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## Messenger

## Actively Sharing Christ's Love in Community

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## All are welcome at Luther Memorial. Come join us for worship every Sunday at 10 am!



On December 22, Luther Memorial had our annual Christmas Pageant during worship. Thank you to all the children and their parents for participating! A big thank you to Heidi Gough and Donna Smith for all their work putting together the pageant this year.

THE LUTHER MEMORIAL MESSENGER
published by Luther Memorial Lutheran Church 13047 Greenwood Avenue N, Seattle, WA 98133 | 206.364.2510 www.luthermemorialseattle.com | office@luthermemorialseattle.com January $\mathbf{1 5}$ is the deadline for articles in the February issue.

Rev. Julie G. Hutson, Pastor
Bill Meade, Congregation Council President
Paul Olsen, Choir Director
Katy Sarff, Office Administrator

## PJ's Page

Dorothy in the Wizard of Oz said it: "There's no place like home." We've heard crooners singing it over the holidays: "Oh, there's no place like home for the holidays." And it is true. There is no place like home and Bruce and $I$ are filled with gladness as we return home and to our community of faith following our journey to Germany. It was grand - all that we had hoped it would be. Thank you all for your warm words of "Welcome Home!"

This week at Luther Memorial, Mary's Place is housed in our building. The signs on the doors where our guests are staying read like this: "This room is HOME to our guests from Mary's Place..." and our guests tell us again of their gratitude to have a room or space that each family gets to claim as their home for the time they are with us. They are grateful, and so am I, that this congregation makes space in our facility and in our schedule for these women and their children. My deep gratitude to Karen Olsen and to each one of you who helped out in these days.

On my first day back in the office last week, a gentleman came in to see me. Hat in his hand, he told me the story of how he and his wife and daughter had fallen on hard times in North Carolina. Recalling the beauty of Washington from his time stationed at JBLM, he moved his family here. They spent all of their savings relocating. But times are hard for them here, too. This rather tall, proud man wept through his story, his eyes were filled with tears of shame and
disappointment. He would get a disability check in two weeks, but until then, they were down to their final night in the seedy Aurora Ave. motel they were calling home. After verifying his story, our Helping Hands fund was able to provide two nights of shelter at the hotel. When I went to pay the bill, I could not have imagined staying there for another moment, much less calling it home.

In this Christmas season, we remember that Joseph and Mary traveled to Bethlehem, only to find that they had no place to call home. Doors were closed to them, forcing them to a barn for the birth of Jesus. Ever since then, in his name, the Church has tried to be a place where doors are open, where all are welcome, and where Home has profound meaning.

Your support, in deed and in gifts, has made possible the two scenarios I described above. As I return home this season, I give thanks for the ministry of this congregation. Our neighborhood is changing, our lives are changing, our world is changing....but the steadfast love of God in Christ Jesus remains the same.

With you, I am...
Actively Sharing Christ's Love in Community,


## PJ's Page

## A Way to Pray in the New Year....

In one of our online Advent devotions I wrote about an ancient practice called the examen. This ancient practice, that originated with St. Ignatius, is a way of praying that incorporates a review of each day. In this practice, the goal is to find God's presence in each day and determine the direction our lives our moving. It helps us see God at work in our lives and in the world.
St. Ignatius Loyola, in his Spiritual Exercises, outlines five steps to the examen and requires Jesuits to pray the examen twice a day, once at noon and once at the end of the day. The five steps are:

## Become aware of God's presence.

## Review the day with gratitude.

## Pay attention to your emotions.

Choose one feature of the day and pray from it. Look toward tomorrow.

Now, I am not a big fan of New Year's resolutions, mostly because I generally find that I fail to keep them very shortly after l've made them. And if the intent of the resolution is to make the days of the coming year better somehow, this is not helpful. But I wonder about making the examen a regular part of our spiritual practice. How might we be changed and how might our faith be strengthened if we spend time once or twice a day in this kind of intentional prayer?

This year, then, rather than make a resolution we might immediately fail to keep, I want to invite us, as a community, into the practice of the examen way of prayer. To get us started in this first month of the year, I've taken St. Ignatius' five steps and offered some additional thoughts. I am hopeful they will be useful to me as I add this practice to my devotional life; perhaps you will find them helpful, too.

## Become aware of God's presence.

This is going to mean that I have to become mindful of my surroundings. That I still my mind as best as I can and be fully present in this moment. To
do this might involve some deep breathing. Then, I will be reminded that God is very present with God's people, including me!
God is our refuge and strength; a very present help in trouble. - Ps. 46: 1

## Review the day with gratitude.

Meister Eckhart said "If the only prayer you say in your entire life is "thank you", that would be enough." The ability to be grateful for each part of my day, even the difficult ones will most certainly result in a light spirit. Making a list of those things for which I am grateful might be helpful in this task. Rejoice in the Lord always! Again, I will say, rejoice! Philippians 4:4

## Pay attention to your emotions.

What emotions are with me at the time I stop to pray? Am I frustrated? Joyful? Tired? Anxious? How do these emotions affect the way I am seeing the day?
Come to me all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart and you will find rest for your souls. - Matthew 11:28, 29

Choose one feature of the day and pray from it.
It might be hard not to overthink this one, but rather to simply choose one part of the day that wells up in my mind or spirit and allow that to be the beginning of my prayer.
From the rising of the sun to the place where it sets, the Lord's name is to be praised. Psalm 113: 3

## Look toward tomorrow.

As this prayer practice draws to a close, it offers the chance to look into what is ahead, the promise of a new day and the presence of God in that day.
The steadfast love of the LORD never ceases; God's mercies never come to an end; they are new every morning; great is your faithfulness. -Lamentations 3: 22-23

## LMLC News and Events

## 2014 annual meeting - At's a Wondergul Life

Our Annual Meeting will be held on January 26, 2014, immediately following worship. This year's theme is "It's a Wonderful Life" and promises to be filled with lots of surprises, laughter, and information.
Bring a dish to share that has been a favorite of your lifetime (to go along with the theme) and come join this community of faith as we consider the ministries and mission of Luther Memorial Church!


## First Sunday Faith Forum - Open Door Ministries, Rick Pribbernow

In the early 1990s, Bishop Lowell Knutson became concerned about the lack of Lutheran church support for gay and lesbian Christians and their families. Ron Shonke, an openly gay Lutheran pastor, was called to begin ministry with persons dealing with HIV/AIDS and gay and lesbian issues.
Since its creation Open Door Ministries has provided counseling, referral, and support to more than 21,000 people dealing with their faith in combination with HIV/AIDS and gay and lesbians issues.

## Bible Study

We resume our Thursday evening Bible Study on January 23 at 6 pm , with a study of the Book of Ruth. Please join us as we learn more in this book of the Hebrew Bible.

## Offering Envelopes

Have you been wondering where your 2014 offering envelope book is? In our ongoing efforts to be good stewards of the Earth, waste less, and respond to your suggestions, we did not order booklets for the 2014 year. For the past two years, we have recycled almost half of the books ordered at the end of the year. New offering envelopes will be located in the pews, as always, and offerings can also be given online, through our website. For those that would still like envelopes, please contact the office. We will provide you with envelopes for the entire year. Feel free to take extra envelopes when you are in worship, if you would like to have some at home.

## Thanks!

Dear LMLC Friends, I wish to thank the members who made up the Christmas baskets for the shut-ins, and for those who came caroling. It gave such a lift to Lowell and the other residents at his Adult Day Care residence, including one man who is bed-ridden, for whom they sang in his room. It was a thrill for all of us to see the pleasure it brought, not only to the shut-ins, but also to the caregiver, and your time and kindness is very much appreciated. --Carla Burgason

## LMLC News and Events

## Congratulations!

On January 19, we will celebrate the Sacrament of Holy Baptism of Lily Mildred Olsen Tiglao, daughter of Mel and Katy Tiglao, and granddaughter of Paul and Karen Olsen. .

## Music and Worship Committee

If you are on the Music and Worship Committee, please stay after worship on January 5, for a meeting. Please contact Elaine Hardin for more information.

## Will you share a Sunday?

We are looking for folks willing to lead our awesome new Middle School Sunday School class for one or two Sundays out of the entire year! Materials will be provided, preparation is minimal....all you need to do is show up and prepare to be blessed by these amazing young disciples! Please prayerfully consider whether the Spirit is calling you to share of yourself in this wav.

Fipst Ouarter Coniipmation class Schedule

January 19 @ LMLC - 12:30-2:30 pm February 9 @ Bethany Lutheran February 23 @ Maple Leaf

March 9 @ LMLC
March 23 @ Bethany

In January, our Confirmation class will only meet one time, on 1/19 from 12:30-2:30 pm (note time change) at Luther Memorial.

REMEMBER! Worship Notes are due once a month. The form is online or in the Narthex.

## Online Giving

Tired of writing checks, or remembering to have cash for offering on Sunday? You can now give to LMLC online! Just go to www.luthermemorialseattle.com/onlinegiving, or click on "Online Giving" on our website. The secure payment site is endorsed by Thrivent, and is a part of our Simply Giving program.
Do you have a smartphone? If you use QR codes, you scan this barcode-with your smartphone's QR decoder, it will instantly connect you to the mobile version of Online Giving. Try it out!

## This Week at LMLC \& a Homilet

This weekly update, which has been sent electronically on Fridays, will now go out mid-week, on Wednesdays, in hopes that calendar items will reach you in a more timely manner. It will also have a new format, so watch your inbox!

## Poinsettia Donations

Poinsetitias were given by members of the LMLC congregation and community in honor or memory of loved ones. Thank you for adorning the Sanctuary with these lovely plants.
Ruth and Amy Bar
Laurine Booth
Delia Broderick

Marlys Carlson
Vicki Cook

Lothe Elingson

Lynne Greenup

Bjorg Hansen
Elaine Hardin

Claralou Hinderliter
Mary Hinderliter and Eric Zoeckler
Chris, Krissy, Mason and Mackenzie Culmer
Sharon Howell
Gladys Huebner

Rev Julie G Hutson

Randi and Jerry Jacobs

In memory of Paut
In memory of Chuck Booth
In memory of Edward and Bertha Gaetz
In memory of W.H. and Dorothy Purdy
In honor of the children of Luther Memorial
In memory of Gail and Kitty Peck In memory of Marge Anderson Peck
In honor of my family, mother Mary Smith, and Grandson Connor

In memory of Curtis and Elizabeth Anderson (parents), and in honor of my family
In memory of Iyvind Hansen
In memory of Gene Hardin
In memory of Leonard and Aila Fick
In memory of Celia Helm
In memory of Celia Helm
In memory of Doug Howell
In memory of Doug Howell
In memory of Robert and Eula Juilf
In memory of Date James Bechtel
In honor of the people of Luther Memorial In memory of The Rev. Amy Fauquet
In memory of Helga Nimbar

Colleen and Raj Lingappaiah

Dorothy and Stewart Lundaht
Julie Moe and
Janice Sherlock
Lorraine Molzahn
Beverly Mueller
Paut and Karen Olsen

Nancy Sandbloom
Katy and Mike Sarff

Marge and Rolf Skrinde

Donna Smith

Mary Smith

Laura Steinmetz and Chuck Fleury

Norman and Phyllis Swenson
Mary Moe Walters
Shirley and Andre Yand
Pat Yeager

In memory of our fathers, Tom and Giri In honor of our mothers, Donna and Becky In honor of our children, Joshua and Daniel

To the glory of God!
In memory of Eunice Moe
In memory of Jordan Moe
In memory of Elmer Molzahn
In memory of my nephew, Kevin
In honor of Lily Mildred Olsen Tíglao
In memory of Don and Mildred Walley
In memory of Robert and Josephine Olsen
In memory of Ed Sandbloom
In memory of Katy's father, Danny Ray Penland
In memory of Mike's grandmother, Mildred E Sarff
In memory of Martha and Withelm Martin
In memory of Annie and Rolf Skrinde
In memory of my husband, Thomas Smith
In honor of my daughters, Colleen and Janelle, and their families

In memory of my husband, Marion
In honor of my family
In honor of Connor Ellingson's first Christmas!
In memory of Robert Steinmetz
In honor of Uvonne Steinmetz
In honor of Bud and Carol Fleury
In memory of our parents
In memory of Eunice Moe, betoved friend
In memory of our parents
In memory of Bruce Yeager

## Faith \& Everyday Life

Provided by Lutheran Counseling Network

In anticipation of our 33rd Anniversary in 2014 and in our ongoing role as a social ministry organization in the ELCA, we also would like to remind you of our website www.lutherancounseling.net. On it, you will find information about LCN, our staff, locations, means of contact, etc. Here you will also find past articles of Faith and Every Day Life going back to 2007. It is also our hope that this will be another way for you to conveniently direct people to us so as best to access the services they may need.

Faith and Everyday Life
January 2014

## Serious

What a versatile word. She was in a serious car accident. She is in a serious relationship.... Humm!? "Seriously," said the comedian, as everyone laughed again. We need to get serious about this... What a serious person!


Being in a relationship is serious business, whether it's with family, friends, pets, plants or planets. This year we will explore some of the nuances of the word serious. Some will make you smile; some will be sobering; others might just be, well, serious. See if you can play with the word each month to get as many shades of meaning as possible.

Let's see how it works: If I write: "Something precious and sacred has been entrusted to us by virtue of having been given the gift of life. There are certain obligations that go with it. We need to take them seriously." What does seriously mean? Could it mean grimly, reverently, deathly, intentionally, or prayerfully? Now you play with it.

Let's try again: Fortunately for us, Law is always preceded by Gospel. We pour out to others what has been poured in by God. We do and can because we overflow. What we need to take seriously first, is the inflow. Trying hard to be a good family member doesn't work. Taking seriously the posture of "vessel" does.

If you asked yourself, "What does 'serious' mean to me in this context?", might it deepen the way in which you are intentional in receiving God's love?

If you asked yourself, "What does it mean to me that God is serious about providing me sufficient grace for the day?" might it increase the level of confidence with which you lived your everyday life?

## Synod and ELCA News

# Come Lord Jesus 

by the Rev. Kirby Unti, Bishop



It is always good to enter the New Year with some Good News! Take a look around our typical Lutheran congregation and you may not see a lot of younger people in the pews. It would be easy to conclude that our young people are no longer participating in the church. Could we be looking in the wrong place to see them?

When I was back in Pittsburgh for the ELCA Churchwide Assembly this year there were a record number of youth and young adult voting members. They were not only present but they made their voices heard on many issues. I was so impressed with how composed and articulate they were.

It is also worth rejoicing in the fact that we have a growing number of young adults applying to participate in the Young Adults in Global Mission Program. This program is growing with a goal of having 100 young people serving in ministry sites around the world. This year we have four young people from our synod serving: Gabe Moe-Lobeda, Luke Roehl, Abby Cress and Anna Guthrie.

There is also a surging interest in young people who want to serve domestically through Lutheran Volunteer Corps. Again, the applicants exceeded the number of positions available. Our LVC young adults are serving in some of the poorest communities in America and do so while living on a meager income. LVC unites
volunteers with financial supporters, non-profit organizations and ministries to work for peace with justice across the nation, including an office here in Seattle.

Recently I attended a gathering of Ecumenical
Partners at Seattle University some of whom just returned from the World Council of Churches in Korea. Guess what they said? They spoke of how impressed they were by the number of young adults who were present and actively engaged in the deliberations.

Add to this list a update I received about the United Nations Climate Change meeting in Warsaw where a group of seven Lutheran young adults have been leading the ecumenical and interfaith effort and initiating a fast, especially in solidarity with one of the leaders of the Filipino delegate who linked the lack of inaction with the devastation that has recently hit his homeland.

There are many more sightings that I am sure you could add to this list. Our young people care about this world and they want to be actively involved in serving it. We need to applaud them for putting their faith into action and encountering Jesus throughout the world.

Adding to their hearts of service, I increasingly value our young people because of their cultural competency and fluency. They
know how to navigate this culture. This is a form of wisdom our church needs to value and lift up for leadership.

Jesus often had to redirect the eyes and ears of his followers so that they could see and hear the signs of the kingdom. I count our young people as a source of great news as we enter a New Year.

Opportunities for volunteers \& paid staff who work with children \& youth:
Time 4 You: Join other children \& youth leaders to share the joys \& challenges of ministry. Exchange ideas and connect with other leaders in the synod on the 3rd Thursday of the month.

The Well Devotional: We gather on the 1st Wednesday of each month
for devotions/reflection time to focus on our personal spiritual journey.

## Synod and ELCA News

## The Spirit - Page 2 <br> Keep an Eye on our Young Adults in Global Mission (YAGM)

The ELCA Young Adults in Global Mission (YAGM) program invites ELCA young adults ages 19-29 into a transformative, year-long journey in international service. They are shaped by the witness of our global neighbors, sharing in the journeys of companion churches and organizations in one of nine countries around the world. A year of service through the YAGM program invites young adults to become the hands and feet of Jesus in the world, providing critical support to ministries and projects in communities of need. It also invites volunteers into a journey of selfreflection, providing space to consider their sense of identity, God's work in the world, and their place within it all. Young adults serve
in the spirit of accompaniment, walking alongside global companions in a manner that practices mutuality, interdependence and solidarity. Areas of service include, but are not limited to, health and development, congregational ministry, human rights, education, homelessness, addiction recovery, women's issues and children and youth. All site placements provide opportunities for young adults to confront issues of wealth and poverty, racial privilege, economic disparity and globalization, all through the lens of faith.

Keeping touch with our young adults who are serving in YAGM is a wonderful opportunity for members of our congregations and for these fantastic folks who are spending time with sisters and brothers around the world:

Encourage your youth group to follow one of the YAGMs' blogs.

Include the YAGMs in your congregational prayers.
Invite your Sunday School classes to become e-mail pals with one of the YAGMs. Contact the Synod Office if you would like one of their email addresses.

Hold a Skype Q \& A between a YAGM and your Adult Sunday School Class.

Highlight updates from a YAGM newsletter in your congregation's newsletter.
6) Share your financial resources:
http://www.elca.org/yagm

## Our Yagms

## Luke Roehl

Immanuel Lutheran, Seattle Serving in Southern Africa
Group Blogspot: http://yagmsa.wordpress.com/

Gabe Moe-Lobeda University
Lutheran, Seattle Serving in Mexico
Group Blogspot: https://www.facebook.com/yagmmexico

Anna Guthrie<br>Our Savior Lutheran, Issaquah Serving in<br>Madagascar<br>Group Blogspots: https://sambatra.wordpress.com https://www.facebook.com/YagmMadagascar Personal Blog: http://blogtravelpod.com/members/annaguthrie

Abby Cress<br>Phinney Ridge Lutheran, Seattle and St. Peter's Episcopal Parish<br>Serving in Jerusalem/West Bank Personl<br>Blog: yagminjerusalem.shutterfly.com

The Spirit, a publication of the Northwest Washington Synod of the Evangelical Lutheran Church in America (ELCA), is intended for members, leaders, and clergy of synod congregations and organizations.
Congregations are encouraged to copy The Spirit and include it in their own newsletters. The Spirit can be downloaded from the Synod website.

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Information for the January issue of The Spirit is due to the Synod Office by January 16.

## January Worship

## Lectionary Readings

January 5|
Christmas 2
Jeremiah 31:7-14
or Sirach 24:1-12
Psalm 147:12-20 (12)
or Wisdom 10:15-21 (20)
Ephesians 1:3-14
John 1:[1-9], 10-18

January 19|
Epiphany 2
Isaiah 49:1-7
Psalm 40:1-11 (8)
1 Corinthians 1:1-9
John 1:29-42

January 26|
Epiphany 3
Isaiah 9:1-4
Psalm 27:1, 4-9 (1)
1 Corinthians 1:10-18
Matthew 4:12-23

| Worship Leaders |  |  |  |  |  |  |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\mathbf{1 / 5}$ | $\mathbf{1 / 1 2}$ | $\mathbf{1 / 1 9}$ | $\mathbf{1 / 2 6}$ |  |  |
| Assisting Minister | Gordon Trombley | Katy Sarff | Steve Olson | Paul Olsen |  |  |
| Lector | Marge Skrinde | Bob Greenhow | Vicki Cook | Kathy Nelson |  |  |
| Acolyte | Sandy Jamieson | Kyle Gough | Donna Smith | Jackson Terhark |  |  |
|  <br> Altar Care | Sharon Howell |  |  |  |  |  |
| Greeters <br> and Ushers | Donna Smith <br> Diane Chapman | Marge Skrinde <br> Rolf Skrinde | Lollie Ellingson <br> Bjorg Hanson | Gordon Trombley <br> Steve Olson |  |  |
| Song Leaders | Paul Olsen | Heidi Gough | Julie Moe <br> Janice Sherlock | Kris Johansson |  |  |
| Children's Time | Heidi Gough | Pastor Julie | Heidi Gough | Pastor Julie |  |  |
| Musicians | Lennon Aldort |  |  |  |  | Jacrry Zimmerman Bendickson |
| Nursery Care |  |  |  |  |  |  |

Happy January Birthdays!

| 3 | Thelma Nelson | 15 | Ede Martinez | 28 | Lori Gunby <br> Victor Pena <br> Agnes Pena |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 4 | Merle Nimbar | 17 | Byron Johnson <br> Greg Martin | 29 | Leigh Johnson |
| 8 | Florence Bloomdahl | 18 | Karlyne Noriega | 29 | Danny Skovron |
| $\mathbf{1 1}$ | Hildur O'Connor | 23 | Laurine Booth | 31 | Doe Skovron |
| 12 | Connor North | 23 |  |  |  |

12 Connor North

January 12|
Baptism of Our Lord
Isaiah 42:1-9
Psalm 29 (3)
Acts 10:34-43
Matthew 3:13-17


