



Frieda McElhinney

January 11, 1925 - January 19, 2024



PRELUDE

WELCOME

BLESSING

P: Blessed be the God and Father of our Lord Jesus Christ, the source of all mercy and the God of all consolation. God comforts us in all our sorrows, so that we can comfort others in their sorrows with the consolation we ourselves have received from God.

C: **Thanks be to God.**

REMEMBRANCE OF BAPTISM

P: In Holy Baptism Frieda was clothed with the robe of Christ's righteousness that covered her sin. St. Paul says: "Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death?"

C: **We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life. For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his.**

PSALM 23

P: The Lord is my shepherd, I shall not want
He makes me lie down in green pastures;
he leads me beside still waters; he restores my soul.
He leads me in right paths for his name's sake.
Even though I walk through the darkest valley, I fear no evil;
for you are with me; your rod and your staff— they comfort me.
You prepare a table before me in the presence of my enemies;
you anoint my head with oil; my cup overflows.
Surely goodness and mercy shall follow me all the days of my life,
and I shall dwell in the house of the Lord my whole life long.

P: The Lord be with you. **C: And also with you.**

P: Let us pray.

O God of grace and glory, we remember before you today our sister Frieda. We thank you for giving her to us to know and to love as a companion in our pilgrimage on earth. In your boundless compassion, console us who mourn. Give us your aid, so we may see in death the gate to eternal life, that we may continue our course on earth in confidence until, by your call, we are reunited with those who have gone before us; through your Son, Jesus Christ our Lord.

C: **Amen.**

HYMN 807

Come Thou Fount of Every Blessing

NETTLETON

LESSONS

Deuteronomy 6:4-9

Micah 6:6-8

Galatians 3:23-29

Mark 1:1, 9-11

SERMON

Pastor Shannyn Fuerst



HYMN 614

Baptized in Water

BALM IN GILEAD

APOSTLES' CREED

**I believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, God's only Son, our Lord,
who was conceived by the Holy Spirit,
born of the virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.**

PRAYERS

P: ...Lord, in your mercy

C: **Hear our prayer**

THE LORD'S PRAYER

C: **Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever and ever. Amen.**

THE COMMENDATION

P: Let us commend our sister, Frieda, to the mercy of God, our maker and redeemer.

Moment of Silence

P: Into your hands, O merciful Savior, we commend your servant Frieda. Acknowledge, we humbly beseech you, a sheep of your own fold, a lamb of your own flock, a sinner of your own redeeming. Receive her into the arms of your mercy, into the blessed rest of everlasting peace and into the glorious company of the saints in light.

C: **Amen.**

HYMN 773

Precious Lord Take My Hand

PRECIOUS LORD

BLESSING

P: The Lord bless you and keep you;
The Lord's face to shine upon you and be gracious to you;
The Lord look upon you with favor and give you peace.
In the name of the Father, + Son, and Holy Spirit.

C: **Amen.**

DISMISSAL

P: Let us go forth in peace.

C: **In the name of Christ. Amen.**

POSTLUDE



You are invited to gather in the Social Hall for the reception

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To view Frieda's obituary and to sign her memory book, please visit the website www.emmickfunerals.com/obituary/Frieda-McElhinney

Remembrances may be made to Seattle Children's Foundation or Faith Lutheran Church or the charity of your choice. For online donations, go to seattlechildrens.org and click on the Donate Now button on the top right.

If you want to send a gift through the mail, please send it to:
Seattle Children's Foundation
P.O. Box 5371, mail stop 818F
Seattle, WA 98145-5005

Frieda McElhinney



Frieda "Carol" McElhinney, a beacon of wisdom, love, and courage, peacefully passed away at the age of 99 on January 19, 2024, in Seattle, WA, due to natural causes compounded by emphysema. Born on January 11, 1925, in Emmet, North Dakota, Frieda was a soul who enriched the lives of all who knew her, leaving behind a legacy of kindness and creativity.

Frieda was the last surviving member of her ten siblings, a testament to her resilience and strength. Her life was a tapestry woven with the love of her family, including her late husband Glen McElhinney, her loving daughter Karen McElhinney, and a host of nieces, nephews, grand nieces, grand nephews, and great grand nieces and nephews who looked up to her as a matriarch and confidante.

Though she never had the opportunity of formal education beyond grammar school, Carol was a lifelong observer of life and people, with an innate ability to listen and understand the human spirit. Her wisdom was her education, and she shared it generously with those around her.

Her formative years instilled in her a strong work ethic and a heart full of compassion, qualities that would define her throughout her life. As a young woman, Carol ventured into the workforce with grace and determination, serving as a waitress in various cities including Minneapolis, Chicago; Toledo and Burien, Washington. Her excellence in sales was matched by her creative spirit, which she channeled into designing and creating intricate formal gowns for her daughter, sewing durable cushions for her husband's DC 9 earthmover, and excelling in jewelry design with an artistic flair that captivated many.

Her involvement with various associations such as the Order of Eastern Star, Girl Scout Assistant Troop Leader, Job's Daughters parent support, and Phi Mu parent highlighted her commitment to service and community. Carol's dedication to these organizations showcased her belief in the empowerment of women and the nurturing of young minds.

Frieda's interests were as rich and diverse as her personality. She maintained the family vegetable garden with a green thumb that brought both sustenance and beauty to her home. Her adventurous spirit led her to backpack through Europe with Karen for six weeks in 1984, exploring the Caribbean Islands and Mexico, traveling the United States and Canada, including Hawaii.

An avid reader, Frieda found solace and excitement in the pages of books, and her love for Sudoku and jig saw puzzles reflected her sharp and inquisitive mind. Throughout her life, she continued to recreate herself. Even in her 90s, Frieda's commitment to health and vitality was unwavering. She worked out four days a week at NW therapy, demonstrating that age is but a number and that one's spirit can remain youthful and lively regardless of the passing years.

To describe Frieda as wise, loving, and courageous is to capture the essence of a woman whose presence was a gift to the world. Her wisdom guided her family and friends through life's challenges, her loving nature enveloped them in warmth and comfort, and her courage inspired them to face their own journeys with bravery.



Frieda's life was a celebration of the human spirit's capacity for love, creativity, and resilience. Her journey may have come to a gentle close, but her spirit continues to live on in the hearts of those she touched. Her legacy is one of joy, beauty, love and the profound impact of a life well-lived.

As we bid farewell to Frieda "Carol" McElhinney, we reflect on a near century of memories, lessons, and love that she bestowed upon us. Her departure leaves a void that can never be filled, but her indomitable spirit will continue to guide us, just as the North Star guides travelers in the night sky.

Frieda's life was not just a journey through time, but a journey through hearts, and she will be deeply missed by all who were fortunate enough to know her. As she reunites with her beloved Glen and the siblings who went before her, we take solace in the knowledge that her light will never fade. Rest in peace, dear Frieda, until we meet again.

Thank you to the vast village of people who supported Frieda and Karen through Frieda's last years. Polyclinic physicians, Nurse practitioners, Physical therapists, Nurses, CNA's, Swedish and U of WA Medical centers, NW therapy, pulmonary rehab; Chiropractic care, Bastyr Physical medicine. Merrill Gardens at University, independent and assisted living; the staff, caregivers, residents. We were well cared for. All the staff at Continuum hospice-physicians, care director, RN's, CNA's, music therapists, Volunteers; Faith Lutheran Church Connections team who offered companionship, reading, listening, caring and respite for those precious 9 months. Special thanks to dear friends & family that brought light and love to each day.





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