



March 2020

FIRST LUTHERAN CHURCH The PULSEBEAT

Lent 2020

Our Lenten theme for this year is "Love Can Only Love"

Our Lenten Schedule for 2020

Wednesday Lenten MidWeek Events

March 4, 11, 18, 25; April 1

Yoga (4:30 - 5:30PM) Melt away the day's stress and center yourself with this gentle, meditative class. The cost is \$30 for the five weeks, payable to the instructor at the first class.

"Here I Walk" (4:30 - 5:30PM) Take a one-hour, two mile brisk walk through downtown each Wednesday. Leave the church at precisely 4:30PM and return by 5:30—bring an umbrella if it looks like rain.

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)*

Everyday Spirituality by James Hazelwood From the Rev. Barbara Lundblad (ELCA): "Everyday Spirituality is exactly what the title says—an invitation to honor ordinary experiences as holy ground. We don't have to go to on a retreat or sign up for spirituality lessons—we can stay where we are and sense divine presence in what we do each day. Hazelwood's writing is so conversational that at times I started talking to him even though he wasn't in the room. He weaves together insights from scripture and theology with his own experiences and stories he has received from others. He does this so naturally we hardly notice—we simply travel with him and go happily. Hazelwood writes with the heart of a pastor and a mystic. Like the poet Mary Oliver he isn't afraid to say, "I don't know exactly what a prayer is/I do know how to pay attention..." This book will help every reader pay attention, too." To get the most out of the class, please order the book, available either in paperback or electronically. Rev. Hazelwood is the ELCA Bishop of New England. All proceeds from the book go to a Synod Ministry Fund.

Tips & Techniques for Taking a Better Picture Learn the basics of photography and modern digital processing. Be sure to bring a camera—or your cell phone!

A Forty Day Journey Which writers have inspired you or challenged your thinking about faith? Using short resource books that profile various writers like Maya Angelou, Luther, Kathleen Norris, and others, we will work together to summarize their thinking and their contributions to the church. The course will begin with a profile of Howard Thurman, a primary mentor of Martin Luther King, Jr. and we will view a powerful new movie about him called "Backs Against the Wall."

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





Lenten Series Announcement: Why Did Jesus Have to Die?

I saw a cartoon recently with the heading 'Difficult things to talk about with your child.' A little girl and her mom were lying in bed when the little girl said, "Mommy, why did God make Jesus die? Will He make me die? Will He make you die?"

These innocent questions about God's contract with us through Jesus's Atonement are the basis of the Lenten 10:10 sessions to be conducted by Rev. Dr. Richard Elliott. The Lenten Narratives, from the Gospels, will give fresh answers to Jesus's earthly & heavenly nature, His fulfillment of God's Mission in suffering, death, burial, and resurrection.

Join us starting March 1 in the lounge. Bring your own questions related to 'Why did Jesus have to die?'.

—Pat Lindquist, Education Committee

First Lutheran Church History Walk

Wednesday, March 18
4:30—5:30 p.m.

March 18, 2020, marks 132 years since the founding of First Lutheran Church of San Diego. In the history book *A Prelude to the Future: First Lutheran Church 1888-1978*, former member Beata Prochnow Mazade (b.1906 - d.2004) wrote:

On March 18, 1888, at the request of the Board of Home Missions, the Rev. C.W. Heisler, pastor of the First Lutheran Church of Los Angeles, came to San Diego to formally organize the first Lutheran mission in San Diego. Thirty-one names are listed in the pastor's Record Book as charter members...

As we celebrate 132 years of First Lutheran's ministry in the urban core of San Diego, a walk visiting various downtown sites that were part of First's history will be conducted as part of Lent's mid-week *Spirit Walks*. Richard Phillips will be leading the history walk on March 18.

Council Update

by Allison Emery, Council Secretary

The Council met for its monthly meeting on February 18, 2020. We are excited to share that the blessings of this time together include the election of several Council Officers and the determination that the Council's Annual Retreat will soon be rescheduled. We give thanks for the service of each of our Council Members and for God's call and grace during this time. Prayers are requested for those Council Members who continue to consider the opportunity to serve in the open position of Treasurer.

I personally pray for God's guidance and inspiration as I begin a new role as Council Secretary. Looking to the example that Carol Schultz has set through monthly Pulsebeat articles and other avenues of communication, I am certain these are big shoes to fill. I will plan to have a more comprehensive update to share next month. We thank Carol for her initiative, insights, and open communication during her service as Council Secretary, as well as for her continued service as a Council Member.

Council members handle a wide variety of leadership and operational matters. Representing the interests of our fellow congregation members is a privilege and a responsibility we take seriously. As always, we invite you to share your questions, concerns, or appreciation with any Council member.

Lenten Spruce-Up Day

First Lutheran Church
Saturday, March 28
9:00a.m.—1:00 p.m.

Lent is a time of reflection and service. In our Lenten journey together, we are invited to focus on the marks of discipleship: worship, prayer, Bible reading, service, and giving.

A good opportunity to continue in our Lenten journey and spirit of service is to help spruce up our church facilities in preparation for Holy Week. Come lend a hand to help clean, dust, organize, and do other minor projects around our church facility. Both inside and outside tasks will be available.

Remember to wear old clothes, bring your favorite cleaning product, rags, and gloves!

2020 Council Officers:

President: David Pohl

Vice President: Frank DeLouise

Secretary: Allison Emery

Treasurer: <vacant>

Financial Secretary: Anke Hartung

Council Members:

Kara Oien, Melinda Person, Carol Schultz, Kem Taylor, and Susan White.

God's Peace be With You,
Your 2020 Council



Thoughts on Lent and Love

Perfect love casts out fear

—1 John 4:18

There is something about love that leaves us empty, for love cast things out. Perfect love even casts out fear. Emptiness as typically understood carries with it negative connotations. We spend so much effort in life working to keep everything full that being empty seems counterproductive. But in spiritual terms, emptiness is a blessing. Emptiness means there can be space for God.

In his 1981 book *The Way of the Heart*, Henri J.M. Nouwen explores the faith of the Desert Fathers of the third century. Dwelling in the remote deserts of Egypt they were some of the earliest Christian mystics. Nouwen shares their practice in three parts: Solitude, Silence, and Prayer. The essence of their work, he says, was to allow themselves to become empty. To let, as it were, the “fear of being empty” be released, so that love could find a home. Their doing so left a lasting legacy of faith.

A century later St. Augustine of Hippo, also from Northern Africa, in his Confessions put it this way about God: “You have made us for yourself, O Lord, and our hearts are restless until they rest in you.” (Martin Luther, you may remember, was an Augustinian.) There is a stillness, a quiet, a rest which overcomes a soul’s heart which finally finds its journey at an end, in and with God.



In the 17th century, Blaise Pascal shared this thought: “There is a God-shaped vacuum in the heart of each person which cannot be satisfied by any created thing but only by God the Creator, made known through Jesus Christ.” Pascal too understood the blessing of emptiness. Emptiness isn’t barren, it is a God-shaped space waiting to be satisfied, waiting for rest, and for love to find a home.

To this end of becoming empty Christians have, over the millennia, made the season of Lent a time for fasting. If feasting is about being full, fasting is about being empty. These are days for you to choose a fast, an intentional emptying of your mind, your body, your physical space so that God might find a heart to rest in, a vacuum to fill, and room to occupy. God will not force the Spirit’s entry. We are given grace to say “no.” Emptiness is our “yes” to God.

In these days of Lent, my prayer for you is that the fast you choose, the devotions you practice, all help you, little by little, become emptied of the world. May your heart-shaped vacuum grow and be filled with the love of God. May your restless heart find quiet rest in the love of God. May you know the sweet peace of solitude, silence, and prayer in the desert space of Lent. May you know the love that can only love.

Peace,
Pastor Kurt

Living Lutheran Renewal Time

The *Living Lutheran* magazine provides the latest news, regional and global mission stories, spiritual reflections, and resources from the Evangelical Lutheran Church in America (ELCA). The monthly magazine is an excellent means to receive information on our shared mission and ministry in the ELCA. The cost of a yearly subscription is \$15. This special rate covers the cost of the magazine and helps support subscriptions costs paid by the church. If you wish to re-subscribe, newly subscribe, or support this ministry please place a check for \$15 in envelope payable to “First Lutheran Church” noting in the memo line noting “Living Lutheran.”

The Lift Is Almost Here!

After years of waiting, the lift is scheduled to be installed in the next week.

There’s a dedication ceremony being planned for April. More information will be shared as we get closer to the date!





Organ Recital

Bob Plimpton will play an organ recital at First United Methodist Church Mission Valley on Wednesday March 11 from 11:45 a.m. to 12:30 p.m. The church sponsors a series of 45-minute organ recitals "Mid-day Pipes" on the second Wednesday of every month.

Bob's program begins with a short Vivaldi/Bach piece, then three movements of a new organ suite "Impressions from an African Moonlight" by the Nigerian composer Godwin Sadoh, based on Nigerian children's songs. Then three arrangements of familiar hymns by contemporary American composers Joe Utterback, John Ferguson, and Adolphus Hailstork, and ending with César Franck's masterpiece "Chorale in A Minor."

The 106-rank Blackinton organ is the largest and finest organs in San Diego. Because parking near the entrance to the sanctuary is often difficult to find on a Wednesday morning, it is suggested that you arrive at least a half hour early.

Bob would be delighted if friends from First Lutheran could join him for this beautiful music.

Book Group News

Book Group will not meet in March in order to allow us to immerse ourselves in the Lenten Season.

Looking Ahead: April's book selection will be *Becoming* by Michelle Obama. Look for details in the April Pulsebeat.

Calling All Creative People!

"Earth, Fire, Air, Water—Agents of New Life" is the theme of our upcoming Congregational Art Show. Many ideas come to mind with this theme and we want you to share yours with us! Whatever your creative medium (clay, photos, writing, painting, music, fiber, or all of it at once) your original expression is needed in the show.

Art is due Wednesday, April 8, in order to hang it by Easter. Questions? Call Lee Kaercher (619) 312-1410 or Nancy Eckert (858) 699-8629.

Lunch Bunch

Remember we're meeting this coming Tuesday, March 3 at 12:30 at El Zarape Mexican Eatery on Adams Ave in North Park. Be prepared for some real Mexican food—not just a taco shop. Reservations to Billie by Sunday, March 1: thompsonbilliek@gmail.com. Put some flavor in your life!

CSHP-UCSD 15th Annual Phun Run

**UCSD Skaggs School of Pharmacy
9500 Gillman Drive
La Jolla 92093
Sunday, April 5
9:00a.m.**

PHUN RUN is an annual 5K FUNdraiser where ALL proceeds from the race go to UCSD Student-Run Free Clinic Project, which provides high quality, free-of-cost, evidence-based healthcare to San Diego's underserved population—including here at First Lutheran on Monday nights. Continuing operation of the free clinics relies on supporters like you!

Registration/check-in is 7:45-8:45 a.m. For more information, go to <https://phunrun.wixsite.com/2020>

Foster Grandparent Program

Catholic Charities would like to invite Seniors 55+ to enroll in the Foster Grandparent Program.

As a volunteer, you will tutor and mentor children in the classroom who need additional support. The program provides a modest tax deferred stipend, reimbursed transportation, training and more.

Don't delay—Call today for an application! 619-323-2790. Ask for Sharin Yetman, FGP Director.

Must be 55+ and meet other program eligibility requirements.



March Birthdays

- | | | | |
|------------------|--------------------|-------------------|---------------------------|
| 1: Henry Carter | 7: Hannah Jensen | 15: Wayne Boss | 22: Mark Hartzell |
| 3: Erika Fekas | 8: Bradley Horton | 18: Anke Hartung | 23: Allison Emery |
| 5: George Falk | 9: Sharon Province | 20: Todd Ruth | 29: Paul Finneseth |
| 5: Bruce Givens | 11: Robin Withers | 20: Owen Valencia | 29: Gary Kashefska |
| 6: Samuel DeMers | 13: Melodie Baker | 21: Paul Johnson | 31: Jacqueline Rothschild |



TACO Corner

Simon's Walk: A Volunteer Care-Giving Program



Simon's Walk is a team of trained and supervised volunteers who may provide care and companionship, emotional and/or spiritual support, and participation in clients's memorials. Being alone is one of the most devastating facets of dying—no one desires to die alone. Simon's Walk is designed to build relationships, share the burdens of dying, and offer our time and selves.

We are looking to bring on board a new group of volunteers. Simon's Walk Volunteers will participate in a 30-hour training class. Volunteers will work with their client weekly and attend supervision meetings, along with a monthly continuing education training. We ask that you would prayerfully consider whether this might be a volunteer opportunity for you.

If you feel called by this unique ministry, please contact us:

Kim M. Walker, MHR

Jim Lovell, MSW

Going Home/Simon's Walk Coordinator

TACO Director

kwalker@tacosd.org

jlovell@tacosd.org

619.235.9445 ext. 105

Daylight Savings Time

Begins!

Sunday, March 8 @ 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!

Wanted: Worship Assistants

We really need some new volunteers, especially for the 11:00 service. The positions are **assisting ministers, lectors, ushers, greeters, nursery assistants, and altar guild.**

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

Church Email Addresses

Pastor Kurt: pastorkurt@firstlutheransd.org;

Hannah/Church Office: administrator@firstlutheransd.org

Thank You!

Dear Friends,

We recently received your gift of \$659.13 to Lutheran World Relief, Thank you! I'd like to share a story of the great work your gift will support.

Kapinga Eudoxi, 43, lives in a village in the Democratic Republic of Cong that is plagued with water-borne diseases like typhoid. Children and adults are getting sick—some dying—and the community needed help.

With your support, villages like Nsange-Nyembwe are receiving access to safe water. "It is the delight of our hearts to change our village," exclaims Kapinga. Your gift made a world of difference in reaching over 271 villages in the region—that's 244,964 people impacted.

That's just one example of how your gift changes lives around the world. I hope you will visit our website (lwr.org) or blog (blog.lwr.org) to learn about more stories!

On behalf of LWR, our partners and those we serve, please accept my thanks for your generous support and partnership. May God bless you!

Warm regards,

Ambassador Daniel V. Speckhard (ret.)
President and CEO



Lutheran World Relief
SUSTAINABLE DEVELOPMENT. LASTING PROMISE.



First Lutheran Worship Assistants – March & April

ALTAR GUILD

MARCH

9:00 a.m. Service

Altar Guild

11:00 a.m. Service

Melinda Person

APRIL

9:00 a.m. Service

Dorothy Hunter

11:00 a.m. Service

Ladonna Piper

USHERS

MARCH

9:00 a.m. Service

*Merv Rettenmund &
John Hoff*

11:00 a.m. Service

*Anke Hartung &
Melinda Person*

APRIL

9:00 a.m. Service

Sharon Province &

11:00 a.m. Service

Marty Topp & Ruth Clayton

Date	Time	Assisting Minister	Lector	Greeters	Nursery Attendants	Flowers
March 1	9:00 11:00	Nate Pratt Beth Slevcove	Paul Engel Joe Slevcove	Kathy Boeckelman Slevcoves	Billie Thompson Kathryn Kanaan	DeMers
March 8	9:00 11:00	Jeremy Kaercher Frank Jessie	Shaun Travers Nancy Eckert	Pat Hendrickson Marlene Garich	Lee Kaercher Martha DeMers	_____
March 15	9:00 11:00	Jan Neuhaus Mary Ann Horton	Eric Sloniker Jim Lovell	Shaun Travers Elizabeth Connolly	Kem Taylor Joe DeMers	Kjonegaards
March 22	9:00 11:00	Chuck Leib Paul Finneseth	Pat Hendrickson Matt Eckert	Rebecca Kjonegaard Ruth Clayton	Kathryn Kanaan Paul Engel	_____
March 29	9:00 11:00	Richard Phillips Beth Slevcove	Richard Elliott Frank Jessie	Jim & Jessica Friedrich Marty Topp	Dick Krueger Heidi Hoxie	_____
April 5	9:00 11:00	Kathryn Kanaan Frank Jessie	Jim Boyd Joe Slevcove	John Hoff Slevcoves	Mary Krueger Hannah DeMers	DeMers
April 12	9:00 11:00	Eric Sloniker Mary Ann Horton	Jan Neuhaus Elizabeth Connolly	Pr. George & Ethel Falk Marlene Garich	Heidi Hoxie Kathryn Kanaan	Kjonegaards



March 2020 Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 FIRST SUNDAY IN LENT 9 am Worship 10:10 Hospitality 11 am Worship 12:10 Hospitality	2 12 pm AA 12 pm AI Anon 4 pm Free Meal 5:30 pm Evening Clinics	3 12 pm AI Anon	4 9 am Acupuncture 12 pm AI Anon 4:30 Yoga/Walk 5:45 Soup Supper 6:30 Holden 7:00 Classes	5 12 pm AI Anon 1 pm HICAP	6 9 am Acupuncture 9 am Bread Day 12 pm AA	7
8 SECOND SUNDAY IN LENT DAYLIGHT SAVINGS TIME BEGINS 9 am Worship 10:10 Hospitality 11 am Worship 12:10 Hospitality	9 12 pm AA 12 pm AI Anon 4 pm Free Meal 5:30 pm Evening Clinics	10 12 pm AI Anon	11 9 am Acupuncture 12 pm AI Anon 4:30 Yoga/Walk 5:45 Soup Supper 6:30 Holden 7:00 Classes	12 12 pm AI Anon 6 pm TACO Board Mtg	13 9 am Acupuncture 9 am Bread Day 12 pm AA	14
15 THIRD SUNDAY IN LENT 9 am Worship 10:10 Hospitality 11 am Worship 12:10 Hospitality	16 12 pm AA 12 pm AI Anon 4 pm Free Meal 5:30 pm Evening Clinics	17 12 pm AI Anon 6:30 Church Council Mtg	18 9 am Acupuncture 12 pm AI Anon 4:30 Yoga/Walk 5:45 Soup Supper 6:30 Holden 7:00 Classes	19 12 pm AI Anon 1 pm HICAP	20 9 am Acupuncture 9 am Bread Day 12 pm AA	21
22 FOURTH SUNDAY IN LENT 9 am Worship 10:10 Hospitality 11 am Worship 12:10 Hospitality	23 12 pm AA 12 pm AI Anon 4 pm Free Meal 5:30 pm Evening Clinics	24 12 pm AI Anon	25 9 am Acupuncture 12 pm AI Anon 4:30 Yoga/Walk 5:45 Soup Supper 6:30 Holden 7:00 Classes	26 12 pm AI Anon 1 pm HICAP	27 9 am Acupuncture 9 am Bread Day 12 pm AA	28
29 FIFTH SUNDAY IN LENT 9 am Worship 10:10 Hospitality 11 am Worship 12:10 Hospitality 3 pm German Svc	30 12 pm AA 12 pm AI Anon 4 pm Free Meal 5:30 pm Evening Clinics	31 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. Kurt Christenson, Pastor
 Hannah DeMers, Church Administrator
 Robert Plimpton, Interim Organist
 Joe DeMers, Interim Choir Director

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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Lutheran Border Concerns Ministry's Annual Fiesta

March 14, 2020
6:30 p.m.
Calvary Lutheran Church
3060 54th St, San Diego 92105
RSVP: 619-286-2445

Come and celebrate with us the blessings of LBCM Ministry:

- Enjoy a wonderful meal
- Listen to the latest news of how God is working to extend His kingdom
- Hear about the ministry opportunities that we offer

Visit the LBCM website:
<http://lutheranborderconcernsministry.org>



Taizé Ecumenical Prayer Service

With Brother Emile from Taizé, France

Sponsored by the Lutheran-Anglican-Roman
Catholic Dialogue Committee of San Diego

All Are Welcome

March 19, 2020
6:30 p.m. Light Reception
7:00 p.m. Teaching & Taizé Service
Co-sponsored and Hosted by:

All Souls' Episcopal Church
(Point Loma)
1475 Catalina Blvd, San Diego



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