



FIRST LUTHERAN CHURCH

The PULSEBEAT

February 2012

UPCOMING EVENTS

**THURSDAY
FEBRUARY 2**

6:30 P.M.

MEN'S GROUP

TUESDAY

FEBRUARY 7

6:30 P.M.

THEOLOGY GROUP

SATURDAY

FEBRUARY 11

9:00 A.M.

**VOLUNTEER
LANDSCAPING**

THURSDAY

FEBRUARY 16

7:00 P.M.

BOOK CLUB

TUESDAY

FEBRUARY 21

6:30 P.M.

COUNCIL MEETING

WEDNESDAY,

FEBRUARY 22

**NOON AND 7 P.M.
IMPOSITION OF
ASHES AND HOLY
COMMUNION**

WEDNESDAY,

FEBRUARY 29

LENT SERIES BEGINS

Dear Members and Friends of First Lutheran,

When Rachel Line, our administrator, informed me that it was time to write my February article for *The Pulsebeat*, I was surprised that she also wanted information about Lent. Not only was I surprised that Lent is just around the corner but, in all honesty, I was completely unprepared!

Lent? We are still in the midst of the Epiphany season. We have barely gotten over celebrating Christmas. We still have poinsettias and a lighted wreath in our sanctuary, reminding us that we are still in the season of light. We are very aware of God coming into our midst in spectacular ways. You want an article on Lent?

If I were to create a new liturgical calendar, I would spread the occasions of Christmas/Epiphany and Lent/Easter further apart. I would allow sufficient time to celebrate the birth of the Christ Child without such an abrupt transition to walk the journey to the cross. Maybe Lent could occur in May or June....or even July.

This quick transition from manger to cross is befuddling. I resonate with the words of the wise men in T.S. Eliot's poem "The Journey of the Magi," "Were we led all that way for Birth or Death?"

I want to rest a while in the joy of Bethlehem before running to Egypt with wicked Herod hounding me. I want to watch Jesus enjoying his childhood and not be cast quite so quickly into soldiers' hands as Jesus' hands are cast to the cross. I want to savor Christmas and Epiphany a bit longer and not be brought abruptly into the "bright sadness" of Lent.

Whether the article for *The Pulsebeat* is polished or not, we are almost ready to begin that Lenten trek that reminds us of God's deep love for us. Not only does God come to live among us as a child, God also comes to die among us and then certainly to rise among us for our sake.

In a few weeks, on Ash Wednesday, February 22, we will begin the Lenten journey with a smudge of ashes. Once again, on behalf of the church throughout the ages, I will invite you to join your brothers and sisters in Christ to observe a holy and life-giving Lent. We will follow the footsteps of Jesus and, at the very least, come to Calvary and stare numbly at his love for us.

The theme of this year's Lenten journey at First Lutheran Church is "*Watch Your Step: Walking by Faith.*" There will be a host of opportunities to strengthen your spiritual health. Look at the list of worship services, classes, and gatherings found on pages 2 and 3.

Make a commitment this year to: worship regularly; attend classes on Sunday and Wednesday; adopt a spiritual discipline of Bible reading and prayer for the sacred 40 days; give sacrificially as we sponsor Pastor Dana Nelson and Tom Ososki, our new ELCA missionaries in Peru.

Ready or not, may you have a very blessed Lent.

Yours in Christ,

Pastor Wilbert "Wilk" S. Miller



Lent 2012
at
First Lutheran Church



Watch Your Step: Walking by Faith

“We are the temple of the living God, and God said ‘I will live in them and walk among them, and I will be their God, and they shall be my people’” (2 Corinthians 6:16).

Lent is a particularly good time to watch for God walking among us and within us. “For to this you have been called, because Christ also suffered for you, leaving you an example, so that you should follow in his steps” (1 Peter 2:21).

Lent at First Lutheran’s theme this year is “Watch Your Step.” We will seek strength and direction to “walk by faith” and to walk in the path of the Lord in several ways:

Lenten Sunday Worship - 9 & 11 a.m.

Following the footsteps of Jesus
in his journey to Jerusalem.

Sunday 10/10 Adult Forums (between services)

The Mission Walk

February 26, March 4, 11, 18, & 25

We will watch God walk in unfamiliar places as we walk with our new missionaries Pastor Dana Nelson and her husband Tom Ososki. Dana is a pastor with the Peruvian Lutheran Church and serves Cristo Rey in the district of Surco in the capital city of Lima. Tom is an architect and an urban designer helping several Peruvian Lutheran Congregations in the process of constructing church buildings. “How beautiful are the feet of those who bring good news!” (Romans 10:15). During each of five Sundays of Lent (February 26, March 4, 11, 18, & 25), we will explore different aspects of the “call” to be missionaries of Christ in the world. Our sacrificial Lenten offering this year will support our ELCA missionaries in Peru.



Wednesday Mid-Week Journey

February 29, March 7, 14, 21, & 28

We will "Watch Our Step" each Wednesday during Lent in several different ways. Feel free to participate in the whole evening's program or in any parts.

Stepping Out: 4:30 – 5:30 p.m.

Choose an activity from the following two choices:

1) A 2-mile, one-hour (about 4,200 steps) walk through different parts of downtown San Diego, discovering how God walks in this place, and tending the temple of our bodies with a little exercise.

"Righteousness will go before you, and will make a path for your steps." (Psalm 85:13)

2) Yoga: Prayer of Heart and Body. Bring yourself to a place of inner quiet after a busy day. A fee of \$25.00 for 5 classes is payable to the instructor at first class.

A Simple Meal shared with Friends on the Journey: 5:45 p.m.

Holden Evening Prayer: 6:30 p.m.

Three Lenten Classes: 7:00 – 8:15 p.m.

Choose a class from the following three choices; watch for God's steps among us, and our steps in following God.

1) *12 Step Spirituality*

This class will walk the 12 Steps used in support groups such as Alcoholics Anonymous, Al-Anon, and Narcotics Anonymous. Using Richard Rohr's book, *Breathing Under Water: Spirituality and the Twelve Steps*, participants will hear life-changing stories of those who have been involved in 12 step groups and also walk the steps together, reflecting how they might instruct our walk of faith. Please note: this is for all those who are unfamiliar with 12 step groups, those who are in 12 step groups, and those exploring 12 steps as a spiritual discipline.

2) *Chocolate for Lent?*

This class will be a book study using the contemporary novel/film "Chocolat" by Joanne Harris. Free-spirited Vianne Rocher arrives in a small French town on Shrove Tuesday, opening her chocolate shop right across the square from St Jerome's Church. The zealous village priest, who likes to keep his flock on the "straight and narrow" with rigorous Lenten discipline and denial, sees the shop and its owner as an affront to their traditions. We'll use the book/film as a starting point for looking at Lenten themes of self-discipline, grace, community, and growth in faith.

3) *Dreaming Dreams, Seeing Visions*

Do you ever wonder about the meaning of your dreams? This class will explore the role of dreams and visions in the scripture, and also explore our own dreams - both the kinds we have while we sleep and the ones we have for the world. We will test the claim of dream specialist Jeremy Taylor that all dreams are gifts from God for our healing and wellbeing.



Welcome Erin!



Erin Radniecki joined First Lutheran Church on Sunday, December 18. She is new to San Diego, having spent her whole life in Oregon. Her husband accepted a position as Professor of Environmental Engineering at SDSU and they moved here in August. They live in Hillcrest and she works part-time in the development department at the Mingei International Museum in Balboa Park. Her mother did church research for her and recommended she try First Lutheran because of our social justice ministry (and it's close to home).

First Lutheran Church Council Installed

On Sunday, January 22, at the 9:00 a.m. worship service, the First Lutheran Church Council and Officers were installed. We congratulate on new Council members, officers, and those who continue to serve First in this very important way.

Mary Ann Horton	<i>President</i>	Katie Diepholz	Richard Phillips
Chris Trunzo	<i>Vice-President</i>	Rebecca Foley	Ladonna Piper
Susan White	<i>Secretary</i>	Ginger Hallerberg	Carole Waldchen-Muballe
Russ Hoxie	<i>Treasurer</i>	Elizabeth Moss	
		Suzanne Pew	

Special thanks, too, to Brian Jensen, Bob Muballe, Joe Slevcove, and Marjorie Wahlsten whose terms expired. We are grateful for their commitment and hard work.

Day of Learning and Growing

The Pacifica Synod will be sponsoring a Day of Learning and Growing on Saturday, February 18, 9 a.m. - 3 p.m., at Clairemont Lutheran Church, 4271 Clairemont Mesa Boulevard, San Diego. This day-long event will feature classes for lay people in the areas of Spiritual Care and Wellness, Congregational Life and Leadership, Theology and Bible.

The event will offer two-hour classes in the morning and another set of two-hour classes in the afternoon. All congregations in the Pacifica Synod are welcome to attend this life-long learning event. The cost for the day is \$10/per person, which includes lunch.

Classes being offered include these morning classes: The Wounded Healer by Henri Nouwen (Pastor Rick Schowalter); Preaching the Promise (Pastor Andy Taylor); Genesis 1 & 2 (Pastor Gloria Espeseth); Developing Inner Strength for Service (Pastor Karla Seyb-Stockton).

Classes in the afternoon will be: Coping with Anxiety (Dr. David Nesvig); Prayer and Spirituality Types (Pastor Jon Doolittle); Women in the Bible (Pastor Gloria Espeseth) Relieving Spiritual Suffering (Pastor Karla Seyb Stockton).

Register by email to mindy@GodAmong.Us or call Mindy at (858) 487-2225. Registration deadline is Friday, February 8. For more information, call the church office or see Pastor Miller.



Jim Lovell Receives Molina Healthcare Community Champion Award

Congratulations to Jim Lovell on his Molina Healthcare Community Champion Award. Jim was nominated by Survivors of Torture, International for his work with the community at TACO's medical clinics and Going Home. On Tuesday, January 24, Jim, along with 5 other Champions were honored at the Double Tree Hotel in Mission Valley. Congratulations, Jim!

**Jim Lovell, TACO's Executive
Director receives Healthcare
Champion Award.**

February Book Group News

Byron Pitts, author of our February selection, *Step Out On Nothing*, is a correspondent for 60 Minutes, chief national correspondent for CBS News, and has won a host of awards for his journalistic excellence. This will be hard for readers to reconcile with the story Pitts tells in his autobiography of an inner-city boy who suffered from a debilitating stutter, endured bullies and humiliation, and was called "functionally illiterate." Pitts was able to turn struggle into strength with the help of the God who "held me in the palm of His hand" and a few key people who "stepped out on nothing" to make a difference for him.

Join us in reading this inspiring book, and for our discussion on Thursday, February 16, 7:00PM at the home of Ginger Hallerberg. Please remember that we will not meet in March because of Lenten activities.

Looking ahead: Our April selection will be the classic *To Kill a Mockingbird*, by Harper Lee.

Bil Wright Receives Literature Award

Congratulations to Bil Wright on receiving the Stonewall Award for his new book *Putting Makeup on the Fat Boy*. He received the Mike Morgan & Larry Romans Children's and Young Adult Literature Award. His latest book is published by Simon and Schuster.

Bil Wright teaches and writes in New York City but often is at First Lutheran Church during the summer months. He has sung for us on a host of occasions, written songs with First Lutheran in mind, and last year choreographed and led the astonishing dancing/acting as part of Pastor Miller's sermon on Jacob's dream. Congratulations to Bil on this honor!

Jenny Mehlow and Randy Morris Welcome James William Morris

Congratulations to Jenny Mehlow and Randy Morris on the birth of their son, James William Morris, born on Friday, January 20. James William weighed in at 10 pounds 4 ounces and 20 inches long after his mother's 36 hours of labor. We give thanks to God for his birth and congratulate his proud parents.

February Birthdays

1: Sara Himmerich
2: Cole Munroe
6: Paul Engel
6: Chuck Leib

13: Pastor Wilbert Miller
19: Andrea Yablonicky
19: Deborah Shaw
23: Clint Etzel

23: Carole Waldchen-Muballe
26: Raymond Young
29: Susan Rettenmund
29: Frida Johnson



First Lutheran Worship Assistants – February & March

ALTAR GUILD		USHERS	
FEBRUARY	MARCH	FEBRUARY	MARCH
First Service <i>Dorothy Hunter</i>	First Service <i>Susan White</i>	First Service <i>Nate Pratt and Brian Shuman</i>	First Service <i>Sam Green and Ruthann Maxwell</i>
Second Service <i>Ladonna Piper</i>	Second Service <i>Kristine Kruger</i>	Second Service <i>Ladonna Piper and Jim Boyd</i>	Second Service <i>Susie Humphries and Kristine Kruger</i>

Date	Time	Deacon	Lector	Greeters	Flowers
February 5	9:00 11:00	Frank Jessie	Kit Brothers Joe Slevcove	John Hoff Slevcove Family	Engel
February 12	9:00 11:00	Jeremy Kaercher	Sylvia Herman Chris Trunzo	Doris Shimizu Brian & Katie Jensen	Hachten
February 19	9:00 11:00	Richard Phillips	Shaun Travers Jim Boyd	Chuck Leib & Frank DeLouise Jim Boyd	
February 26	9:00 11:00	Sylvia Herman	John Pew Susie Humphries	Doris Shimizu Susie Humphries and Ladonna Piper	
March 4	9:00 11:00	Chuck Leib	Chuck Leib Joe Slevcove	John Hoff Slevcove Family	Radatz
March 11	9:00 11:00	Frank Jessie	Jeremy Kaercher Chris Trunzo	Doris Shimizu Brian Jensen	Withers
March 18	9:00 11:00	Jeremy Kaercher	Mary Ann Horton Jim Boyd	Chuck Leib & Frank DeLouise Jim Boyd	
March 25	9:00 11:00	Sylvia Herman	Sylvia Herman Susie Humphries	Doris Shimizu Susie Humphries and Ladonna Piper	



February 2012 Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9 am Acupuncture 5 pm Dental Clinic	2 12 pm AI Anon 1:30 pm NA 6:30 pm Men's Group 7 pm C.O.D.A.	3 9 am Acupuncture 9 am Bread Day 9 am UCSD Clinic 12 pm AA	4
5 5TH SUNDAY AFTER EPIPHANY 9 am Worship 10:10 am Adult Bible Study 10:10 Sunday School 11 am Worship 11 am Sunday School	6 9 am Acupuncture 12 pm AA 4 pm Free Meal 5:30 pm Evening Clinics	7 12 pm AI Anon 6:30 pm Theology Group	8 9 am Acupuncture 5 pm Dental Clinic	9 12 pm AI Anon 1:30 pm NA 7 pm C.O.D.A.	10 9 am Acupuncture 9 am Bread Day 9 am UCSD Clinic 12 pm AA	11 9 am Volunteer Landscaping 10 am Education Committee Meeting
12 6TH SUNDAY AFTE- TER EPIPHANY 9 am Worship 10:10 Sunday School 11 am Worship 11 am Sunday School	13 9 am Acupuncture 12 pm AA 4 pm Free Meal 5:30 pm Evening Clinics	14 12 pm AI Anon	15 9 am Acupuncture 5 pm Dental Clinic <i>Noon Pulsebeat Deadline</i>	16 12 pm AI Anon 1:30 pm NA 7 pm C.O.D.A. 7 pm Book Club	17 9 am Acupuncture 9 am Bread Day 9 am UCSD Clinic 12 pm AA	18
19 TRANSFIGURATION 9 am Worship 10:10 am Adult Bible Study 10:10 Sunday School 11 am Worship 11 am Sunday School	20 9 am Acupuncture 12 pm AA 4 pm Free Meal 5:30 pm Evening Clinics	21 12 pm AI Anon 6:30 pm Church Council	22 8 am Acupunc- ture 12 pm Ash Wed. Service 5 pm Dental Clinic 7 pm Ash Wed. Service	23 12 pm AI Anon 1:30 pm NA 7 pm C.O.D.A.	24 9 am Acupuncture 9 am Bread Day 9 am UCSD Clinic 12 pm AA	25
26 1ST SUNDAY OF LENT 9 am Worship 10:10 am Adult Bible Study 10:10 Sunday School 11 am Worship 11 am Sunday School	27 9 am Acupuncture 12 pm AA 4 pm Free Meal 5:30 pm Evening Clinics	28 12 pm AI Anon	29 9 am Acupuncture 4:30 p.m. Walk 5 pm Dental Clinic 5:45 p.m. Supper 6:30 p.m. Wor- ship and Classes			

Monday evening clinics include medical, dental, and legal services.

The PULSEBEAT
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First Lutheran Church
Serving Downtown San Diego Since 1888
1420 Third Avenue
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First Lutheran Church
The Rev. Wilbert S. Miller, Pastor
Jared Jacobsen, Director of Music
Rachel Line, Church Administrator

First Lutheran Church
A *Reconciling in Christ* congregation since 1989
Deadline for next month's Pulsebeat is **the 15th, noon.**

The Pulsebeat
First Lutheran Church
1420 Third Avenue
San Diego, CA 92101-3193

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Ash Wednesday



Imposition of Ashes with Holy Communion

Wednesday, February 22

Noon and 7:00 p.m.



First Lutheran Church - the Heart of Christ in the Heart of the City