

# Central Thoughts

**Central Lutheran Church**

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2702 Rockefeller Avenue, Everett, WA 98201**

Volume 37 - Issue 3  
March 2021

A Message from Pastor Jeremy



## DATES TO REMEMBER:

[ **Palm Sunday** ]  
March 28

[ **Maundy Thursday** ]  
April 1

[ **Community Dinner** ]  
Every Sunday at 4pm

Sunday Worship Services  
will be online via Zoom.

<https://zoom.us/j/595273296>  
starting at 9:45am

Bulletins are available  
[@centrallutheraneverett.com](mailto: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 third in a 12-part series meditating on our mortality. Do not be concerned if you have missed – or simply cannot remember – the previous articles; there is absolutely no continuity to this whatsoever.*

You might say that the Italians – and specifically the Neapolitans – have a relationship with death bordering on the macabre. (Or, you might just go ahead and say that it is well beyond macabre.) Consider that a gentle warning that this is going to get a little...weird.

On Ischia, an island just off the knee of the boot (or maybe it is closer to the shin?), stands a stunning ancient castle. In fact the castle itself is perched atop an islet connected to Ischia by a causeway. The islet's origins date all the way back to the 5<sup>th</sup> century BCE, though the castle was constructed in 1441 by King Alfonso V of Aragon, who also built the causeway of small rock. Between the 16<sup>th</sup> and 18<sup>th</sup> centuries, nearly 2000 families called the castle home, because it was the area's only protection against pirates.

In the 17<sup>th</sup> century, the castle became home to a convent for an order of nuns called the Poor Clares. In the underground cemetery established by the Poor Clares are the remains of a tradition right out of a horror film. When a nun died, her lifeless body was placed in a sitting position in a stone chair and left to mummify. The seat of each chair had a hole in the bottom, and as the bodies slowly decomposed, the liquids were collected in special vessels until the skeletons were eventually collected in an ossuary.

Every day, those surviving nuns would visit the death chairs to pray and meditate on death and the fleeting nature life. It should go without saying that after spending hours at a time in a small space under infectious conditions, the nuns frequently contracted serious illnesses. These ailments were often deadly. Thus in a horrendous twist of fate, the practice of this appalling tradition led to its ongoing fulfillment. In other words, the deadly practice kept the chairs full – that is, until there were no

*(Pastor: Continued on page 2)*

*(Pastor: Continued from page 1)*

nuns left to practice the tradition at all. [Just a note to say that there are myriad applications for this story, and I cannot use them all in one spot, so do not expect you have heard it for the last time!]

(For its part, the Aragonese Castle was shelled during the Napoleonic Wars and became a prison in 1860.)

Just across the Gulf of Naples, in the City of Naples (which is the capital of Naples), a different tradition is still practiced today. The cult of the souls of purgatory – anime pezzentelle – is a practice expressing devotion to the skulls of lost or abandoned souls. Some Neapolitans believe their prayers will help get these souls to heaven. While bronze skulls decorating the streets receive devotion, it is underneath the city in the Cemetery delle Fontanelle where practitioners descend to pray among thousands of skulls.

Coming from our culture – which I would argue is singularly the most isolated from death and suffering in the history of civilization – one has to admire in a way this extensive connection to mortality. Not that I recommend we adopt any of these practices; however perhaps we can find a middle ground. It seems to me that our faith is at its very best – and it is certainly at its most functional – when we openly embrace the issues and unanswerable questions of our own mortality.

As I write this, we are in the first full week of Lent. The entirety of March sees us in the Lenten season in 2021. On Wednesday evenings, Vicar Pam will be preaching on baptism and the mystery of the life we receive after being plunged into death in the waters that save us and create us anew. I encourage you to join us in those worship services and to join us in meditating together on the mystery of life amid death.

Pastor Jeremy  
March 2021

## **Special meeting of the Congregation on March 7**

*Join us at the special meeting of the congregation immediately after worship on March 7.  
Business is limited to the three items for which this meeting is called:*

- Approve the revisions to our constitution, which is now posted on Central's website's home page. The second and final step will be to ratify it at our regular June meeting.
- Elect 4 delegates to the May 15 Synod Assembly, a one-day event online. In the past we've elected only 2 delegates (1 woman and 1 man) but this time we also must elect a person younger than 18 years old, and another from 18 to 30 years old. Those two delegates can be of any gender. If you volunteer yourself or recommend someone else as a candidate, contact Gayle Watts, Peggy Kurtz, or Barbara Lichneckert.
- Elect someone to the auditing committee. There was no election last June, when that normally would have happened, so we will do it now.



## A Message from the Bishop

Dear Beloveds,

This is a picture of a calendar I have on my desk. The date on it is, “March 10, 2020. Yes, I am not making a mistake, the year on this calendar is 2020. Last year, when I turned the page on this calendar, I had no idea that this date would mark the last time I had a “normal” day in my office – with my staff and I talking, sitting at our desks, crowded together, laughing, doing business – not thinking at all of masks or physically distancing or washing hands (well, hopefully we were washing our hands!). I have kept this calendar on March 10, 2020 as a snapshot of when life changed to a new reality. Like many of you, I never dreamed that one year later we would all be planning our second Easter of COVID or having second birthdays under these strange circumstances or still not knowing for sure when we might gather together safely. I did not anticipate the suffering so many people have undergone. The hundreds of thousands of people who have died. So many who are still suffering from the ravages of COVID. The impact of this virus has been brutal for millions of people. While I consider myself a patient person, truth be told, I am becoming impatient. I am ready to be done with this pandemic. I am ready for the pain and anxiety of this disease to be over. I am ready for the loss of life and health of so many to stop. I am ready for this underlying feeling of anxiety and fear to end. And you? My guess is you are feeling some of the same things. But, as we hear in many of the psalms, we don’t stop at despair. As people who believe in resurrection, we don’t stop at death. In this Lenten season as we move towards Easter, we proclaim that we are a people of hope, too. As I read in my devotions this morning from Psalm 147: “The Lord heals the brokenhearted, and binds up their wounds.” Through community with one another, through helping those who are marginalized, through coming together in prayer and song and worship, we are healing the brokenhearted and binding up wounds. So, let me ask you, even as we wait, what are you looking forward to? Truly, what is bringing you hope right now? What are some things that you have learned and discovered during this pandemic that you want to take forward? We know that God works through all things – how do you see God working in your life and in the life of this nation and world? I would love to hear from you where you see God’s Holy Spirit – in your congregation, in your home, in your workplace, in the world. Where are you finding hope? Where are you finding resurrection joy? You are welcome to email me at [bishop@lutheransnw.org](mailto:bishop@lutheransnw.org). I would love to hear from you. In this Lenten season (a season that sometimes feels like it began last March and is still happening) we trust that we are walking the way of the Lord. God’s hand is guiding us. God’s love is surrounding us. And God brings us hope. May you feel God’s grace through Jesus in these days. And may we soon gather in-person again. Stay safe. Wear a mask. Wash your hands. Get a vaccine when you are eligible. And know that we are church together, even when we are physically separated.



In God’s Spirit of Hope,  
Bishop Shelley Bryan Wee

## A Message from Vicar Pam

I am so glad to have the opportunity to walk with you through this Lenten journey, to be with you as once again we look for creative ways to do worship when we can't be together. Ways in which we can contemplate the enormity of Jesus' death and resurrection – and its meaning for each of us. During Lent I will be doing a series on the affirmation of baptism – what it means to live into the covenant God has made with us. To live as God's people.

Our confirmation students have just begun talking about baptism and we began with a celebration, remembering – what we could of our own baptisms, and talked about how old we were, where we were baptized – who was there – who has been important in our faith formation. As we talked, I realized we often don't talk with our children about our own baptism or tell them about their baptism.

I don't remember much about my baptism – I was almost four and believe that we (my twin sister and my father) were baptized at home. What I remember the most is that my maternal grandparents greatly influenced my faith formation by the example they set. When my sister and I would spend the night with them the mornings were always the same – after breakfast we would go into the living room and grandpa would sit down in his chair, pickup the Bible, read a passage aloud and then we would pray. To be honest, I didn't always listen but many years later I found myself following a similar routine – getting up early enough to read my Bible and pray.

Do you remember when you were baptized, who has influenced you? I would love to hear your stories!



March 2021  
Vicar Pam

### Adult Education

Monday nights at 7:00 via Zoom.  
Please join us!

**March: Travel as an Act of Social Justice:** Many long to travel again, whether locally or internationally. Through travel we learn a lot about ourselves, culture, social norms, and inequalities. The more we learn, the more we understand. Join us in March as people present about different travels, what they have learned, and how that has influenced their understanding and action within social justice.



### Electing our Synod Assembly Delegates

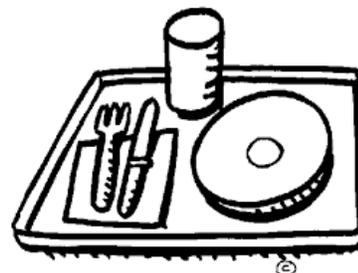
Central must elect 4 delegates to the May 15 Synod Assembly. In the past we've elected 2 delegates (1 woman and 1 man) but this time, we also must elect a person younger than 18 years old, and another from 18 to 30 years old. Those two delegates can be of any gender.

This year the synod assembly will a concise event needing just a single day. Because it will use Zoom or an equivalent, the delegates won't need to leave their homes.

Our nominating committee seeks Central members who want to serve as delegates. Please contact Gayle Watts, Peggy Kurtz, or Barbara Lichneckert to volunteer or to suggest someone.

We will hold the election in early March.

Mission of the Month, March 2021  
 Sunday Community Dinner at Central



Every Sunday, volunteers serve hearty meals at Central. With the current pandemic, many restaurants and diners are closed. That may have been detrimental to many of our neighbors. However, our volunteers work hard and have continued this program. Not only the serving on Sundays, there are many tasks for our volunteers: planning, preparing, cleaning after the dinner. It is a lot of work! We very much appreciate it. Thank you.



**Faith and Everyday Life Devotions**

PSALM 23 (NKJV), “The Lord is my Shepherd; I shall not want. He makes me lie down in green pastures; He leads me beside the still waters. He restores my soul. He leads me in paths of righteousness, for his name’s sake.”

Who is this Shepherd? At the outset, He is the One who does not leave his sheep in lack. This wonderful Shepherd Lord knows intimately the sheep over which he has charge and what their needs are. In the vernacular of the counseling profession, I liken this to parental “attunement”, that special attentiveness of a mother to her child, who comes to not only anticipate her baby’s needs, but to know from her baby’s cries and behavior if the baby is hungry, tired, upset or content. And what parent doesn’t know the satisfaction that comes from

soothing and providing rest for an upset child?

The same is true of our Shepherd God who desires peace and rest for each one of us. It may have been a long time for some of us to consider this Shepherd as concerned for our needs. Or perhaps life’s road has been rugged, and we learned long ago to shelve our needs, or have little expectation of them being met. Having needs is being vulnerable, and being vulnerable can be risky.

Consider this Shepherd Lord who cares that we be able to lie down, to rest, who gives restoration to our very *soul*. God gives leading and guidance, and provides righteousness.

Meditate on this Psalm; soak in this revelation of our Provider God in verse after verse. Open your heart and mind to hear God’s heart speaking to *you*.

Written by a staff member of  
 Lutheran Counseling Network

**Newsletter Article Cutoff**

for the March Issue is

Wednesday, March 24th [centralluthoffice@gmail.com](mailto:centralluthoffice@gmail.com)

Everyone is encouraged to submit!



## Birthday & Anniversary



03/01 Pr. Jeremy & Pr. Shannyn Fuerst	03/22 Brad Rogers
03/02 Wyona Jodock	03/22 Greg Lichneckert
03/07 Katie Yates	03/22 Kris Olsen
3/15 Stephen Ritchie	03/23 Rod & Kathy Nelson
03/17 Jean Lilley	03/24 Lori Wents
03/20 Ben Krause	03/26 Linda Slater
03/20 Colin Fox	03/28 Kristine Washburn
03/20 Steve Fisher	03/29 Bill Brockway



### 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

*We will resume the counting/usher schedule when the church building is allowed to open for Sunday services. In the meantime, if you would like to assist our Sunday services via Zoom, please contact Pastor Jeremy.*



### 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

## President's Journal March 2021

At the February 12 council meeting Pastor Jeremy introduced the idea of continuing Central's internship program this next academic year, beginning August or September. The council discussed it but has taken no action yet. We seek the views of our congregation.

Dave Finstad had wondered if we should put some of our checking account funds into certificates of deposit to increase revenue, but upon researching rates found that they were barely higher, far less than to justify being unable to access the money for more than a year.

Dave also said the February newsletter was sent bulk rate because we had already paid the yearly fee, which now has expired. The March newsletter will go out first class for about the same postage price but with a savings on time, paper, etc. If you want your future newsletters emailed to you instead of by USPS, saving the church around \$9 a year, tell Miwa.

He also reported that offerings have fallen behind what can sustain the budget we approved in December, so he encouraged greater giving.

Bob Lee has been researching Central's rental of parking slots to non-members, and with Kristi and others will propose a policy more detailed than what exists, balancing our congregation's needs with the revenue it could provide and benefits to the community. They are also researching relevant laws.

Kelli Trosvig said that members having difficulties using Zoom to access worship and other church activities can contact her and her team for help.

Ben Krause is working with a company to replace the church's two broken windows. The repair has been delayed because glass companies have a backlog of work. The property committee is also in contact with a graffiti removal expert who will submit a bid for graffiti removal and application of a graffiti repellent coating to some exterior walls.

Debbi Trosvig has been in contact with the city about the problem of human waste on our property and will have a proposal soon.

Nancy Olsen has organized and led a very active team to call members we see less often these days, checking to see how they are doing.

Dave Finstad and Trygve have begun rewriting our policy for outside groups using our building. The new policy will include greater accountability from the renters. Because no one has rented for almost a year and many months remain before reopening, this is the perfect time to reassess our policy so we can start fresh later this year.

Your church council has wondered if any of our members haven't been able to participate in Zoom worship because they don't have a computer, pad, or phone, or perhaps they own a device but encounter problems getting it to work. If that's you or someone you know, please tell Kelli Trosvig.

Church council has authorized the contractors who are working across Rockefeller from us to install a solar powered camera on the roof of our education building for the duration of the project. This site monitor will not be attached to the roof nor use our power. In return for the favor the contractor has agreed to spread a moss/mildew prevention product on the roof.

Please attend the March 7 congregational meeting right after worship. Topics are the proposed revised constitution (posted on Central's web homepage) and the elections of 4 synod assembly delegates and also a member of the auditing committee.

The bishop has not provided any change on the status of meeting in person as a group, including for worship. When reopening becomes possible it will be announced at the next worship service and by email. (If the church office doesn't have your email address, please provide it so you can receive the news.)

~ Trygve Anderson, Council President

Central Lutheran Church  
2702 Rockefeller Ave.  
Everett, WA 98201

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us. Send your request to:  
[centraluthoffice@gmail.com](mailto:centraluthoffice@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*

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