



The Viewpoint

Volume 55 No. 3

March 2008

2008 Holy Week
Schedule
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(Ministry Teams are
Highlighted in **Bold Print**)

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Praying in the Way of Christ

By: Pastor Jan Ruud

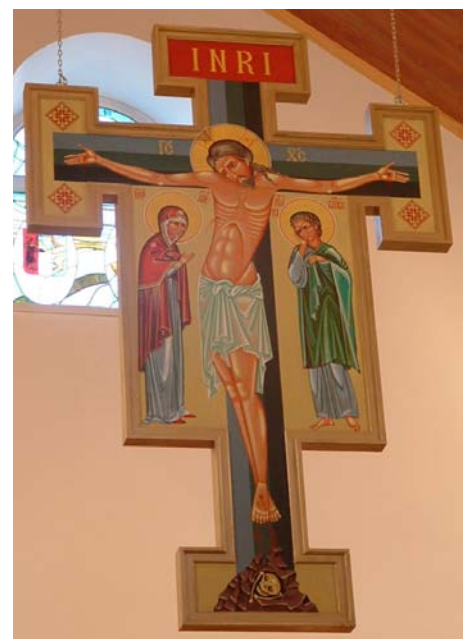
In the first century, baptized Christians were often called "People of the Way". It came from their commitment to live in the way of Christ, following his example of love and service from cradle to grave. Of course, none of them were perfect, but they knew that the call to live in the way of Christ came with the promise of grace and forgiveness.

Whenever we affirm our baptism, we join these early Christians in a commitment to live as People of the Way. After being asked if we will live among God's faithful people, hear the Word and share in the Lord's Supper, the minister then says: "Do you promise to follow the example of Jesus Christ?" We answer, honestly: "I do, and I ask God to help and guide me." Like the early Christians, we know that we aren't perfect. We know that we will stumble and fall in our daily walk with God. And so, we give thanks that this call to live in the way of Christ comes with the promise of grace and forgiveness.

For all People of the Way, Lent is a time to go deeper into the call to follow the example of Jesus Christ. Here at St. Mark's, we will continue to focus on what it means to follow his example in prayer. The Lord's Prayer that Jesus taught will continue to be our bread for the journey each week, both in worship and the adult forums. As always, we will see it as Jesus' way of giving us the guidance and help we seek.

In Holy Week, we will take time to observe Jesus own prayer life at an intimate level. From the Passover table to the garden of Gethsemane, and then to the cross, we will see him pour out his soul in ways that give us all the freedom to address God in complete trust and openness. And finally, in what I find to be the most profound example of all, we will see Jesus turn to his enemies and ask God to "forgive them, for they do not know what they are doing."

Praying in the way of Christ is not always easy. It is, however, the pathway to deep peace and healing of our broken world. May God help and guide you as you seek to follow the example of Jesus Christ. May you always remember the forgiveness and grace that surrounds you every step of the way.



Holy Week at St. Mark's

In the life of the Church, this week stands out as the most important of all. It brings us to the center of our faith in Jesus Christ, the crucified and risen Lord. Therefore, Christians around the world will make a special effort during this week to put their spiritual pilgrimage above everything else—allowing each worship service to draw them deeper into the mystery of God's love for us in Jesus Christ. We hope that you can do the same and look forward to making this journey together as God's people.

MARCH 16—PALM SUNDAY—This day marks the beginning of our journey with Christ to the foot of the cross and the joy of Easter that lies beyond it. The palm branches that we wave and the songs of praise that we raise at all three services bear witness to the kingship of Christ and his power to save all those who call on him in faith. On this day, third graders will receive Bibles as a gift from our congregation.

MARCH 20—MAUNDAY THURSDAY—We begin with a special **Passover Seder Meal at 6:00 p.m.** in the Fellowship Hall. This is a great way to discover the deep symbolism of this meal that Jesus shared with his disciples on the night before his death. It is always a good learning experience for both children and adults, so please join us if you can. A sign up sheet will be posted in the narthex at church. You can also sign up by calling the church office and we will add your name to the list.

This Seder Meal is followed by our **Maundy Thursday Worship Service at 7:30 p.m.** When we begin the communion liturgy by saying: "On the night in which He was betrayed..." we remember the special significance that this night still holds for all Christians. It is the night that Jesus shared the Passover meal in a way that included all people—even those who sought to harm him. We find our place at the table with every other sinner who has fallen into the gracious arms of a loving and forgiving God. Childcare provided.

MARCH 21—GOOD FRIDAY—We will observe the traditional **Tenebrae Service at 7:30 p.m.** Candles in the sanctuary are extinguished, one by one, as the story of Christ's passion is told. Sacred art will accompany each part of the story and the music of this night will embed us in the sacrifice that Christ has made for us and for our salvation. Childcare provided.

MARCH 22—EASTER EVE—The celebration of Easter begins with the **Easter Vigil at 7:30 p.m.** This service is the oldest and most important expression of our faith in Jesus Christ. It carries us across the threshold from darkness to light—from death to life. We will begin outside with the lighting of a 'new fire,' from which the Paschal Candle is lit; then light individual candles as we process into the Fellowship Hall for the hearing of three great salvation stories from the Bible. They will be told with music and drama in a way that will delight children of all ages. After the stories are told, we will process into the sanctuary to welcome new members into our congregation through the rites of Baptism and Affirmation of Baptism. At the conclusion of the service we will gather again in the Fellowship Hall for an Easter Party with great food and music.

MARCH 23—EASTER DAY—The music of this sacred day will lift our hearts and fill us with the joy of gathering together as God's "Easter People." We look forward to sharing this great experience with you and all those you invite as guests at the **8:30, 9:45, and 11:00 a.m.** worship services. You are also invited to the annual **Easter Breakfast** sponsored by the Youth and Family Ministry Team held from **8:00-11:15 a.m.** in the Fellowship Hall. Proceeds from this will support the activities of our youth.



Generation 2 Generation:

"One way to experience your relationship with God is to take a walk with Jesus. Go outside and prayerfully ask Jesus to walk with you. As you walk, notice what it's like to invite Jesus to be with you. Share any thoughts, worries, or concerns that come to you as you are telling them to a friend. What do you see around you as you walk with Jesus? Where is your attention drawn? You might close this time by thanking Jesus for his companionship." *Way to Live, 281.*

As we journey through the baptismal covenant together this year, we are reminded of the words in the affirmation of baptism service: To "promise to follow the example of Jesus Christ" or the way of Christ.

Jesus gave us many examples to live by. He feed the hungry, clothed the poor, healed the broken hearted and ill, loved unconditionally and prayed to his Father in heaven. As Pastor Ruud mentions in the opening article we will continue to focus on what it means to follow Jesus example in prayer—particularly the Lords' prayer. As a congregation following Lent we will also have the opportunity to read the prayers and devotions of other each other—children, adults and youth who share with us how they walk and pray in the way of Christ.

During their 3 years of study, our confirmation age youth use the book *Way to Live* by Dorothy Bass and Don Richter for instruction topics. This book spends time focusing on Christian practices for teens and leads them through various topical discussions and times of reflection—friends, time, grief, forgiveness and prayer, etc. These are all themes that youth as well as adults struggle with or



Walking and Praying in the Way of Christ

By: Ingelaurie Lisher—
Director of Youth & Family Ministry

experience in our daily walk with God.

During our recent confirmation retreat we focused on the theme of prayer and our relationship with and to God. We talked about that fact that "prayer isn't reserved for churchgoers, devout people, ministers and monks. Prayer isn't limited to words, churches, or religious objects. Prayer is a relationship that everyone has with the mysterious

Power of Life. Prayer is a basic human activity." (*Way to Live, 276*)

I encourage you this month to walk and pray in the way of Christ. And as you do so remember the following: Be in love—"prayer is the practice of giving and receiving love"; Be yourself—"praying keeps us connected to our own heart, and soon we discover what to be with God is to practice being with the truest part of ourselves."; and be Becoming prayer—"praying with Jesus, praying as Jesus prayed....praying for the despised and the broken-hearted....praying for the end of violence and environmental destruction...praying for the hungry, the lonely, and the abused. As we become prayer, we begin to get in touch with Jesus' prayer, with the very spirit of Jesus praying within us, 'with sighs to deep for words.'" (*Way to Live 281, 284, 290*) Amen!



Christian Education

Opportunity to Host a Seminary Intern

Most of you who read this will remember what a great year we had with Barbara Hoffman, who came to us from the School of Theology in Nuremberg, Germany. Now, we have the opportunity to welcome another young woman who has finished her seminary studies in Christian Education and is eager to do a year of internship in our congregation, beginning in August of 2008. Her name is Mirjam Hofer and she is 21 years old. To make this possible, we need to raise about \$15,000 to cover the

cost of a monthly stipend. If you want to help us make this opportunity become a reality, please consider making a pledge or one-time gift that is within your means. We invite you to consider a gift at any one of the following levels: \$2,000, \$1,000, \$500, \$250, or \$100. Please make checks out to St. Mark's and note that they are for the "Intern Fund". Gifts can be placed in the offering plate or mailed to the church by the 16th of March.

Lord Teach Us to Pray *Sunday Morning Adult Forums*

By: Pastor Jan Ruud

During the first half of March, we continue to explore the Lord's Prayer at our Sunday morning adult forums at 9:45 a.m. and 11:00 a.m. in the Fireside Room. On March 2 we will ask what it means to pray "give us today our daily bread". On March 9 we consider the petition to "forgive us our sins as we forgive those

who sin against us." On March 16 we explore the last petition to "save us from the time of trial and deliver us from evil". Following Easter, we will take time at the Sunday morning forums to examine various styles of prayer that are meaningful to Christians around the world. We look forward to having you with us!

Preschool News

Anne Bettger—Preschool Director

Coming up in March:

- Bring your Teddy Bear to School Day
- Field trip to the Children's Museum of Tacoma
- St. Patrick's Day party
- Easter egg hunt
- Spring Break is March 31 through April 6th. School resumes on April 7th.

Enrollment for the 2008 - 2009 school year is now open. Brochures and registration forms are available at the preschool office or you can pick one up in the entry way to the preschool (by the coat hooks). Also, if you know of anyone with children between the ages of 2 1/2 - 5 1/2, please let them know about us. If you have questions, please give us a call at [752-4929](tel:752-4929).

Confirmation Ministry

March: Forgiveness

- 12: Dinner and Class 5:45-7:15 p.m.
- 20: 1st year students will help with Seder Meal and worship 4:00-8:30 p.m.
- 22: 2nd year students help with Easter Vigil 6:00-9:00 p.m.

April: Choices

- 9: Dinner and Class 5:45-7:15 p.m.
- 25: 1st year students to Temple Beth El; 2nd year students to Islamic Center 5:00-8:00 p.m.

May: Grieving

- 14: Dinner and Class 5:45-7:15 p.m.
- 28: Dinner and Class 5:45-7:15 p.m.

Coming in August: VBS

Mark your calendars and join us for a "Rainforest Adventure" VBS 2008 August 4-8th at St. Mark's.

Sunday School

By: Linda Wimberley

Sunday school for 2 year olds through 5th grade begins in the sanctuary at 9:45. Students are dismissed to their classes after the children's sermon. A representative from the education team will be in the narthex to help the students get to class. Middle school and high school students begin their classes at 9:45. Sunday school meets every week in March except Easter.

Thank You to the property team for getting windows in the Sunday school classrooms. This is a huge help on Sunday mornings!!

Congregational Care

Annual Meeting Update

On behalf of Council, thank you to all who attended the Annual Meeting on January 27, and special thanks to Bill & Sharon Klancke, Anne Bettger, and Heather Willis who shared their mission and ministry thoughts. We voted/affirmed three key issues to move forward and direct our actions for 2008:

-- Pastor Ruud shared the new leadership and ministry charts that provide structure to staff positions and ministry teams. The congregation affirmed the appointment of a call committee for a second pastor. (Council voted to appoint the following members to that committee: Sheri Kurashima, Kristina Williams, Ben Summerour, Char Leone, John Avery, Vic Holme and Joe Buck.) A search committee is also in place

to hire a new Worship Team Leader. Council voted to appoint the following members to that committee: Pr. Jan Ruud, Danielle Lemieux, Nathan Webers, Matt Oellerich, Sarah Sherry, and Stan Adams.

-- Jim Pence led a presentation of the final proposal for the Grace Upon Grace capital campaign, including building plans by the architect, a review of need for expansion to link facilities and ministry, and financial information. The project is estimated to cost \$3.5 million. Members voted and approved the resolution put forth by the Building Committee to move forward with securing a \$3 million loan and proceed with the building project to expand the church facilities with the addition of 8,200 square feet and re-

model of some existing spaces. (115 yea, 3 nea).

--Congregation approved the 2008 annual operating budget of \$670,000 as proposed by the Finance Committee and recommended by Council. This budget includes reductions from last year's budget, including freezing staff salaries at 2007 levels and reducing benevolence giving to 10%. The budget will be reviewed again at the May Semi-Annual Meeting, and if giving amounts are greater than anticipated, priority will be given to increase funding in these two areas. The budget also allows for repayment of the remaining \$25,000 borrowed from the line of credit in 2007.

We have an exciting year ahead of us. Please pray for God's continued blessings as we embark on these new challenges.

Help Your Marriage Blossom

By: Pastor Otto Tollefson

Learn how to make the most of your time and relationship on a Lutheran Marriage Encounter Weekend.

- A time for each couple to learn and use communication tools that can develop and deepen emotional intimacy

Lutheran Marriage Encounter weekends are:

- Presented by lay and clergy couples, usually in a hotel setting
- Friday evening to Sunday late afternoon—the full weekend
- Focused on strengthening the relationship of a husband and a wife
- Solidly based on Biblical values
- Very private for each couple

The upcoming 2008 Lutheran Marriage Encounter Weekends is **Apr 25-27, 2008**, in the greater Seattle area. (Location TBA.)

These dates are shown on the www.GodLovesMarriage.org web site Select the "How to Register" link, then select "Washington" in the "Select A Weekend" drop-down box. From there, you can register for a specific weekend on-line.

Informative brochures and registration forms are on the Informa-

tion Counter in the Fellowship Hall. Or talk with Otto and Barbara Tollefson or Russ and Ann Hillman or Roger and Cindy Iversen.



Fun Family Friday: *Baseball* Friday, April 4th



Join us at 6:00 p.m. for a potluck dinner (hot dogs and lemonade provided). Games and activities will begin around 6:30 p.m. (Nerf baseball, trivia games, door prizes, have your baseball picture taken, and even a couple of crafts to take home with you). Fun for the whole family.

Obesity Rivals Tobacco

By: Ruth Saathoff—
Parish Nurse

The President's Cancer Panel, a division of the National Cancer Institute, issued a report in August, 2007, declaring that obesity's impact on America's health rivals that of tobacco use in terms of morbidity and related health risks. The report cites research showing overall cancer death rates to be about 50% higher among obese men and more than 60% higher among obese women compared with their normal weight counterparts. The report can be downloaded at <http://deainfo.nci.nih.gov/advisory/pcp/pcpo7rpt/pcpo7rpt.pdf>

Dehydration

By: Helen Bache—Parish Nurse
Learn more about dehydration in this series of three health news notes from St. Mark's Parish Nurses.

Dehydration is the loss of too much fluid from your body. We lose fluids and mineral salts (electrolytes) when we breathe, sweat, urinate, have a fever, vomit or have diarrhea and when we overexert ourselves in hot or humid weather.

The human body needs water to maintain normal functions. Anyone, at any age, can become dehydrated. Those most at risk for dehydration are older adults, anyone who has a fever, people in hot weather, and people with diabetes who are urinating a lot because their blood sugar is too high. Children and adults who are dependent on others to provide drinking water for them may be at risk of dehydration. For most of us, thirst signals us to get more fluids to our body. If we cannot speak or ask for water, the risk for dehydration rises. Some parents teach simple signs to their babies and give them a way to ask for food and water. They will still be dependent on parents and caretakers to help them eat and drink. Sometimes a baby will let us know they are thirsty by becoming fussy. Adults may also have changes in their behavior which signals thirst and dehydration.

If you lose more fluid than you are taking in, you become dehydrated. If the loss of fluid is severe, you can become very ill and possibly die. Listen to your body. Think about dehydration if you feel thirsty, have a flushed face with dry lips and skin and a sticky or gummy feeling in your

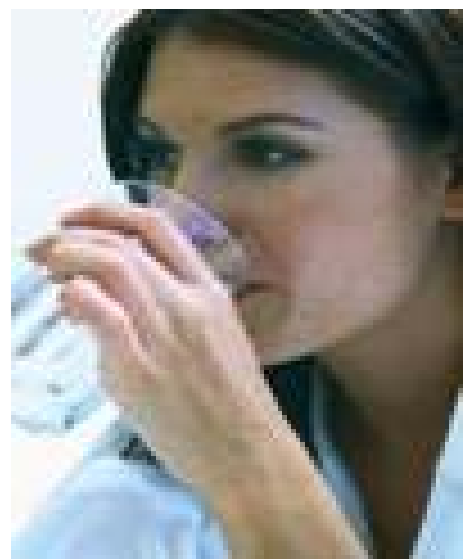
mouth. The normal "bubbles" in the mouth become smaller and less in number.

- Other signs to watch for are:
- Trouble concentrating
- Feeling tired and weak for no apparent reason
- Heart rate faster than usual
- Headache
- Change in urine output... smaller amount, darker yellow in color and having a strong odor

To recover from and treat mild dehydration, drink water or whole fruit juice slowly until you no longer feel thirsty. Small, frequent sips (every five minutes) of liquid are often most effective. A person may lose interest in drinking when dehydrated. To replace minerals you have lost, make an Oral Rehydration Solution (ORS). ORS Formula: To 1 quart or liter of *drinking water*, add

- 2 Tablespoons sugar
- ¼ teaspoon salt
- ¼ teaspoon baking soda (bicarbonate of soda)

If you don't have baking soda, add another ¼ teaspoon of salt. Add ½ cup of orange juice (if tolerated) or some mashed banana to improve the taste and provide some potassium. Chilling the ORS may improve the taste.



Disbursement of Funds from the Holiday Bazaar

On Saturday, January 26, members of the women's group met to decide how to disburse the profits from the annual holiday bazaar. From the profit of \$5750, one half is spent on something for our church home and one half is sent to causes in our community.

This was decided:

For our St. Mark's home:

New 100 cup coffee urn \$200.

Table cloth fund \$475

(to begin to set aside money to eventually purchase new table cloths)

Wooden easels \$200.

(for meetings, classes and presentations)

Organ fund \$1000.

Flatware fund \$1000.

(to begin a fund to eventually purchase a new service for 200)

For charitable causes in our community:

Lutheran World Relief \$1000

China Venture \$600

Lutheran Community

Services \$500

Family Renewal Center \$500

Somalia Refugee Support \$275

Carol Paulson will look into styles and prices of coffee urns and flatware.

The tomb of Christ is but the bed

The tomb of Christ is but the bed
He rested on three days.
Easter morn He rose again,
The flower of our spring.
On Him, arisen from the dead,
Must we, though flesh decays,
Bestow our faith that when we die
Our souls, like His, shall not long lie
Forsaken in our tomb.
Christ shall, with deep affection,
when
He sees our soul's affliction, then
Redeem us with His pain.
In His eternal suffering
Shall we find grace enough to bring
The seed of faith to bloom.

By Turlough O'Carolan.
Sequenced by [Barry Taylor](#).

Outreach Ministry

Outreach Team Opportunities

By: Pastor Jan Ruud

St. Mark's Outreach Ministry Team is looking for people who love journalism, publicity, and computer technology.

Do you enjoy writing articles, or laying out pages for publications, or developing ways to use computer technology for the benefit of a community? If so, then we invite you to join our Outreach Ministry at St. Mark's. Current goals of the team include:

1. Continue to accelerate the shift to more web-based communication with the congregation. This includes such things as electronic registration for the *Viewpoint* and other special announcements about events at St. Mark's, development of an electronic version of "Parish Life" to

be sent to members every week, digital recording and web-posting of sermons, and collection and cataloguing of photos for use in publications, website, etc.

2. Production and distribution of news releases and articles showcasing various ministries of our congregation.

3. Creation of a permanent Welcome Center at the heart of our new community space, along with the development of informational materials to be displayed there.

The Outreach Ministry Team meets on the first Tuesday of every month at 5:00 p.m. For more information, please contact Kevin Hayes at the following email address:

kevinmhayes@comcast.net or
460-1795



Peace & Justice Ministry

Global Missions Event

Join members of the Southwestern Washington Synod at the University Center, Pacific Lutheran University, on Saturday, March 15, as we celebrate the mission of the Lutheran Church around the world.

Gathering under the theme, *God's Work, Our Hands*, we will learn more about our mission in China, Africa, the Near East, Central and South America, and how we can be involved.

It starts at 8:00 a.m. with Registration, coffee and scones, displays and music.

Bishop Hofstad will lead us in worship at 9:00 a.m. as we kick off a day of learning and fun. You can choose three workshops of the 21 offered, covering a variety of missions, topics and countries. The event ends at 4 p.m..

A youth retreat for grades 8-12 starts Friday at 4:30 p.m. at Peace

Community Center before moving to the PLU Campus on Saturday

On Saturday there will be childcare and special Children's Activities for children ages 4-12, hosted by Trinity Lutheran Church, Parkland.

This event, including lunch, is free, but there will be an opportunity to make a donation to support global mission.

Although there is no pre-registration required, it would be helpful if you indicate your participation by signing the list in the Fellowship Hall. Also if you need a ride, we will arrange for that!

For further information contact Elaine Rodning ([761-9198](tel:761-9198) or dicnelan@att.net) or Pastor Otto Tollefson. ([360-438-0552](tel:360-438-0552) or Otollefson@aol.com)



Invitation to Dinner: *Cinco de Mayo*

By: Pastor Jan Ruud

Once again, our Mexico Mission team will host a dinner and auction on "Cinco de Mayo" (May 5th) for the purpose of raising money to build four houses for needy families south of the border. Mark this date on calendar now and plan to join us for this fun event, which begins at 6:00 p.m. There will be live music, delicious food, and, many wonder-

ful things to purchase at the auction. The team is also inviting people to donate items or special services for the auction. This can be everything from gift baskets to gift certificates. If you have something you would like to donate, please contact Candie Gustafson at whtmtncmg@aol.com or by phone at 253-756-8088



Hunger Walk

By: Norm Orth



We continue our conversation about hunger. Millions, including those in the U.S., are still without food. Thousands die each day, so many of them children. We will keep talking about the problem as we look for solutions.

The good news: January saw record giving. We were able to provide \$664.40 to the ELCA Hun-

ger Fund. Many thanks to those that made this achievement possible. Our February offerings will go to the Emergency Food Network of Pierce County.

In 2008, the Peace and Justice Team will direct the Hunger Offering to the ELCA Hunger Fund every other month. On the alternating month, our offerings will go to a local or national specified group.

Since the offering will go to the ELCA Hunger Fund, let's talk more about this group. The following quote is from the Life Lines publication, written by the Hunger Fund's director Nancy Arnison:

"Lifestyle stewardship is an important objective of ELCA World Hunger. The faces of hunger are personal. They hit home. The death of a child in Darfur is like the death of a child we might know; we recognize the anguish and tenacity of families struggling for survival in a flood-ravaged village; we know the frustration of slow legislation and inadequate local response. These

images cross our eyes, enter our thoughts, and tug at our hearts. We respond in personal ways: we pray, we give, we speak out for justice. We also combat hunger and poverty through faithful intentionality about the daily conduct of our own lives. Our personal lifestyles make a difference for ourselves and for the world. This issue of Life-Lines highlights the importance of "simple living" in our own lives, in the creation of a healthy environment, and in the flourishing of our sisters and brothers around the globe. The exercise of simple living offers each of us a hopeful alternative to lifestyles that harm the environment or foster injustice.

As we live with less and become more mindful of God's purpose for our time on earth, we may see with new eyes the rich blessings God provides. Recognizing this abundance, we are freed to give of ourselves, and simplicity becomes a gift we receive and a gift we share.

Wow, I couldn't have said it better myself. These words inspire me, how about you? For more info go to www.elca.org/hunger.

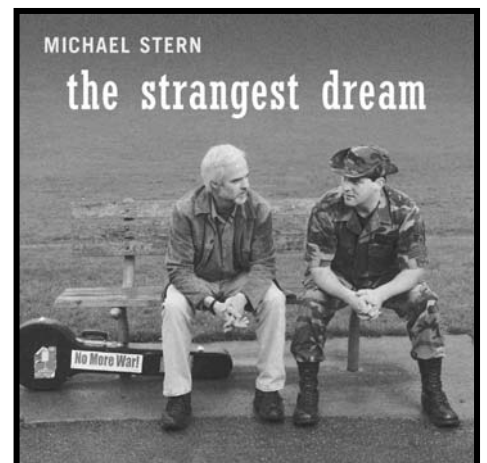
Lutheran Volunteer Corps of Tacoma

**Michael Stern & Friends
in concert**

Songs of compassion, humor, justice & peace with extraordinary accompaniment
by Eric Smith, William Limbach & other guests

*Saturday April 19th, 7 p.m.
at Pacific Lutheran University
in Tacoma
(Chris Knutzen Hall)*

*Refreshments
\$10 suggested donation
\$5 for seniors / students
PLU students FREE
All ages welcome!*



Stewardship Ministry

Care of Creation Report

By: Tom Hulst

The Care of Creation Team (COC) is off to a rousing start in 2008. The purpose of the committee is to organize activities that foster our calling as environmental stewards within the church family as well as the broader community.

Thus far in 2008 the team sponsored a movie night on global warming, and a visit to Enviro-house near the city landfill. As a result of this visit,

the team provided recommendations concerning green-build strategies and materials to the church building committee. A winter trip to Trollhaugen is planned the last weekend in March. Sign-up has already begun and confirmation fees are being collected. Additionally the team will sponsor nature walks, development of a bird sanctuary on church property, adult

forums in May, and outdoor camping and adventure trips in the summer of 2008. Watch the *Viewpoint* for activities that are of interest to you and your family. The team encourages all members to join in the activities and welcomes suggestions for future projects that celebrate God's creation.

Stewardship (Jan-Feb 2008)

DATE	ATTENDANCE	AMOUNT
January 20	344	\$11,636.93
January 27	323	\$8,255.05
*February 1		\$560.00
February 3	318	\$12,736.53
February 10	350	\$10,952.02
February 17	315	\$6,578.13

*Simply Giving Receipts

Food Bank Suggestions for March:

toiletries (toothpaste, toothbrushes, deodorant, soap, shampoo, razors, etc)

Grace Upon Grace

By: Pastor Jan Ruud

During the month of February, a lot of progress took place behind the scenes on our plans to build a new facility and to remodel existing space. Members of our Building Committee met with architects, building contractors, engineers, and special consultants to lay the groundwork for a building program that will begin in early July. One of the highlights was the first draft of a kitchen remodel that looks promising to everyone on the Kitchen Team. We are

now working with the contractor to incorporate this into the project.

Another piece of exciting news is that the Mission Investment Fund of the ELCA has announced that they are "prepared to meet our request for a loan". The current interest rate is 6.5%, and the final processing of the loan will take place when we have a firm construction bid from the builder.



Worship and Music Ministry

March Worship & Music Schedule

- Sat., March 1st - **Celebration Ensemble** practice, 5:30-8:30 p.m.
(place TBA – see email for details)
- Weds., March 5th/12th - **Lenten Worship**, 7:30 p.m. (Sanctuary)
- Sun., March 9th - **Joyful Noise**, 9:45 service (warm-up 9:30 a.m.)
- **CONCERT**: African Gospel Acapella, 2:30 p.m.,
St. Mark's Sanctuary
- Sun., March 16th - **St. Mark's Ringers**, 8:30/9:45 Services
- **Jubilation Choir & Children's Chimes**, 11:00 Service
- Mon., March 17th - **Chancel Choir** practice as normal
- Tues., March 18th - **All Tuesday groups**, practice as normal
- Thurs., March 20th - SEDER MEAL, 6:00 p.m. (Fellowship Hall)
- MAUNDY THURSDAY service, 7:30 p.m.
(**Chancel Choir** sings – warm-up 5:15 p.m.;
NO Youth Music Drama Team practice)
- Fri., March 21st - GOOD FRIDAY service, 7:30 p.m. (**Bells of St. Mark's** -
set-up/warm-up, 5:30 p.m., light dinner at 6:30 p.m. in Fellowship Hall;
Celebration Ensemble – warm-up 6:30 p.m.)
- Sat., March 22nd - EASTER VIGIL service, 7:30 p.m. (**Special Music**
Ensemble - practice at 5:45 p.m.;
Worship Team – set-up/warm-up at 6:30 p.m., Sanctuary;
Youth Music Drama Team – warm-up/practice at 6:45 p.m.)
- Sun., March 23rd EASTER SUNDAY!!!
8:30 Service: **Celebration Ensemble, Bells of St. Mark's, Brass Unlimited**
9:45 Service: **Worship Team, Bells of St. Mark's** (small group)
11:00 Service: **Chancel Choir, Bells of St. Mark's, Brass Unlimited**
- Mon., March 24th - **NO Chancel Choir** practice
- Tues., March 25th - **NO Babies of St. Mark's, Joyful Noise, Jubilation, Children's Chimes,**
St. Mark's Ringers, Bells of St. Mark's
- **Worship Team** practice as normal
- Thurs., March 27th - **Youth Music Drama Team** practice as normal

African Gospel Acappella Concert

By: Danielle Lemieux—Director of Music Ministry

African Gospel Acappella is comprised of six men from the African country of Liberia. They represent five different tribes and sing in several native African languages, and in English (English is the official language of Liberia). All six men are blind. They have survived a civil war, poverty and many other hardships. The group met many years ago while attending the School for the Blind in Monrovia, Liberia's capitol city. After the civil war started, all of the men were scattered for a time. Then, in 1992, they re-grouped as the "Inspirational Echoes of the Blind." Through song and testimony, they ministered and evangelized throughout the city of Monrovia and beyond. In 1998, all six men came to America and toured forty-six states as the "Liberian Acapella Choir." Through their ministry efforts, many orphans in Liberia benefited by receiving food and care. In September of last year, the group formed the new ministry of African Gospel Acappella. They continue to direct their energy to singing the good news of Jesus Christ, and they are helping the disabled in Africa.



This Vancouver, WA-based ensemble will be giving a concert in the St. Mark's Sanctuary on Sunday, March 9th, 2008 at 2:30 p.m. Admission is free - a freewill donation will be taken during the concert to further their mission. The group will also be selling CDs after the concert. If you would like to find out more about this amazing group, please visit their website: africangospel.org. ALL ARE WELCOME!!

Bread, Wine and Love - *Communion Instruction*

By: Janeen Smith—Coordinator of Ministry

Holy Communion Class
Saturday,
March 22, 9:30—11:00 a.m.

Elementary age children (2nd grade and up) are invited to come explore and learn about the meal we share at worship each Sunday. Children who already receive the bread and wine (or grape juice) as well as those who have not yet communed are welcome and encouraged to come. The day af-

Thank You

Thank you to all the volunteer musicians who will be participating in Holy Week and Easter services this year. Your time and talent is truly appreciated! Happy Easter! He is risen, indeed!

Mid-Week Lenten Services

By: Pastor Jan Ruud

Join us at 7:30 p.m. on March 5th and March 12th for the last two stages of the journey, hosted by Jan Ruud, Jim Pence, and John Avery. This 30-minute service features stories, images, and reflections from the pilgrim road in Spain that is simply known as the "Camino". Each service is also an opportunity for you to reflect on your own spiritual pilgrimage and to be renewed in your daily walk of faith. You are also welcome to join us for a soup supper at 5:45 p.m. and for a time of Bible reflection with Charlie Mays at 6:15 p.m. in the Fireside Room.



ter our gathering is Easter Sunday. At worship, we hear how Jesus' friends knew him to be alive again after he had died, and we affirm that yes, Jesus is alive and sharing a meal with us. If you haven't received Holy Communion before, you are ESPECIALLY invited to the table on Easter. Parents, please let Janeen Smith know if your child will be attending on March 22nd. We will decide on the "where" when we know the "how many."

Youth & Family Ministry

Dates to Remember

Kid's Club, JR ALYVE, SR ALYVE

- Kid's Club! (grades 2-5) takes place on Tuesday from 5:15-5:40 p.m. in the Youth Room.
- JR ALYVE Youth Group (grades 6-8th) takes place on the 1st and 3rd Tuesdays of each month from 5:45-7:00 p.m. in the Youth Room. Next meeting dates March 4 and 18th. Dinner provided.
- SR ALYVE Youth Groups (grades 9-12) **Wednesday, Fools' Night Out—lock out!** Friday April 4 to Saturday, April 5th (Grades 8-12) Cost: \$35.00 per person. Sign up by March 23rd if you are attending.

Middle School Mission Trip to Montana—July 12-20th, 2008!

Next meeting date—Tuesday, March 25th 6:30 p.m. in the Youth Room.

Youth Snow Trip—Jr./Sr. High Saturday, March 1st. Contact Inge-laurie ASAP if you are attending.

Global Missions Event at PLU—

Friday, March 14-Saturday, March 15. Youth Grades 8-12th. Sign up on the Youth Board by March 5th if you are attending.

Easter Breakfast—Help Needed!

Sign up on the Youth Board by Sunday, March 16th if you can help out.

Confirmation—See page 4 for more information.

St. Mark's Annual Easter Breakfast



You are all invited to the Annual Easter Breakfast, sponsored by the Youth of St. Mark's!

Sunday, March 23rd 8:00-11:15 a.m. in the fellowship hall. Pancakes, breakfast meats, fruit and much more will be provided. Money raised will support the youth attending the Western States Youth Gathering in Anaheim as well as the Middle School Mission Trip to Montana. Suggested donation \$5.00 per person, families \$15.00. Matching funds will be requested from Thrivent.

Become an Effective Parent

It is clearly the most important job we have - and sometimes can be a little frustrating. What could be better than getting together with other parents and discussing how we want to raise our kids? Let's talk about what we do well and where we can be supported. What traditions and values to we want to pass on to our children? What are the core qualities that we want our discipline style to support?

Kim Meade will facilitate our discussion, loosely based on a theory of Positive Discipline. Her degree is a MA in Marriage and Family Therapy. She has been a practicing therapist for 10 years. She has experience over the past 13 years teaching:

- Love and Logic (teachers and parents)
- Partner's Parenting, based on The Incredible Years (parents)
- 21 Keys to Highly Effective Teaching and Learning (parents and staff)
- Achieving Your Potential through Education (elementary students K-5)

Let's meet on a series of Saturday nights 5-7pm, March 8, April 12, and May 10, with adult conversation, pizza and quality child-care. Hope to see you there. For more information contact the church office, Christine Harris, or any member of the Youth and Family Team. Please RSVP to the office for a pizza head count, but all are welcome even if you don't call.

Thanks to the youth and adults who helped out with the Shrove Tuesday Pancake Feast on February 5th and to each of you who attended. Congratulations to the winners of our pancake flipping relay. Thanks to Lisa and Derek Lindholm for taking the SR ALYVE Youth on the recent Video Scavenger Hunt.



1 Listen for God's voice today as you pray that you will be part of this church's work to reject and end the stigma of HIV and AIDS.

2 Fourth Sunday in Lent

Holy Lord, we give you thanks for the witness of Christians, known and unknown, in Austria, Liechtenstein and Switzerland.

3 Pray for first-call pastoral candidates recently assigned to synods and now awaiting calls, and for the communities preparing to welcome their gifts, service and leadership.

4 Praise God for Matthew Gardner, Sarah Loan and Pamela Sersen, who touch the lives of high-school students in Tokyo and Kumamoto, Japan, as part of the three-year language program of the Japan Evangelical Lutheran Church. Pray for all teachers and students who participate in this education program and ministry.

5 Pray for the blessings of the Holy Spirit on mission developer Pamela Hansen and the members of All Saints Lutheran Church in Hartland, Mich., as they reach out and minister to people in the area who have never been involved in a church community.

6 Offer thanks for individuals and congregations that accompany new and renewing congregations as Mission Partners, providing "prayer, presence, and presents," and as coaches, offering encouragement and listening ears.

7 Give thanks for the Rev. Raymond LeBlanc and the members of First Lutheran Church of Carson, Calif., who are sharing the love of God in word and deed through special ministries for people of all ages.

8 On this United Nations Day for Women's Rights, we rejoice in the ministry of Edna Johnson, a nurse in Liberia who works with Curran Health Program medical staff to provide primary health care to rural villages. Pray that the program, which recently expanded service to 30 more remote villages, will enhance the lives of residents.

9 Fifth Sunday in Lent

We lift up to you, merciful God, the members of the emerging Christian communities in Myanmar and Thailand, that with your help they may expand their ministries.

10 Offer prayers of thanksgiving for the members of Faith, Bellaire, Texas, who traveled to New Orleans and southern Louisiana on a prayer pilgrimage, praying for a positive future for the many families and communities affected by hurricane Katrina. Since their return home they have committed themselves to continued prayer and support.

11 Give thanks for the continued work of Marissa and the Rev. Viking Dietrich in Senegal -- for Marissa's witness as a teacher and for Viking's work as general secretary for the Joint Christian Ministry of West Africa, a network of churches and mission organizations working among the nomadic Fulbe people.

12 Pray for pastors and other congregational staff and volunteers who are trying to create and maintain safe places for nurturing spiritual development among young children, who are so trusting and vulnerable.

13 Ask God to continue to bless Sudanese Lutheran Church, Wyoming, Mich., ministering to the Sudanese community in the Greater Grand Rapids area. This two-year-old ministry, served by mission developer Matthew Riak.

14 Remember in prayer Amanda King and Dale Linder, English teachers at the *Collège Protestante*, a high school of the Evangelical Lutheran Church in Cameroon. They conclude their service at the end of the 2007-2008 school year. Pray for the other teachers and students, who continue in this education ministry.

15 Pray for the silence to be broken in your own community over domestic violence, that those who are abused will be free from the harm they endure and that those who physically and mentally harm others will stop.

16 Sunday of the Passion/Palm Sunday

We give you thanks, O God, for the re-emerging churches in Cambodia, Laos and Vietnam, which are being strengthened by the ELCA and other churches within the Lutheran communion.

17 Pray for Patrick and Jacqueline Bencke, who serve at Kyushu Lutheran College, a college of the Japan Evangelical Lutheran Church in Kumamoto, Japan. Patrick teaches English and Jacqueline directs a college choir.

18 Give thanks for those who volunteer their time and gifts to teach in church-related schools in Slovakia. Today we remember Alicia Cooke, Alison Davis, Larry Paxton and Sonja Paulson, who all teach at the Evanjelicke Lyceum in Bratislava.

19 Joseph, Guardian of Jesus

Pray for the 15 young ELCA members, including Kelly Moeller, Anthony Olson, Maren Magsam and Lindsey Swan-son, who are serving in the United Kingdom this year through the ELCA Young Adults in Global Mission program.

20 Maundy Thursday

Give thanks for all students who participate in alternative spring break offerings such as "What A Relief" hurricane rebuilding, that they may serve others with their actions and words and in doing so grow in their understanding of the true meaning of servant learning.

21 Good Friday

Pray for the staff and volunteers of Lutheran Social Services of the Southwest in Tucson, Ariz., who operate a free, confidential and anonymous telephone hotline service providing support to people who seek comfort or need courage to change, or who want someone to listen and lessen the pain of isolation.

22 On this World Day for Water, thank God for the faithful work of Dennis Murnyak in Tanzania. Dennis is complet- ing 20 years of service training development workers in fish farming and sustainable agriculture with Heifer Interna- tional. Pray for Dennis and his new wife, Kari, as they return to the United States in mid-summer 2008 to begin a new life.

23 Resurrection of Our Lord

Gracious God, we pray for the future of China, Hong Kong and Macao, as these countries seek to form peaceful long-term relationships. We give you thanks for the witness of the churches as they continue to grow and spread the Good News of your love and compassion.

24 Ask God to accompany people who are HIV positive, from teenagers in your community to your neighbors in the Kenya Evangelical Lutheran Church, that they will have full lives of health and service to others.

25 Annunciation of Our Lord

Ask God's guidance and blessing on the gathering of synod bishops and Evangelical Outreach and Congrega- tional Mission staff who meet March 25-27 in Chicago to consider applications for the start of new congregations in locations across the United States. Thank God for new ministry opportunities and the people of the ELCA who share financial resources to make new starts possible.

26 Give thanks for the volunteers who assemble Easter baskets for 700-800 children served by Lutheran Social Ser- vices of Alaska, which gives them an opportunity to share the Gospel message in a very special way.

27 Give thanks for the long and faithful service of Pastor Cliff and Mitesaida Lewis, who serve at St. Andrew's United Church in Cairo, Egypt, a congregation that also ministers to hundreds of refugees from other countries in Africa.

28 Thank God for Claudia Bergmann and Scott Moore, who serve the congregation of St. Andreas-Nicolai-Petri, in Lutherstadt Eisleben, Germany. Their congregation worships where Martin Luther was baptized and where he preached his last sermons. May Claudia and Scott's ministry help strengthen the church as it seeks to engage Ger- many's secular culture.

29 Please pray for the Southwestern Pennsylvania Synod as it explores opportunities for multicultural ministry.

30 Second Sunday of Easter

Loving God, we pray for the people of Brunei, Malaysia and Singapore, that they may be strengthened to meet the many challenges of a pluralistic world. We praise you for the companion relationships among the ELCA South- eastern Synod, the Lutheran Church in Singapore and the Lutheran Church in Malaysia and Singapore.

31 Pray for ELCA camp leaders as they recruit and interview for summer camp staff, that their efforts will raise up new leaders in the church. Pray also for college students and other young adults across the church who are dis- cerning their calls to serve as camp counselors or staff members in ELCA camps this summer.

March Birthdays

March 1	Roberta Franklin
March 2	Levi McConnell Jim Nettles
March 3	Jordy Asper
March 4	Phil Johnson Betty Roberts Juliana Silverthorn
March 5	J. T. Gala
March 6	Pat Hilfiker Sally Ann McLean Emma Summerour
March 8	Patricia Berg
March 9	Adam Gaimster
March 10	Helena Laubach
March 11	Carol Johnson Ed Knoblich Roy Berntsen
March 13	Jean Birkeland
March 14	Lenore Willis
March 16	Mark Young
March 17	Bonnie Wascher Nicholas Zatkovich
March 18	Alexandra Silverthorn
March 20	Daniel Chu Kellen Reese Ilmar Reinvalid
March 21	Connie Fordyce Jonah Gaimster
March 22	Christy Bermensolo Lisa Chaney John Mitchell Elvera Robbins
March 23	Troy Droubay
March 24	David Michaels
March 27	Andrew Hixon
March 28	Julie Barnhart Ladena Larson
March 29	Shane Silverthorn Josh Steele
March 30	Scott Moor
March 31	Michelle Marshman



Pastoral Acts

Death— Greg Paulson

Died – February 12, 2008
Graveside Service –
February 12, 2008
Memorial Service --
February 18, 2008

Baptisms-- Lauren Alexa Meade

Baptized February 10, 2008

Change of Address/Phone/etc. Becki Christian – 253.509.0255

(NOTE: the number listed in the pictorial directory is incorrect)

Robert Walker –

New address & phone #:
c/o Elizabeth Hypke
2013 349th St. E
Roy WA 98508
360.458.2989

Sandy Weaver—

New address & phone #:
6856 Portland Ave., #7
Tacoma WA 98404
253.267.0250

To our friends and family at St. Mark's,

Thank you so much for all the love and support that you have given us during this difficult time in our lives. With your help we will make it through.

God bless you all!

The Paulson Family

WANTED: A person or persons to take BEGINNING HARP lessons along with Sally Ann McLean, on Tuesday evenings, in Puyallup, starting in mid-April for seven weeks. Contact Sally Ann, (253) 460-5713, for more information about the lessons, harp rental fees and carpooling.



Ivan & Ellie **Larson** celebrated their 62nd anniversary on February 16 (we apologize for forgetting them last month!)

Candy & Dick **Gustafson** celebrated their anniversary on January 31 (again, apologies for omitting them)

Doris & Art **Larsen** celebrated their anniversary on February 2. (we apologize for omitting them)

(If your anniversary or birthday is not mentioned in the Viewpoint, please call the church office. It is possible we don't have the information in our files! --Jan Pence)

March Anniversaries

March 1	Jeremy & Roberta Franklin
March 15	Kim & Dan Bucklin
March 20	Troy & Jen Droubay
March 25	Pam & Chris Costa
March 29	Sherry & William Markham

COUNCIL MEMBERS MAY 2007 THROUGH APRIL 2008

PRESIDENT	JOHN SUMMEROUR	857-8872
VICE PRESIDENT	BARBARA OSTRANDER	208-6828
SECRETARY	SUSAN NEWSOM	759-1417
TREASURER	SCOTT MOOR	566-4927
	(interim)	

CHRISTIAN EDUCATION

AUDRY HANDY, 759-5242

CONGREGATIONAL CARE

KIM MEADE, 759-9817

OUTREACH MINISTRY

MARTIN DUENHOELTER, 565-5634

PEACE AND JUSTICE

KEVIN HAYES, 460-1795

STEWARDSHIP

SCOTT MOOR, 566-4927

WORSHIP & MUSIC

SONJA YEAGER, 761-3018

YOUTH & FAMILY

ALICIA LAWVER, 396-1214

STAFF

General Office Email—office@smlutheran.org (253-752-4966)

Pastor Jan Ruud—jruud@smlutheran.org

Pastor Otto Tollefson—otollefson@aol.com

Pastor Charlie Mays—Charlie_mays@msn.com

Janeen Smith—Coordinator of Ministry—janeen@smlutheran.org

Danielle Lemieux—Director of Music Ministry—danielle@smlutheran.org

Phyllis Bachman, Organist/pianist

Cooper Sherry, Organist/pianist

Ingelaurie Lisher, Director of Youth & Families—ingelaurie@smlutheran.org

Jan Pence, Office Manager/Administrative Assistant—janpence@smlutheran.org

Lisa Lindholm, Publications—lisa@smlutheran.org

Pat Buck, Financial Recording Secretary—pbuck@smlutheran.org

Anne Bettger, Director of Preschool

Becki Christian, Custodian and Hospitality Coordinator

Caresse Lemieux, Youth Music Drama Team Leader

Teresa Handy, Nursery Attendant

Adam Manley, Sound Technician

Craig Cootsona, Musician

Chuck Droubay, Maintenance Manager

Linda Wimberley, Sunday School Coordinator

Spencer Crenshaw, Facilities Assistant

Lori Neptun, Parish Nurse

Ruth Saathoff, Parish Nurse

Christie Merry, Bookkeeper

St. Mark's Lutheran Church by The Narrows

6730 North 17th Street
Tacoma, WA 98406

Phone: 253-752-4966

Fax: 253-752-4990



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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.

Wednesday, 7:30 p.m. —

Taizé Prayer Service: a quiet service centered in contemplative singing and prayer. Candlelit, meditative, renewing, restful peace in the midst of your busy life! The name of the service comes from a community in France, where Christians from all over the world gather for renewal.

