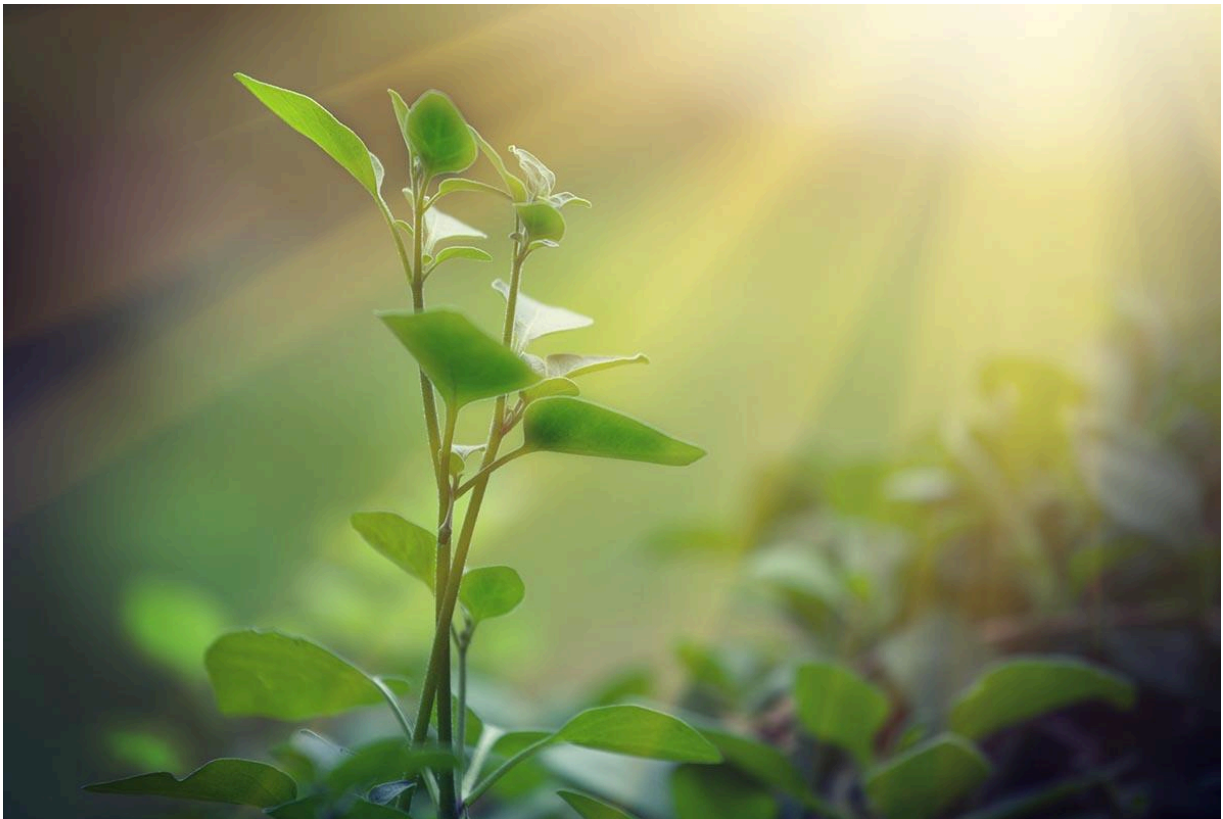




LUTHER MEMORIAL
lutheran church

Quarterly Messenger 2025 Spring Edition



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

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



LUTHER MEMORIAL

LENT AND HOLY WEEK

You are invited you to join us for Lent and Holy Week services.

All our services will be held in partnership with Broadview UCC. All services besides the Maundy Thursday service will be Livestreamed on Luther Memorial's YouTube page.

Ash Wednesday (March 5th)

1:00-3:00 P.M. Ashes to Go
6:00 P.M. Service at LMLC

Wednesdays in Lent

6:00 P.M. Soup Supper
6:45 P.M. Bless This Night Vespers

Maundy Thursday (April 17th)

6:00 P.M. Dinner Church in LMLC Sanctuary

Good Friday (April 18th)

6:00 P.M. Service at LMLC

FROM PASTOR SARA FUNKHOUSER

[God] has told you, O mortal, what is good, and what does the Lord require of you but to do justice and to love kindness and to walk humbly with your God?

-Micah 6:8 (NRSVUE)



As we begin this season of Lent with Ash Wednesday on March 5th, I know that it can sometimes feel like we are entering another season of “shoulds.” After all, we are told we should pray more, tithe more, give something up or add a new spiritual practice to enable us to feel closer to God. Even Ash Wednesday begins with this penitential sense of feeling guilty for all the things we both did and didn’t do. This is the season when we hear about all of Jesus’ temptations and how we are supposed to respond to the temptations in our world too. I know that this season can feel a bit overwhelming.

With all the pressures of the season, it can also be really easy to lose focus on the most important commandments that God gives us: to love God and love neighbor, or its slightly longer variation in the Micah verse above. This verse from Micah has always been one of my favorites, not because it gives us more to do in our lives, but because it gives us a helpful guide for daily living. It doesn’t mean that we are always going to get it perfect, or even that we need to. But, when it feels like there are so many things being asked of and required of us, it can be helpful to have something to come back to. And, I’ll remind us that we do these things in response to what God has already done, these aren’t things that we need to do to check off the cosmic checklist of salvation!

None of this is to say that spiritual practices aren’t useful, especially in Lent. But, this year I encourage you to think about how you can be present in Lent in ways that are meaningful for you, not just in ways that you feel you need to in order to “do Lent properly.” Should a time of fellowship and worship be helpful for you, we will be continuing with our tradition of Lenten Soup Suppers and Vespers this year, and you are invited to join us for those services. Whatever you do this Lent, I hope it gives you some grounding in the midst of our chaotic world and it is able to nourish your spiritual life instead of just feeling like another thing you should be doing.

Peace,

Pastor Sara Funkhouser

206-364-2510

pastorsara@luthermemoralseattle.com

FROM THE COUNCIL PRESIDENT

FROM THE COUNCIL PRESIDENT

Dear Luther Memorial Friends in Christ,

Spring is just around the corner! How do I know? My winter flowers – winter kale and cabbage – were replaced with beautiful colorful spring primroses!



There are many activities we will be taking part in at LMLC this spring. We begin with Ash Wednesday Services on March 5 at 6 P.M. Lenten Soup Suppers will begin Wednesday, March 12 at 6 P.M. and continue through the following four Wednesdays (March 19, March 26, April 2, and April 9). There will be several services held during Holy Week, including Maundy Thursday dinner, April 17, at 6 P.M. and Good Friday worship, April 18, at 6 P.M. and ending with our Easter celebration and Pancake Breakfast on Sunday, April 20. More details about our Easter celebration will be posted at a later date. I hope you will be joining us for these spring events.

Please join me in welcoming three new members on our church council: Elaine Hardin, Bob Johnson and Raj Lingappaiah. Your church council is looking forward to a new year working with the LMLC congregation. If you have any questions or concerns, please contact me or other council members.

I look forward to sharing our spring activities with each of you!

Donna Smith

LMLC Council President

Cell: 425-971-9581

E-mail: council@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

Tuesday 9:00am – 2:30pm (Pastor Sara Funkhouser)

Wednesday: 9:00am – 2:00pm (Pastor Sara Funkhouser)

Thursday: 9:30am – 3:00pm (Pastor Sara Funkhouser)

Friday: 9:00am – 2:00pm (Pastor Sara Funkhouser)

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

WORSHIP ATTENDANCE

Recent Worship Attendance

Sunday, 5, January 2025 - 29
Sunday, 12, January 2025 - 32
Sunday, 19, January 2025 - 25
Sunday, 26, January 2025 - 27
Sunday, 2, February 2025 - 33
Sunday, 9, February 2025 - 33
Sunday, 16, February 2025 - 32
Sunday, 23, February 2025 - 25

Luther Memorial Lutheran Church
Financial Results Through January 31 2025

Revenue	2025 Actual	2025 Budget
Pledges	\$ 10,290.67	\$ 9,246.05
Unpledged Offerings	16.00	50.00
Foss Pastor Share	0.00	0.00
Room Use	500.00	840.00
Gifts and Income Other than Offerings	113.00	41.67
Unrestricted Revenue	\$ 10,919.67	\$ 10,177.72
Feeding Ministry	100.00	208.33
In Kind Donations	0.00	0.00
Restricted Revenue	\$ 100.00	\$ 208.33
Transfer from Ministry Growth Fund	0.00	0.00
Total Revenue	\$ 11,019.67	\$ 10,386.05
Expenses	Actual	Budget
Staff Compensation (Pastor, Office Admin, Musician, Bookkeeper, Custodian)	\$ 12,672.43	\$ 11,864.99
Administrative	422.26	759.17
Property	1,764.38	2,475.01
Worship & Music	0.00	95.00
Fellowship	0.00	62.50
Evangelism	27.59	791.67
Synod	1,640.00	1,640.00
Total Expenses	\$ 16,526.66	\$ 17,688.34
Surplus/(Shortage)	\$ (5,506.99)	\$ (7,302.29)

**Luther Memorial Lutheran Church
Ministry Growth Fund as of
January 31 2025**

Beginning Balance, January 1, 2025	\$ 703,439.87
Addition	0.00
Withdrawals	0.00
Change in market value	<u>15,853.59</u>
Ending Balance as of January 31 2025	<u><u>\$ 719,293.46</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 income distributions for 2025. Distributions are paid quarterly and represent 4.0% of the average market value of the 5 previous year ends.

A \$40,000 total withdrawal is included in the 2025 Budget approved at the annual meeting. No withdrawal was made in January but a \$10,000 withdrawal has been made in February.

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.

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.

LMLC Youth Update

For the children and youth in our congregation, March is a busy time. Mid-winter break is behind them now, and ahead of them lies a 6-7 week stretch of learning before spring break comes. Spring sports, concerts, competitions, Lent, and finally Easter will arrive. Here is what they've been up to...and are looking forward to!

Daniel Lingappaiah has a busy spring ahead of him. Marching season with his middle school marching band begins in March (Daniel will be playing the quad drums). Daniel's piano spring showcase is also scheduled for mid-March. In May, his middle school marching band will be marching at the Junior Lilac Parade in Spokane (May 10), and (if his school does really well), they will be marching the following weekend at the main Lilac Parade along with his brother's high school marching band! On the weekends, Daniel can be found at the gym lifting weights with his mom.

Joshua Lingappaiah is anxiously awaiting to see if he has been accepted by his top pick universities for this coming fall. In the meantime, he is busy with several music programs at school. He plays trumpet for his high school Jazz band, chamber winds, and orchestra. His high school Jazz band performed at their Big Band Dance fundraiser at the end of February. He is also preparing for marching band season where his high school marching band will be performing at Spokane's Lilac Parade (May 17). In addition, Joshua is participating with the ACE mentor program where he and other high school students are mentored by an engineering firm while contributing to the design of the electrical components of a new community center for downtown Seattle. Josh will also be a partner for Unified Track & Field this spring. His senior prom and high school graduation are just around the corner, too!

Audrey Long is continuing to find joy in playing her flute in the 8th Grade Einstein Wind Ensemble. She is excited about all the opportunities that will be coming her way when she starts Shorewood High School next year. Marching band, Pep band, and possibly swim team would interest her. For now, the ultimate frisbee season, some childcare gigs, and making new friends are keeping her up and running!

Emma Long also is focusing her sights on what high school has to offer. Specifically, she wants to improve her viola playing skills enough to try out for Shorewood Chamber Orchestra. She has committed herself to lessons at Music Center Northwest to work towards her goal. Weekly rock-climbing classes in Lynnwood keep her moving these days.

Lilly Long spent most of the Fall dedicated to applying to colleges. Now, she is patiently waiting to hear back from all the contenders. There are many dinner table discussions on the pros and cons of many different paths. The Spring promises several rites of passage such as Senior Prom and graduation from Shorewood High School in June. Go Stormrays!

Please keep Joshua, Daniel, Audrey, Emma, Lilly, Jed, and Goaner in your prayers as they continue to grow and find their way in life.

Luther Memorial Pantry

As we head into March, we still have many food items that were donated in December which is wonderful. There are a few areas where we have purchased food to fill in. Attached is our new food list if any of you are so inclined to purchase food for the pantry this is a good reference. We are very sad at the passing of Bob Enloe, one of our biggest supporters. He was very proud of the work we do feeding those in our neighborhood who have food insecurity. Peace to his memory.

Mary Hinderliter and Diane Chapman

Pantry Coordinators

Pantry Food Shopping List Please check expiration dates

These are the recommended food items:

Chef Boyardee canned pasta

Canned: Chicken, Sardines, Ham, Beef stew, Spam single slices or canned, Tuna

Shelf stable milk boxes

Shelf stable juice boxes

Fruit cups or canned fruit

Hearty soups (no tomato)

Raiman Noodle soup

Tortillas corn or flour

Crackers plain, peanut butter or cheese

Jars of peanut butter

Small boxes cereal

Oatmeal packets

GoGo Yogurtz

Pudding cups

Bars of soap

Individual packs of Kleenex

Property and Maintenance report from Laurie and Marilyn

The east side door window was cracked and had been replaced. A new cleaning company has begun cleaning on Saturdays and as far as we know things are going well. Bulbs were planted by the east entrance and are beginning to show growth. Two large hydrangeas were trimmed back on the west side of the sanctuary. Shopping carts have been removed by Find It Fix It. Garbage continues to be picked up on the grounds. The sidewalk project along Greenwood Ave. appears to be mostly completed. Tape residue has been removed from the Sanctuary floor by the altar. The pantry storage and preparation rooms were cleaned and organized by Bob and Marilyn and they also stored the white folding chairs. Ice melt application and shoveling critical areas was done during the snow days. More ice melt was bought in preparation for any more freezing temperature days.

March 2025



From the Bishop:

Dr. Anna Lembke, a psychiatrist and an expert in addiction, states: "Rates of depression, anxiety, and suicide are going up in countries all over the world, and they're going up fastest in the richest nations of the world. ... We are now turning to [electronic] devices and to the Internet to meet our physical, emotional, sexual, educational, every need we have. We don't really need other people anymore. We can get those needs met from the internet. I think that's a very scary prospect because I think it means that we will become more and more isolated." ("Digital Drugs Have Us Hooked. Dr. Anna Lembke Sees a Way Out," *The Daily by The New York Times* podcast, 2/1/2025)

What Dr. Lembke is talking about is the dopamine hit that people receive while on their phones and other devices. More and more research is coming out that dopamine, the neurotransmitter that motivates us to do things we think will bring pleasure, is being activated by electronic media in the same way that junk food activates over-eating.

So why am I (a theologian, pastor, and bishop - but not a scientist) talking about this? Well, I think that the moving from human interaction to electronic interaction is of theological and pastoral concern. You see, at the same time that more and more research is telling us about the harm that is happening when we get "hits" of dopamine from electronic media, we are also hearing (and experiencing in our own lives and social networks) that loneliness and anxiety and stress are rising. In isolation, we might lose trust in others and in our institutions, experience a crumbling of empathy, be susceptible to disinformation, and build walls instead of bridges to another.

Now, before you say to me, "Do you know what is happening in this world?" Please hear me – I know. I know. There is a lot going on in our families, with people we care about, in the United States, and in the world as a whole. I, too, am feeling despair and disbelief. There are valid reasons for feeling anxiety and stress. And we might feel isolated and scared because of these circumstances.

But I implore you, please don't try to navigate all of the things you are experiencing alone – without anyone around you. Please don't always turn to your phone and doomscroll or neglect relationships or separate yourself. Instead, I encourage you to look for those spaces where you can physically connect with another person or people. Please find those places where you can authentically, truly be yourself – in your joy, in your sorrow, in your anxiety, and more.

I pray that one of these places is your church community. That you can pray and sing and learn and grow, that you can receive and grant forgiveness through Jesus, receive the sacraments, take action through the Spirit, give and receive care, and that you can rest when needed. I pray that you may do this all in a sacred space where you deeply connect with others – even if you don't always agree with one another. I pray that you can have meaningful relationships, conversation, and can be there for one another. I pray that you receive love just as you love others. I pray that if you are feeling lonely or despairing, there are those you can reach out to who will sit with you and bring God's promises again to you.

In these days, when it feels like there is so much, may you feel God's love and grace surrounding you in the community of others. May we trust in Jesus' promise, "For where two or three are gathered in my name, I am there among them."

+Bishop Shelley Bryan Wee
bishop@lutheransnw.org



From the VEEP:

"In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven." Matthew 5:16

"There's a little light in all of us by God's design
But you can't be a beacon if your light don't shine." - Marty Cooper

My congregation recently decided to do a little spiffing up of our sanctuary. While the painters were up on a ladder putting a new coat on the wall behind the altar, they bumped into the brown, wooden cross that is firmly affixed there. As they did, a shower of soot and dirt fell to the floor. On closer inspection, it turns out the cross is NOT entirely made of wood. In fact, a large portion is apparently made of brass. This came as a surprise to even the longest tenured members of the congregation. No one remembered it ever being anything but a matte brown. Our cross was created to shine, but over the decades, the soot from the candles on the altar below slowly accumulated, covering its true nature, dimming its brightness.

We, also, were created to shine. In her novel, *Their Eyes Were Watching God*, Zora Neale Hurston describes our creation like this: "When God had made The Man, he made him out of stuff that sung all the time and glittered all over." In her version, the angels got jealous and covered us all in mud, making us "tumbling mud-balls," straining to show our shine. I don't know about jealous angels, but I do know it is easy to have our light dimmed slowly, layer by layer as the daily hardships of life begin to weigh us down. A rude word spoken here, a dismissive comment there, a missed deadline, a lost opportunity - even such seemingly minor things can add a layer of soot obscuring our sparkle. Add to that the truly traumatic and tragic happenings in our lives - natural disasters, wars, gun violence, political upheaval, loss of loved ones - and eventually our true natures, the spark given each of us by our creator God, can be so deeply covered we forget it was ever there.

How do we rediscover that God-given spark? How can we once again let our light shine? It can take some elbow grease, that's for sure. Recovering our true selves can take time and effort. Sometimes, it feels safer to stay hidden. Bright lights make good targets, after all. If, however, we want to start brushing that dust and soot away, we might start by refocusing our attention away from what the world says to and about us to what God wants us to be. We are made in God's own image. We are God's face to the world, carrying on Jesus' mission of reconciliation, healing, and love. We are called to welcome the stranger, love our neighbors and to do justice and seek mercy. When we focus on *whose* we are, we are better able to remember *who* we are. God created us to sparkle and calls us to be light for the world; we should strive to live up to that calling.

My congregation has since had the brass on our cross scrubbed clean, but we haven't had it polished. The difference, even so, is amazing. We hope to get someone up there to buff it up and bring back the gleam, but for now we rejoice that we have restored some of the sparkle to our sanctuary. As we go about the work of dusting ourselves off, we should also pause every now and then to reflect on our progress. We can also seek help from others with the hard work of digging into the crevices and polishing up what has been revealed. The ELCA and the NWWA Synod have a network of coaches that can help if you need a hand. (www.lutheransnw.org/programs/coach-northwest; www.elcacoaching.org/). Blessings on you all as you find new ways to let your light shine!

Here is what I and/or the council have been up to in February:

- DEIB Work: I met with the team coordinating this effort for the synod three times in February. We are looking forward to working with Organizing for Mission on this work.
- Embracing Difference Retreat: I attended this LIVE sponsored retreat on February 8th.
- Executive Committee met on February 13.
- Led Adult Education Hour at Saint Andrews, Bellevue on February 17
- Living Hope Lutheran Celebration: I attended the (re)installation of Pr. Heidi Calhoun at the newly merged Living Hope Lutheran Church (my home congregation).

Kay Edgerton | Vice President of the NW Washington Synod | veep@lutheransnw.org