

**Return Service Requested**

February 2009; Vol. 26, Issue 2

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# Soundings

February 2009; Vol. 25, Issue 2

## *Earn Dollars Through The Health Assessment*

*By Margit Peiffle, Communications Administrator*

As I hope you've heard, synods, seminaries and churchwide ministries have the opportunity again in 2009 to earn a 2% discount on ELCA health contributions by achieving 75% Mayo Clinic Health Assessment participation.

Here are a few things to note about the discount in 2009:

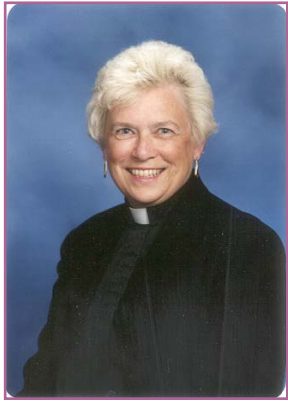
- The 2009 assessment is open Jan. 1 - Sept. 30 on the EmbodyHealth webportal at [www.elcaforwellness.org](http://www.elcaforwellness.org).
- Your 75% health assessment participation comes from ELCA-primary plan members and eligible spouses. ELCA Medicare-primary plan member are encouraged to complete the assessment, but do not

count toward your 75% participation.

- Each synod, seminary and churchwide ministry starts at zero. The percentage of your ELCA-primary plan members and eligible spouses who took the assessment in 2008 does not count toward your 2009 participation. The slate has been wiped clean and everyone is starting fresh.
- Those achieving 75% participation between Jan. 1 – March 29 will receive the discount for the entire year (retroactive to January). Those reaching it after March 29 will receive the discount starting the month after reaching 75% health

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## A Word From The Assistant to the Bishop



”You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.

Matthew 5:14-15 NRSV

The packages have all been opened; some of the toys have already been broken. The cookies and candies are all gone (mostly to waist) and our resolutions to lose that “waist” have already been broken as well. The lights, decorations and the tree have been boxed or discarded, the needles have been vacuumed out of the carpet, the holly and greens, the red ribbons, and the Christmas music have been shelved for another year. All of the outward signs of Christmas are gone...but we still live in the days of Epiphany... the Greek word meaning “appearance.”

So how does Christmas make its “appearance” in January and February and the rest of the year? You know the answer; through the body of Christ. So the question we must ask ourselves is: How does our congregation, the part of the body in which we reside, reveal Jesus? How do we “appear” to our world, to our communities and neighborhoods, to our families?

Some congregations within our synod are making Christ known around the world. Edmonds in Edmonds, Trinity in Lynnwood and Trinity in Freeland are partners in providing wells for clean drinking water in Africa. Already they have received thank you notes from villages that now have “water without worms.” Grace in Des Moines has led the ELCA in funding ELCA World

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*Editor’s Note: For the most up-to-date listing of transitions and mobility please visit our website at [www.lutheransnw.org](http://www.lutheransnw.org) and click on Leadership. That website page is updated weekly, when necessary.*

### Northwest Washington Synod Mobility

In Call Process	Position	Status	Current, Interim/Supply Pastor
Arlington, Our Saviour	PR	TR	Marilyn Schultz Rothermel, Interim
Bainbridge Island, Bethany	PR	TR	Dennis Shaffert, Interim
Bellingham, Christ the Servant	PR	TR	Jim Miley, Interim
Bothell, First Evangelical	PR	TR	Doug Stensby, Interim
Bothell, Light of the Cross	PR	TR	Cindy Salo, Interim
Burlington, Burlington	PR	TR	Michael Swain, Interim
Edmonds, Edmonds	A	P	Michael Ross, Pastor
Everett, Zion	PR	TR	Mitch Watney, Supply
Everson, Immanuel	PR	P	Mary Bosell, Interim
Issaquah, Shepherd of the Hills	PR	TR	Martha Myers, Interim
Mercer Island, Holy Trinity	PR	I	Supply
Mount Vernon, First Evangelical	PR	TR	Linda Larson, Interim
Mukilteo, Harbour Pointe	PR	NV	Supply
North Bend, Mount Si	PR	I	Tim Wolbrecht, Interim
Seattle, Gethsemane	PR	TR	Maynard Atik, Interim
Seattle, Luther Memorial	PR	C	Karen Hanson, Interim
Seattle, St Paul’s of Shorewood	PR	TR	Supply

Mobility Position Key:	
PR	= Pastor
A	= Associate
AIM	= Associate in Ministry
DM	= Diaconal Minister
A/SP	= Associate with Special Emphasis contact Synod Office)

Mobility Status Key:	
I	= Interviewing
C	= Calling
NV	= New Vacancy
V	= Vacancy
SC	= Synod Call
TR	= Transition process
P	= Profile presented (receiving nominations)
TR/DO	= Div for Outreach Transformation Process

Northwest Washington Synod Transitions

	Location/Event	Effective Date
<b>Calls Accepted</b>		
Larry Morris	Holy Spirit, Kirkland	1/1/2009
<b>Installations</b>		
Joe H. Kutzke	Bethlehem, Marysville	12/7/2008
<b>Occasions/Events</b>		
Larry Morris	Reinstatement to the roster	1/1/2009

## Gethsemane Update

Last November members of Gethsemane in Seattle overwhelmingly voted to redevelop the church’s structures and allow approximately 40 units of affordable workforce housing to be built on site.

To accomplish the redevelopment, Gethsemane has entered into an agreement with the Lutheran Alliance to Create Housing (LATCH).

The development includes remodeling of the existing sanctuary and the basement below it, and includes new construction of a two-story wing to house church fellowship and administration functions. The church plans to lease the air space above the new wing to LATCH who will construct approximately 40 units of affordable housing. Construction is targeted to begin in September 2010 with completion set for December 2011.

Seeking opportunities to provide affordable housing has long been a goal of Gethsemane, seeds that were planted in 1990 as one of the founding churches of LATCH. Gethsemane’s renovation includes plans to expand on its current social ministry programs.

assessment participation.

- You will again be able to view your progress toward the 2% discount at [www.elcabop.org](http://www.elcabop.org). ([https://www.elcabop.org/BenefitsAdmin/2\\_percent\\_progress/Tool\\_kit.aspx](https://www.elcabop.org/BenefitsAdmin/2_percent_progress/Tool_kit.aspx))

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## Health Assessment 2009

The personal health information you provide while taking the Mayo Clinic Health Assessment is secure. Once you log in to the Mayo Clinic EmbodyHealth Portal you can learn more about how the information you provide will remain private.

The bottom line is that when you take the health assessment you will earn a \$100 credit for your personal wellness account. To earn the next \$300, you’ll need to pursue health improvement activities on EmbodyHealth. Whatever your fitness level and activity, this simple six-week program invites you to set a goal and wraps a little structure around it.

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Deadline for copy of the March issue of Soundings is Wednesday, February 4. The current issue, and archived issues, can be found on the synod’s website.

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### **A Word from the Assistant to the Bishop**

Hunger. Shepherd of the Valley in Maple Valley has made an annual trip to a village in Nicaragua providing food and medical supplies to a whole community. Several other congregations have built relationships in Guatemala, Tanzania, Ethiopia, Russia and China. These congregations will tell you that

the satisfaction they receive in this effort has strengthened their own faith as they make Christ known in a tangible way.

Many congregations in our synod are connected to their communities and neighborhoods directly through local food banks and meal programs. As we sit in the synod office, we are reminded weekly of the number of people who are nourished by Christ through bread as St. John United hosts a hot meal at lunch time. Prince of Peace and Bethel, both in Shoreline, Morningstar in Monroe and Central in Seattle also have ongoing meal programs at their churches. Gethsemane in Seattle has meals and movies on Saturday for people who live downtown on the streets or in low-income accommodations. Some of those same churches also provide shelter at night. Immanuel in Seattle has a regular community of residents in recovery in partnership with the Matt Talbot Center in Seattle. These congregations have found that the epiphany of God, that is, the appearance of Christ in the work they do, has attracted new people to the congregation who are inspired by faith in action.

Other congregations support their communities through our extended ministries: Lutheran Community Services, Lutheran Alliance to Create Housing, Compass Center, Lutheran Public Policy Office, Lutheran Campus Ministry, Hearthstone Retirement Center, Bethany of the Northwest, Josephine Sunset Home, Columbia Lutheran Home, and Foss Home and Village. Every year each of these organizations invite congregations to join in their ministry through regular funding and volunteer participation. Gethsemane,

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## **Within Our Family**



**We continue to hold in our prayers:**

- † **Paul Anderson, Associate in Ministry**
- † **The Rev. Sai Wai Pau (Paul) Cheung**
- † **The Rev. John Ericksen and his wife, Marita**
- † **The Rev. Paul Wuest**

**We pray for:**

- † **The Rev. Marillyn Schultz Rothermel**, Interim Pastor at Our Saviour in Arlington. Pastor Marillyn's father, Richard Schultz, died on December 11 and was buried on January 9. Cards may be sent to: Our Saviour Lutheran Church, PO Box 396, Arlington WA 98223. Peace to his memory.

- † **Elaine Harrison's sister, Betsy Meyer**, passed away on December 23, after a long fight with Alzheimer's. She was 55 years old. Please keep Betsy's husband Jeff, children Alex and Emily, and the whole Meyer family in your prayers. Cards may be sent to the Meyer Family at 6001 47th Ave SW, Seattle, WA 98136. Peace to her memory.
- † **Ryan Marsh, Synodically Authorized Minister**, Church of the Beloved in Edmonds, whose Nana passed away on December 21. She was 96 years old. Cards may be sent to: Church of the Beloved, PO Box 1953, Edmonds, WA 98020. Peace to her memory.
- † **The Rev. Joel Lohafar, pastor at Hope in Lynden**, had hernia surgery on December 31. He is at home recuperating. Cards may be sent to Joel at: Hope Lutheran Church, 900 E Grover St, Lynden, WA 98264.
- † **The Rev. John LaMunyon, pastor at Sammamish Hills in Sammamish**, had surgery on January 8 to remove a kidney. He is doing well following surgery, and will have two months of recovery time. Please pray for John, his wife, Cheri, and for a full recovery. Cards may be sent to Sammamish Hills Lutheran Church, 2818 SE 8<sup>th</sup> St, Sammamish WA 98074.

## Here 'n There

- **The Rev. Phil Petrasek, pastor at Christ in Ferndale**, will be presented with the Thomas L. George Award by the Ferndale Record Journal on January 29. Pastor Petrasek is receiving the award for for all the humanitarian work within the community. (The award is named after a former publisher.)
- The **Faith Lutheran Chancel Choir** and the Tahoma High School Chamber Choir will present the world premier performance of Stabat Mater by Kenneth Riggs. This multi-movement work is scored for choir, soloists, piano and organ, and is based on the traditional Latin text which depicts Mary at the cross. The concert will be held at 7p.m. on Saturday, February 7, at Faith in Redmond. For more information and for more upcoming concerts at Faith visit [www.faithluth.org](http://www.faithluth.org).
- **Gethsemane in Seattle** gave a \$5000 grant, through their Mission Endowment Fund, to The Mount Olives Housing Project in Jerusalem. The grant will allow the site's master housing plan to be submitted and approved by the Israeli Municipality Committee. Ground breaking is hoped for this year.
- **Members of Kent in Kent** participated in the Week of Christian Unity (January 18-25). They began the week with a pulpit exchange: Father Vince Pastros, from Holy Spirit Catholic Church, preached at Kent Lutheran and Pastor Jane Prestbye, from Kent Lutheran, preached at Holy Spirit.
- Recently **members of Phinney Ridge in Seattle** hosted their first Inter-faith Service of Thanksgiving. The service included Muslims, Christians, Jews and Buddhists all giving thanks for a common thread that we share.
- **Faith Advocacy Day** will be held on Tuesday, March 17. Olympia.

Crown, and Northlake have partnered with LATCH to create housing on or adjacent to church property making it possible to continue the relationship with people who receive LATCH services. St Luke's, Bellevue, University Lutheran and St. John United have been consistently faithful in their support of LPPPO. Thirty or forty congregations provide visitors, board members, and funding for our nursing homes. Peace in West Seattle, Faith in Everett and Prince of Peace, SeaTac have taken leadership roles in their support of Lutheran Community Services. Congregations which actively make Christ known through these agencies and organizations find that everyone in the congregation can participate at some level and it helps to focus the mission of the congregation outward.

Some congregations focus on the nurture and faith formation of families. Trinity in Lynnwood and Edmonds in Edmonds support the Jeremiah Center which ministers primarily to unchurched young people. Glendale in Burien and Faith in Redmond have established a grade school affiliated with their congregation. First of Richmond Beach in Shoreline, Edmonds in Edmonds, St. Paul's in Shorewood, Trinity in Lynnwood, First in Mount Vernon, Zion in Kent, Gloria Dei in Alderwood Manor have preschools and kindergartens affiliated with their congregations, which they have found an asset in ministering to families in their congregation as well as in the community.

There are many more ways to make Christ known as we celebrate Epiphany, the season of making Christ known but for disciples of Jesus Christ, Epiphany is not a season, Epiphany is our calling. As we move into Lent, let's continue to consider new ways as well as old that each of us can "make Christ known."

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**A Word from the  
Assistant to the  
Bishop**

## Spring Bishop's Convocation

*Ancient Judaism, the New Testament, and our Lutheran Heritage: Refocusing the Images* is the title of the 2009 Spring Bishop's Convocation to be held from 9 a.m. to 3 p.m. on Tuesday, April 28, at Maple Leaf in Seattle.

How have the discovery of the Dead Sea Scrolls and revolutions in biblical scholarship in the past two generations changed our perceptions of Judaism at the turn of the era, and how do—or should—these developments lead us to rethink the origins of Christianity and enrich our Lutheran theology?

Our presenter for this one-day convocation is the Rev. Dr. George W. E. Nickelsburg (ret.) of Issaquah. He was a supervisor of archeological excavations, theologian, editor, recipient of numerous academic awards and honors, author of *Ancient Judaism and Christian Origins* as well as several other books and articles, creator of photographic exhibits, participant on inter-disciplinary panels and discussions, pastor, instructor and seminary professor.

Registration & payment deadline is April 13 (lunch is included): \$18 for active rostered, \$15 for retired & interns, \$20 at the door. Make checks payable to: NW Washington Synod and mail to 5519 Phinney Ave. N., Seattle, WA 98103.

## On-Line Courses

Select is offering new online courses for continuing education, associate in ministry candidacy and a variety of certification processes. Courses starting in February are: Introduction to the Old Testament (new!), Lutheran Heritage, Spirituality: Invitation to a Closer Relationship with God, Evangelization and Lutheran Worship/Sent to Preach, Systematic Theology: Fundamentals in Christian Theology and Money Leadership for Pastors: Your Life with Money

For more details on the online courses visit [www.selectlearning.org](http://www.selectlearning.org).

## Holden Youth Weekend 2009 Registration Materials Now Available

Time to start gathering your group to register for the 2009 Holden May Youth Weekends.

This coming year's theme is *Semper Reformanda* and will use Martin Luther's famous dictum "always reforming" to help young people to not only be reformed but transformed by the Gospel message in their personal lives, their youth groups, their families, their schools, and communities.

Registration opens February 1. Registration materials are available at [www.tlc.edu/holden](http://www.tlc.edu/holden).

As you plan for this very important season, have you considered integrating the *Book of Faith Initiative* into your Lenten programming?

Many *Book of Faith* congregations are looking for something that will be effective for individuals, small groups, and the whole congregation. The *Book of Faith Lenten Journey* is a new devotional resource that was developed specifically for the *Book of Faith Initiative*.

Participants will study individually and together through the seven petitions of the Lord's Prayer. They will discover biblical and theological insights into this powerful text, pause for silent meditation, and reflect on the Word of God in their own personal journal. Because it's part of the *Book of Faith* family of resources, the Lutheran insights will help guide them on their own Lenten journey. Additional worship resources are also available. Visit [www.bookoffaith.org](http://www.bookoffaith.org).

## Holden Youth Weekends 2009

Registration opens  
February 1 at  
[www.tlc.edu/holden](http://www.tlc.edu/holden)

## Bible Book of Faith

### Lenten Resource

Roger Anderson, Bible Book  
of Faith Synod Advocate

[biblebookoffaith@  
lutheransnw.org](mailto:biblebookoffaith@lutheransnw.org)

## New Resource From Augsburg

### *Taking Root*

*Taking Root*, a complete curriculum for your congregation, is ELCA World Hunger's comprehensive and new curriculum that explores the root causes and basic solutions to world hunger.

The curriculum includes five sessions each for three different age groups: grades 3–6, grades 7–9 (junior high) and grades 10–12 (senior high). All groups have parallel content, so the biblical texts and themes, children's literature, and many projects and activities are similar among the age levels.

*Taking Root* will help you explore biblical texts that envision a world without hunger, discover steps that can transform that image into reality and challenge students to imagine a better world.

Resources for *Taking Root* will be available at the end of February. You can pre-order by visiting [www.augsburgfortress.org](http://www.augsburgfortress.org) or by calling 1-800-328-4648.

## *Souper Bowl of Caring*

Join the movement that is transforming Super Bowl weekend into the nation's largest youth-led weekend of giving and serving.

Souper Bowl of Caring equips and mobilizes congregations, schools and businesses to positively impact their communities by collecting money or food on or near Super Bowl weekend. 100% of the collections are donated directly to the charity of each group's choice.

This year's Souper Bowl of Caring will take place on Sunday, Feb. 1. To register or for more information visit [www.souperbowl.org](http://www.souperbowl.org).



## 2009 Synod Assembly

### *Bringing Our Gifts To God's Party*

The 2009 Synod Assembly is going to be a celebration!

The two-day assembly is designed in a new format this year so that the celebration and the business can both take priority.

Friday is all business. This allows us to give the priority that the business of the synod deserves.

Saturday is designed with a celebration of who the Northwest Washington Synod is. Our keynote speaker is Dr. Leonard Sweet, a nationally known author and teacher. Check out his website ([www.leonardsweet.com](http://www.leonardsweet.com)).

Celebration worship will be on Saturday and will include a synod-wide choir of all ages. The party will continue through the day as we offer many "party" rooms where we will be sharing all of the resources and ministries that are available in our own synod. Come to celebrate who we are and what we are doing.

Saturday is open to **everyone**. Voting members will be there, but we also want to share this "party" with everyone.

Come, celebrate and learn. We are *Bringing Our Gifts to God's Party!*

Want more information right away? Contact co-chair Pam Kluth at [purplepatch47@hotmail.com](mailto:purplepatch47@hotmail.com) or Kim Unti at [kim.unti@comcast.net](mailto:kim.unti@comcast.net). We are excited to share with you what the plans are. Maybe you would like to help host the

party – we would love to have you join us.

As more information becomes available visit [www.lutheransnw.org](http://www.lutheransnw.org).



Northwest Washington Synod Assembly  
May 15 -16, 2009

## Looking Back at 2008

### Lutheran Disaster Response

(excerpt from Year in Review  
on LDR's website at [www.ldr.org](http://www.ldr.org))

What a year! In the early spring, it seemed like tornadoes were going to be the main cause of human need for the year. According to the National Weather Service, there were at least 500 more tornadoes in 2008 than in 2007. Then, the summer brought widespread flooding across the Midwest, where some places experienced 100-year, and even 500-year, flood levels. In Iowa alone, over 40,000 households registered for assistance

through FEMA. The late summer brought one of the most active Atlantic hurricane seasons in recorded history. For the first time ever, six consecutive named storms made U.S. landfall, including the four distinct landfalls of Tropical Storm Fay which caused watches or warnings for the entire Florida coast. Along the way, there was an earthquake and wildfires. And all of this was competing for media attention with a Presidential election and the unfolding of a damaging recession.

Considering all of these things, it might seem that this was a difficult year for Lutheran Disaster Response as a ministry. But though it was not without its challenges, this year was incredible and notable less for the number of disasters and more for the incredible way in which local Lutherans, and Lutheran congregations, stood up and served as Lutheran Disaster Response for their communities. In the midst of one disaster after another, we learned of the courage, strength, and perseverance of Lutherans around the country, and their willingness to be the first form of this ministry to their neighbors in need.

To learn more about how you and your congregation can be Lutheran Disaster Response in the New Year and beyond, visit [www.ldr.org](http://www.ldr.org).

*River of Hunger*, a Region 1 Hunger and Global Mission Event, will be held at PLU on February 13-14, 2009.

The keynote speakers are Rev. George Johnson, former director of the ELCA World Hunger Appeal (on Friday) and ELCA Presiding Bishop Mark Hanson (on Saturday).

Friday's event will take place from 5 to 9 p.m. at Trinity Lutheran Church in Parkland (next to Pacific Lutheran University). A soup supper will be served.

Saturday's event will take place from 8:30 a.m. to 5p.m. at Pacific Lutheran University. ELCA Presiding Bishop Mark Hanson will speak at 9 a.m. More than 30 workshops will be offered looking at Poverty and Hunger in a Global Context on the causes of global poverty, the church's response and individual responses. Lunch served at Trinity Lutheran Church next door to PLU campus.

Cost for Friday and Saturday Adult Track is \$25. Parking is available across from University Center at PLU and on Wheeler by Ingram Hall. For more information contact Southwestern Washington Synod Office at 253-535-8300

### Youth Track

A Youth Track will be held from 5 p.m. Friday through 5 p.m. Saturday at Trinity Lutheran). The youth track will include an overnight event led by Missy Tade, Associate in Minister, Director of Youth and Family Ministries for Good Shepherd Lutheran Church, Olympia. Cost is \$15. To register contact Missy Tade at 360-357-3554.

Registration and more information for both the Adult Track and Youth Track is available at:

[https://www.regionline.com/63363\\_680884N](https://www.regionline.com/63363_680884N)

**Presiding Bishop  
Mark Hanson  
Keynote Speaker**

## Hunger Symposium and Global Mission Event