

Central Thoughts

Volume 36 - Issue 5
May 2020

Central Lutheran Church
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A Message from the Pastor

Walk 3 miles up the Hoh River Trail and you will come to a Sitka Spruce with two trunks, forming a natural doorway. If you momentarily step off the official trail, duck through this doorway, and follow a very faint footpath over some downed trees and along an exposed tree root through a muddy flat, you will reach it. The only marker that will affirm you have reached your destination is a small stone, no larger than a quarter, painted red, sitting on an otherwise nondescript chunk of moss.

One Square Inch of Silence.

Gordon Hempton is an acoustic ecologist who has devoted his life to the pursuit of silence. Yet his quest is not the silence of a library or a recording studio; Hempton is looking only for the natural quiet. Thus the quiet that characterizes Hempton's life's work is not total; instead it is the absence of anthropogenic (human-made) sound.

On our expedition to Mt. Olympus last summer, I insisted to my teammates that we find One Square Inch of Silence and stop for a few moments, since it was on the way to our first campsite. Sure enough, we could hear the gurgling of water, a few birds here and there, a slight breeze in the trees, and that "airy" mountain sound that I so dearly love. What we did not hear was airplanes far overhead, the blow of a train whistle, sirens, the revving of engines, or the white noise of countless tires rolling over pavement.

At least one of the climbers was skeptical: the project claims to have found only 12 such spots in the U.S., and there have to be *WAY* more than that. And there is no way to perform these acoustic tests on every square inch in the U.S. besides. On his own part, Hempton does not claim to have explored every square inch of the country. He bases the locations where he conducts his acoustic tests on proximity to roadways and railroads (see also: Project Remote below), overhead flight routes, and more – and below-ground locations are not taken into consideration, so caves are not a part of the discussion.

Ryan and Rebecca Means are naturalists who are undergoing their own explorations with a similar goal in mind: along with their daughter Skyla (now 6 years old), they are on a quest to find the most remote location in each of the 50 states. For the sake of their research, the Means family defines maximum remoteness within a state as a point farthest from any road (paved or unpaved, public or private). In some states such as Arkansas, the most remote spot is only 2.5 miles from the nearest highway. Washington is not among the 39 states that the Means family has thus far completed, and they do not disclose the exact locations of these spots in an effort to protect these sacred spaces. You can read more about their fascinating work at

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DATESTO REMEMBER:

May 21—
Ascension of Our Lord

May 31—
Day of Pentecost

[**Council Meeting**]
C A N C E L E D

[**Quilting**]
C A N C E L E D

[**Community Dinner**]
05/10 & 05/24
*PENDING; subject to
cancelation

Circles

All circles are
C A N C E L E D

(Continued from page 1)

www.projectremote.com.

All skepticism aside, the effect on each of us standing at One Square Inch of Silence for only a minute was palpable. A couple of us were even nearly brought to tears. As we stood and listened, making eye contact with one another and smiling, it was unquestionable that we were sharing a deeply intimate moment of wonder. There was something sacred about it.

I do not know about any of you, but I found myself unable to focus on much of anything for the first 4-5 weeks of our stay-at-home lifestyle. This was pretty devastating to my self-assessment, especially when I made the mistake of comparing myself to others: some people are reading colossal amounts of books; one friend of mine is even taking this time *to build a log cabin*. There is no small irony in the fact that although we are confined to our homes with only long walks and trips to the grocery store to break up the monotony, many of us have had great difficulty finding peace. Yet I would argue that this is in large part due to the fact that we have not allowed ourselves much silence. There is good reason for this. Silence itself can be scary, and the last thing I want these days is to be left alone with my own thoughts. I would much rather be sure I have some constant background music.

However you spend these days, I have no doubt that God will meet you. God is relentless that way. If you find yourself trapped in the nonstop news cycle, God will meet you in the headlines. If you are captivated by some senseless documentary about tigers, God will meet you in the stripes. If you have only your housecat to keep you company, God will meet you in your loneliness.

Whether or not God will meet you where you in whatever condition you happen to be in is not a question. However, I pray that you are allowing your souls the opportunity for silence. Because it is generally in silence that we are able to hear God most clearly.

After all of this is over, we will return together, and I cannot wait to hear what God might have been saying to you during this time. And in those moments we, too, will share deep wonder and awe at what we heard in the silence. For now, I am grateful for those worship experiences we get to share on Zoom – I cannot speak for all of you, but it is your presence in those windows as the body of Christ that makes it sacred and gives me hope.

May 2020
Pastor Jeremy Fuerst

Sunday Worship Services during May
will be online via Zoom;
<https://zoom.us/j/595273296>
starting 9:45am.
Bulletins are available at
www.faithseattle.org

We are conducting **Bible study** via Zoom! You should join us because what else are you gonna do?

We are going through the minor prophets, or the Book of the Twelve.

We meet online each Wednesday at noon. The Zoom link is

<http://zoom.us/j/346299474?status=success> or got to <http://www.faithseattle.org> and click on Wednesdays: noon Bible Study.

Here is our schedule for May:

May 6—Amos

May 13—Obadiah + Jonah

May 20—Micah

May 27—Nahum + Habakkuk

Did you know...

You can give online now!

And it is so ridiculously simple, you can do it in under a minute.

- 1) Go to www.centrallutheraneverett.com.
- 2) Click on “Online Giving—Click Here to donate.”
- 3) You can create a profile for ongoing use, or not.
- 4) You can establish a recurring offering (weekly, monthly, etc.)

We have gone to great lengths to be sure we found the most secure and user-friendly method possible.

Thank you for your commitment to Central's ministry!



A Message from the Bishop

From The Spirit, May 2020 edition

Last night I had a dream. It was a strange dream. I dreamed that an older man was crying because his wife had died. Out of concern and love, I hugged him. And then I stepped back appalled that I had touched him. And then suddenly I was in a text study group with several other pastors (you know how dreams go...) and they were angry with me for touching this man and getting too close to them ... and then I woke up. And, as is often the case, it was 3 AM and I lay in bed thinking about this strange world we are in where hugging is a nightmare and waking up and finding oneself alone is a relief.

First, let me say to you all, I hope you are doing ok. And if you are not, please reach out to your pastor, your deacon, your family, your friends, your congregation, this synod. We are Church Together – even, especially, in this time. Please know that even as we continue physical distancing, we are still in community. We are still Holy Community. We are still the Body of Christ in this world.

One way that the synod would like to demonstrate how we are Church Together is offering some relief to congregations for salaries. With this in mind, the synod has begun the **NWWA Synod COVID-19 Relief Fund** for congregations and ministry sites. The monies for this fund come from an anonymous supporter with matching funds from the synod. At the moment, we have approximately \$41,000 in this account. Our hope is that this fund will work in two ways:

To distribute funds to those who need financial help towards salaries (particularly our most vulnerable ministries.)

Provide opportunity for those who are seeking a way to support others (financially stable congregations and individuals could make a donation to this fund to help support others who are in need). You can do this by donating online here: www.lutheransnw.org/donate. Please specify “Leader Support.” You may also send check made out to the NWWA Synod with “NWWA Synod Leader Support” in memo line and mail it to the Region One Office: Region 1 ELCA, PO Box 94432, Seattle, WA 98124-6732

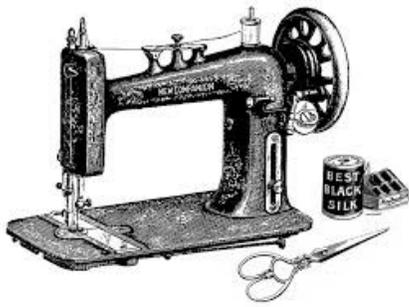
If you would like more information the **NWWA Synod COVID-19 Relief Fund**, find the letter and application on our synod website here: www.lutheransnw.org/covid-relief-fund.

In this last month, I have been amazed and in awe of the many ways congregations in this synod have continued community with one another and in the world. As I have participated in worship services, call committee meetings, Bible studies, informational meetings, book studies, and more, I am so thankful for each one of you. Yes, this is hard. Yes, we don’t know the end. And yet, through Christ, we are in this together. We are Holy Community. We are Church Together.

While I cannot be present with you bodily for now, know that you are in my daily prayers, my heart, my thoughts. And even in these times when we are unable to exchange the peace of Christ by shaking hands or even hugging, know that the peace of Christ *is* with you. Today and always.

In Resurrection Hope and Joy,

Bishop Shelley Bryan Wee



From Our Quilters...

Since the quilting group has not been able to meet and work at Central since February, they have shifted their quilt-building on the 1st and 3rd Mondays of every month to working on individual projects in their homes. We search our cupboards and shelves to find fabric and supplies to work with until we meet again as a group. When that day comes, we will continue assembling the quilts that go to our neighbors in need worldwide and in our community.

We have also been asked to make protective face masks to add to the Personal Care Kits that we donate to LWR. Anyone willing to make these masks to add to these kits can help out and eventually bring them to the church. The kits go out at the end of October.

May 12th we will have the Blessing of the Quilts (ones that were finished before the quarantine) at the on-line worship service, assuming that is still the way we gather.

Submitted by Karen Fox



Faith and Everyday Life

May 2020

May Psalm 139: 1-18 This psalm has special meaning in our family. It is a favorite of our son's birth mother. I can see why. It talks about how God created each of us deliberately, and knows and loves each of us intimately. I can imagine that in the days leading up to her son's birth, it must have reassured her that he was no accident. It was God who knit him together in her womb. God created him on purpose, and had a plan for his life. This must have been so comforting as she prepared her heart for her adoption plan. She knew she wouldn't be there each day to see her birth son's life unfold. She had to trust that God had a purpose in mind for him, and would be watching over him, loving and guiding him, even when she couldn't. The psalm has special meaning for me too, as an adoptive mother. It assures me that I am part of the plan for my son's life. Knowing God has created me to be just who I am has provided healing from the sadness of not being able to conceive. It assures me that my path is a good one. Knowing God loves me just as I am fills me with love I want to share. It fuels who I am as a mom. It helps me seek to know my son, to love him just as he is, to offer guidance and support. It also reminds me that ultimately, he is God's child, and that God will guide him when he's out on his own, beyond my influence. This is true for each of us. God created each of us with love, just as we are. God has plans and a purpose for us. We are never beyond God's reach, or beyond God's loving care. We are never alone. Thanks be to God!

Written by a staff member
of Lutheran Counselling Network

Mission of the Month, May 2020

Camp Lutherwood



Mission Statement: *In partnership with Western Washington Lutheran Congregations, Lutherwood Camp and Retreat Center is a year-round outdoor ministry, renewing all in the Holy Spirit through education, adventure, service, and prayer.*

Value Statement: Lutherwood Camp & Retreat Center is bold, centered in God and expresses its faith in the Lutheran tradition. Lutherwood is committed to spiritual growth, education, evangelism, and professionalism in all its programs. We extend hospitality to everyone and strive for diversity and respect for all. We value and embrace those who share their time, talents, resources, and energies.

Think about how this lockdown due to coronavirus caught you short of things you need, even though we all saw it coming.

Now imagine a devastating earthquake, blizzard, terrorism, or other event that catches us completely by surprise. Few of us are prepared for such a disruption to our normal lives. Help will not be available for a week or two, or even longer. How can we survive?

A member of Central Lutheran who also is a longtime Red Cross volunteer will offer an hour-long preparedness session on Monday, May 4, at 7pm.

And.....you don't have to leave your home to participate! Just go to the same link that you use for Sunday morning worship. It's on Central's and Faith's internet home pages.

Remember: When a disaster happens, preparation will help save your loved ones. Good intentions won't matter.



By Trygve Anderson



As of Sunday, May 17, Bill and Kathryn Troll will no longer be in charge of doing Sunday Morning Coffee Hour. Through much prayer and conversation, we have decided to let go of this hospitality ministry at Central. Our usual time frame is from the Sunday before Memorial Day through the Sunday after Labor Day.

Trygve and Lyla Anderson were always willing to take it over during the Summer months so we could take a break. If anyone would like to take responsibility for it, please do so.

If you have any questions about the details on what to do and what the responsibilities would be, you are more than welcome to contact us. Our home phone number is (425)252-8403

Thank you,
Bill and Kathryn Troll



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



We are not sure if this will happen in May.
Please stay tuned!

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? there is a sign-up sheet at the church entrance.
- ♥ Question? Please contact Kathy Trosvig at (425) 231-7070

Newsletter Submission Cutoff

for the May Issue is **Thursday, May 25th**

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

Debbie Trosvig

Fellowship

Debbie Saunders

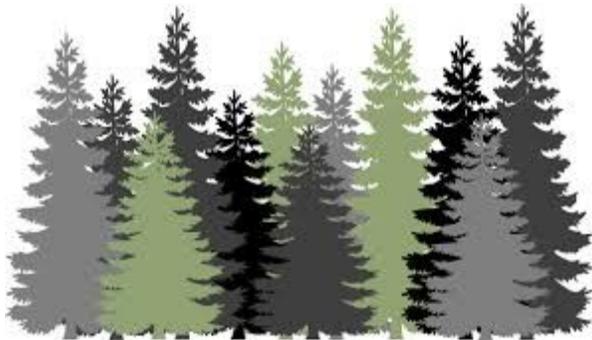
Audit Committee

Dave Watts
Clayton Olsen
Steve Olsen

Nominating Committee

Kathy Trosvig
Nancy Olsen
Bob Lee
Stan Surridge





May

If you would like to assist our Sunday services via Zoom, please contact Pastor Jeremy

	May 3	May 10	May 17	May 24	May 31
Counters	<i>Debbie Trosvig Dave Finstad</i>	<i>Debbie Ritchie Ben Krause</i>	<i>Debbie Saunders Bob Lee</i>	<i>Peter VanderWeyst Dave Finstad</i>	<i>Karen Fox Debbie Ritchie</i>
Altar Guild	<i>Gayle Watts</i>		<i>Debbie Saunders</i>		

Birthdays



Anniversaries



5/4 Peter VanderWeyst	5/22 Karen Fox
5/7 Sydney Brady	5/23 Laurie VanderWeyst
5/8 Chris Eastin	5/26 Dexter Yates
5/12 Emma VanderWeyst	“ Nicholas Yates
5/13 Kathy Burgoyne	5/30 Courtney Shipley
5/15 Bob Lee	“ Ian Fisher
5/17 Ivan Eastin	“ Julie Kurtz
	“ Trygve & Lyla Anderson

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Everett, Washington

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

Central Lutheran Church
Everett, Washington

