We've also been effective at working with various contractors to keep their vehicles out of our parking lot.

At our June 6 meeting of the congregation right after worship (stay on that same link) we will vote on whether to ratify the revised constitution. If you want a look at it, go to Central's homepage on the web. The meeting's agenda is there, too.

The Volunteers of America asked Central to help at the Everett food bank for two hours in July. Lyla and I said yes, and we seek six more for Team Central. Please see the separate article in this newsletter.

If you want to receive your newsletter by email instead of USPS, saving Central about \$7 each year, just tell Miwa.

Trygve Anderson, Council President



6/11 Elizabeth Ritchie

6/24 Tena Baxter

6/16 Betsy Haines

6/25 Jennifer Fox

6/21 Robbie & Laurel Lee

6/25 Ben & Carol Krause

Birthdays and Anniversaries 6/22 Aspen Lee

6/25 Ann Roll

Newsletter Article Cut-off for the July/August Issue is **Thursday, June 24th**
Send your article to [**centralluthoffice@gmail.com**](mailto:centralluthoffice@gmail.com) Everyone is encouraged to submit!




Central Lutheran Church
2702 Rockefeller Ave.
Everett, WA 98201

Non- Profit Organization
Everett, Washington



June 2021



If you would rather receive our newsletters by email
instead of a paper copy, please send your
request to:
central Lutheran Church@gmail.com
or leave us a message at
425-252-8291.

*"For you, O God, are my fortress,
the God who shows me steadfast love." Psalm 59.17*

