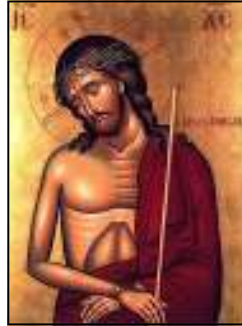




March 2018

FIRST LUTHERAN CHURCH The PULSEBEAT

Holy Week 2018 at First Lutheran Church



Palm Sunday/Sunday of the Passion-March 25

9:00 & 11:00 a.m.

Palm Sunday Liturgy with the Passion according to St. Mark

+

Maundy Thursday-March 29

7:00 p.m.

Washing of Feet, the Last Supper, Stripping of the Altar, and Nightwatch

+

Good Friday-March 30

12 noon

The Way of the Cross

7:00 p.m.

Service of Tenebrae with the Passion according to St. John

+

Holy Saturday-March 31

7:00 p.m.

The Great Vigil of Easter

+

EASTER SUNDAY/RESURRECTION OF OUR LORD-APRIL 1

9:00 & 11:00 a.m.

Festival Holy Eucharist



Dear faithful First family and friends,

As you can see from the first page of this month's Newsletter, at the end of the month, we enter the holiest time of the Church Year. In fact, it's a time that we call Holy Week, for as the season of Lent nears its end, we get closer to Christ's suffering and journey to the Cross as we begin with the Sunday of the Passion (also called Palm Sunday), which is the first day of Holy Week. The entry of Christ into Jerusalem, marking the beginning of his Passion, has been observed and celebrated by Christians since at least the fourth century. Back then, worshipers gathered in the church on the Mount of Olives on the first day of Holy Week. There they heard readings, sang hymns, and offered prayers, recalling Jesus's decision to turn his face toward Jerusalem and toward death. Then, with their Bishop, the worshipers marched in procession with palm branches in hand, reenacting the first Palm Sunday. This first day of Holy Week focuses on two realities: Christ's entrance into Jerusalem and the beginning of his intense suffering. For this reason, a more common name has been given to this day: the Sunday of the Passion.

As the week progresses, we come to Thursday of Holy Week (also called Maundy or Holy Thursday), the first day of the Paschal *Triduum* or the "three days." On Maundy Thursday, the liturgy commemorates the institution of the Lord's Supper, the rite of foot-washing, and the betrayal of Jesus. We also hear Jesus giving a "command" (from the Latin *mandatum*, from which Maundy comes) to "love one another as [Jesus] has loved us." In the early Church, the days immediately preceding the annual observance of Christ's resurrection were linked together with it and celebrated together in a unified way. However, during the fourth century, the Church began to separate commemorations of the events associated with the Passion, producing the days of Holy Week.



Then comes the most solemn day in the Church Year: Good Friday, the day on which Christians celebrate the triumph of the Cross through Christ's crucifixion, death, and burial. The earliest annual commemoration of the crucifixion was in the second century, when Christ's death and resurrection were commemorated together in a combined festival known as *Pascha*. In the fourth century in Jerusalem, the two events began to be observed separately. On Friday morning, the Christians venerated the cross; then from noon until 3:00pm, there were Old Testament readings, Passion narratives, and Psalms. By the middle of the seventh century in Rome, it became customary to read the Passion narrative from the Gospel According to Saint John each Good Friday, a tradition that continues to this day.

The final day of Holy Week, and ending the *Triduum*, is Holy Saturday, when the Great Vigil of Easter is celebrated. This Saturday bridges the solemn commemoration of the crucifixion and the joyful celebration of the Resurrection. The day itself is a time for us to reflect on Christ's rest in the tomb.

Finally, with Holy Week coming to a close, we arrive at the celebration of the Resurrection of Our Lord Jesus Christ—Easter. This is the "queen of feasts" of the Church Year. The origin of the word *Easter* is disputed, but some sources say it might relate to the fact that the sun rises in the East. The original name for the Resurrection celebration was *Pasch* (pronounced *pahsk*), from Greek and Hebrew words meaning "passing through," referring to the Israelites' rescue from bondage when the avenging angel passed over their homes (Exodus 12:1-14); the Israelites' passage through the Red Sea (Exodus 13:17 – 14:30); and Jesus's passage through death to new life (Saint Matthew 26-28; Saint Mark 14-16; Saint Luke 22-24; and Saint John 18-20). The resurrection of Christ has been celebrated as a distinct festival since the early second century.

Easter celebrates an event so great that it cannot be limited to one day. Thus, Easter consists of fifty days, a "week of weeks" (a period originally known as the *Pentecost*, from the Greek meaning fifty). This Festival of Easter is truly the "queen of festivals," in which God's Son rose from the dead so that we, too, may have new life.

May God grant you peace and hopeful expectation as we continue our journey this month to the Cross and Open Tomb that we celebrate on Easter Sunday, April 1.

Church Cell Phone Numbers

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

Peace and Joy,

The Rev. Darryl W. Kozak
Intentional Interim Pastor



Second Sunday Social



Our Second Sunday Socials resume on April 8 for a Chili Cook-off. On the back page, you can find an announcement about the 15th Annual Agape House Chili Cook-off and Cookie Chill-off. In preparation for that event, we will have our own version of the contest here at First Lutheran. The winner of our contests will have his or her chili and/or cookie entered on behalf of First Lutheran for the Agape House event. So, what does this mean? We are looking for you to prepare your award-winning chili and cookie that will be tasted and voted on at our Second Sunday Social on April 8. We will gather at 2:30 p.m. for a time of fellowship and the tasting will begin at 3:00 p.m. You will be asked to vote for your favorite chili and cookie by your monetary donation. If that is an issue, by all means, you can simply vote by cards that will be provided. Details will be explained during the event. If you have any questions, please call or email Pastor Darryl. Also, if you plan to bring a chili and/or cookie, please let him know so we can plan accordingly.

Stations of the Cross

March 11, 10:10 a.m.

Several years ago, Pastor Wilk asked a few of us to consider creating The Stations of the Cross. Melodie Baker, Chuck Leib, Francie Montgomery and Lee Kaercher took on the challenge, each year creating one more Station apiece.

This year we would enjoy sharing our completed journey with you in a 10:10. Please join us March 11 between services.



Daylight Savings Time
Begins!

**Sunday, March 11 @ 2:00
a.m.**

Don't forget to set your clocks
forward 1 hour before you go to
bed—you wouldn't want to miss
church that day!

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.

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

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

You will have to forgive me, a native and long-time 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

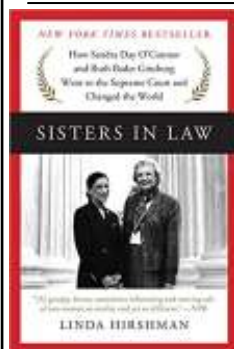
March Birthdays

1: Henry Carter	8: Scarlett Pease	16: Jim Campbell	22: James Ehlers
3: Erika Fekas	9: Sharon Province	18: Anke Hartung	22: Mark Hartzell
5: George Falk	11: Robin Withers	18: Jared Jacobsen	23: Allison Emery
6: Samuel DeMers	12: Desiree Kuster	20: Todd Ruth	29: Paul Finneseth
7: Hannah Jensen	13: Melodie Baker	20: Owen Valencia	29: Gary Kashefska
8: Bradley Horton	15: Wayne Boss	21: Paul Johnson	



Successful Souper Bowl Sunday!

First Lutheran's Sunday School thanks everyone who generously donated to their efforts to stock TACO's food shelves on February 4th.



Book Group Notes

There is no Book Group meeting scheduled in March during Lent. Our next gathering will be Thursday, April 19 at the home of Sylvia Herman. Lots of time to get a head start on April's selection, *Sisters in Law: How Sandra Day O'Connor and Ruth Bader Ginsburg Went to the Supreme Court and Changed the World* by Linda Hirshman.

Please note: we are in need of hostesses for our **May 17, June 21, and July 19** meetings. Please check your calendars and let Martha Radatz know if you are willing to take one of these dates.

Pre-Holy Week Clean-Up and Spruce-Up Day

Saturday, March 24
9:00 a.m.—1:00 p.m.
First Lutheran Church

Our Lenten theme this year is "The Journey to Discipleship." In this Lenten journey together, we are invited to focus on the six marks of discipleship: worship, prayer, Bible reading, service, spiritual friendship, and giving. A good opportunity to conclude our Lenten journey in the spirit of service is to join in to help spruce up our church facilities for the many members, friends, visitors, and guests that will be worshipping at First Lutheran Church during Holy Week. Come lend a hand to help clean, dust, organize, touch up paint, and other minor maintenance projects around our church facility. Remember to wear old clothes, bring your favorite cleaning products, rags, gloves and as plenty of elbow grease!



Lenten MidWeek Schedule

4:00PM: Yoga or Walk

5:40PM: Soup & Salad Supper

6:30PM: Holden Evening Prayer

7:00PM: Lenten Classes

If you wish to sign up for either yoga or the walk, and/or one of the classes, please fill out the insert in the bulletins, or contact the church office.

As of this printing, we have reached \$810 of our \$3000 goal this Lenten season. We can be confident that LWR will spend this money wisely.

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.

Lenten devotional booklets, written by members of First Lutheran, are available in the lounge on Sunday mornings.



TACO Corner



He was in his mid-thirties, rail thin, with matted dark hair and dirt caked on his face. His “clothing” consisted of torn shorts, a dirty ripped t shirt, and a filthy blanket wrapped around him. His legs were covered with sores, but overshadowed by his bare feet. Yes, the man did not even own a pair of shoes. He was talking to himself and then to the sky, and as he walked away, I heard him crying as he made his way through the empty urban canyons of Downtown SD.

This was my recent encounter one very cold and damp morning on my way to get coffee. Living downtown, I am confronted by the issue of homelessness constantly. Often people are sleeping on the side of my building, and EVERY day I encounter numerous people with no place to call home. Unfortunately it is easy to become accustomed to the sights/events surrounding those on the street, yet I am ALWAYS deeply affected by certain things I see. Children, the mentally ill, people on sidewalks freezing with no jacket on a cold morning, and those without shoes still affect me EVERY time.

To that end, I would like to thank the members of First Lutheran Church for all of the help and support you have given to TACO over the years. I realize that soon you will be holding a coat drive, and we are all so appreciative. So far this winter, TACO has handed out close to 300 jackets/sweatshirts to our guests. Yet the need is still great, as a little girl in a torn dirty jacket at the Friday meal can attest to. I have seen first-hand how these donations make a big difference in the comfort and life of the people we serve. Later this year, we will also be making requests for shoes, as that need is also extreme, and hope for your support.

Thank you for allowing me to share with you this month, and blessings to you all from TACO.

—Brad Young, TACO Volunteer Coordinator

Going Up (and Down)!

This drawing is a conceptual idea of what the new LIFT will look like on our building. It will provide access to and from the second floor from both the first floor and the parking lot. The funds have been raised (thanks to many generous donors) and the type of elevator has been decided. Selection is now underway for a contractor to manage the project. Once confirmed, it will still be several months while the lift unit is being custom-manufactured for us before it can be installed. We have hopes of seeing this long-anticipated asset to our ministry functioning by this summer.



Homeless Treasures



Save the Date and Start Saving!

“Homeless Treasures,” TACO’s Rummage Sale, will be Saturday, June 23, at Clairemont Lutheran Church. Keep us in mind as you begin your Spring Cleaning, and if you’d like to volunteer, clear your schedule and join us June 18-22! Details coming soon!

Questions? Contact Martha Radatz at m28rz@icloud.com or 619-575-2845.



First Lutheran Worship Assistants – March & April

ALTAR GUILD

MARCH

9:00 a.m. Service
Marjorie Wahlsten
11:00 a.m. Service
Ladonna Piper

APRIL

9:00 a.m. Service
Dorothy Hunter
11:00 a.m. Service
Ladonna Piper

USHERS

MARCH

9:00 a.m. Service
Nate & Naomi Pratt
11:00 a.m. Service
*Ladonna Piper &
 Luke Williams*

APRIL

9:00 a.m. Service
Jim Boyd & John Hoff
11:00 a.m. Service
Ruth Clayton & Marty Topp

Date	Time	Assisting Minister	Lector	Greeters	Nursery Attendants	Flowers
March 4	9:00 11:00	Nate Pratt Debby Hays	Kem Taylor Joe Slevcove	John Hoff Slevcoves	_____ _____	Elizabeth Connolly
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	_____ _____	Richard Phillips
March 25	9:00 11:00	Richard Phillips Mary Ann Horton	George Falk Luke Williams	Kevin Vallone Elizabeth Connolly	_____ _____	
April 1 (Easter)	9:00 11:00	Jeremy Kaercher Beth Slevcove	Sylvia Herman Joe Slevcove	Pat Hendrickson & Marjorie Wahlsten Slevcoves	_____ _____	
April 8	9:00 11:00	Eric Sloniker Debby Hays	Carol Schultz Elizabeth Connolly	Dennis Arenas & David Oakes Marlene Garich	_____ _____	Kjonegaards
April 15	9:00 11:00	Chuck Leib _____	Pat Hendrickson Nancy Eckert	George & Ethel Falk Desi Kuster	_____ _____	



March 2018 Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 12 pm Al Anon	2 9 am Acupuncture 9 am Bread Day 9 am UCSD Clinic 12 pm AA	3
4 THIRD SUNDAY IN LENT 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 Al Anon	7 9 am Acupuncture 12 pm Al Anon 4:30 pm Yoga 5 pm Dental Clinic 5:45 pm Supper 6:30 pm Holden 7 pm Classes	8 12 pm Al Anon 1 pm HICAP	9 9 am Acupuncture 9 am Bread Day 9 am UCSD Clinic 12 pm AA	10
11 FOURTH SUNDAY IN LENT DAYLIGHT SAVING TIME BEGINS 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 Al Anon	14 9 am Acupuncture 12 pm Al Anon 4:30 pm Yoga 5 pm Dental Clinic 5:45 pm Supper 6:30 pm Holden 7 pm Classes	15 12 pm Al Anon 1 pm HICAP	16 9 am Acupuncture 9 am Bread Day 9 am UCSD Clinic 12 pm AA	17
18 FIFTH 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 Al Anon 6:30 pm Church Council	21 9 am Acupuncture 12 pm Al Anon 4:30 pm Yoga 5 pm Dental Clinic 5:45 pm Supper 6:30 pm Holden 7 pm Classes	22 12 pm Al Anon 1 pm HICAP	23 9 am Acupuncture 9 am Bread Day 9 am UCSD Clinic 12 pm AA	24
25 PASSION SUNDAY 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 Al Anon	28 9 am Acupuncture 12 pm Al Anon 5 pm Dental Clinic	29 MAUNDY THURSDAY 12 pm Al Anon 7 pm Maundy Thursday Svc	30 GOOD FRIDAY 9 am Acupuncture 9 am Bread Day 9 am UCSD Clinic 12 pm Cross Svc 12 pm AA 7 pm Tenebrae	31 7 pm Easter Vigil

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

The PULSEBEAT
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First Lutheran Church
Edited by Hannah DeMers

Serving Downtown San Diego Since 1888
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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

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Chili 15th Annual Cook - off

Benefiting **Agape House**

Lutheran-Episcopal Campus Ministry @ SDSU

SUNDAY APRIL 29, 2018
3:00-6:00PM

SAINT DUNSTAN EPISCOPAL CHURCH
6556 PARK RIDGE BLVD

Featuring the best chili and cookie recipes by local congregations, along with salad and grilled cheese.

Childcare will be provided!

All are welcome!

Free Entry! Door prizes!

• Support Campus Ministry by making a donation today!
Gifts received by the end of the event will be credited toward your congregation's chili. The congregation raising the most money will receive bragging rights and the highly-coveted Golden Lolla and Golden Spatula awards!



For more information Call 619-583-3972
or e-mail agapehouse@sdscu@gmail.com



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