



February 2018

FIRST LUTHERAN CHURCH The PULSEBEAT

Lent 2018

Our Lenten theme for this year is “The Journey to Discipleship,” a six-week journey in understanding, connecting, and deepening our discipleship with Christ. During the Journey, we will focus on the six marks of discipleship based on Michael Foss’s book *Power Surge: Six Marks of Discipleship for a Changing Church*. The six marks are worship, daily prayer, Bible reading, service, spiritual friendships, and giving. As we gather together this Lent, the marks will become a focal point of our fellowship and study. We begin our Lenten journey with the first mark of discipleship: worship on Ash Wednesday.

Our Lenten Schedule for 2018

February 14: Ash Wednesday

Noon and 7:00PM Services
Imposition of Ashes and Holy Communion

Wednesday Lenten MidWeek Events*

February 21, 28; March 7, 14, 21

Soup and Salad (5:45PM) Gather for delicious soup, salad, and bread. These tasty, simple meals are provided by members/ friends of the congregation (sign-up on upcoming Sundays to provide soup, salad, and/or bread).

Holden Village Evening Prayer (6:30PM) Pause after the rush of the day to sing Holden Evening Prayer, to observe silence, to thank God for the day, and to pray for the world.

Lenten Classes (7:00-8:00PM) *(please choose one)*

There’s Something About Mary Mary Magdalene is so ever-present in the gospel accounts of Jesus’s ministry, with him in his travels, at the foot of the cross, and perhaps more significantly than anything else, it was she that the resurrected Jesus appeared to first. So who was she, really? Why do we know so little about her and why was her gospel suppressed by the early church? Did you even know that there is a gospel according to Mary? Although there are only two known copies in existence and neither is complete, we have quite a bit of her brief account to read and study.

Journey to Discipleship Pastor Darryl will lead a discussion on the remaining five marks of discipleship (daily prayer, Bible reading, service, spiritual friendships, and giving).

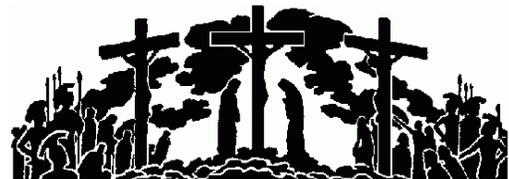
**There may be a yoga class beginning at 4:30PM, but as of this writing, we are still trying to confirm the details.*

Lenten devotional booklets, written by members of First Lutheran, will be available beginning February 11.

Lenten Offering to Lutheran World Relief-Puerto Rico

The hurricane devastation in the small mountain town of Adjuntas, Puerto Rico was nearly complete: homes, crops, power, and water systems all destroyed. LWR has been there since the beginning of the recovery, providing solar lanterns and water filtration equipment. They are also providing cash assistance for a family's most immediate need, whether it's medicine, rent, some building materials, or food. At last report, no US assistance (FEMA, etc.) was being provided. Poverty in this community, 2 hours from San Juan, was 60% BEFORE the hurricane. LWR, as always, has committed to stay and assist with their recovery.

Our goal is to raise \$3000 this Lenten season. We can be confident that LWR will spend this money wisely.





Dear faithful First family and friends,

As we continue our journey through the Liturgical Year and the Church Calendar, we are nearing the end of the Season of Epiphany. In fact, the last Sunday of the Epiphany Season is Transfiguration Sunday, which occurs this year on February 11. During the service, we will sing our final litany of Alleluias and then literally “bury” the Alleluia in the waters of our Baptismal Font, which will then be removed and unfurled at the Vigil of Easter and on Easter Sunday. But, I am getting ahead of myself. As Transfiguration Sunday draws to a close, we now turn our thoughts—and our hearts—to Lent, a word that comes from the Anglo-Saxon word *lencten*, which means “spring.”

Lent is the forty-day (excluding Sundays) season of penitence and preparation for the *Triduum* and Easter. Lent is the first season in the Easter Cycle of the Church Year. In the Church Calendar, Lent is not as ancient as the *Triduum* or Easter. In fact, in the early fourth century, the death and resurrection of the Lord were observed together in a unified three-day celebration known as the *Triduum*, consisting of two days of fasting followed by the Easter Vigil. Again, I’m getting ahead of myself and in next month’s *Pulsebeat*, I’ll discuss the *Triduum* and Easter in more depth.

By the middle of the fourth century, an additional three-week preparatory period developed. Soon, it was expanded to six weeks, or forty days prior to the *Triduum*. This additional preparatory period was known as Lent. It was the period of final, intense preparation of adult candidates (known as catechumens) who would be baptized at the Easter Vigil. For those who were already baptized, Lent was a period of time to review the meaning of the Bible, the Creed, the Lord’s Prayer, and Baptism, in preparation for the renewal of their baptismal vows at the Easter Vigil.

Lent also soon became a season of penitence in preparation for absolution on Maundy Thursday.

By the close of the fifth century, there was a desire to exclude Sundays from Lent, since Sundays were not fast days, and thus Lent was extended to the Wednesday before the First Sunday of Lent. This Wednesday, originally known as the “Beginning of the Fast,” has been called Ash Wednesday since the eleventh century.

Ash Wednesday, then, is the first day of Lent and occurs forty-six days (forty days not counting Sundays) before Easter. It is a moveable feast, falling on a different date each year because it is dependent on the date of Easter. It can occur as early as February 4 or as late as March 10. This year, Ash Wednesday falls on February 14—yes, also known as Valentine’s Day.

Ash Wednesday gets its name from the practice of placing ashes on the foreheads of the worshipers as a sign of repentance. Usually, the ashes used are those burned from the previous year’s Palm Sunday liturgy. During the service, the ashes are marked in the sign of the cross on the foreheads of the worshipers, as the Presiding Minister recites the words: “Remember (O man or woman) that you are dust, and to dust you shall return,” or with the words “Repent, and believe the Gospel.”

I’ve mentioned “forty days” frequently above. These “forty days” recall Jesus’s forty-day fast in the wilderness after his Baptism (see Saint Matthew 4:2 and Saint Luke 4:1-2), as well as Moses’s forty-day fast on Mount Sinai (see Exodus 34:28). Throughout most of Christian history, Lent has continued to have two primary purposes: the preparation of catechumens for Baptism at the Easter Vigil, and the baptismal renewal of all the faithful in preparation for Easter.

Since Lent continues for six weeks, I’ll continue addressing this season in next month’s *Pulsebeat*.

For now, as we enter Lent, keep in mind those words marked on your foreheads on Ash Wednesday, “Remember that you are dust, and to dust you shall return,” and look forward to that great season of Easter—of New Life, of Resurrection—which we prepare for during these forty days of Lent.

Peace and Joy,

The Rev. Darryl W. Kozak
Intentional Interim Pastor

Church Cell Phone Numbers

Pastor Darryl: 619-990-4589; Hannah: 619-977-2646



Council Update: Happy New Year!

by Carol J. Schultz, Council Secretary

Yes, I realize the champagne toasts are a distant memory, but First Lutheran has much to celebrate in 2018, including that Interim Pastor Darryl Kozak and the Council are working closely together to strengthen what's working and find ways to correct what isn't. On Jan. 13, they all met from 8:30 a.m.–1:00 p.m. to take stock and plan.

Fortified by a tasty potluck breakfast, Pr. Darryl and the Council explored what it means to be a discipleship congregation, based on the book *Power Surge* by Michael W. Foss. Briefly stated, members of discipleship congregations are actively engaged with each other and with carrying out the church's mission and ministry. Foss identifies six marks of discipleship: daily prayer, weekly worship, Bible reading, service to others, spiritual friendships, and giving. Pr. Darryl will focus the congregation's attention more closely on these marks of discipleship during Lent, and the Council will apply them to its work wherever possible.

In keeping with the discipleship discussion, Council members shared the results of their individual spiritual gifts surveys. The Council has a range of gifts to draw upon, from music to skilled crafts. Not surprisingly, a majority of Council members are gifted in administration, and faith and giving are well represented, too. As the Council plans for 2018, members are sharing with each other the ways they intend to use their specific gifts. Council members also brainstormed group goals for 2018, which they will examine more closely at the February meeting.

With the broader topics of discipleship and spiritual gifts for context, the Council moved to specific business matters.

- Officers. The following Council members volunteered to serve as officers and were elected.
 - President: Dick Krueger
 - Vice President: Dan Kjonegaard
 - Secretary: Carol Schultz
 - Treasurer: Kem Taylor
 - Financial Secretary: Anke Hartung
- 2017 Annual Report. The Council reviewed the contents of the 2018 annual report and accepted it for presentation to the congregation at its annual meeting on Jan. 21, 2018.
- Lent Booklet. Ash Wednesday is early this year, February 14, meaning there's only a month between the Council's January meeting and the first day of Lent. Fortunately, Frank DeLouise and Dick Krueger volunteered to organize the devotional booklet that we've had in previous years. And Council members offered to contribute even if they haven't before.

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

God's Peace to you all,
Your 2018 Council

February Birthdays

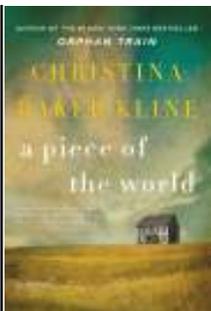
2: Cole Munroe	13: Jan Neuhaus	23: Clint Etzel	29: Susan Rettenmund
2: David Alli	14: Kay Helling	25: Jackson Rosete-Radatz	29: Frida Johnson
3: Elizabeth Connolly	16: Jim Friedrich	26: Raymond Young	29: Fran Brown
6: Paul Engel	19: Andrea Yablonicky	26: Doug Carter	
6: Chuck Leib	19: Deborah Shaw	26: Laurie Lewis	
12: Glen Stroman	23: Sophia Paul	28: Lee Wesley	

2018 Church Council Members

Frank DeLouise	Joe DeMers
Anke Hartung	Jeremy Kaercher
Dan Kjonegaard	Dick Krueger
Melinda Person	Carol Schultz
Kem Taylor	Susan White



Book Group Notes



FLC's ever-popular and always-growing book club will be meeting Thursday, February 15th, at 7 p.m. at the home of Jessica Friedrich and the book under discussion that night will be *A Piece of the World* by best-selling author Christina Baker. (Book club read her hugely successful *Orphan Train* a couple of years ago.)

Goodreads says this about Baker's latest novel:

"From the #1 *New York Times* bestselling author of the smash bestseller *Orphan Train*, a stunning and atmospheric novel of friendship, passion, and art, inspired by Andrew Wyeth's mysterious and iconic painting *Christina's World*.

"Later he told me that he'd been afraid to show me the painting. He thought I wouldn't like the way he portrayed me: dragging myself across the field, fingers clutching dirt, my legs twisted behind. The arid moon-scape of wheatgrass and timothy. That dilapidated house in the distance, looming up like a secret that won't stay hidden."

To Christina Olson, the entire world was her family's remote farm in the small coastal town of Cushing, Maine. Born in the home her family had lived in for generations, and increasingly incapacitated by illness, Christina seemed destined for a small life. Instead, for more than twenty years, she was host and inspiration for the artist Andrew Wyeth, and became the subject of one of the best known American paintings of the twentieth century.

As she did in her beloved smash bestseller *Orphan Train*, Christina Baker Kline interweaves fact and fiction in a powerful novel that illuminates a little-known part of America's history. Bringing into focus the flesh-and-blood woman behind the portrait, she vividly imagines the life of a woman with a complicated relationship to her family and her past, and a special bond with one of our greatest modern artists.

Told in evocative and lucid prose, *A Piece of the World* is a story about the burdens and blessings of family history, and how artist and muse can come together to forge a new and timeless legacy."

If you haven't attended book club in the past, please make this your first visit. There are twenty or so women who are part of the group although most evenings there are anywhere from eight to 18 in attendance. (Note: no one ever said our book club was a women's group but that seems to be how it is working out. Men are warmly welcomed on the rare occasions when they come.) The format is relaxed and casual. Tasty foods are always on offer (snacks, not dinner) and according to time-honored book club tradition, wine will part of the evening along with non-alcoholic beverages. We often but not always use study guide questions to help facilitate conversation but truly, we never have any problem with boring discussions. This is a vibrant, caring, interesting group and you can be part of it, too! Please come and RSVP to Jessica's email.

Take Me Out to the Ball Game...

Out at the Park is back! Join with others in the San Diego LGBT community and your friends from First Lutheran as we prepare to enjoy an exciting evening of entertainment and baseball when the Padres take on the Mets. Your Out at the Park ticket purchase includes a seat in the Out at the Park section, a commemorative Padres hat, \$5 donation to San Diego Pride, and access to the pre-game VIP space in Park at the Park.



Don't delay! We have a limited number of tickets.

When: Friday, April 27, 2018

Where: Petco Park

Tailgate: 4:30pm - 7:00 p.m.,
Park at the Park

Game: 7:10 - 10:00 p.m.

Tickets: \$25.00

Contact Chuck Leib for tickets. (619)518-0615 / CGLFPD@Yahoo.com

You will have to forgive me, a native and longtime resident of Long Island, NY, if I spontaneously begin singing "Meet the Mets" (their theme song) during the game!

Hope you can make it!

—Chuck Leib



Congregation Update: Closing Out 2017 and Ushering in 2018

by Carol J. Schultz, Council Secretary

The First Lutheran congregation held its annual meeting in two parts on Dec. 10, 2017, and Jan. 21, 2018. The two-part meeting allows the congregation to adopt its budget for the coming year in December and to review the previous year in January after year-end records are complete.

Several matters are noteworthy.

Budget. For the first time in a number of years, the congregation adopted a deficit budget for 2018. Financial contributions began to lag behind previous years in 2017, and the assumptions in the 2018 budget for costs associated with calling a new pastor are high to avoid unpleasant surprises. First Lutheran has sufficient reserve funds to make up the deficit if needed and, in 2019, it will realize significant savings when it pays off its mortgage.

Constitution. The Synod expects Interim Pastors to help a congregation “get its house in order” before the arrival of a new pastor. Having an updated Constitution is part of that task. Since First Lutheran updated its Constitution in 2005, the ELCA has adopted two significant revisions. On Dec. 10, 2017, the congregation adopted an updated Constitution and on Jan. 21, 2018, it ratified that vote. The next step is for the Pacifica Synod to review and approve the updated Constitution. You may get a copy from the Office Administrator.

Bylaws. Having updates Bylaws also is part of getting our house in order, and First Lutheran’s Bylaws were last updated in 1989. The Council did a major re-write, bringing the Bylaws in line with current congregational practices and state law. On Jan. 21, 2018, the congregation adopted the revised Bylaws, which went into effect immediately. You may get a copy from the Office Administrator.

TACO Corner

The 2017 TACO Fast Facts:

- More than 15,000 received food from us
- We served over 20,000 meals
- An average of 300 people a week received free health services, legal services, dental care, and acupuncture care.
- Each week 25+ individuals seek social services. This can range from a safe and secure place to receive mail and store documents to assistance with finding affordable housing, receiving life-saving medicines, establishing identity, to assistance with emotional trauma.
- More than 125 student volunteers learned and trained with our clinics during the same time.
- 284 new volunteer came to learn about those who go without in our community, and to learn a bit about what it is like to support them.
- Our Going Home End-of-Life Services program and volunteers continued weekly to work with people who were terminally ill or medically vulnerable.
- Our meal volunteers gave 6500 hours of service in 2017



We are so blessed and so thankful for what TACO has accomplished over the past year.

—Brad Young, TACO Volunteer Coordinator

Volunteer Counters Needed

One of the critical volunteer jobs at First Lutheran is that of the counters. Counters meet after second service on Sunday. They categorize, total, and record the cash and checks that have been received during the week and from the Sunday services. Detailed procedures and safeguards are in place to ensure that counters are protected and the counting is both done correctly and double checked.

A team of counters is needed so that individual counters do not have to perform the work every week. Currently there is a shortage of at least two counters that would allow a reasonable rotation interval. If you think you would be willing to be a counter at First Lutheran, please contact Gary Muhlbach, who is the lead counter. Thank you for considering being a member of this essential team.

Wanted: Worship Assistants

We really need some new volunteers, especially for the 11:00 service. Most needed: **ushers**, **greeters**, and **altar guild**.

If you are willing to fill one of these vital roles, please contact the church office.



First Lutheran Worship Assistants – February & March

ALTAR GUILD

FEBRUARY

9:00 a.m. Service

Dorothy Hunter

11:00 a.m. Service

Ladonna Piper

MARCH

9:00 a.m. Service

Marjorie Wahlsten

11:00 a.m. Service

Ladonna Piper

USHERS

FEBRUARY

9:00 a.m. Service

Pat Hendrickson & Merv Rettenmund

11:00 a.m. Service

Anke Hartung & Melinda Person

MARCH

9:00 a.m. Service

Nate & Naomi Pratt

11:00 a.m. Service

Ladonna Piper & Luke Williams

Date	Time	Assisting Minister	Lector	Greeters	Nursery Attendants	Flowers
February 4	9:00 11:00	Chuck Leib Luke Williams	Ronn Garton Joe Slevcove	John Hoff Slevcoves	_____ _____	Kjonegaards
February 11	9:00 11:00	Frank Jessie Mary Ann Horton	Dennis Arenas Elizabeth Connolly	Dick & Mary Krueger _____	_____ _____	
February 18	9:00 11:00	Ronn Garton _____	Margie Wahlsten Nancy Eckert	Chuck Leib & Frank DeLouise Elizabeth Connolly	_____ _____	
February 25	9:00 11:00	Brian Shuman Debby Hays	Paul Engel _____	Kem Taylor Marlene Garich	_____ _____	
March 4	9:00 11:00	Nate Pratt _____	Kem Taylor Joe Slevcove	John Hoff Slevcoves	_____ _____	
March 11	9:00 11:00	Kathryn Kanaan Paul Finneseth	Eric Sloniker Matthew Eckert	George & Ethel Falk Desi Kuster	_____ _____	Kjonegaards
March 18	9:00 11:00	Jan Neuhaus Luke Williams	Brian Shuman _____	Sylvia Herman Ruth Clayton	_____ _____	



February 2018 Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 12 pm AI Anon	2 9 am Acupuncture 9 am Bread Day 9 am UCSD Clinic 12 pm AA	3
4 FIFTH SUNDAY AFTER EPIPHANY 9 am Worship 10:10 Hospitality 11 am Worship 12:10 Hospitality	5 12 pm AA 4 pm Free Meal 5:30 pm Evening Clinics	6 12 pm AI Anon	7 9 am Acupuncture 12 pm AI Anon 5 pm Dental Clinic	8 12 pm AI Anon 1 pm HICAP	9 9 am Acupuncture 9 am Bread Day 9 am UCSD Clinic 12 pm AA	10
11 TRANFIGURATION SUNDAY 9 am Worship 10:10 Hospitality 11 am Worship 12:10 Hospitality	12 12 pm AA 4 pm Free Meal 5:30 pm Evening Clinics	13 12 pm AI Anon	14 ASH WEDNESDAY 9 am Acupuncture 12 pm Ash Wed Svc 12 pm AI Anon 5 pm Dental Clinic 7 pm Ash Wed Svc	15 12 pm AI Anon 1 pm HICAP	16 9 am Acupuncture 9 am Bread Day 9 am UCSD Clinic 12 pm AA	17
18 FIRST SUNDAY IN LENT 9 am Worship 10:10 Hospitality 11 am Worship 12:10 Hospitality	19 PRESIDENTS' DAY (Office closed) 12 pm AA 4 pm Free Meal 5:30 pm Evening Clinics	20 12 pm AI Anon 6:30 pm Church Council	21 9 am Acupuncture 12 pm AI Anon 4:30 pm Yoga 5 pm Dental Clinic 5:45 pm Supper 6:30 pm Holden 7 pm Classes	22 12 pm AI Anon 1 pm HICAP	23 9 am Acupuncture 9 am Bread Day 9 am UCSD Clinic 12 pm AA	24
25 SECOND SUNDAY IN LENT 9 am Worship 10:10 Hospitality 11 am Worship 12:10 Hospitality 3 pm German Svc	26 12 pm AA 4 pm Free Meal 5:30 pm Evening Clinics	27 12 pm AI Anon	28 9 am Acupuncture 12 pm AI Anon 4:30 pm Yoga 5 pm Dental Clinic 5:45 pm Supper 6:30 pm Holden 7 pm Classes			

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



Welcome the Babe Advent Project

A special thank you to all who participated in gathering baby items for Lutheran World Relief Baby Care Kits. From 23 kits in 2014, to 39 kits in 2015, to 43 kits in 2016, First Lutheran has shown great support for this project. In 2017 we reached our donation high and gathered a record 44 Baby

Care Kits.

After being blessed on January 7th, our kits were sent to the LWR warehouse in St. Paul, Minnesota, to await distribution. Packages from across the United States are gathered there and repacked into standardized shipping boxes. From Europe (Georgia) to Asia (Syria and Thailand) and Africa (Uganda), Lutheran World Relief then partners with other worldwide relief organizations to send Baby Care Kits wherever in the world they are most needed.

Imagine a new mother experiencing the generosity of someone unknown to her, and realizing that her child is being welcomed into an international community that truly cares. Our First Lutheran Church is part of that community. Even though we may not be able to help every child in need, we know that we have made a difference over the years to 149 babies and their families through our gifts of love. Thank you again to everyone who participated in this wonderful project!

Electronic Giving

First Lutheran Church has an electronic option for making regular offerings. Contributions can be debited automatically from your checking or savings account, or put on a credit card. The program is called Vanco Give+. You can sign up for it through the “Give” section of the newly redone First Lutheran Church website (www.firstlutheransd.org). You can schedule a single payment or a recurring payment, using either your bank account or a credit card.

Those who are already paying through Vanco can use their email addresses to access their accounts and make any changes or updates as needed.



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