



LUTHER MEMORIAL lutheran church

Quarterly Messenger 2023 Summer Edition



Rev. Sara Funkhouser, Lead Pastor
Donna Smith, Council President

Luther Memorial Lutheran Church
13047 Greenwood Ave. N
Seattle, WA 98133
206-364-2510

FROM PASTOR SARA FUNKHOUSER

“Think of us in this way, as servants of Christ and stewards of God’s mysteries.

Moreover, it is required of stewards that they be found trustworthy.”

(1 Corinthians 4: 1-2)

As I was searching for the Scripture passage that would guide my letter this quarter, the first page I opened was this passage from 1 Corinthians. I found myself laughing a bit because this passage has had great meaning in my formation as a pastor. While I was in my pastoral care class, these were the verses that we dwelled in every week for an entire semester. We were not going to graduate Seminary without this verse becoming a part of us!

It feels fitting to return to this verse a year after I began my ministry with you all. This verse is not only for the ordained ministers, but it is for all of us. While ordained ministers steward the mysteries of God in different ways than others, this is still something that we are all called to do as we live out our faith in the world.

While I debated whether or not I wanted to include the second verse, I think it is essential to our understanding of what it means to be stewards of God’s mysteries - especially as so much of the distrust of churches and other religious institutions comes from peoples’ experiences with untrustworthy stewards of God’s message. It begs us to ask what it means to be trustworthy stewards of God’s mysteries. I hope you are able to spend some time thinking about what that means for you and your faith life, as I know it has continued to shape my formation as your pastor.

With all that being said, words cannot even begin to describe how I feel about continuing my second year of ministry with you all because this place and you all have had a deep impact on my life in just my first year here. So, as we continue this next year, may we grow in faith, explore more fully what it means to steward God’s mysteries, and seek to live out our faith authentically in the world as we share Christ’s love in community.

Peace, Pastor Sara Funkhouser

206-364-2510

pastorsara@luthermemoralseattle.com



FROM THE COUNCIL PRESIDENT

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Dear Luther Memorial Friends in Christ,

Summer is here! Vacations have begun, school is out, and regular meetings at LMLC have slowed down until fall. We still would love to see you each Sunday to enjoy our fellowship and worship. Although we are looking forward to the brief break of a busy schedule, we know Christ does not take a break. We are reminded that He is always with us every day as we travel and gather with family and friends.

Safe travels for each of you and enjoy the summer months.

If you have any questions about LMLC activities, please contact me, your Council President.

Take care,

Donna Smith
Council President
Cell: (425) 971-9581
Email: donnasmith@luthermemoralseattle.com



WORSHIP SCHEDULE

In-Person & YouTube Live Stream Worship Sunday @ 10:30am

YouTube Live Stream Worship links and instructions:

For upcoming live stream event: <https://www.youtube.com/channel/UC6reljQJuFBuOvnbeAF31sA/live>. When the event goes live, you will be able to watch the event in real-time. When the event is complete, the event will be recorded and saved as a video.

For past events: <https://www.youtube.com/channel/UC6reljQJuFBuOvnbeAF31sA> will show the past events/videos for you to watch.

We suggest you subscribe to our YouTube channel:

<https://www.youtube.com/channel/UC6reljQJuFBuOvnbeAF31sA>, then click on the bell icon to turn on the notifications, it will send you email notifications for upcoming events.

OFFICE HOURS

Monday: 9:00am – 1:00pm (Pastor Sara Funkhouser)

Tuesday: 9:00am-12:30pm, then @Foss 1pm-5pm (Pastor Sara Funkhouser)

Wednesday: 9:00am – 3:00pm (Pastor Sara Funkhouser)

Thursday: 1:00pm – 3:00pm (Pastor Sara Funkhouser)

Monday – Wednesday: 9:00am – 2:00pm (Jian Zhang)

Tuesday: 10:30am – 3:30pm (Jian Zhang)

Thursday – Friday: 9:00am – 1:00pm (Jian Zhang)

WORSHIP ATTENDANCE

Recent Worship Attendance

Sunday, 7, May - 27

Sunday, 14, May - 26

Sunday, 21, May - 36

Sunday, 28, May - 25

Sunday, 4, June - 15

Sunday, 11, June - 26

Financial Results Through May 2023

Revenue	2023 Actual	2023 Proposed Budget
Pledges	\$ 43,074.78	\$ 102,690.00
Unpledged Offerings	6,752.56	10,000.00
Foss Pastor Share	6,666.64	20,000.00
Room Use	825.00	1,500.00
Gifts and Income Other than Offerings	1,027.95	500.00
Unrestricted Revenue	\$ 58,346.93	\$ 134,690.00
Feeding Ministry	2,613.38	10,000.00
Kaleidoscope Revenue	1,666.74	0.00
Neighborhood Outreach	0.00	1,500.00
Restricted Revenue	\$ 4,280.12	\$ 11,500.00
Transfer from Ministry Growth Fund	10,000.00	40,000.00
From Dedicated Acc't for Musician's Salary	2,500.00	6,000.00
Total Revenue	\$ 75,127.05	\$ 192,190.00
Expenses	Actual	Proposed Budget
Staff Compensation (Pastor, Office Admin, Musician, Bookkeeper, Custodian)	\$ 53,858.00	\$ 126,845.00
Administrative	6,896.48	20,450.00
Property	11,187.18	23,900.00
Worship & Music	1,201.67	1,500.00
Christian Education	0.00	450.00
Fellowship	0.00	250.00
Evangelism	4,954.13	9,500.00
Synod	2,725.13	5,800.00
Total Expenses	\$ 80,822.59	\$ 188,695.00
Projected Surplus	\$ (5,695.54)	\$ 3,495.00

Pledges/Unpledged Offerings - The combined balance of these 2 accounts represents 44.2% of their combined annual budget. This compares with a 41.2% average for the previous 6 years. This is primarily due to the high unpledged offerings received to date. Pledge receipts are behind the to date budget figure.

Kaleidoscope Revenue - This amount is a 'catchup' payment relating to 2022.

Withdrawal from MGF - The \$10,000 requested was received during the last days of April. An additional withdrawal will be in order near term.

Christian Education, Fellowship - No major programs have been initiated during this period.

Evangelism - The expenses shown are primarily for the Food Ministry.

**Luther Memorial Lutheran Church
Ministry Growth Fund as of April 30 2023**

Beginning Balance, January 1, 2023	\$ 703,394.45
 Addition	7,401.90
 Withdrawals	(10,000.00)
 Change in market value	<u>36,084.66</u>
Ending Balance, April 30 2023	<u><u>\$ 736,881.01</u></u>

Proceeds from the sale of Luther Memorial's parking area are invested in the above ELCA sponsored fund. The Fund is administered by 2 outside financial firms.

Additions are from the annual distribution for 2023. The distribution is paid quarterly and represents 4.0% of the average market value of the 5 previous year ends.

A \$40,000 total withdrawal is included in the 2023 Budget approved at the annual meeting. A \$10,000 withdrawal was completed during the latter part of April. An additional withdrawal during June or July.

The Fund's investment holdings are valued at market value (marked to market) each month. The total of these holdings plus cash held by the Fund determines the value of each Fund unit. That unit valuation times the number of units held in account for LMLC determines the ending balance with the change from January 1's balance being reflected in the 'Change in market value' amount. As many of us know, 2022 was a difficult investment period and was so reflected in the 2022 Fund's reports. 2023, unfortunately, could also prove a difficult period; in spite of the positive beginning.

Any holdings the Fund liquidated would result in a 'realized' gain or loss. However, for any holdings continuing to be held by the Fund, the changes to valuation are 'unrealized' (paper) gains or losses which may be reversed in the future.

News from your Property Committee

A sign up for lawn mowing and light yard maintenance was posted at the Sunday sign-in table in the Narthex. A few people have signed up. There was a young man who visited church a couple of Sundays ago who said he would be willing to mow the lawn every other Saturday. Pastor and Marilyn agreed to meet him on Saturday, but he didn't show up. If this does happen, we would need to have a church member meet him on mowing days. This could be a scheduling issue.

Laurie and Bill have mowed the lawn again and Bill weeded the rockery in the front of the church. Lynne Greenup worked on the garden below the Rhodies in the parking lot.

We have logged into our online account at Puget Sound Energy to investigate the gas use. It is looking like we are using less. The bill should be much lower. We will continue to monitor.

Donna has reached out to Greg, Karin's son who is an electrician. He is going to make a time to come check out the electrical issue in the outlets in the office. Marilyn will reach out to Gordon to let him know we are doing this as he had offered to help with this.

The insurance company will be making a time to come and inspect our roofs to give us an indication of any need of repair or replacement. Jian is the contact and will work with Laurie, Marilyn and Pastor to set a date. After this is completed, we will work on moving forward to get estimates. Laurie has contacted two people with no response.

We still need to work with City Light to see about changing our lights to LED.

Marilyn and Laurie

Little Food Pantry Update

We want to thank both Broadview-Thompson and Whittier schools for making the Little Pantry recipients of their school food drives this past school year. It has helped us stretch our food dollars for many months. The pantry is filled each day and is empty the next morning so there continues to be a need for food in the community. As we enter the summer months we are mindful that hunger doesn't take a break! The congregation's monetary contributions help us provide essential items such as milk, tuna and chicken kits. The Little Pantry has funds on hand for the next 6 weeks so your continued support is very much appreciated.

Mary Hinderliter
Diane Chapman

Youth Update

LMLC's youth have been busy!!! Here's a little update on their accomplishments and Summer plans.

Joshua finished up his sophomore year at Kamiak High School with a 4.0 GPA. For the 2022/2023 school year, he played trumpet for Show Band, Jazz, Wind Ensemble, and Orchestra. (During this past Spring Break, the Kamiak Orchestra performed at Pearl Harbor in Honolulu. For next year's spring break, the Kamiak Show Band will be performing in Paris!) Joshua will be spending much of his summer at Show Band camp, where he is also a member of the Student Leadership Council. He also plans to get his driver's license by the end of summer so that he can drive himself to Edmonds College this fall where he will be taking most of his classes for his junior year.

Daniel finished up his last year (5th Grade) at Serene Lake Elementary. He was identified by his teacher as a "math leader" in the classroom. He just finished taking rock climbing classes, and over the summer he will continue piano lessons, as well as start learning to play the drums and the ukelele. He will likely spend most of his summer playing with friends. We also have a week-long family vacation at Holden Village scheduled for the 2nd week in July.

Jed wrapped up his Freshman year at Shorewood with a 4.0.

He is starting his summer going on a trip to Japan with a group of students from Shorewood and Shorecrest. It's a tour of Tokyo, Kyoto, and Osaka for 8 days. This Summer after he returns home, he will be starting Driver's Ed and water polo. Soccer will start back up in August where he plays for Emerald City FC.

Lillian finished her sophomore year at Shorewood with a new appreciation for Chemistry as many sophomores around the country do. It was both challenging and exciting to delve into completely new material. Orchestra and Drama continue to be a foundation of friends and community. This Spring she was part of the Shorewood High School musical production of The Prom. She was also inducted into the Thespian Society an honor group at the school for those involved in drama. Lillian also joined the Shorewood Jazz Vocal Ensemble group After Hours and was given the "rising star" award as a promising newcomer. This Summer Lilly will be working on her driving skills, working at the Shoreline Farmer's Market every other week hosting children's activities at the market (come by and patronize!), and camping with her family on several planned trips.

Audrey finished her first year of middle school at Einstein. She did well with all the big changes that Middle School brings. She really enjoyed playing for the Einstein Ultimate Frisbee Team. She also made some amazing strides as a flute player and got the courage to audition for Einstein Wind Ensemble and got in! Audrey is very excited at the prospect of later morning starts this Summer. She is making a reading list of all the books she wants to read and some personal goals she wants to accomplish.

Emma did well in her transition to middle school. Her favorite classes were Orchestra and Ms. Witzel's Humanities class. The combination of History, Sociology, and English opened a world of new things to her. Emma is looking forward most to swimming as much as she can and reading as many books as possible this Summer. She has been saving art supplies for a family art project she has planned. So, stay tuned...

The confirmation class consisting of Daniel Lingappiah, Emma Long and Audrey Long, were joined by Pastor Sara, Colleen Lingappiah, and the Maple Leaf Lutheran confirmation class at the Community Baking Kitchen Project at the beginning of June. Pastor Cara Tanis and her helper Cindy Shultz lead the group baking lesson and provided guidance in the kitchen. Here is a bit of their origin story below.

Community Loaves discovered that pandemic-inspired home bakers could fill a gap in local food banks' access to fresh baked bread. As a result, a volunteer bread baking brigade was founded during the pandemic and is providing 100's of volunteers a way to practically respond to this need.

<https://www.7400woodlawn.org/baking-kitchen>

A fun time was had by all and lots of baked goods were made to share with the greater community. Those who like to bake and would want to volunteer sometime too, can visit the website shown above for more information!

July/August 2023



From the Bishop:

As I write this, I am still re-living a beautiful experience that I had last weekend. Five of my friends and I drove to the Gorge Amphitheatre and we saw Joni Mitchell in concert. For some of you, this might be interesting, for others, you might not even know who Joni Mitchell is. For me, the time was filled with joy, laughter, tears, friendship, and community ... not to mention amazing music and storytelling.

But this isn't about Joni Mitchell ... at least not entirely. For what struck me as I sat on the grass with 26,000 other people, was the church-like feeling that was there. Or perhaps I should say the "Jesusy" feeling that was there. Or maybe the Holy Spirit in action feeling. And this came from the crowd itself.

As we all sat crowded together on blankets and chairs, people told stories, shared food and drink, sang songs, helped those who were having difficulty navigating the hillside, and together we became community. The little children sitting to the right of me danced, the young girls sitting to the left of me accepted blankets from my friend, and the man in front of me told me that he had traveled from North Carolina to see Joni. He told me that he was surprised to discover the Gorge was not located in Seattle!

There was one point in the concert, after it had gotten dark, when Joni was singing and people – one by one – started shining the flashlight from their cellphones towards the stage. Throughout the crowd, little points of light lit up the darkness. Now, if you have been to a concert in the last ten years, this is a common occurrence. Cell phone lights have taken the place of lighters being raised. However, because Joni has not performed in over twenty years, she was bemused by the lights. She turned to the person next to her on stage and said, "It looks like a fallen constellation. Where did they get all those lights?"

I thought her words and her surprise were charming. But as I looked around me, at the people sharing blankets, at those with arms around each other swaying to the music, at the cozy darkness around us and the lights looking like fallen stars, it was more than charming. It was holy.

For a moment, we were a cathedral. For a moment, we were community. For a moment, we were one.

At our best, this is what it means to be church. To be the Body of Christ. To practice hospitality and generosity, and grace. To see Christ in one another. To accept others' limitations and to be accepting of our own.

I confess that all was not perfect at the Gorge. There was a person close to me who insisted on singing every word to every song. While her voice was fine, I was not there to hear her but to hear Joni. There were people who cut in line after we had been waiting two hours to get inside. There was a driver who bullied his way into the front of the very long line of vehicles as we were leaving.

Perhaps this is like church, too. At least church as a human construction. Those of us who have been part of a church for a while, we know that church is not always sharing blankets and food, singing and joy. Sometimes, as humans, we hoard our stuff. We take offense at others. We refuse to listen. We bully. We push. Our voices sometimes drown out other voices.

And yet ... I pray that the moments of grace we receive this summer – from music at the Gorge to singing lustily in church, from sharing food on a hillside to receiving the body and blood of Christ – may we be church together. May we know and make it known that all are fully loved by God – in the times when we are like fallen constellations and in the times we are not.

May your summer be filled with holy moments.



From the VEEP

Burnout. That term has been being tossed around a lot lately. Ever since the acute stages of the coronavirus pandemic, we've heard about so many people experiencing various forms of stress, exhaustion, and, yes, burnout. Did you know that the term burnout was coined in the 1970s by Herbert Freudenberger to describe the consequences of severe stress and *high ideals* in "helping" professions? Doctors, nurses, teachers, pastors, first responders, social workers – these were the first people to be identified as suffering from burnout. The term has since come apply to all professions.

When used by mental health professionals, burnout can be defined as "a psychological syndrome emerging as a prolonged response to interpersonal stressors on the job." This doesn't mean that stressors outside work don't impact our emotional well-being, but occupational burnout has its own unique impact on our lives. It is important to note that burnout isn't just extreme exhaustion, but rather it is characterized by three dimensions: feeling of energy depletion or exhaustion, increased feeling of negativism related to one's work, and reduced professional efficacy. Researchers studying burnout suggest it is a systemic issue, arising in large part through a mismatch between people and their work. These mismatches can have to do with workload, which often leads people to equate burnout with overwork, but there can also be mismatches in regard to control and accountability, respect and community, fairness, reward, and values.

Understanding that burnout is a function of mismatches rather than just too much to do with too little time to do it in, can help us reevaluate where these mismatches may occur in our own work lives. I learned all the above by doing research for a presentation to the Synod Vice Presidents monthly gathering. As synod assembly season began to roll around, we learned that many vice presidents were not letting their names go forward for additional terms. Here in Region 1, all three of the VPs in synods where their positions were open for election chose not to run for a second term. Each person had their own reason for not running again, but looking at the broader trends, it seemed we should look at the causes of burnout. We have all been living through very tumultuous times since March of 2020. Our rostered leaders and our lay leaders have been reporting high levels of stress, anxiety, and yes, burnout. We need to recognize that the pandemic created some real mismatches where none existed before, especially for those of us in the helping professions.

Pastors who thrive in relationship with their parishioners suddenly found themselves trying to comfort and care through a computer screen. Teachers who had never used Zoom before suddenly had to become experts overnight. Nurses had to learn to treat patients while wearing layer upon layer of protective equipment. We all lost so many we were trying to help: people in our congregations no longer felt connected, student engagement dropped, and patients died. These mismatches led to mismatches in reward (so much more work, no increase in pay), and control (being made responsible for doing things we didn't have the skills or resources to do well). It is no wonder teachers, nurses, pastors, and other "helping" professionals are leaving. Burnout is real!

As we continue to navigate this new normal of ours, we must be alert to signs of these mismatches. We need to recognize that it isn't always about too much work. Sometimes it is just the wrong work at the wrong time. When you are tempted to take something off your plate make sure it isn't the thing that is nourishing you! Find ways to support your community when someone becomes overwhelmed trying to do things in new ways. Here in the Northwest Washington Synod, we have an excellent coaching staff at Coach NW and they don't just work with rostered leaders – they will work with council and other lay leadership, as well. (Learn more here: <https://www.lutheransnw.org/programs/coach-northwest>.)

Here's what the Synod Council and/or I have been up to in June:

- Synod Executive committee met on June 14.
- Synod VPs met on June 24. Our agenda included welcoming and orienting new VPs.
- I participated with other members of the synod in the Seattle Pride Parade on June 25.

Kay Edgerton

Vice President of the NW Washington Synod

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