



The Viewpoint

July 2009

Volume 56 No. 7

The Promises of God

By: Pastor Rebecca Shjerven

This summer our children will gather for Sunday School to explore and revel in "The Promises of God". They will spend several weeks connecting to their ancestors, Abraham and Sarah, as well as others whose names may not be as familiar to us. . . Abigail, Amos, Micah.

In keeping with the theme, I've been "eavesdropping" on God's conversations with Abraham, at least the parts of them I am privy to in the book of Genesis. It's quite a relationship, as you know. God appeared to Abraham, seemingly out of nowhere (Gen. 12), and commanded him to uproot himself and his family, travel to a land of God's choosing and start a new life. God's displacement program came with promises: *I will make of you a great nation, with rich land in which to dwell. Through you, many will be blessed.* Abraham responded with the confidence of a new convert. *I'm in. We're in. Let's go!* But things didn't go exactly as expected. So the next time God approached Abraham (Gen 15), he had a few questions about these divine promises. *This "great nation" thing, God, how is that going to work? Because I don't have any children, and Sarah's not getting any younger. And how am I going to possess land when it belongs to someone else? Sketch this out for me a little, God. I need more details.* Abraham placed his and his family's future, in God's hands. He wanted to make sure that his hope was not in vain.

I understand Abraham's questions. I have a few of my own. *How does this all work, God? You are the Bread of Life, yet so many go to bed hungry at night. You are the Prince of Peace, and yet our world is ripped apart by conflict and war. You are the Resurrection and the Life. Say more about that, God, be-*

"Now faith is the assurance of things hoped for, the conviction of things not seen."

Hebrews 11: 1

cause I feel death's power every day. I need assurance of your promises, Lord, assurance that our faith is not in vain.

God did not take Abraham's questions lightly. God directed his vision to the night sky. *Look at the stars, Abraham. Your offspring will be as numerous as these.* I find this response deeply comforting. I imagine God saying: *Look at all these stars, Abe. They are some of my best work. If I can spangle the heavens with these lights, I can certainly come up with a baby and some land.* Abraham was reminded of the vastness of God's imagination, God's power and God's plan. Abraham and Sarah were caught up in something greater than they would ever understand, the creative and redemptive work of God. The same is true for us. The life of faith is filled with questions. . . good questions. . . worthy questions. But we will never understand the mind of God. We put our trust in God's character, revealed to us most clearly in Jesus. We cling to God's promises, even when we don't understand how they will come to be. We walk by faith and not by sight.

And we look to the night sky. On these clear summer nights, look up and marvel at the power and the imagination of God. Trust that the one who spangled the heavens holds you close, and will be faithful to you throughout your life's journey.

Pastor's Message	1	Calendar	8
Christian Education	2	Stewardship Ministry	10
Congregational Care	3	Worship & Music Ministry	12
Outreach Ministry	6	Youth & Family Ministry	13
Peace & Justice Ministry	6	Birthdays & Anniversaries	14

Christian Education

Vacation Bible School is Coming

August 3rd thru the 7th from 9:00 a.m. through 12:15 p.m. There are many more openings for leaders and assistants. Please see the VBS table in the narthex or speak with Linda Wimberley (ljwimb@aol.com) or Ingelaurie Lisher (Ingelaurie@smlutheran.org) if you are able to help.

Supplies! Supplies! Supplies! If you are interested in helping by donating supplies see the VBS table in the narthex. There is a list of supplies there that are needed. VBS registration is due by July 19th! You can pick up a form at the VBS table or download one online.



God Most High, I will rejoice; I will celebrate and sing because of you! Psalm 9:2 This is the verse we start our week with. Rejoicing and celebrating are GREAT ways to begin the week. Join us Monday August 3rd and we will Rejoice with Liz the Lizard together.

Special Event!

Intergenerational Forum
June 28th

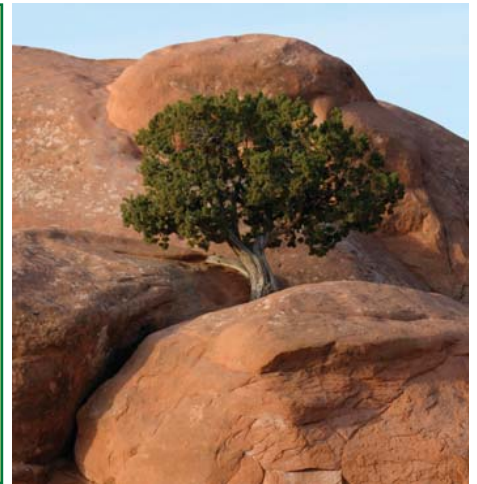
Join Char Leone as she explores the bible readings of the week with adults and children.

Adult Education Space, 9:45-10:45 a.m.



Did You Know?

The Utah juniper, one of the most common trees in the southwest, has the ability to self-prune. During droughts, these trees will cut off fluids from one or more branches so that the rest of the tree can survive. [Check out www.nps.gov for more fun canyon facts.]



“The Promises of God”

Summer Sunday School

July 12	Abraham and Sarah
July 19	God's Promises to Abraham
July 26	Abraham and Lot
August 2	The Birth of Isaac
August 9	Abigail Works for Peace
August 16	Amos Calls for Justice
August 23	Micah Speaks for Peace
August 30	Blessed are the Peacemakers

Children will gather in the new Sunday School Space (downstairs in the new wing)

Summer Sunday Forum (9:45)

One of the blessings of a faith community is the opportunity to reflect on our spiritual journey with fellow travelers. This summer we will have the chance to grow in relationship as we explore the worship texts and themes of the weeks. The conversation will be guided by an agile facilitator. Questions, observations and personal perspectives will be encouraged. If you haven't been part of the 9:45 Forum in the past, now is a great time to check it out! Grab a cup of coffee and join the conversation in the Adult Education Space (south end of New Fellowship Hall).

congregational cave

No. 7

The Viewpoint

Page 3

The Healing Gifts of God's Creation

By: Joan Torfin, Parish Nurse

When I think about the word "healing", I think also of holistic (wholistic) healing, healing; of the body, mind and soul.

The hopefulness of spring is the budding and blooming flowers and trees. The birds sing their fervent songs of joy and praise. Hopefulness heals us of the hopelessness and discouragement, which come to all of us at different times in our lives. It is hope that gives us the strength and courage to engage in our day to day struggles. It is hope that brings joy to our lives.

Remembering the giant fir trees which surrounded my childhood home, I feel very sad when I see the cutting and removal of trees without thought or regard to the length of time that is required for a tree to grow, without thought of the great blessings trees are to us creatures here on this earth. The loss of trees destroys the habitat of our wild birds and other animals who rely on them for the rest and renewal these great beauties provide.

Trees and plants are our health-giving friends as well. They filter the particles of our man-made pollution. They hold, in their form, the very earth and keep it from eroding. Trees provide us shelter and shade in the heat of summer. They are restful to our gazing eyes, with their greenery, stability and strength.

Flowers which come to us in the springtime and summer are healing in their unique colors and varieties. It is calming to be in a garden.



Mountains provide us with breath-taking beauty, recreation and with their glaciers and rivers, the very water that we need to live.

Excerpts from the familiar poem by Joyce Kilmer remind us of the qualities of our trees:

*"I think that I shall never see a
poem lovely as a tree.
A tree that looks at God all day and
lifts her leafy arms to pray".*

We must have great reverence for this earth, for its abundance of trees, plants, waters, animals, the visual beauty of our peaceful hills and majestic mountains, gifted to us by our Creator. These gifts are essential to our own survival and are a healing force in all of our lives.

Please Join Us

Sunday, July 26th

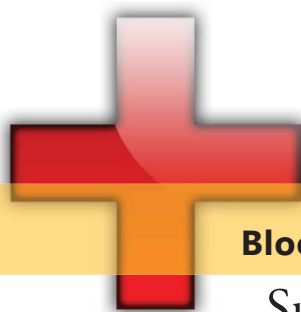
as we say

Farewell to Janeen Smith.

Cake/coffee receptions after 8:30/9:45 a.m. services.

A Noon Luncheon with Thanksgiving for Ministry will be hosted after the 11:00 a.m. service.

All are invited.



Blood Pressure Screening

Sunday July 26th
in the
Parish Hall

Men's Health: *Gaining Weight as You Age*

From Health Information at www.npnwa.net

By: Helen Bache, Parish Nurse

Men tend to gain weight more slowly and lose it more easily than most women. However, as they age, men also begin to add on extra pounds.

Men lose muscle as they age, especially if they become less physically active. This muscle loss slows their metabolism, affecting the rate at which their bodies burn calories.

Men typically gain weight around their stomach areas. Fat around the stomach poses a greater health risk than fat that accumulates in other areas. Such risks include heart disease, diabetes, sleep apnea and certain cancers.

If you are carrying extra weight around your stomach, don't despair. With patience, dedication and a consistent diet and exercise regime, you can lose your stomach fat. You don't have to alter your entire lifestyle. Several small steps can make a big difference.

- Try reducing portion sizes. A portion is the size of a deck of cards.
- Cut back on extra portions...that means no "seconds".
- Choose foods with fewer calories.
- Increase your physical activity. Think about a thirty minute walk, bike ride or game of basketball. Garden work...mowing, raking, digging can also yield a good work out in fresh air and sunshine. (Use a hat and sun screen.)

Body Mass Index (BMI)

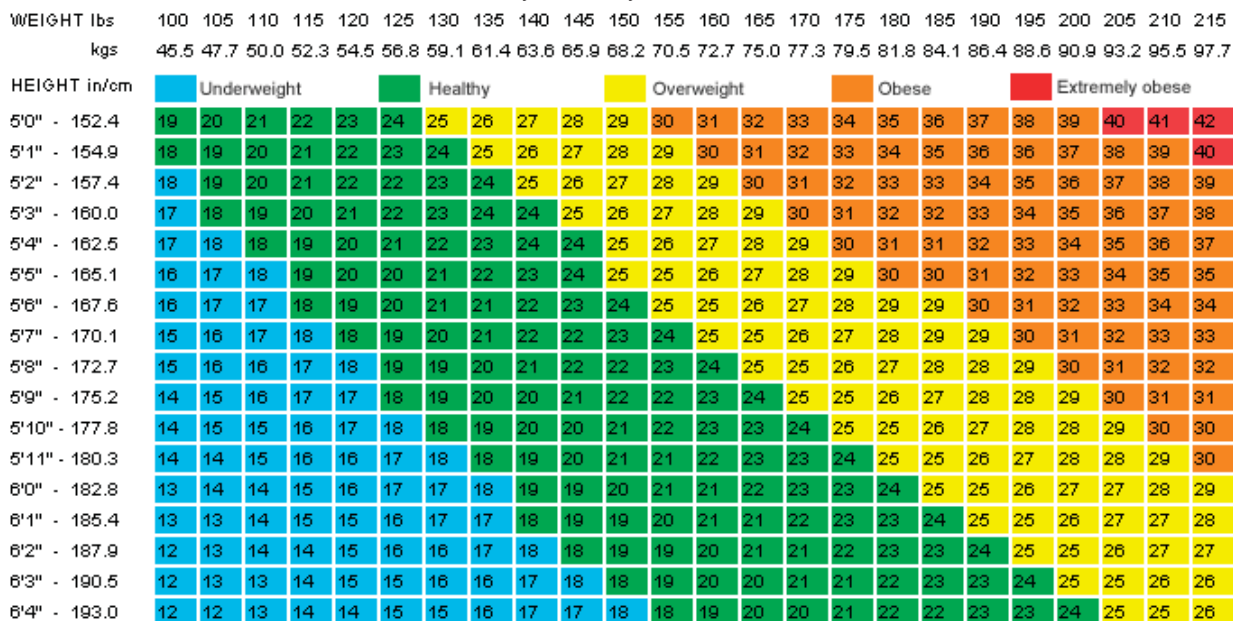
The BMI is a measure of your weight relative to your height. BMI is a reliable indicator of total body fat, which is related to the risk of disease and death. The score is valid for both men and women but it does have some limits. The limits are:

- It may overestimate body fat in men and athletes and others who have a muscular build.
- It may underestimate body fat in older persons and others who have lost muscle mass.

BMI Ranges:	
Underweight	<20
Ideal	20-25
Overweight	25-30
Obese	>30

Body Mass Index Chart

Calculate your body mass index



Farewell

By: Mirjam Hofer, Seminary Intern

"Wow - what a incredible year!"

The time went by so fast and now it's time for me to say goodbye.

Even in my mother tongue I wouldn't be able to find the right words to describe my feelings. On the one hand, my heart is overwhelmed with thankfulness. I am richer from the wonderful experiences I have had and so full of love and care for all of my new friends. And on the other hand, there are tears of goodbye and farewell to such a wonderful place and people.

I came here with a sense of adventure and the trust that God would make a way for me. I also came with a curiosity to get to know a new place of the world, a new church, and a new people. But I never expected that it would be so easy for me to feel so comfortable throughout the whole year. So thank you all for making this possible for me. Thank you for your support, your welcome and your smiles. I enjoyed working and celebrating together with you in Jesus name.

On my next journey I'll be moving to a smaller town called Bad Aibling in Bavaria, Germany, where I will finish my "preparation years" before the Bavarian Lutheran Church approves my calling to Christian Education. During these two years, I'll work mostly with the Youth and Family Ministry at the Church and I am going to teach Lutheran education at the public schools.

Again I can just say, this year was a blessing for me and had definitely a remarkable impact for my life. I have to leave, but I know, that in Christ we will stay close together.

Viele Dank
Gottes Segen sei mit euch



Women
of the
**EVANGELICAL
LUTHERAN
CHURCH
IN AMERICA**

Ladies, get out your calendar! As far as we can determine at this time, this is our calendar for the year. The dates are now on the church calendar and we hope we can keep them. Also we are thrilled to announce that we have volunteers for each of the activities. If you have ideas or suggestions for these events, contact them. They were so very gracious to accept the position. And if you are asked to help, please say YES.

August 22 Bible Study Event at Trinity Lutheran Church in Parkland from 9:00 a.m. to 3:30 p.m.. Registration is \$15.00 which includes lunch. Registration sheets will be on the information table in the Narthex. Sonja Yeager 761-3018 and Elaine Rodning 761-9198 will be driving so contact them for rides.

- October 3 Women's Retreat at Carol Paulson's home. 517 Monterey Lane. Elaine Rodning will be coordinator along with Carol.
- November 7 Bazaar with Debby Hrenn 759-9775 coordinator, along with all the women of the church. Now is the time to start working on crafts for this event.
- November 22 Thankoffering gifts received at all three services. Carol Paulson, Coordinator
- December 5 Women's Advent Luncheon, Linda Cerbone 627-4036 coordinator.
- May 1, 2010 Women's Spring Luncheon Bonnie Wascher 503-6765 coordinator

outreach Ministry

Photo Database Project

By: Lisa Lindholm

This summer I will be assembling a database of images for use in future St. Mark's publications. I have already received a number of images from staff and congregation members, but I can use more. There are many talented photographers in our parish and sharing them is a great ministry opportunity.

I will be collecting digital images and uploading them to a private Picassa

Web Album account. Members can request access to the images for creation of brochures and other print media.

To submit images please put them in a high resolution .jpg or .gif format. The bigger the better. Don't worry about cropping or editing photos. I will do that as I receive them. I am looking for images from congregational outings or events. Preferably of individuals or close group shots. I hope to make the database a resource for high quality images.

I will also be sending out release forms for members to sign. If you do not want your likeness used in a publication (print or online) please let me know by sending an email to lisa@smlutheran.org or leaving me a note in the church office. I will not use images of those I do not have permission to use. Also, to protect the privacy of all members, names and personal information will not be used in any online media.

You can submit your photos via email to lisa@smlutheran.org or bring them to the church office on a CD. All CDs will be returned.

Peace & Justice Ministry

Thank You, St. Mark's

Somali-Bantu tutoring wishes to thank St. Mark's for the great support this past school year. We especially want to thank Elaine Rodning, the Women of St. Mark's, the African Family Support Team, and all those who donated and transported snacks for Wednesday night tutoring at First Lutheran. The tutors from PLU and UPS accounted for almost 900 volunteer hours this year. We say goodbye to our wonderful and talented coordinator, Kerri Greenaway, who will pursue graduate studies at Columbia University. The new coordinators next year will be Kammi Sheeler and Becca Greer, both UPS students. See you next fall!



Lutheran World Relief

To others, through others.

Moving Days Ahead

The Lutheran World Relief team will be moving the quilting portion of the ministry to our new space. The area is so light and many storage areas have been made ready for us. We hope to have the items from our small closet moved by the time you receive this issue of *The Viewpoint*. We will be keeping our present work room for storage, and for assembling and boxing the school, health layettes, and sewing kits. Contributions from our faithful supporters can be received there and prepared through our continued work. We invite you to come and visit us in our new space as it will be very accessible when we return to work in September.

School Kit Time is Also Coming

The middle of July through the first week in August is the best time for finding bargains for the items to fill school bags. Patty Hulbert is our School Kit chairman and she will be sewing the school bags. She makes sure that

each bag has everything it should have and box them in preparation for shipping. Each bag needs 3 seventy page spiral note books, 6 pencils, 1 big pink eraser, 1 box of crayons (24), 1 ruler, 1 pencil sharper, 1 scissor (blunt) and 10 sheets of construction or assorted colors.

Other Needs

If you see bargains on soap it is always desperately needed. Those who prepare the layettes are always searching for flannel. Summer garage or estate sales are good sources as well as second hand stores for sheets, hand towels, flannel and pillow cases.

OUR gifts TO L.W.R. bring hope to many. Thank you for your continued support of this ministry.

Why Stand With Africa?

By: Norm Orth

That's a critical question: Why Stand with Africa? The scope and severity of the disproportionate suffering in Africa compel us Christians/Lutherans to take action.

Hunger, HIV/AIDS and civil strife exist in all parts of the world, but in Africa these three realities are intertwined in ways that reinforce and intensify the human suffering caused by each. While just 10% of the world's population lives in sub-Saharan Africa. 24 percent of the world's undernourished people. 27 percent of the world's refugee/internally displaced people and 60 percent of people living with HIV/AIDS reside in sub-Saharan Africa.

One out of every four Lutherans in the world, 15 million live in Africa. The two largest LWF member churches in Africa are the Ethiopian Evangelical Church Mekane Yesus (4.3 million members) and the Evan-

gelical Lutheran Church in Tanzania (3.5 million members). In 2004, the Evangelical Lutheran Churches in the Republic of Congo, Kenya and Togo increased their membership by 36 percent or more. Fifty four of the 65 ELCA Synods have a companion synod relationship with an African church or diocese (Lutheran World information, 2006). Remember, there are millions of non-Lutheran, non-Christian people in Africa suffering the same way.

Stand with Africa builds on and enhances the life-saving efforts in Africa. It is funded by your hunger offering gifts each Sunday and by your gifts to the ELCA World Hunger Appeal and to the International Disaster Response. Development efforts help communities in Africa access safe water sources and restore the environment; they help African families move from poverty to self-help sufficiency; and they help Afri-

can children attend school. The story just goes on and on in the multiple countries of that great continent.

So...Who are We? People living transformed lives under the Gospel of Christ Jesus; people who have an abundance of the needs of life; and therefore called by that Gospel to respond generously, joyfully to the needs of the world.

Again, extended thanks for your offerings in the past. Our May offerings were \$1,060.34, which went locally to the Tacoma Rescue Mission. Peace to you.



July 2009

Sun	Mon	Tue	Wed
			1
5 8:30, 9:45, 11 — Worship 9:45—Adult Forum	6 9:30 Quilters 5:30 Finance Comm. 7:00 Boy Scouts	7 1:00 Staff Mtg. 6:00 Worship Team	8 9:00 Visitation Team
12 8:30, 9:45, 11 — Worship 9:45—Adult Forum 9:45 Summer Sunday School begins	13 9:30 Quilters 7:00 Boy Scouts	14 1:00 Staff Mtg. 6:00 Worship Team 6:30 Church Council	15 Viewpoint Deadline 5:30-7 SR ALYVE BBQ at Lindholm's
19 8:30, 9:45, 11 — Worship 9:45—Adult Forum VBS Registration Deadline	20 9:30 Quilters 7:00 Boy Scouts	21 1:00 Staff Mtg. 6:00 Worship Team	22 6:00 Middle School BBQ at Linda Wimberley's home
26 8:30, 9:45, 11 — Worship 9:45—Adult Forum Blood Pressure Checks!	27 9:30 Quilters 7:00 Boy Scouts	28 1:00 Staff Mtg. 6:00 Worship Team	29

St. Mark's Lutheran Church by The Narrows

Thu	Fri	Sat	
2	3 Rocky Boy Mission Trip to Montana — return July 10	4	Weekly Parish Nurse Hours: Sunday - 9:30-11:00 a.m. Wednesday - 4:00-7:30 p.m. Thursday - 9:00—noon
9 10:00 Caregiver Support Group 5:30 Executive Comm.	10	11 10-11 Summer Choir practice	Weekly Nursery / Child-care is offered: Sundays - 8 a.m.-12:15 p.m. Tuesdays - 6:00-8:30 p.m.
16	17	18	
23	14	25 Habitat for Humanity— "Building on Faith" (St. Mark's crew) 12:30 Serve at Nativity House	
30 9:30 Viewpoint Assembly	31		

Stewardship Ministry

The Theology of Stewardship

By: the Rev. Michael Meier, from *The Depth and Breadth of Stewardship Theology*

The model of Jesus Jesus, in his human life, is the perfect respondent to God, the Steward. The life of Jesus is marked by obedience and faithfulness. Shaped by grace, his life is lived to honor God and to serve humankind. Jesus is the model steward, the one who lives in complete harmony with the plan of God.

Followers of Jesus In the New Testament the followers of Jesus recognize God's plan and recognize Jesus as the centerpiece of that plan. Jesus is the faithful model for a life lived in response to that plan. Both faith and Oikonomia continued works are accomplished by the power of the Holy Spirit working in the life of the faithful believer.

Since the time of Jesus, faithful Christians have centered their faith on God's plan, as it was revealed in the life, death and resurrection of Jesus. They have tried to live lives of obedience and faithfulness, honoring God and serving humankind. They have strived to live in harmony with God's plan, responding to God the Steward with lives of faithful stewardship.

At the same time, these followers of Jesus have had to recognize their own sins and imperfections, their inability to completely fulfill God's plan, and their need for grace.

Worship as the highest form of stewardship The implications of a broad and deep understanding of stewardship lead us to describe our response to God in a variety of ways. The act of worship, adoration of God, is the highest form of stewardship. In the Old Testament, Exodus 20:3, God says "You shall have no other Gods before me." Jesus said, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the greatest and first commandment" (Matthew 22:37-38).

Whenever we talk about stewardship or being a steward after the model of Jesus, we must begin by recognizing that worship of God is the highest form of stewardship. We do not mean a particular ritual or liturgy, we do not mean a particular form of service, we mean a stance, an attitude, a response to God who has revealed God's plan of grace. We mean praise and honor. We mean obedience and faithfulness. We mean a desire to seek the teachings and intentions (the plan) of God.

Campers and Backpackers

The Care of Creation Committee is planning two outdoor experiences this summer. Please mark your calendars with these dates if you are interested. First from July 31-August 1 there will be a hike/campout at 3rd Beach in Olympic National Park. Located a few miles northwest of Forks, Washington, this involves a one mile hike to a pristine beach with hiking to and up headlands, great tidepools, and beautiful seastacks. Campers will set up camp on the beach at the bottom of the trail, enjoy the beach and day hikes from there. We are trying to get campsites for car campers at Realto Beach as well. Watch for additional information in the church bulletin for details about this weekend and car camping at Realto Beach during that same weekend.

Secondly, For those interested in a more rigorous wilderness experience a four day hike on the Pacific Crest Trail is planned from August 13-16. This will involve carrying a backpack and sleeping in tents for three nights. This trek will wander south about 30-miles from Hart's Pass to Rainy Pass (that intersects the North Cascades Highway). Backpackers should be in good shape and enjoy ridge walking and nights under the stars. A sign-up and meetings will be scheduled for those interested in this experience.

Please contact Tom Hulst at 253-460-2683 if you would like to discuss either of these experiences further.



Grace Upon Grace Financial Update June 15, 2009

By: Jim Hoiland, GUG Treasurer

Income from donations	\$818,516.06
Matching funds from Thrivent	\$13,365.00
Interest Earned	\$5,597.45
Total Income	\$837,478.51
Program Expenses	\$21,763.34
Kairos Fees	\$34,500.00
Bank Fees	\$1,451.06
Peace Lutheran 5%	\$37,751.58
Permits	\$51,580.30
Engineering/Design Fees	\$67,522.16
Architect Fees	\$213,327.15
Insurance Fees	\$8,210.25
Appraisal Fee	\$3,850.00
Construction Costs	\$249,446.81
Loan Interest Expense MIF	\$45,456.21
Total Expenses	\$734,858.86
CASH ON HAND 6/15/09	\$102,619.65

The total amount pledged to date is \$1,174,548.00 of which \$818,516.06 has been paid or 69% (The total pledged includes money designated for the matching funds for the Preschool and the Peace Lutheran Community Center). We have now completed 2 years of this initial 3 year campaign. I wish to thank all of you who have paid on your pledges and I wish to thank the many, many people who have contributed to this campaign who have not made a formal pledge!

We are currently borrowing on our construction loan to be able to pay our contractors with. As of today, June 15, 2009 we currently have borrowed \$2,569,057.96 against the \$3,000,000.00 construction line of credit. Based on the most recent information it appears that we will be well within our borrowing authorization of \$3,000,000.

It is my pleasure to serve as the treasurer of this campaign.

May and YTD Finance Report

GENERAL & BENEVOLENCE FUND	May	YTD to May 31
Total Gen & Benev Fund Income	\$58,645	
	\$281,892	
Planned benevolences	\$3,299	\$20,788
Ministry team expenses	\$4,319	\$13,259
Administrative expenses	\$7,215	\$23,029
Property expenses	\$3,165	\$19,305
Staff expenses	\$43,218	\$209,828
Total Gen & Benev Fund Expenses	\$61,216	\$286,209
Operating Difference	-\$2,571	-\$4,317

As you travel this summer, thanks for keeping your giving to St. Mark's up to date. We need about \$65,000 each month in order to meet our ministry funding needs.

We also received in May, among other designated gifts, \$2,188 for the Watoto Children's Choir, \$13,686 for the Mexico mission trip, and \$23,042 for Grace Upon Grace. All designated gifts are sent to the ministry or organization for which they were designated.

New Fellowship Hall Dedicated

On May 31 St. Mark's dedicated the new Fellowship Hall and Education wing with pomp and circumstance.



Worship & Music Ministry

Worship & Music Schedule July 2009

Sunday, July 5th	11:00 Service - Women's Trio (Janet R., Susan V., Danielle L.)
Saturday, July 11th	SUMMER CHOIR practice, 10:00-11:00 a.m. (St. Mark's Sanctuary)
Sunday, July 12th	8:30 service - Women's Trio (Liz S., Jen O-K, Danielle L.) 11:00 service - SUMMER CHOIR (10:30 warm-up)
Sunday, July 19th	Scott Tollefson and family special music, all services
Sunday, July 26th	Celebration of Janeen Smith (her last Sunday), all services

Intergenerational Summer Choir

The St. Mark's Summer Choir is for all ages and all ability levels. From 4-year olds to 94-year olds, we join our voices together for one practice and one worship service to praise the Lord! Be a part of one or all of the dates we sing this summer. All are welcome to join. We only ask that you commit to the Saturday practice to sing in the choir the next day. If you have any questions, please contact Danielle Lemieux, Director of Music Ministry, at 253-752-4966 (ext. 105) or danielle@smlutheran.org.

- JULY CHOIR: Saturday, July 11th, 10:00-11:00 a.m. practice at St. Mark's; Sunday, July 12th, sing for 11:00 a.m. worship service (warm-up at 10:15 a.m.)
- AUGUST CHOIR: Saturday, August 1st, 10:00-11:00 a.m. practice at St. Mark's; Sunday, August 2nd, sing for 11:00 a.m. worship service (warm-up at 10:15 a.m.)



Interested in Special Music?

During the summer months, we are always looking for people to share their musical gifts with us to enhance worship. If you would like to sing or play an instrument, either as a solo or with an ensemble, please contact Danielle Lemieux, Director of Music Ministry (danielle@smlutheran.org or 253-752-4966 x105).

Youth & Family Ministry

No. 7

The Viewpoint

Page 13

Children's Ministry

3 years - 5th Grade

Vacation Bible School (**August 3-7**) See page 2 for more details

Summer Nursery/ Childcare Schedule:

Sundays: 8:00 a.m.-12:15 p.m.
Tuesdays: 6:00-8:00 p.m.

It is not too late to turn in your M&M's. If you have filled up your M&M tube please return it to the church office. Thanks for all of your support in helping us attend Mission Trip to Montana 2009.

High School Ministry: SR ALYVE

9-12th Grade (2008-2009 school year)
BBQ at Lisa & Derek Lindholm's House
July 15th, 5:30-7:00 p.m. Bring a side dish to share

Middle School Ministry: JR ALYVE

6-8th Grade (2008-2009 school year)

- Summer BBQ—Linda Wimberley's Home **6:00 p.m. Wednesday, July 22nd**. Bring a side dish to share.
- Save the date. **Sunday, August 30th** Day out Adventure! Time and location TBA.

Rocky Boy Mission Trip: *July 3-10th*

Please keep the following youth and adults in your prayers: Antonio Patrick, Charlean Hays, Elliot Crenshaw, Eric DeLorme, Jade Paulson, James Kennedy, Joey Newsom, Justin Oellerich, Libby Postovoit, Max Mead, Noah Compton, Ruth Young, Soren Iverson, Sela Neils, Spencer Crenshaw, Brian Compton, Mary Jo Larsen, Susan Newsom, Bruce Sadler and Ingelaurie Lisher.

- Please meet at St. Mark's at **2:30 p.m. on Friday, July 3rd** ready to go!
- We will return to St. Mark's around 12:00 p.m. on Friday, July 10th.



Wilson High School junior Heather Willis received the Rensselaer Polytechnic Institute Medalist Award, given to high school juniors who have distinguished themselves in math and science. This Medalist Award comes with \$15,000-a-year scholarship for four years. Congratulations Heather!

Thank you to Celesta Smith for cleaning the nursery each week.

July Anniversaries

July 1	Karen & Rob Irwin	July 18	Cindy & Roger Iverson
July 3	Lou & Joe McWherter		Sarah & Cooper Sherry
July 4	Sherry & Tom Owzarski		Lindsey & Chris Spaulding
	Norma & Michael Mueller	July 24	Pat & Gene Keller
July 5	Linda & Mike McKeller		Cynthia & Douglas Chaney
July 6	Jessica & Brian Berg	July 25	Mary & John Szentesi
July 7	Jerry Hagedorn & Jim Peterson		Anna & Chuck Ahrens
	Laura & Matt Oellerich	July 27	Kari & John Fricke
	Sarah & Michael Callow	July 28	Bryne & Terry DeMoss
	Jeanne & Jason Smith		Kristin & Brendan Phillips
July 13	Patty & Dennis Hulbert	July 29	Candie & Chris Paulson
July 14	Debbie & Tim Spaulding	July 30	Mary & Roger Olsen
July 16	Teresa & Mike Handy		

Pastoral Acts

Address Changes:

Barbara Corley

Good Shepherd Home
1658 N. 45th St.
Shoreline WA 98133

Martin & Tavi Jung

4313 N. 19th St.
Tacoma WA 98406-4311

Kristin Macy

2615 S. 58th St.
Tacoma WA 98409-6229

Marie Schultz

Narrows Glen

Baptisms:

Joshua Tyler Macy, (son
of Kristin Macy)
born December 29, 1997
Baptized—June 7, 2009

July Birthdays

July 1	Haley Bundy	July 14	Debra McQueen	July 24	Rudy Diaz
July 2	Roberta Wilson	July 15	Aiden Handy		Judy Droubay
July 4	Chris Handy		Deniece Hartman		Kathleen Hasselblad
	Lauren Smith		Mike McKeller		Kevin Hayes
July 5	Mackenzie Richards		Hallie Parkins		Ben Mason
	Lou McWherter		Jade Paulson		Olivia Sherry
July 6	Elena Espinosa	July 16	Lucas Hayes	July 25	Anne Bettger
	Mark Gulsrud		Dana Lueck-Mammen		Tom Geary
	Roger Iverson		Ava Montgomery		Justin Richards
	Elaine Rodning		Ann Paulson	July 26	Orville Estvold
July 8	Jonette Blakney	July 18	Caden Conley		Mirabella Fricke
July 11	Lena Kellogg		Ray Hansen		David Robertson
	Sydney Larson		Russell Oellerich	July 28	Donna Chapman
	Ethan Merchant		Dan Payne		Darlene Rompogren
	Elise Michaels	July 19	Marcy Duenhoelter	July 29	Richard Larson
	Earl Sakrison	July 21	Doug Crowe		John Wascher
July 12	Alicia Lawver	July 22	Arthur Bowers	July 30	Christopher Patrick
	Don Woods		Nickolas Dennis		Luke Reinkensmeyer
July 13	Michele Bench		Jane Humen	July 31	Marlene Cain
	Diana Busch	July 23	Kelly Indahl		
	Vivian Hamburg		Cyndi Villegas		
	Ann Hruza				

Council Members June 2009 through May 2010

PRESIDENT	Kim Meade	759-9817
VICE PRESIDENT	Martin Duenhoelter	565-5634
SECRETARY	Rolf Morstad	759-0563
TREASURER	John Wascher	503-6765

CHRISTIAN EDUCATION

Karen Grams, 389-1886

CONGREGATIONAL CARE

Janet Ruud, 564-2832

OUTREACH MINISTRY

Jim Nettles, 759-6676

PEACE AND JUSTICE

Paula Friedmann, 759-3881

STEWARDSHIP

Everett Holum, 752-3304

WORSHIP & MUSIC

Jacquie Crenshaw, 456-6624

YOUTH & FAMILY

Ben Summerour, 857-8872

Staff

- General Office Email—office@smlutheran.org (253-752-4966)
- Pastor Jan Ruud—jruud@smlutheran.org
- Pastor Rebecca Shjerven—rebecca@smlutheran.org
- Pastor Otto Tollefson—otollefson@aol.com
- Janeen Smith—Coordinator of Ministry—janeen@smlutheran.org
- Ingelaurie Lisher, Director of Youth & Families—ingelaurie@smlutheran.org
- Danielle Lemieux—Director of Music Ministry—danielle@smlutheran.org
- Jan Pence, Office Manager/Administrative Assistant—janpence@smlutheran.org
- Mirjam Hofer, Seminary Intern—mirjam@smlutheran.org
- Lisa Lindholm, Publications—lisa@smlutheran.org
- Pat Buck, Financial Recording Secretary—pbuck@smlutheran.org
- Laura Oellerich, Director of Preschool—preschool@smlutheran.org
- Becki Christian, Custodian and Hospitality Coordinator—beckic924@hotmail.com
- Mike McKeller, Bookkeeper—bookkeeper@smlutheran.org
- Darren Kerbs, Worship Team Director—darrenkerbs@hotmail.com
- Caresse Robertson, Youth Music Drama Team Leader—caresse@smlutheran.org
- Phyllis Bachman, Organist/pianist
- Cooper Sherry, Organist/pianist
- Adam Manley, Sound Technician
- Craig Cootsona, Musician
- Kristin Hamner, Nursery Coordinator
- Linda Wimberley, Sunday School Coordinator
- Spencer Crenshaw, Facilities Assistant
- Ruth Saathoff, Parish Nurse
- Karen Grams, Parish Nurse
- Helen Bache, Parish Nurse
- Joan Torfin, Parish Nurse

St. Mark's Lutheran Church by The Narrows

6730 North 17th Street
Tacoma, WA 98406-1902

Phone: 253-752-4966
Fax: 253-752-4990
www.smlutheran.org
office@smlutheran.org

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A Place for Grace

Our Mission Statement

St. Mark's is a people and place for God's grace. We are a baptized and believing people claimed by Christ. Therefore, we call all people to Worship and Witness, Learn and Serve, Share God's Word and Sacraments, Reach Out with Words and Deeds of Love.

Worship Opportunities at St. Mark's

Holy Communion is celebrated every Sunday at our morning services.

Sunday, 8:30 a.m. —

This worship service draws on a wide variety of musical traditions for both hymns and special music - from Scandinavian Folk Tunes to Asian or Latin American songs of praise; from medieval chants to African American Spirituals - celebrating the rich variety of music that God has given to the Church.

Sunday, 9:45 a.m. —

The singing at this service is led by a band which includes piano, drums, bass guitar, and often another lead guitar or acoustic guitar, blending contemporary music with historic elements of worship that are in all of our services.

Sunday, 11:00 a.m. —

People often call this the "traditional" worship service because we sing well-known hymns from our new Evangelical Lutheran Worship Hymnbook. The Chancel Choir leads the singing, with organ and piano.

***Evening Prayer Services
will resume in the fall.***

