



NOTES OF FAITH



Volume 44, Issue Two

Newsletter of Faith Lutheran Church

February 2012

Pastor's Message

It was only a couple of months ago when we were talking about living into a season of waiting and watching, of reflection and self-evaluation, of hope and expectation. That was Advent. And now, here we are again, soon to start another such season, the season of Lent. It is also a season of waiting and watching, of going on a journey, of self-reflection, of hope and expectation. But the tone is a bit different because the journey includes the cross. The journey includes watching as Jesus, the Light of the World, becomes too much of a threat to the way things are and must be done away with. The journey includes our admission of our own participation in such rejection and denial. That's a bit different from Advent. But there is still the hope and expectation, the promise and the celebration of the empty tomb on Easter morning, the promise of the resurrection.

During Lent we are invited to go on a journey, to follow Jesus on the path to the cross. It is a time when we reflect on who Jesus is and what that means for our lives. It is a time when we come to know even more fully our need for One whose love runs so deep as to suffer humiliation and rejection from us and then transform even that darkness into a pathway for hope and new life.

We are intentional about walking that Lenten journey here at Faith. Lent begins on Ash Wednesday when we will gather for worship and be called to repentance and to an acknowledgment of our own mortality. The ashes we wear on our forehead that day will be a public admission of our participation in all that works towards the darkness and our need for the One who went to the cross for us. Worship on Sunday mornings will be rich with music and Word and Sacrament that call us to honesty and humility.

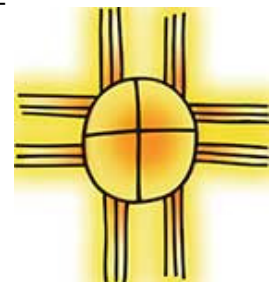
There will also be mid-week worship. This year it will be on Thursday evenings. We will begin with a simple soup supper and conversation and then gather for worship centered around the question, "Who Do You Say That I Am?" We will listen to Scripture together, sing and pray our way into that question.

During the Adult Forum hour all will be invited to participate in an exploration of our faith. I would encourage anyone interested in joining Faith to be part of this conversation. We will listen to Scripture and share stories of our faith, both personal and stories of Faith Lutheran. And we will engage in conversation around both the joy and cost of discipleship as we do our best to follow the One who went to the cross to redeem the world.

And yes, Holy Week will truly be holy: set apart for that darkest and then brightest part of the journey.

Let us enter this time of watching and self-reflection together. Let us enter it knowing that as we walk it together, entering the Word, receiving the Sacrament and engaging with each other, we will be changed. And new life awaits!

Pastor Kris Ostrem



Thank you for your generous gifts!

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Staff

Kristine Ostrem	Pastor
Abby d'Ambruoso	Youth and Family Pastor
Nan Beth Walton, AIM	Music Director
Gail Manahan	Office Manager
Betsy Best-Spadaro	Facilities Coordinator
Aiden Keith, Sam Maylor	Child Care
Ivy Johnson	Parish Nurse

Sunday Schedule

Worship at 8:00 a.m. and 10:30 a.m.
Education at 9:15 a.m. September through June

Publication Notice

Notes of Faith is published once a month.
News deadline is the 15th.

Articles can be submitted to
office@faithseattle.org

Campus Pastors

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Western Washington University - Lutheran Campus Ministry - Christopher Berry, revrefcdberry@comcast.net

Thoughts From Your Director Of Music

With grateful heart my thanks I bring, Before the great Thy praise I sing; I worship in Thy holy place And praise Thee for Thy truth and grace; For truth and grace together shine In Thy most holy Word divine, In Thy most holy Word divine.
1912 Psalter Psalm 138:1-3

You will probably hear these words in an upcoming Call to worship at Faith. I was looking around for an inspiration for my article for the newsletter, and as I generally do, I typed in a topic that I wanted to address at the nethymnal.org site, and this verse was from the first hymn that popped up. It comes from one of the many translated collections of Psalms, this from the Presbyterian church. I love having the chance to browse these collections. I think that Psalms are amazing! I think that these translations of Psalms are even more amazing...the recreation of the words in a new language, usually intended for metric singing (like hymns). I often end up on the Psalm text when it comes to selecting music for worship. They are a little package of stories of what God has done, laments, advice as to how we should live with God, and praise and thanksgiving for who God is and what God has done for us. They are compact and amazing and I am so grateful that we read one each Sunday, even though there are some that baffle me from time to time.

I especially love those that are Psalms of thanks and praise to God. Usually there is something contained in a Psalm that I have left out in my own offerings of thanks and praise that bring my intent to a new and more powerful place. There are so many times that my mere words of thanks seem insufficient for the greatness I have received from God in my life. It is much like when I have heard your words of thanks to God for amazing and miraculous wonders in the lives of people, or even in your gratitude for the ordinary things of our lives. Those of you who are worship assistants are often writing prayers that would be a great contribution to a psalter...your own take on the words in the lessons for the day. Without hearing those words from you, my life is much less full, and I wouldn't know about so many more things for which I can be grateful.

I have a grandson, now five, who is a "writer" of psalter in his own way. He doesn't attend church. His day doesn't end with prayers, as many children learn to do as a ritual of their lives. But, he is so grateful for his life! And he wants to express his gratitude! It began after a day that had two birthday parties, and he told his mom, "Thank you, mommy! This was the best day ever!" This soon became a ritual for him, to thank his mom for the new "best day", often listing the reasons for his gratitude for that particular day. Some days, it is even thanks for the "best day ever of my whole entire life!" His young heart is so eager to express his gratitude and great joy for what his life is. Certainly, many things in his life have been more disappointing than we would have wished for him. But we don't hear about that at the end of the day. His gratitude has been an instruction to me to remember to give thanks for each day that I have been fortunate to be here on this earth, among so many wonderful people and wondrous things.

"With grateful heart my thanks I bring", your sister in Christ!

Nan Beth Walton



February Concert

Octava Chamber Orchestra
Sunday, February 12, 6:00 pm
Maple Park Church
17620 60th Ave W Lynnwood

GROW IN LOVE, LOVE BY SERVING

Updates To Child Care Program During Church Services

Good news! We have updated our child care procedures to better serve our young ones.

Check-In Upstairs In The Cry Room: Child care check-in for the 10:30 service now takes place in the Cry Room, in the rear of the Sanctuary, beginning at 10:20. Children will get a name-tag and we ask parents to write their names on the attendance list when they check in.

Children Are Encouraged To Sit With Parents and Attend The Children's Sermon:

After checking in, children can sit with their parents in a pew for the first 10 minutes of the service, or stay in the Cry Room with the child care staff.

Possible revision: - Because the Cry Room is small and not equipped for children this age, it is requested that you have your children sit with you until the Children's Sermon.

All children are then encouraged to participate in the Children's Sermon, and will be escorted to the front of the Sanctuary by the child care staff. After the Children's Sermon, staff and volunteers will lead all *checked-in* children downstairs for play time and a snack for the duration of the service.

If your children are not checked in but you would like to have your children attend Childcare, please follow the staff downstairs and sign your child in at that time.

Age Range – Pre-Kindergarten Cut-Off: The youngest children in child care must be able to walk and talk and the oldest are Pre-Kindergarten age. If they have enrolled in Kindergarten, they have “Graduated” from child care!

Our Congregation Welcomes Children During Services: Children of any age are always welcome to stay in the pews with their parents for any or all of the service. Late check-ins and early check-outs are welcomed at the downstairs child care for young ones who can't make it all the way through the service, or who want to return upstairs to participate in communion. Many children enjoy sitting during the service using some of the “quiet toys” available in the back of the church. Parents can always accompany children who need a break to the cry room.

Child Care Volunteers Needed: If you are an adult over 16 and would like to volunteer to assist the child care staff during the 10:30 service, please sign up on the roster outside the child care room, or contact the Church Office with questions.

Sunday School Schedule

February 5 & 12: regular Sunday School Schedule

Saturday, February 11, 9 – 12: Parish Education Committee Retreat at church

February 19: President's Day Weekend; no Sunday School

February 26: Regular Sunday School Schedule

Love by serving,

Sandi Dexter

Parish Education Coordinator





High School Events



High School Service Event February 11, 5:30-8pm

Serve up some hot food and compassion to guests at Compass Housing Alliance temporary shelters downtown. Contact Pastor Abby if you are interested in participating. Friends are welcome. Service hours available.

P's and Q's (Pancakes and Questions) February 19, 9:15-10:15 a.m.

Ever wonder how you can help a friend through a difficult time? Or perhaps you're wondering what you can do when you face an injustice. Maybe you question whether God shows up at high school. Explore these questions and more with your peers at Pancakes and Questions. Fill your belly, fill your spirit. Every third Sunday of the month.

High School Bible Exploration February 5, 9:15-10:15 a.m.

Come explore the stories of the Bible and how they speak to your life today. This month: the story of Ruth.



Confirmation



Confirmation Service Events

Thanks to all the confirmation students who were able to serve at Compass Housing Alliance in January. Two groups of 7th and 8th grade students, along with parents, served dinner at Hammond House, a women's shelter, and First Church Men's Shelter, both in downtown Seattle. It was a new experience for most of the participants, but everyone said they'd like to return. The next day of service for Confirmation students is **February 18th**. Watch your email for further information.

Confirmation Sunday School Puppet Theatre

Beginning on Sunday, 2/26, the Confirmation Puppet Theatre will begin their puppet show series during the 10:30 Children's Time on Sunday mornings. This series will last through Lent. Confirmation students will be preparing these puppet shows during the Sunday school hour on 2/5, 2/12, and 2/19.

Confirmation Class

2/5, 2/12, 2/19, 6-8pm

Confirmation class continues this month. There is **NO CLASS** on February 18th, but there will be a service event that weekend.

Young Adults (18-30), Small Group February 10-11

The young adult small group will be attending lectures by Dr. Marcus Borg at University Congregational United Church of Christ. Following the lectures, the group will grab a bite to eat and share thoughts about the lecture. Email office@faithseattle.org for more information

Birthdays at Faith

For quite some time we have only been acknowledging milestone birthdays here at Faith. There has been concern that we do not have an accurate and complete list of birth dates and people whose birthdays were not mentioned would be hurt by the inadvertent omission.

However, enough of you have asked about the availability of birthday lists so you can have the opportunity to remember the birthdays of other members that we have discussed the issue at our staff meeting. Servant Keeper, the contribution software we use, produces a wonderful list of birthdays so we thought we would start, once again, to provide birth days (not years) in our monthly *Notes of Faith*. Since the list of birthdays we currently have is incomplete, this is how we are going to proceed.

1. We will begin publishing the monthly birthdays we currently have in *Notes of Faith*.
2. If your birthday is not listed and you would like to be included, all you have to do is contact the Church Office, either by email or phone, provide us with your birth date, which will then be entered into Servant Keeper and published on the appropriate month in the future.
3. If your birth date is not published and you do not wish to have your birthday published, you don't have to do anything, but just remember that some of your friends here at Faith may like the opportunity to wish you birthday greetings on your day. It also makes our church records more complete to have that information.

Thank you for your consideration and help with this project.

Gail Manahan



Women's Book Group

Wednesday, Feb. 15, 7:15 p.m.

For the February book group we will be reading and discussing Sarah's Key by Tatiana de Rosnay at a location to be determined. Please contact the Church Office if you have questions.



2012 Ailanga School Delegation

The first adult delegation of the Ailanga School Project is leaving for Arusha, Tanzania on Monday, February 13th. The group of 11 adults, including **Alice French, Joan Mattes, Julie Pierce, Suzanne Phillips, Tim Overlund** and **Barbara Lovseth**, will travel for two weeks visiting Africa and participating in the school life of Ailanga Lutheran Junior Seminary. Since 2004, four youth delegations from our NE Seattle congregations have visited the school and our congregations have made a substantial contribution to Ailanga's Science Program.

The 2012 group will stay at the Meru Diocese Guesthouse in Usa River and will visit the local hospital, orphanage, rehabilitation center and the Lutheran Mt. Meru Coffee operation. The Great Migration will be witnessed in the Serengeti Wildlife Park as well as stops at Ngorangoro Crater and Manyara Park. The time at the school will serve as the highlight and we anticipate deepening our friendships with students and faculty. Two lively worship opportunities in community congregations will connect our congregations to our Lutheran partners.

There will be some room in the group communal luggage to bring items from our churches to Ailanga Secondary School, Singhisi Primary School and the Nkoaranga Hospital and Orphanage. We are collecting:

- 1) English or foreign language books or dictionaries suitable for elementary or high school use,
- 2) Children's or adult classic literature, fiction or non-fiction would also be welcomed. (The students study in English at Ailanga.),
- 3) Toothbrushes,
- 4) White board markers, pencils, crayons, and pens,
- 5) Sporting goods, music instruction books or basic musical instruments.
- 6) Cash contributions would also be gratefully accepted.

Please have all donations to Faith by **Sunday, February 5th!** If you have questions contact the church office.

Be creative this Valentine's Day

Stressed? Yikes! It is almost Valentine's Day already.

Looking for a new and different way to show your spouse the depth of your love and devotion? What better than the gift of yourself – a weekend away where you can discover anew just how much your love means to each other. Inside your card, include a weekend reservation to a Marriage Encounter weekend. You will have plenty of time together in private to explore your feelings for each other and also to reminisce, dream, and plan your future together.

For more information or to apply for weekend attendance, visit the Lutheran Marriage Encounter web site www.GodLovesMarriage.org



Lutheran Marriage Encounter
 Winter - Spring 2012 dates
 March 2-4 in Federal Way, WA
 May 4-6 in Federal Way, WA





WOMEN OF THE ELCA

In the coming year of 2012, the Women of the Evangelical Lutheran Church at Faith Lutheran will be taking a good look at ourselves. Who are we? What are we about? We continue to celebrate the current organized groups that are already meeting here at Faith. You're invited to attend any of the following:

Mary-Martha Circle will be hosted by Dallas Presley on **Monday, February 13th,**

7:00 p.m. Karren Johnson will be leading the February Bible Study from the "Gather" magazine.

Ruth Circle meets in the library on **Thursday, February 16th, 12 Noon**, hosted by Margaret Young and Carol Prouty. The Bible Study, from the "Gather" magazine, will be led by the Pastor.

The Women's Book Group meets **Wednesday, February 15, 7:15pm** Contact: the Church Office

Altar Guild meeting information is available from the Church Office.

Lutheran World Relief Projects and Quilting hold the strong interest of our members. The whole congregation is invited to get involved in the securing of supplies and materials for these projects:

Personal Care (former Health Kits)

- One light weight bath-size towel (approx. 52" x 27") dark color
- Two bath-size bars (4-5 oz.) of soap, any brand, in original wrapping
- One adult-size toothbrush in its original packaging
- One study comb
- One metal nail clippers

Baby Care Kits (former Layettes)

- Two lightweight cotton t-shirts (No more onesies)
- Two long or short sleeved gowns or sleepers, without feet
- Two receiving blankets, medium-weight cotton or flannel
- Four cloth diapers, flat fold
- One jacket, sweater or sweatshirt with hood, (or include baby cap)
- One hand towel, dark color preferred
- Two bath-size bars (4-5 oz.) of gentle soap, in original wrapping
- Two diaper pins or large safety pins
- Two pair of socks

Fabric Kit (former Sewing Kit)

- Two pieces of cotton or cotton-blend fabric (no knits or 100% polyester); fabric should have no stains or holes and be cut into pieces measuring:
- 2 ¼ yds. of 60" wide fabric, or
- 3 yards of 44" wide fabric, or
- 4 yards of 36" wide fabric
- Two (2) spools of neutral-colored, general purpose thread 250-300 yards each

School Kits

- Four 70-sheet notebooks of wide or college ruled paper (8" x 10 ½"); no loose-leaf paper
- One blunt scissors (safety scissors with embedded steel blades work well)
- One ruler (30 centimeters & 12 inches)
- One pencil sharpener
- Five new, unsharpened #2 pencils with erasers
- Drawstring bag 14"x17" (pattern available)
- One eraser approx. 2 ½" long
- Five new ballpoint pens (no gel ink)
- One box of 16 or 24 crayons

My concluding paragraph is written as a tribute to **Ruth Helling**, who recently passed away at the age of 88. I had the privilege of attending her memorial service at Queen Anne Lutheran, January 9, 2012. Ruth and her beloved husband Ken, also now deceased, served as Lutheran World Relief Key Leaders for 32 years, organizing the twice-a-year Pacific Northwest Ingathering. They played a significant hand in collecting Quilts and Kits for LWR, certainly millions of dollars' worth over that many years. Ruth's personal goal was to make 52 Quilts a year – one a week – and continued with that until her eyesight began failing. Ruth got to meet Mother Teresa when traveling with LWR on a Study Visit in India. Ken and Ruth were known as "Good Samaritans from Seattle". Peace be to the memory of Ruth and Ken.

- - In Christ's Service, Estelle Morley



Lenten Devotionals with Activities

Lenten Devotional booklets will be available in the Narthex beginning on Sunday, February 12th. The booklets have resources for all ages to expand your Lenten journey.

Save the Date!

The Compass Housing Alliance 2012 Auction “Up, Up and Away” will be held on March 10, 2012 at 6:60PM at the Museum of Flight. Tickets are on sale at their [website. www.compasshousingalliance.org](http://www.compasshousingalliance.org)



Calling All Shepherds!



Would you like to offer prayer and support to new parents and to little ones? Shepherding may be the right opportunity for you. Through our Cradle Roll program, new arrivals are matched with a shepherd. Shepherds send monthly faith-building resources (supplied by Faith) and pray for the baby and parents. To learn more about this rewarding experience, contact the Church

Office.

DID YOU KNOW?

Thank you to everyone who participated in our Recycling Event on January 7th. We collected over 3 tons of unwanted items that will now be recycled and reused, not dumped as more land-fill.

Do you have news to share? Email your news to office@faithseattle.org and let your Faith family know what's going on in your life.





NEWSLETTER OF FAITH LUTHERAN CHURCH

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Calling All Cooks!

Faith's volunteers, led by Nancy Estill, have been preparing and serving home-cooked meals at the Family and Adult Service Center the second Thursday of each month. Cooking begins at **1:00 p.m.** in Faith's kitchen, and more volunteers are always appreciated.

This month we will prepare and serve dinner on **Thursday, February 9.** Contact the Church Office with questions.



Men's Fellowship Breakfast Saturday, February 25, 8 - 11 a.m.

Share Bible Study, fellowship, breakfast and help with some much-needed, much-appreciated tasks around our building.

Contact the Church Office with questions.

