



November 2017

FIRST LUTHERAN CHURCH The PULSEBEAT

Constitution and Bylaws – Notice of Upcoming Vote on December 10

by Carol J. Schultz, Council Secretary

You might think, for the Council, First Lutheran’s intentional interim between Pr. Wilk’s departure and the anticipated arrival of our new pastor has been about maintaining the *status quo*. You would be mistaken! The past year has been packed with activities, and one of the most intensive has been updating First Lutheran’s Constitution and Bylaws.

First Lutheran members will have the opportunity to vote on their revised Constitution and Bylaws at the annual meeting on Dec. 10, 2017. On Nov. 5, 2017, the Council has scheduled a 10:10 between services to discuss the revisions. If you would like your own copy to review, please contact Hannah DeMers, Office Administrator.

A little background is in order.

First Lutheran follows the Model Constitution approved by the ELCA, which mandates that congregations adopt the majority of the provisions in the Model Constitution. Since First Lutheran updated its Constitution in 2005, the ELCA has adopted, not one but two, sweeping revisions, the second of which was in 2016 and didn’t reach us until we had already drafted the revisions required by ELCA’s 2013 update. (*Insert appropriate exclamation of frustration here!*) After completing the second revision, the Council submitted the draft Constitution to the Pacifica Synod for review and comment. After First Lutheran’s congregation votes, we will submit the Constitution to the Pacifica Synod for final approval.

Bylaws are a simpler matter, at least in terms of adoption. Only congregational approval is required. However, the last time First Lutheran revised its Bylaws was 1988, almost 30 years ago. In the past three decades, both First Lutheran and nonprofit corporation law have changed greatly. As a result, the Council re-drafted our Bylaws from the ground up to reflect the way First Lutheran does things now and to include applicable legal provisions.

So, First Lutheran members, please mark your calendars for the 10:10 discussion on Nov. 5 and the congregation meeting on Dec. 10. The Council is counting on you to become familiar enough with the revised Constitution and Bylaws to vote on them knowledgeably.

Write Your First Check to God

by Dan Kjonggaard, Council VP

It’s that season again! No, not Thanksgiving, Christmas, or even New Year’s. It’s the season to think about what is truly meaningful in YOUR life, which makes you sit down, think, discuss, and commit.

Your commitment extends past the structure we occupy: it goes to the Synod to aid in their work, it goes the ELCA to aid in their work. It also goes out to the surrounding community to help give aid and assistance.

First Lutheran’s first check is written to GOD and sent via the Synod at the beginning of each month.

Dear faithful First family and friends,

Greetings in the Name of Christ!

What are you grateful for today?

For over ten years, I’ve been keeping a Gratitude Journal. I actually first heard about this idea many, many years ago, but it wasn’t until 2006 when watching an episode of *The Oprah Winfrey Show* that I really took this discipline to heart. On this show, they had some guests discussing the topic of gratitude. They talked about how it’s so easy to get caught up in our daily activities by focusing on all the “bad” stuff in our lives and world, all the while forgetting about the “good” stuff in our lives and world. And so I decided to go out and pick up one of those spiral-bound notebooks to begin to write down things I was grateful for. I’m now on my seventh notebook. And, in fact, a few notebooks ago, I upgraded to nice, leather-bound versions from Barnes and Noble.

Now, I don’t write things down each day and sometimes I go



several days and even weeks before jotting down a single gratitude or two. Often times they are simple one-liners about simple matters, such as “I am grateful I had a quick commute to work today,” or “I am grateful that I enjoyed a good time hanging out with my friend tonight.” Sometimes I’ll write about a positive, uplifting news story to help me see the “good” in the world. Sometimes my journal entries are much larger moments of gratitude. Recently, amidst the horrible, devastating fires, I wrote about how grateful I was for firefighters and others who were working around the clock to fight the fires in order to save houses, people, and animals. I often journal about those serving in the armed forces and in our police

departments. I journal about teachers and educators. I journal about medical professionals and mental health advocates. The list goes on and on. The point is that being grateful—having an “attitude of gratitude”—is something we do or should do often. But I wonder just how often we take the time to be grateful?

One of my favorite post-communion canticles begins with these words, “Thankful hearts and voices raise, tell everyone what God has done...” It’s so easy to get caught up in what we don’t have, or dwell upon things we are lacking, or think about what sort of things upset us. We can’t avoid that. But we also have the choice to look for and acknowledge—and maybe even journal about—those things in which we are truly grateful. It’s why that post-communion canticle means so much to me “tell everyone what God has done.”

In the Church—and even our individual congregation at the intersection of Third and Ash—it’s often a danger to think about the “good old days” when our seats were filled to capacity and we had lots of kids running around and there were many events and programs taking place on campus. Yes, we must be grateful for those days, but still we must be grateful that God continues to bless God’s Church in various ways. And the most important thing to be grateful for is our God who calls us into relationship, who feeds us with a Meal for our Spiritual Life, and who has Divinely Loved, Blessed, and Gifted us with God’s Amazing Presence. Here at First Lutheran Church, God is up to amazing things and as we prepare our hearts during our process of seeking our next pastor, let’s keep our attitude of gratitude first and foremost in our minds as we envision—together—things that will help us be grateful.

And so, dear friends, in this month of November and the Thanksgiving Celebration later this month, take time today to be grateful—truly grateful—for all that God has given you: your lives, your church, and each other. And be grateful—truly grateful—for the Loving God, whom I know is grateful to have created you!

Peace and Joy,

The Rev. Darryl W. Kozak
Intentional Interim Pastor

Council Update: *Faith and Doubt*

by Carol J. Schultz, Council Secretary

First Lutheran’s Council began its October meeting with a devotion that included a reflection Anke Hartung found online. It offers a perspective on faith that makes room for doubt in a positive way.

Real faith is not being blindly and unwaveringly certain about God at all times so as to enjoy a constant state of spiritual bliss. Rather, it is choosing to believe in his goodness even in the midst of crippling spiritual assault, to be painfully aware of injustice and suffering in the world and what seem to be gaping holes in one’s understanding of God and still cling to Him as if our lives depend on it...[Real faith] wrestles with doubt and endures.

Encouraged by this reflection, the Council focused on the following issues. If you’ve been reading these monthly updates, you’ll recognize new issues concerning safety, cleaning, and Council membership plus familiar themes in finances, property, website, and nursery attendants.

2017 Council Officers:

President: Kathryn Kanaan

Vice President: Dan Kjonegaard

Treasurer: Kem Taylor

Secretary: Carol Schultz

Council Members:

Joe DeMers, Anke Hartung, Sylvia Herman, Dick Krueger, Carol McGrath, and Aaron Robinson.



1. Safety and behavioral guidelines. During the past year, the behavior of some “patio parishioners” occasionally has threatened TACO’s staff and volunteers, other guests, and First Lutheran’s property. First Lutheran and TACO are developing a set of guidelines for responding to situations where, for example, someone displays a weapon on First Lutheran’s premises.
2. Deep cleaning. First Lutheran is arranging for cleaning the carpets, upholstered chairs, and library couch to reduce the possibility of Hepatitis A transmission. After the carpet in the nursery is cleaned, we will restrict that area from other uses to maintain its cleanliness. Note: tables already are cleaned with a bleach solution.
3. Council members and election. An unexpected vacancy has occurred because Mark Deffner’s work load at St. Madeline Sophie’s Center has increased too much for him to continue on the Council. At the December annual meeting, the congregation will elect members to fill vacant Council seats. If you are interested in knowing more about Council membership, please read the article in this newsletter.
4. Budget and finances. Although summer contributions ran below projections, by carefully managing expenditures, First Lutheran continues to operate within its 2017 budget. The Council will present a draft 2018 budget to the congregation at its December annual meeting.
5. Property. Stained glass repairs on two panels are progressing well. Closer examination has discovered all of the stained glass in the sanctuary is showing serious signs of aging and will need repair.
6. Website. Expect to see First Lutheran’s new website online in November. (Council members are as eager to see it as you are!) It will be on a WordPress platform, which is much easier to update than the current HTML format.
7. Nursery attendants. Children’s safety mandates two attendants be present for the nursery to operate, and congregation responses to fill the second slot have been lacking. We are obligated to pay the Panda attendant who comes every Sunday whether or not the nursery operates. If you can help, please notify Hannah DeMers, Office Administrator.

As Council members, we are honored to work on your behalf. Please let us know your questions and comments on matters you care about.

God’s Peace to you all,
Your 2017 Council

Gifts
Crafts
Foods
(and food sampling)

Sunday
Dec. 3
10:00 AM to 12:30 PM

11th Annual
Fair Trade Alternative Gift Fair
At First Lutheran Church
1420 Third Ave. (3rd and Ash) San Diego

Benefits Lutheran World Relief and other Fair Trade partners, as well as local & global service organizations.

Choose gifts that make a difference!

Shop for fair trade foods and unique hand-crafted items made by marginalized artisans and farmers around the world.

Sample fair trade foods, including Divine Chocolate, Equal Exchange coffees and Tomorrow Project soups. Food sampling sponsored by Thrivent Financial.

Invite a friend to enjoy this festive event with you!





'Tis the Season...For Council Nominations

by Carol J. Schultz, Council Secretary

'Tis the season. No, not Christmas, although I have it on good authority that Home Depot has skipped right past Halloween and Thanksgiving and is in full-blown Christmas mode. It's the season for planning for next year. And an important part of that planning is nominating Council members to fill vacant seats. First Lutheran's Council members have three-year terms, so one-third of the seats are vacated each year.

What is the Council's Role? The Council acts as the board of directors for First Lutheran Church. It has the principal responsibility for ensuring fulfillment of the church's mission and the legal accountability for its operations. As a group, the Council is in charge of:

- establishing clear organizational goals and forming the strategy to accomplish them;
- overseeing the business and governance affairs of the congregation;
- ensuring the financial solvency of the congregation;
- instituting a fair system of policies and procedures for human resources management;
- maintaining the church's property in optimal condition to support its mission; and
- working with the pastor and providing adequate support to him or her.

What Do Council Members Do? A Council member is an unpaid volunteer who serves a three-year term, starting the January after the December election. The Council meets monthly throughout the year. Typically, it also conducts an annual planning meeting in January. This Council is a working group; therefore, Council members may expect to average five hours per month on Council business. Council officers may expect to average five additional hours.

Who Is Eligible? Any voting member of the congregation at least 19 years of age who is willing and able to fulfill the duties of a Council member may be elected. First Lutheran's Constitution defines a voting member as a confirmed member who, during the current or preceding calendar year, has communed with First Lutheran and has made a contribution of record to First Lutheran. Associate and seasonal members are not eligible to be elected to the Council.

If you are interested in being nominated or in nominating someone else, please contact any Council member. Council members are listed with the Council update article in this newsletter.



Baptism of Hanieh Kohan Khaki & welcome to FLC family



Wedding of Richard Beckman & Ryan Kubota, with wedding cake by FLC's Kevin Vallone!



A Month in Pictures

Another cake by Kevin, for "TACO Appreciates FLC" Sunday



TACO Corner



Thank you to everyone who came out for our Fall Fundraiser at Calvary Solana Beach. We were blessed to raise more than \$26,000! Check out photos from the event on our Facebook page.

These funds come in the nick of time. In the midst of a critical California State of Emergency over Hepatitis A, we have seen a dispersing of homeless people throughout the downtown area. These folks who are the most vulnerable to be affected by this outbreak have been told that they can no longer keep tents and camp in areas together but rather that they "need to move on." Some have not had the advantage of receiving the vaccine yet. As of this writing 19 people have died from the Hepatitis A Outbreak. Those who died have largely been homeless individuals.

As the scattering has occurred we have noticed a greater than 35% increase in the numbers of people coming for food and social work services on a weekly basis. Thankfully our staff and volunteers have been able to keep pace in providing basic food and nutrition yet it is keeping us on our toes and where we at times would be providing more in-depth service we have been spreading what we have a little broader.

Concrete Christmas

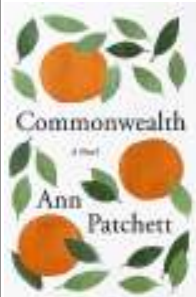
Help us to gather presents for those who will be sleeping on our sidewalks and street corners this Christmas. For the 13th year, TACO will collect money to purchase unique gifts for those who are the most vulnerable and who have the least among us.

Last year these funds paid for over 200 backpacks, tarps, and other often desperately needed items for those living outside. While it is a far cry from a home with the roof, it is a chance to provide some bit of security and dignity to our neighbors who may receive no other gifts.

We are asking for donations of \$25 for each gift. If you are paying by check, please include *Concrete Christmas* or *Christmas Gift* in the memo line.

Bring your friends and family on Saturday, November 4, to the TACO fundraiser at Applebee's Grill and Bar, 7677 Balboa Avenue, 8:00-10:00AM. Enjoy a complete breakfast of scrambled eggs, sausage, potatoes, pancakes and endless coffee and OJ. All profits benefit TACO ministries.

Tickets are available online at the TACO website (www.tacosd.org) or TACO Facebook page (www.facebook.com/TACOSDfb). A limited number of tickets will also be available at the door.



Book Group Notes

This month's selection, *Commonwealth* by Ann Patchett, tells the story of an unexpected encounter that irrevocably changes the lives of two families, the Cousins and the Keatings. On a Sunday afternoon in Southern California, Bert Cousins shows up uninvited at Franny Keating's christening party, and before evening, he has kissed Franny's mother Beverly, thus setting in motion the dissolution of their marriages and the joining of the two families. Spanning five decades, *Commonwealth* explores how this chance encounter reverberates through the lives of all involved. In her twenties, Franny shares the story of her family with a legendary author who makes it the basis of a wildly successful book, forcing them all to come to terms with their losses, their guilt and the loyal connection they feel for one another. *Commonwealth* is a meditation on inspiration and the ownership of stories, and a tender tale of the far reaching ties of love that bind us together.

Please come join us for discussion and fellowship on Thursday, November 16, 7:00PM at the home of Pat Hendrickson. "Beginners" are welcome to start at any time!

November Birthdays

4: Jenny Mehlow	9: Isabelle Lovell	21: Mary Ann Horton	26: James Lovell
5: Lori Gremel	10: Owen Carter	22: Dorothy Hunter	26: Gretchen Ravenscroft
7: Rachel Alli	13: Amy Munroe	23: Dreceon Richards	
8: Tricia Schoenfeld	13: Ellen Ehlers	25: John Poeschl	
9: Donn Rosenauer	19: Mark Deffner	25: Michelle Laseman	



First Lutheran Worship Assistants – November & December

ALTAR GUILD

NOVEMBER

9:00 a.m. Service

Susan White

11:00 a.m. Service

Ladonna Piper

DECEMBER

9:00 a.m. Service

Peggy Quintana

11:00 a.m. Service

Mary Goddard

USHERS

NOVEMBER

9:00 a.m. Service

Dan & Rebecca Kjonogaard

11:00 a.m. Service

*Ruth Clayton &
Ladonna Piper*

DECEMBER

9:00 a.m. Service

Peggy & Tony Quintana

11:00 a.m. Service

*Melinda Person & Ladonna
Piper*

Date	Time	Assisting Minister	Lector	Greeters	Nursery Attendants	Flowers
November 5	9:00 11:00	Jeremy Kaercher Paul Finneseth	Carol Schultz Joe Slevcove	John Hoff Slevcoves	_____ _____	Renea Aswegan
November 12	9:00 11:00	Eric Sloniker Luke Williams	Jan Neuhaus Matthew Eckert	Kruegers Elizabeth Connolly	_____ _____	Ruth Clayton
November 19	9:00 11:00	Chuck Leib Mary Ann Horton	Pat Hendrickson Pr Lee Wesley	Frank DeLouise & Chuck Leib Ruth Clayton	_____ _____	Melinda Person
November 26	9:00 11:00	Frank Jessie Gary Muhlback	Jim Boyd Luke Williams	Melinda Person Desi Kuster	_____ _____	
December 3	9:00 11:00	Ronn Garton Debby Hays	Jim Ehlers Joe Slevcove	Sylvia Herman Slevcoves	_____ _____	Ladonna Piper
December 10	9:00 11:00	Brian Shuman Beth Slevcove	Frank DeLouise Elizabeth Connolly	Pat Hendrickson Elizabeth Connolly	_____ _____	Marie Ruth
December 17	9:00 11:00	Nate Pratt Luke Williams	Chuck Leib Nancy Eckert	Kem Taylor Ruth Clayton	_____ _____	



November 2017 Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9 am Acupuncture 12 pm AI Anon 5 pm Dental Clinic 6:30 Harvest Evening Class	2 12 pm AI Anon	3 9 am Acupuncture 9 am Bread Day 9 am UCSD Clinic 12 pm AA	4
5 ALL SAINTS' SUNDAY Daylight Savings Time Ends 9 am Worship 10:10 Hospitality 11 am Worship 12:10 Hospitality	6 12 pm AA 4 pm Free Meal 5:30 pm Evening Clinics	7 12 pm AI Anon	8 9 am Acupuncture 12 pm AI Anon 5 pm Dental Clinic 6:30 Harvest Evening Class	9 12 pm AI Anon 1 pm HICAP	10 VETERANS DAY (OBSERVED) Office Closed 9 am Acupuncture 9 am Bread Day 9 am UCSD Clinic 12 pm AA	11 VETERANS DAY 9 am Volunteer Landscaping
12 23RD SUNDAY AFTER PENTECOST 9 am Worship 10:10 Hospitality 11 am Worship 12:10 Hospitality	13 12 pm AA 4 pm Free Meal 5:30 pm Evening Clinics	14 12 pm AI Anon 6:30 pm Church Council	15 9 am Acupuncture 12 pm AI Anon 5 pm Dental Clinic 6:30 Harvest Evening Class	16 12 pm AI Anon 1 pm HICAP	17 9 am Acupuncture 9 am Bread Day 9 am UCSD Clinic 12 pm AA	18
19 24TH SUNDAY AFTER PENTECOST 9 am Worship 10:10 Hospitality 11 am Worship 12:10 Hospitality	20 12 pm AA 4 pm Free Meal 5:30 pm Evening Clinics	21 12 pm AI Anon	22 9 am Acupuncture 12 pm AI Anon 5 pm Dental Clinic	23 THANKSGIVING Office Closed	24 Office Closed 9 am Bread Day 12 pm AA	25
26 CHRIST THE KING SUNDAY 9 am Worship 10:10 Hospitality 11 am Worship 12:10 Hospitality 3:00 German Svc	27 12 pm AA 4 pm Free Meal 5:30 pm Evening Clinics	28 12 pm AI Anon	29 9 am Acupuncture 12 pm AI Anon 1:15 Bible Study 5 pm Dental Clinic 6:30 Bible Study	30 12 pm AI Anon		

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

The PULSEBEAT
is a publication of
First Lutheran Church
Edited by Hannah DeMers

Serving Downtown San Diego Since 1888
1420 Third Avenue
San Diego, CA 92101-3193
(619) 234-6149
www.firstlutheransd.org

First Lutheran Church
The Rev. Darryl W. Kozak, Intentional Interim Pastor
Jared Jacobsen, Director of Music
Hannah DeMers, 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

Nonprofit Org.
U.S. Postage
PAID
San Diego, CA
Permit No. 194

Return Service Requested

America's Original Sin

A 4-week Class at First Lutheran Church, 1420 Third Ave., San Diego 92101

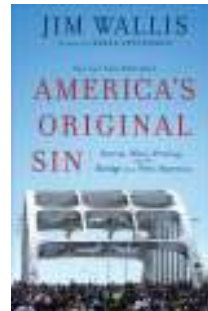
Dates: Wednesdays, October 25 and November 1, 8, and 15

Times: 6:30-8:00 PM. Folks who wish are invited to come starting at 5:45 and bring a sack supper. The church will provide water, lemonade, and dessert.

Title: America's Original Sin

Content: the class will use the book by Jim Wallis entitled *America's Original Sin: Racism, White Privilege, and the Bridge to a New America* as a guide. It would not simply be a book discussion, however. Participants will establish community, engage in exercises, activities, and Socratic discussion to examine the roots of racism in our country, the structures that create white privilege, and the dynamics race plays in our current setting, and the often unconscious elements of racism and/or implicit bias we find in ourselves. The intent of the class is on healing, not judgment, and engagement, not guilt.

Leaders: Dr. Robin Withers and Shaun Travers, both members at First.



Advent Bible Study

Pastor Darryl will lead a four-week study on Ancient Spiritual Disciplines during Advent. It will be held on Wednesdays, November 29 to December 20, in place of the Bible study sessions (1:15PM and 6:30PM). Both sessions will be the same, so come to the time that works best for you—all are welcome!

Church Office Closures

With the many holidays we have coming up, here's a schedule of the Church Office closures:

November 10: Veterans Day observed

November 23-24: Thanksgiving

December 23-January 1: Christmas & New Year's



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