



February 2019

# FIRST LUTHERAN CHURCH The PULSEBEAT

**Dear faithful First family and friends,**

Last month, I touched on New Year's resolutions and I had a conversation with someone about that topic, which led me into another topic: coaching. As many of you know, I am both an Associate Certified Coach, a credential I earned through the International Coach Federation, and an ELCA Coach. As a coach, I'm privileged to accompany people in helping them set goals and basically get "unstuck."

At other times, people come to me seeking to get "healthy" in a myriad of ways. Yes, health isn't just our physical selves. Being "healthy" overlaps into all our lives. In fact, there is a diagram I often use and refer to during coaching sessions. It's called the Wholeness Wheel—a wheel that serves as a guideline for wellness.

The Wholeness Wheel was developed in 1997 by the ELCA and the Lutheran Church—Missouri Synod. It's a great visual reminder of the need to look after the various components that make up our well-being. As you can see, the "physical" component is but one of the areas. This Wheel is a guide to balancing all aspects of health and depicts the interconnectedness of the individual aspects of wellness. You are the center of the wheel as a new creation through Baptism and a member of the Mystical Body of Christ. Spiritual health surrounds, contains, and supports us through faith and our relationship with God; indeed, our spiritual life encircles the other areas of our well-being. Within the wheel, then, are the individual aspects of wellness, namely social/interpersonal, emotional, physical, vocational, and intellectual. Each should be balanced to maintain your entire well-being. Or, to put it another way: **to be whole means to keep these aspects in balance by intentionally nurturing and attending to each.** If one area is neglected, the *whole* will be out of balance.



During the last couple of weeks, I have been prayerfully considering what our Lenten Theme will be. Yes, Lent and Easter are late this year, as Ash Wednesday falls on March 6 and Easter Sunday is celebrated on April 21. However, I've been in a Lent planning mood and mode, and this Wholeness Wheel serves a good visual reminder to keep life in perspective.

I'm not an expert in physical and nutritional health, but I can suggest some ideas for your spiritual well-being—that part of our lives that encompasses the rest of living. Some ideas? You may want to start by reading the Psalms. Several months ago, I provided the 30-day Psalter from *The Book of Common Prayer*. If you don't have that *Pulsebeat* edition or would like to hear about this some more, please contact me. These Psalms, these short works of poetry, capture many of our emotions—the highs and lows and everything in between—and could be used to begin your day. Or you may want to find a devotional book to read each day—Augsburg Fortress publishes the quarterly devotional *Christ in Our Home*, which are available at the church. Or you may want to simply read one of New Testament letters of Paul (Philippians is a good, short one to read). These are but one method—the reading of and engagement with the written Word—that points us to the Incarnate Word, Christ, that strengthens our Spiritual Well-Being.

Imagine how God's Spirit would work in your life as you spent time reading and meditating on Scripture. Imagine how worshipping with your brothers and sisters in Christ, and fed by the Holy Meal, would increase your faith. And imagine how God's Spirit would work in our congregation if each of us spent more time in God's Word, joined in fellowship, and then let that Word work in our lives.

Here's to your Spiritual Well-Being!

Peace and Joy,  
The Rev. Darryl W. Kozak  
Intentional Interim Pastor



## Council Update: Looking Ahead to 2019

by Carol J. Schultz, Council Secretary

As has become the Council's custom, we ring in the new year by planning for the coming year as well as conducting "business as usual." On Saturday, January 12, 2019, the Council conducted a business meeting followed by a planning and goal-setting session. Pr. Darryl opened with a devotion focused on the Epiphany message, "Arise, shine for your light has come."

### **Business Meeting**

**Financial Review.** The Council accepted the financial report for 2018, noting the deficit was significantly less than anticipated due to deferred expenses. Because First Lutheran did not call a new pastor in 2018 as anticipated, we "saved" funds budgeted for moving expenses. And the Council deferred several big-ticket property maintenance projects until 2019 or 2020.

**Interim TACO Use Policy.** During 2018, a four-person Task Force representing First Lutheran and TACO met a number of times to draft a written Use Agreement for TACO's use of space in First Lutheran's facilities. Because both First Lutheran and TACO have legal responsibilities to each other, First Lutheran's insurance broker recommends such an agreement. And, as a practical matter, a written agreement explains the complex relationship that has evolved over decades and personnel changes. Both the Council and TACO Board have reviewed the draft Agreement. The Council supported the draft without revisions, and the TACO Board referred it back to the Task Force for continued discussion without making any recommendations for changes. At the present time, the County Department of Environmental Health is permitting First Lutheran's kitchen facilities for use by TACO's meal services. The permit conditions likely will place limitations on First Lutheran's use of the kitchen that will need to be incorporated into the Agreement. Therefore, the Council adopted the draft Use Agreement as an interim policy until the County's permit conditions are known and can be incorporated into the Agreement.

### **Planning Session**

**2018 Goals.** The Council reviewed the status of goals set for 2018.

- Participate in Pride Parade – Completed.
- Clarify Director of Music's independent contractor status – Completed.
- Establish TACO Use Agreement – Draft agreement completed and adopted as interim policy.
- Develop property maintenance procedure – Completed.
- Streamline financial reporting – Completed in part.
- Increase congregation members' involvement – In progress.

**2019 Goals.** To develop goals for 2019, Council members asked congregation members for ideas. In addition, they provided their own suggestions during a brainstorming session. A total of 71 ideas emerged, and the Council grouped them into categories based on their similarities. (Listed in random order.) The Council will determine the next steps at its February meeting.

- Develop a financial stability plan.
- Increase outreach.
- Increase member engagement in church ministries.
- Clarify First Lutheran-TACO relationship.
- Expand congregational membership.
- Define who we are.
- Improve safety procedures.
- Expand our Christian education.
- Implement key maintenance/repair projects.

### 2019 Council Officers:

President: Dick Krueger

Vice President: Frank De Louise

Secretary: Carol Schultz

Treasurer: Kem Taylor

Financial Secretary: Anke Hartung

### Council Members:

Jeremy Kaercher, Melinda Persson, Marjorie Wahlsten, and Susan White.



- Expand our social justice efforts.
- Increase internal and external communications.
- Provide member-to-member ministry.
- Expand our sense of social community.
- Undertake administrative improvements.

Representing the interests of First Lutheran is a privilege and a responsibility your Council members take seriously. Please share your questions, concerns, or appreciation with any Council member.

God's Peace to you all,  
Your 2019 Council

## 2019 Lenten Devotional

This is now our 6th year creating a Lenten Devotional. It has become a meaningful part of our shared faith journey here at First Lutheran Church. Please prayerfully consider submitting your creative gifts as you have done in the past.

**Submission DEADLINE date is February 17, 2019**

If you were not able to attend the 10:10 on January 27 and would like to contribute to this year's devotional, please contact Frank De Louise.

## Living Lutheran Magazine Renewal Time

Social media immediately connects, people but the print media connects thoughts and ideas. *Living Lutheran* magazine is an excellent means to receive information on our shared mission and ministry with Evangelical Lutheran Church in America (ELCA). Now is the time to renew or obtain a subscription to *Living Lutheran* for 2019. The cost for a yearly subscription is \$15. This special rate covers the cost of the magazine and helps support subscriptions to our shut-in members. If you wish to re-subscribe, newly subscribe, or support this ministry, please place a check for \$15 in an envelope payable to First Lutheran Church noting "Living Lutheran" in the memo line.



## Book Group Notes

This month, we will be meeting at the home of Pat Hendrickson to discuss the book *As Close to Us As Breathing* by Elizabeth Poliner, a multigenerational family saga about the long-lasting reverberations of one tragic summer. Our meeting will be 7 p.m. on February 21.

If you haven't come to book club yet, we hope you will join us this year. Our format is relaxed and casual. Each month, one of the members hosts, sometimes in their home and sometimes at the community room of Susan White's condo association for those who don't have space to host or feel that their home is too far away. The host will generally offer light snacks and munchies. Wine and other beverages are offered and yes, there is pretty much always a dessert!

In discussing the book, our conversations may range far afield or stick close to the subject of the book but always, it is interesting, fun, and a wonderful way to get to know one another. Guys are usually outnumbered by women but we would love to see more of you join us. As you will see from the 2019 line up (posted on the kiosk in the lounge of the church), we read a little of everything: fiction, non-fiction, memoir, mystery, it's all there. Please come and join us!

## February Birthdays

2: David Alli	13: Jan Neuhaus	23: Clint Etzel	29: Fran Brown
2: Cole Munroe	14: Kay Helling	23: Sophia Paul	29: Frida Johnson
3: Elizabeth Connolly	15: Billie Thompson	25: Jackson Rosete-Radatz	29: Susan Rettenmund
6: Paul Engel	16: Jim Friedrich	26: Doug Carter	
6: Chuck Leib Jr.	19: Deborah Shaw	26: Laurie Lewis	
12: Glen Stroman	19: Andrea Yablonicky	28: Lee Wesley	



## Congregation Meeting Part II: Reviewing 2018

by Carol J. Schultz, Council Secretary

Why does First Lutheran have a two-part annual meeting, you ask? After all, other congregations often have a single annual meeting to conduct their business. Our reasoning is practical. If the annual meeting is in December, the year hasn't ended and it's impossible to review end-of-year financials. If it's in January, the year has begun without an adopted budget. So, decades ago, First Lutheran adopted Bylaws specifying a two-part annual meeting. The first part is in December to prepare for the coming year, and the second part is the following January to review the past year.

On January 20, 2019, First Lutheran's congregation held Part 2 of its annual meeting and conducted the following business. Forty-one voting members attended, meeting the quorum requirement of 40 voting members.

Installation of Council members. Pr. Darryl Kozak installed the 2019 Council in a brief ceremony. Council members Frank DeLouise, Anke Hartung (*in absentia*), Jeremy Kaercher, Dick Krueger, Melinda Person (*in absentia*), Carol Schultz, Kem Taylor, Marjorie Wahlsten, and Susan White were inaugurated.

Financial Comparison 2018 Budget to Actual Income and Expenses. The Treasurer reviewed the budgeted and actual income and expenses for 2018, noting the actual deficit was significantly less than projected. Because First Lutheran did not call a new pastor in 2018 as anticipated, we "saved" funds budgeted for moving expenses. And the Council deferred several big-ticket property maintenance projects. The Council affirmed its plan to prepare and distribute the proposed 2020 budget about a month before the December 2019 congregation meeting so members will have additional time to review it.

Nursery Assistance. Congregation member Martha Radatz described the urgent need for members to assist with nursery care on Sunday mornings. First Lutheran has adopted the Safeguarding God's Children policy, which requires two adults to be with children at all times. To minimize costs, First Lutheran hires only one nursery attendant from Panda's Domestic Agency (\$96/week). Martha asked members to sign up as the second adult; duties are primarily to interact with the children. Adults who serve as nursery attendants need not be parents but must have been associated with First Lutheran for at least six months, which is the same as the policy for Sunday school teachers.

Property Maintenance. The President described a plan for property maintenance in 2019 that would include the following high-priority projects totaling approximately \$20,000. He proposed funding these projects from First Lutheran's money market account. The motion to fund and complete these projects in 2019 passed 36-1.

- a. Repair termite damage on the trellis and entry.
- b. Resurface and restripe the parking lot.
- c. Pour a concrete slab as part of the lift installation.

Announcements and Requests. The President asked members to complete a survey asking for their priorities among the outreach opportunities to other nonprofit organizations. Results of this survey will guide First Lutheran's future involvement with these organizations. He also asked for additional volunteers to join him on the Property Committee. This three-person committee does both planning and "hands on" work, and three people can't complete all the tasks that arise. And, finally, he reported the Council received 71 suggestions from congregation members about Council activities in 2019. The Council has consolidated these ideas into categories based on their similarities and will keep the congregation informed as it defines and implements goals for these categories.

Closing Prayer. Pr. Darryl Kozak closed with this prayer.

O God, you have called your servants to ventures of which we cannot see the ending,  
by paths as yet untrodden, through perils unknown.  
Give us faith to go out with good courage, not knowing where we go,  
but only that your hand is leading us and your love supporting us;  
through Jesus Christ our Lord. Amen.





## Facilities Focus: 2019 Adopt-a-Project

For 2019, various rooms of the church are being highlighted with projects available for adoption. The church relies on the skills, time, and generosity of members and friends to complete or help fund these important projects in order to keep our church facilities a welcoming place. The focus of this month's highlight is the Library Room.

### Library Room

#### Outstanding Tasks:

- ◇ Brush upholstery on couch and chairs
- ◇ Tighten screws on back of chairs
- ◇ Clean out and organize library books
- ◇ Dust or wash walls and counter tops
- ◇ Shampoo carpet and upholstered couch

A full list of projects available for adoption and sign-up slips are located on the kiosk in the lounge. For information on the projects, you are welcome to contact Facility Committee members Richard Phillips, Dick Krueger, or Kathryn Kanaan (landscape projects) or leave a note or message with the Church office with contact information.

## Call Committee Update

by Pat Lindquist

The Call Committee, working with Bishop Andy, has been given a selection of names to begin a new interview process. These individuals were not available when we first began the call work. We look forward to meeting them as soon as possible. We are working 'extra time' to get these interviews accomplished.

As always, we thank you for your patience and prayers.

## Baptisms!

On December 23, Riley Jessica Verlasky was baptized by her grandfather, Pr. Jim Friedrich.



And on January 13—Baptism of Our Lord Sunday—Naomi Treanté Richardson was baptized, followed by the congregation being sprinkled with Pr. Darryl's customary enthusiasm!



## Welcome the Babe Advent Project

A special thank you to all who participated in sponsoring kits and gathering baby items for Lutheran World Relief Baby Care Kits. Many of you have been with us since the beginning and continued to be generous over many years. With the additional support this year of Melinda Person's friend, Tiffany, who generously provided many items like soap and t-shirts, our money went farther and we reached a record high of 54 kits!

The Baby Care Kits were a beautiful sight when they were blessed by Pastor Darryl on January 6th. Our gifts of love will be sent by LWR 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 has been part of that world community for the last five years. Even though we may not be able to help every child in need, we know that over the years we have made a difference to more than 200 babies and their families through our generosity. Thank you again to everyone who participated in this wonderful project!

### **Spoiler Alert...**

This summer a group of FLC volunteers will collect items for Lutheran World Relief School Kits. Several members have expressed an interest in collecting the items needed to help school-aged children be successful and this is the year! We are hopeful that the same enthusiasm and care that has surrounded Welcome the Babe will be demonstrated with our School Kits Campaign. For additional information about items we will be collecting go to the Lutheran World Relief website: <https://lwr.org/schoolkits>





## First Lutheran Worship Assistants – February & March

### ALTAR GUILD

**FEBRUARY**

**9:00 a.m. Service**

*Susan White*

**11:00 a.m. Service**

*Ruth Clayton*

**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**

*Dennis Arenas &  
David Oakes*

**11:00 a.m. Service**

*Ladonna Piper & Marty Topp*

Date	Time	Assisting Minister	Lector	Greeters	Nursery Attendants	Flowers
February 3	9:00 11:00	Nate Pratt Paul Finneseth	Richard Elliott Joe Slevcove	John Hoff Slevcoves	_____ _____	Marjorie Wahlsten
February 10	9:00 11:00	Kathryn Kanaan Frank Jessie	Carol Schultz Nancy Eckert	Kem Taylor Elizabeth Connolly	_____ _____	_____
February 17	9:00 11:00	Richard Phillips Beth Slevcove	Jan Neuhaus Jim Lovell	Sylvia Herman Marty Topp	_____ _____	DeMers
February 24	9:00 11:00	Eric Sloniker Mary Ann Horton	Sylvia Herman Matthew Eckert	Dennis Arenas & David Oakes Marlene Garich	_____ _____	Pr. Lee Wesley
March 3	9:00 11:00	Jan Neuhaus Paul Finneseth	Jim Boyd Joe Slevcove	John Hoff Slevcoves	_____ _____	_____
March 10	9:00 11:00	Jeremy Kaercher Frank Jessie	Frank De Louise Elizabeth Connolly	Martha DeMers Shelly Schreiber	_____ _____	Kjonegaards
March 17	9:00 11:00	Chuck Leib Beth Slevcove	Marjorie Wahlsten Frank Jessie	Shaun Travers Elizabeth Connolly	_____ _____	_____



# February 2018 Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9 am Acupuncture 9 am Bread Day 12 pm AA	2
3 FOURTH SUNDAY AFTER EPIPHANY 9 am Worship 10:10 Hospitality 11 am Worship 12:10 Hospitality	4 12 pm AA 12 pm AI Anon 4 pm Free Meal 5:30 pm Evening Clinics	5 12 pm AI Anon	6 9 am Acupuncture 12 pm AI Anon	7 12 pm AI Anon	8 9 am Acupuncture 9 am Bread Day 12 pm AA	9
10 FIFTH SUNDAY AFTER EPIPHANY 9 am Worship 10:10 Hospitality 11 am Worship 12:10 Hospitality	11 12 pm AA 12 pm AI Anon 4 pm Free Meal 5:30 pm Evening Clinics	12 12 pm AI Anon	13 9 am Acupuncture 12 pm AI Anon	14 12 pm AI Anon 1 pm HICAP	15 9 am Acupuncture 9 am Bread Day 12 pm AA	16
17 SIXTH SUNDAY AFTER EPIPHANY 9 am Worship 10:10 Hospitality 11 am Worship 12:10 Hospitality	18 PRESIDENTS' DAY (OFFICE CLOSED) 12 pm AA 12 pm AI Anon 4 pm Free Meal 5:30 pm Evening Clinics	19 12 pm AI Anon 6:30 Church Council Mtg	20 9 am Acupuncture 12 pm AI Anon	21 12 pm AI Anon 1 pm HICAP	22 9 am Acupuncture 9 am Bread Day 12 pm AA	23
24 SEVENTH SUNDAY AFTER EPIPHANY 9 am Worship 10:10 Hospitality 11 am Worship 12:10 Hospitality 4 pm German Svc	25 12 pm AA 12 pm AI Anon 4 pm Free Meal 5:30 pm Evening Clinics	26 12 pm AI Anon	27 9 am Acupuncture 12 pm AI Anon	28 12 pm AI Anon 1 pm HICAP		

*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](http://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

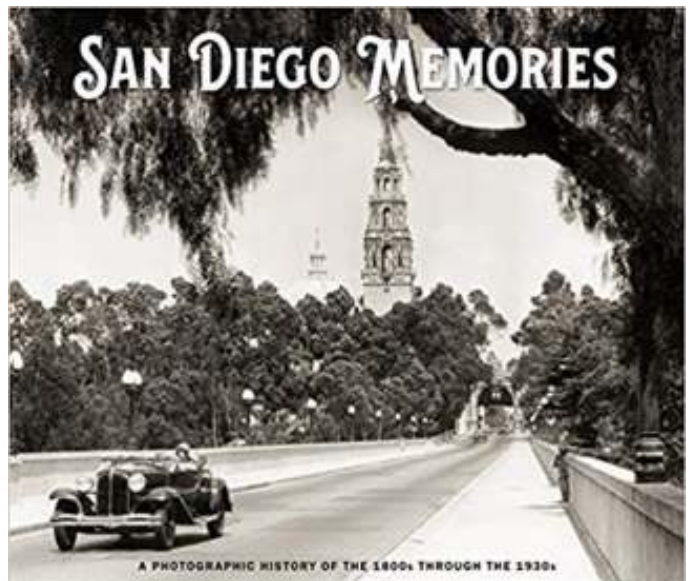
**Return Service Requested**

## Historic Photo Published

*by Richard Phillips*

A historic photograph from First Lutheran's collection was published in the recently released *San Diego Memories: Photographic History of the 1880s through the 1930s*. The book, developed in partnership between the *San Diego Union Tribune* and the San Diego History Center, contains over 170 pages of photos and accompanying captions documenting the early formative years of San Diego as a modern city and region. The photo book was compiled and published in commemoration of the newspaper's 150th anniversary and the History Center's 90th anniversary. The historic photo from First Lutheran's collection is of the Men's Bible Class of First English Lutheran Church, as it was then known, and dated 1908. The photograph was submitted as part of a call for submissions from the San Diego History Center and the *Union-Tribune* in early 2018.

The *San Diego Memories* book is available at the San Diego History Center in Balboa Park or online through Amazon.



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