



# The Viewpoint

Volume 56 No. 3

March 2009

## Save the Date

Celebrate the dedication of  
the new space

Sunday April 26  
Morning Worship Services  
8:30, 9:45, 11:00 a.m.

Dedication service to follow

### Inside this issue:

(Ministry Teams are Highlighted  
in **Bold Print**)

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## Go Slow

By: Pastor Rebecca Shjerven

This month we march to a different drummer.

Lent is a season that is out of step with the world. We live in a world captivated by speed and productivity. . . getting the most accomplished in the least amount of time. We live in a world that avoids pain. The season of Lent is not speedy and it is certainly not pain-free. It may be the last of the seasons of the Church year that has not been embraced by the commercial world. Hallmark sells Advent calendars. Christmas and Easter are celebrated by thousands of people who would claim little connection to Christ. Lent has remained a uniquely Christian season.

Who else would want it? It is so out of step. In Lent we are invited to slow down, to leave some empty spaces in our days. We are invited to do such seemingly unproductive things as reflect, wonder, remember, question, pray. In this season we are asked to look at, perhaps even feel, pain. . . the pain of humanity, the pain of God. We are challenged to tell the truth about ourselves and our condition. . . not to overdramatize or wallow. No TV talk show, chest thumping confessions are needed. Just the simple truth spoken to God. Everything is not fine with our world. Everything is not fine with our hearts.

Why observe a season like this? I believe it is wisdom that calls us into our Lenten disciplines, wisdom about the seasons of life. For, try as we might to be productive, happy, well-adjusted, pain free people in the perpetual sum-

mer of our lives, we know that life has different seasons. There are seasons when we are very busy, when we seek to challenge ourselves with new goals and enjoy new accomplishments. And there are seasons of life when we slow down, when our bodies don't allow us to do as much, when we can cram fewer activities into a day, when simple things become more difficult. There are seasons that are joyful and ones that are filled with confusion and grief. There are seasons in which we have a profound sense of God's presence, and those when all we experience is the seeming absence of God.

The God who meets us in Lent is faithful enough to weather all of these seasons. We see this in the person of Jesus. The story of Lent is the story of God's deepest expression of love for us. In Jesus we see that our God is not a fair weather friend who flees at the first sign of trouble. God sticks by us without fail. This is what lies at the heart of Lent—the faithfulness of God unto death, a faithfulness that shapes our very being and sets the rhythm for all of our seasons.



# christian Education

## Adult Education

### Devotional Bible Studies for Lent

#### Faith's Wisdom for Daily Living

(using a book of the same title by Herbert Anderson and Bonnie McLemore)

- Wednesdays, 12:00 noon, Forza Coffee, N. 21<sup>st</sup> and Pearl

#### Book of Faith Lenten Journey: Forty Days with the Lord's Prayer

- Wednesdays, 6:15 p.m., Fireside Room
- Sundays, 11:00 a.m., Fireside Room

*These classes are led by Pastor Shjerven and intended to enrich our Lenten reflections and practices.*

## Marriage Encounter

Husbands and wives can give each other the gift of a truly satisfying relationship. Call to find out more about Marriage Encounter.

The next Lutheran Marriage Encounter Weekends are March 13-15 and May 1-3 at the Courtyard by Marriott, in Tukwila, WA. Contact Carl & Dallas Presley at [206-522-6849](tel:206-522-6849) or [carl.presley@comcast.net](mailto:carl.presley@comcast.net) or register online at [www.GodLovesMarriage.org](http://www.GodLovesMarriage.org). Information brochures are on the information counter, or contact St.

Mark's members: Scott and Kris Moor, Russ and Hillman, or Roger and Cindy Iverson.



### Confirmation: 9:45 a.m.

- March 1: Worship
- March 8, 15, 22, 29: Class in Small Groups

## Ending Well:

### 9:45 a.m. Sunday Bible Study

As we live through these darker days of winter, many of us have been warmed by our conversations around end-of-life issues. We have come together to discuss this tender subject and found comfort and inspiration in doing so. You are invited to join us as conversations continue into the month of March and join in planning an end-of-life service (funeral/memorial). We will finish out the series by growing in our understanding of grief and bereavement. All are welcome to attend any part of this series. Questions? Contact Michelle Marshman or Pastor Shjerven.

## Children's Education—

2 yrs-High School

Sunday School—9:45-10:45 a.m., every Sunday

## Vacation Bible School

It's time to start planning for Vacation Bible School in August. We will be in our new space this year and need lots of adults and kids to make this year a success. If you are interested in planning VBS or running an activity site please come to an informational meeting on **Tuesday March 10<sup>th</sup> at 6:00 p.m.** We will look at timelines – what needs to be done and when it needs to be done. If you have questions or are interested, but can't make this time please contact Linda Wimberley at 988-6882.

## Substitute Sunday School Teachers

If you are interested and willing to teach an occasional Sunday school class or if you said you would last fall but haven't been called to teach yet, please let Linda Wimberley know. She can be reached by cell phone 988-6882 or email [ljwimb@aol.com](mailto:ljwimb@aol.com).

# congregational care

## Lutheran Engaged Encounter

The weekend utilizes a dynamic process based on listening, writing and dialogue. The design of the weekend encourages the couple to explore mutual strength and weaknesses, goals, expectations and attitudes concerning careers, family life, children, roles and responsibilities, finances, sexuality, decision-making, planning, the church and society. The couples are urged to communicate in terms of planning a marriage, not only a wedding day celebration. Though some opportunity is provided for interaction among couples, the primary emphasis is on the individual's communication. A volunteer team includes trained married couples to facilitate and guide the weekend. Team presentations involve personal sharing on marriage and family issues. The team encourages the couple to become involved in a period of discovery.

### *Do you have to be Lutheran?*

Couples of all faiths are encouraged to take part as they prepare for marriage.

### *When should couples make the weekend?*

A minimum of eight weeks before the wedding, ideal time would be six months before the wedding.

### *Where is the weekend held?*

Camp Berachah located three miles east of Auburn, Washington.

### *When is the weekend held?*

April 17-19, 2009 and October 9-11, 2008

### *What is the cost?*

The cost of the weekend is \$225 per couple. This covers two nights lodging and five meals each, plus supplies, handouts and the administrative expenses of the program. A \$60 non-refundable deposit will reserve your place on the weekend.

### *How do I make reservations for the weekend?*

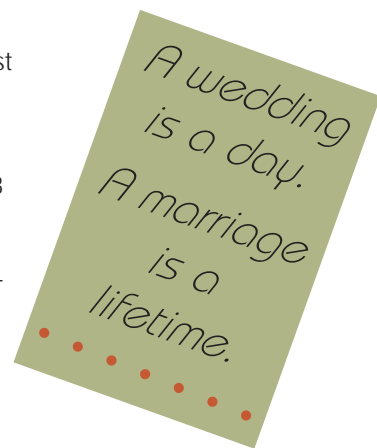
<http://www.lutheranengagedencounter.org>

or contact: Jerry and Rowena Miller

37978 Auburn-Enumclaw Rd SE;

Auburn, WA 98092

[253-939-6684](tel:253-939-6684); [jrmiller84@aol.com](mailto:jrmiller84@aol.com)



## Holden Village

By: Janeen Smith



St. Mark's is planning a group retreat to Holden Village July 12-18. Holden Village is a center for renewal; a Lutheran ministry welcoming all people into the wilderness to be called, equipped and sent by God. Thousands of visitors come to Holden each year to experience learning, worship, hilarity and renewal. All ages are welcome (children and teens must be part of a family group). Please visit [www.holdenvillage.org](http://www.holdenvillage.org) for a more complete list of what you can expect. Some of favorite things to do at Holden are hike, learn new craft skills and enjoy being surrounded by beautiful mountains and engaged in conversation with people from all over the world. Look for an information board in the narthex. Contact Janeen Smith, [janeen@smlutheran.org](mailto:janeen@smlutheran.org) (after March 6) to make your reservation.



St. Mark's Parish Nursing

## Depression

By: Helen Bache, RNC, BSN—Parish Nurse

Depression is a serious medical illness that negatively affects how you feel, the way you think and how you act. **Depression has a variety of symptoms, but the most common are a deep feeling of sadness or a marked loss of interest or pleasure in activities.**

Other symptoms include:

- Changes in appetite that result in weight losses or gains unrelated to dieting.
- Insomnia or oversleeping.
- Loss of energy or increased fatigue.
- Restlessness or irritability, anger, worry, agitation, anxiety
- Feelings of worthlessness or inappropriate guilt.
- Difficulty thinking, concentrating, or making decisions.
- Prolonged sadness or unexplained crying spells
- Pessimism, indifference
- Feelings of guilt, worthlessness
- Inability to take pleasure in former interests, social withdrawal
- Unexplained aches and pains
- Thoughts of death or suicide or attempts at suicide.

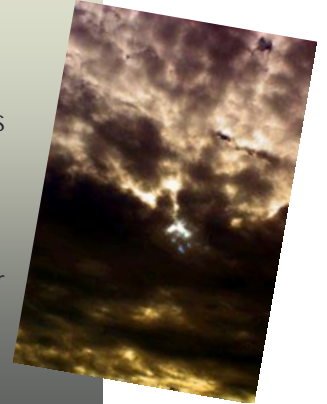
Depression is common. It affects nearly one in 10 adults each year—nearly twice as many women as men. It's also important to note that depression can strike at any time, but on average, first appears during the late teens to mid-20s. Depression is also common in older adults.

Depression is a treatable medical illness involving an imbalance of brain chemicals called neurotransmitters and neuropeptides. It's not a character flaw or a sign of personal weakness. Just like you can't "wish away" diabetes, heart disease, or any other physical illness, you can't make depression go away by trying to "snap out of it." Episodes of depression often follow stressful events like marital problems or the death of a loved one. While depression sometimes runs in families, many people with the illness have no family history of depression. The exact causes of depression still are not clear. What we do know is that both genetics and a stressful

Just like other life-threatening diseases,

Depression is a biological illness that can be treated.

Which means there's hope for everyone who has it.



environment, or life situation, contribute to its cause. Usually, it's not one or the other, but a combination of both.

### Depression and sadness are different.

The death of a loved one, loss of a job, or the ending of a relationship are difficult experiences for a person to endure. It is normal for feelings of sadness or grief to develop in response to such stressful situations. Those experiencing trying times often might describe themselves as being "depressed."

But sadness and depression are not the same. While feelings of sadness will lessen with time, the disorder of depression can continue for months, even years. Patients who have experienced depression note marked differences between normal sadness and the disabling weight of clinical depression.

**Postpartum depression** is a treatable medical illness associated with the delivery of child and is characterized by feelings of sadness, indifference, exhaustion and anxiety that a woman may experience after the birth of her baby. It affects one in every 10 women who have had a child, and can affect any woman, regardless of her age, race, or economic background. It is caused by changes in hormones and can run in families. It is distinguished from "baby blues"—an extremely common reaction following delivery—both by its duration and the debilitating effects of *indiffer-*

ence the mother has about herself and her children. About one in 10 new mothers experience some degree of post partum depression: women with severe premenstrual syndrome are more likely to suffer from it. Women with postpartum depression love their children but may be convinced that they are not able to be good mothers.

### Depression and Other Illnesses

Depression often co-exists with other mental or physical illnesses. Conditions that may be worsened by depression include substance use, anxiety disorders, eating disorders, heart disease, stroke, cancer, HIV/AIDS, diabetes, and Parkinson's disease. A great deal of research in the field of "whole health" (also called "mind-body medicine" or "integrated health"), is currently underway to explore the relationship between depression and physical illnesses.

### Treatments

Treatment of depression may include support groups, medication, talk therapy, or other strategies that you and your health care provider may want to try. Before a specific treatment is begun a thorough diagnostic

evaluation (physical examination, interview) should be conducted. The purpose of the evaluation is to reveal specific symptoms, medical and family history, cultural settings and environmental factors to arrive at a proper diagnosis and to determine the best treatment.

Antidepressant medication may be prescribed to correct imbalances in the levels of chemicals in the brain. These medications are not sedatives, "uppers" or tranquilizers. They are not habit forming. Antidepressants may produce some improvement (e.g. better sleep) within the first week or two of treatment but it is recommended that patients

continue to take medication for six or more months *after* symptoms have improved. The full benefit of medication may not be realized for two or three months. If little or no improvement occurs after several weeks, the dose can be altered or another antidepressant added or substituted. The right treatment is the one that works best for you.

Depression is never normal and always produces needless suffering. With proper diagnosis and treatment, the vast majority of people with depression will overcome it. If you are experiencing symptoms of depression, see your family physician or a psychiatrist, describe your concerns and request a thorough evaluation. You will feel better.

*If you or someone you know has thoughts of death or suicide, contact a medical professional, clergy member, Parish Nurse, loved one, friend, or hospital emergency room. or 9-1-1 immediately to get help*

Publication by American Psychiatric Association



# Peace & Justice

## Go, and Do With...

By: Norm Orth

Sisters and Brothers in Christ:

The title above is actually taken from an ELCA World Hunger article, but the writer took it from Jesus' last words of the parable of the Good Samaritan in Luke 10. When the story of the parable ended, Jesus said to the man who asked the question in the first place, "Which of these three, do you think was neighbor to the man who fell among robbers?" He said, "The one who showed him mercy." Then Jesus said these great words, "Go and do likewise"

In March the Hunger Offerings will go to the ELCA World Hunger Fund.

I quote from an article in their recent publication which is entitled, "Go and Do With....."

High on a mountain in Peru, a community of farm families gathered to dedicate a reservoir and irrigation system. The project illustrates our "Go and do with" approach. Gifts to the ELCA World Hunger Appeal, directed through partner Lutheran World Relief, invested \$7,000 needed to build the system. Staff from local organizations offered expertise and community members

provided all the labor.

The community's school teacher spoke at the dedication saying, "I brought the children here today to see what their parents and so many others are doing for their future."

As I write this, Jesus' words in the Sermon on the Mt. seem to shine on me at this moment when He said, "Let your light shine before others, so that they may see your good works and give glory to your Father in Heaven. Matt. 5:16.

Any further encouraging words of mine, to walk forward on Sundays and give generously to that little wicker basket on the communion rail, seem to pale when compared to Jesus' words.

I want to again express thanks to many of you who do walk forward, each Sunday. As I have said before, "I love to see the expression on the children's faces as they do so." Thanks for your offerings of \$920.55 in January, which went to the Pierce County Emergency Food Network. I like to think that the cents in those offerings come from the children themselves. Peace and Joy to all as you let your "Light Shine."

## A New Day: *Reintroducing America to the World*

By: Paula Friedmann

On Saturday, March 21, 2009, **Bread for the World** will be sponsoring a forum on America's role in the global neighborhood. The event will take place at Saint Mark's Cathedral, 1245 10<sup>th</sup> Ave. E., Seattle from noon until 1:30 p.m.

The featured speakers will be Bread for the World president Rev. David Beckmann, travel guru Rick Steves, and Mercy Karanja of the Bill and Melinda Gates Foundation.

**Rev. David Beckmann** has been president of Bread for the World for 15 years, leading large-scale and successful campaigns to strengthen U.S. political commitment to over-

coming hunger and poverty. Bread for the World is a collective Christian voice urging our nation's decision makers to end hunger at home and abroad.

**Rick Steves** is the host, writer and producer of the popular public television series *Rick Steves' Europe*, best-selling author of 30+ European travel books, and host of a weekly public radio program, *Travel with Rick Steves*. Rick is outspoken on the need for Americans to respect our international neighbors by broadening our perspectives through travel.

**Mercy Karanja**, a farmer's daughter who has her own family farm, is

currently a senior program officer in the agricultural development division of the Bill and Melinda Gates Foundation. For eight years she was chief executive of the Kenya National Federation of Agricultural Producers.

The event is free and open to the public. No tickets are required. If you are interested in going, please contact Pr. Shjerven at [rebecca@smlutheran.org](mailto:rebecca@smlutheran.org). We will try to carpool if enough people are interested or possibly take the church van if a qualified driver is going.

More information about the event is available at 888-752-7323 x1 or [www.bread.org/events](http://www.bread.org/events).



By: Vangie Billingsley

Our Lutheran World Relief donation boxes had to be set aside during the building renovations. In order to continue receiving your generous donations we have moved them to the narthex at the left of the entrance.

NEEDS: FLANNEL for layettes, SOAP - Bath size for layettes and health kits, and all other sizes for general shipment. Soap does great things in preventing disease and infections. What would we do without it? Following disasters the health kits fill those immediate needs for cleanliness.

HEALTH KITS: Please think health kits and help us to fill as many as possible. Each kit needs: 1 hand towel, 1 wash cloth, 1 wide tooth comb or pick, 1 tooth brush, 1 metal finger nail file or small clipper with a file, 6 band aids, and 1 soap (bath size. )

ANOTHER WAY TO HELP: Dollars are needed for shipping. If this is the way you wish to support this mission we will provide a receipt if you will make out your check to St. Mark's Women and indicate Project Comfort. Our treasurer is Carol Paulson and she will see that you receive a receipt.

If you have any questions call Vangie Billingsley at 756-7766.

For more information  
about  
Lutheran World Relief  
visit their website at  
[www.lwr.org](http://www.lwr.org)

## 2009 Offering of Letters Workshop

By: Paula Friedmann

Bread for the World President David Beckmann will lead an Offering of Letters Workshop on Saturday, March 21, 2009 from 9:30 a.m. until noon. The event will be held at St. Mark's Episcopal Cathedral, 1245 10<sup>th</sup> Ave. E., Seattle and will precede a forum on America's role in the global community (see related article in this *Viewpoint*).

The workshop will help people learn how to conduct an "offering of letters", which St. Mark's has done one or more times a year for a number of years. An offering of letters gives us all an opportunity to "offer" our citizenship up to God by communicating our concerns to our elected representatives. This year's campaign will focus on making U.S. foreign aid more efficient and effective in reducing hunger and poverty.

The workshop is free with registration. To register, call 888-752-7323 x1 or visit [www.bread.org](http://www.bread.org).

## Sister Helen Prejean to speak at UPS

By: Paula Friedmann

(courtesy of UPS Neighbor-to-Neighbor newsletter)

Author and activist Sister Helen Prejean will discuss her book *The Death of Innocents: An Eyewitness Account of Wrongful Executions* at this spring's Swope Lecture on Tuesday, March 31, at 7 p.m. in Schneebeck Concert Hall at the University of Puget Sound. Admission is free but tickets are required. Contact UPS Wheelock Information Center at 253-879-3419 for more information.

Sister Prejean began her prison ministry in 1981, when she dedicated her life to the poor in New Orleans. Her work was the subject of a major motion picture, *Dead Man Walking*.

*The Death of Innocents* tells the story of Dobie Gillis Williams and Joseph O'Dell, whom Sister Prejean accompanied to their executions. She believes both men were innocent. The book examines all the evidence, including some the juries never heard, and shows how flaws in the death penalty system have led to the execution of innocent people.



The Swope Lectureship is intended to promote discussion, critical thinking, and inquiry about issues of faith, ethics, values or religion.

# Mexico Mission

By: Pastor Jan Ruud

Once again, a great team of youth and adults is coming together for our 8<sup>th</sup> annual mission trip to Mexico to build four houses for needy families and build relationships with people in the community. We will be going south during the last full week of June and there is still room for a few more people on the team. Please fill out an Interest Form (available in the Narthex the church office) if you would like to make this trip with us. We are also asking everyone in the congregation to save the date of Friday, May 1<sup>st</sup> at 6:00 p.m. for a Dinner and Auction where you can help us raise the financial support we need for this mission. We also invite you to consider donating something for the auction. Look for the Mexico Mission table in the Narthex beginning in April, or talk to Candie Gustafson if you already have something you would like to donate. Candie's contact information is available at the church office.



## Build Houses in Guatemala

Jerry and Cindy Schultz, Olympia, WA, are leading a Habitat for Humanity team to Guatemala, July 8 - 18th, and have seven spaces open for persons 18 to 80 years of age. Cost: \$700 + air fare for Thrivent members; \$1500 + air fare for non-Thrivent members.

Contact the Schultzes: [360-943-8783](tel:360-943-8783), or e-mail: [solemates-book@comcast.net](mailto:solemates-book@comcast.net)

### Food Bank

Suggestions for February:

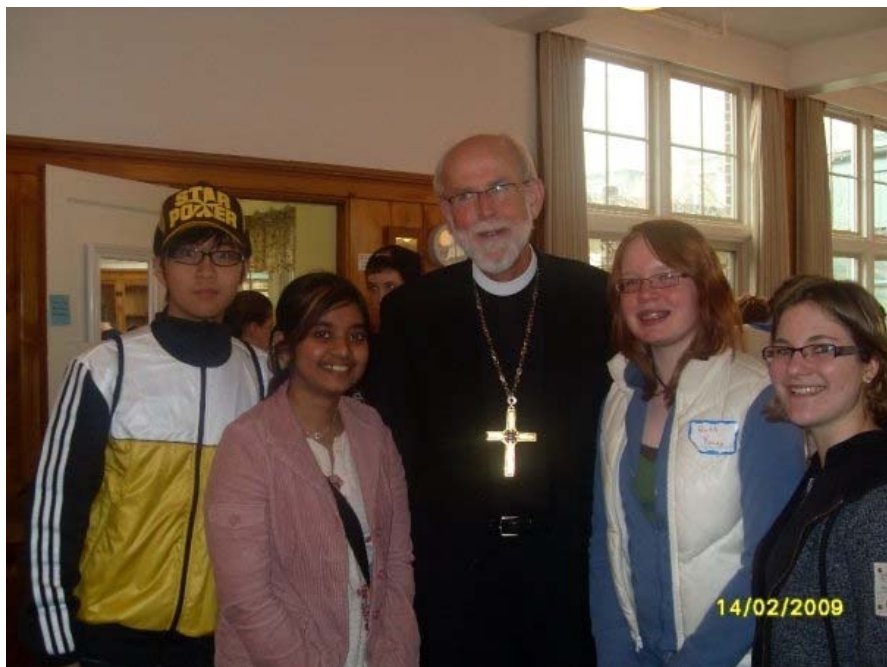
#### Toiletries

(toothpaste, toothbrushes, deodorants, soap, shampoo, razors, etc.)



"The challenge for the younger generation is to live and to work together with different religions and backgrounds in peace for a better world," said Bishop Hanson.

Bishop Hanson spoke at the Hunger Event at PLU and the Youth had the chance to have lunch with him. It was a great experience for us to be able to spend a day thinking about the positive impact we can have on the world.



# Stewardship Ministry

## 2009 Planned Benevolences

ELCA - Synod Undesignated	30,000.00
<b>ELCA/Synod Undesignated</b>	<b>\$30,000.00</b>
ELCA World Hunger	1,500.00
Living Stones Congregation	2,000.00
Lutheran Community Services	1,000.00
Lutheran World Relief	1,000.00
Pacific Lutheran University	1,000.00
Pacific Luth Theol Seminary	1,000.00
Trinity Lutheran College	1,000.00
<b>ELCA/Synod Designated</b>	<b>\$8,500.00</b>
Associated Ministries	1,000.00
Bread for the World	1,000.00
China Service Ventures	1,000.00
Emergency Food Network	1,000.00
FISH Food Bank	1,000.00
Global Missions	2,500.00
Habitat for Humanity	1,000.00
Holden Village	1,000.00
L'Arche	1,000.00
Luth Seminary/College Scholars	4,000.00
Lutheran Public Policy Office	500.00
Lutheran Volunteer Corps	1,000.00
Pastoral Emergency Fund	5,000.00
Peace Community Center	1,500.00
Pierce County AIDS Foundation	750.00
Salishan Mission	500.00
Salvation Army Loaves & Fishes	1,000.00
Tacoma Community House	750.00
Tacoma Lutheran Home	1,000.00
Tacoma Rescue Mission	500.00
<b>Non ELCA/Synod Benevolences</b>	<b>27,000.00</b>
Christmas Families Project	300.00
Fair Trade Support	300.00
Nativity House Meals	2,500.00
Phoenix Housing Support	350.00
Prison Family Support	500.00
Somali-Bantu Tutoring	600.00
<b>St. Mark's Projects</b>	<b>\$4,550.00</b>
<b>Total Planned Benevolences</b>	<b>\$70,050.00</b>

## Stewardship Report

As part of our budgeting, or ministry funding, process at St. Mark's we give away 10% of our offerings as planned benevolences. The chart on this page indicates our intentions for 2009 based upon our anticipated offerings. As you see, we plan to give away \$70,950; but we don't stop there. We also give away many thousands of dollars in designated benevolences; last year we gave away over \$9,375 received in the Hunger Basket alone, as well as another \$35,000 given for Lutheran World Relief, Nativity House, Gifts of Hope, Mexico Mission trip and a dozen other beneficiaries. Amazing! Wonderful! Exciting! Thanks be to God for the generosity of the people of St. Mark's!

### January Financial Report

#### GENERAL & BENEVOLENCE FUND

Total Offerings	\$48,927.48
Ministry Team Income	\$430.95
Misc/Other Gen Fund	\$46.95
<b>Total Gen &amp; Ben Fund Income</b>	<b>\$49,405.38</b>
Planned benevolences	\$3,206.00
Ministry team expenses	\$1,036.97
Administrative expense	\$2,764.79
Property expense	\$2,390.38
Staff expense	\$38,831.14
<b>Total Gen &amp; Ben Fund Expenses</b>	<b>\$48,229.28</b>
<b>Net Income</b>	<b>\$1,176.10</b>

We also received, among other designated gifts, \$920.55 for the hunger basket, \$805.40 for other benevolences, and \$6648.00 for Grace Upon Grace. All designated gifts are sent to the ministry or organization for which they were designated.

# Worship & Music

## Worship and Music Schedule March 2009

<b>Wednesday, March 4<sup>th</sup>:</b>	Lenten worship, 7:30 p.m.
<b>Sunday, March 8<sup>th</sup>:</b> <i>* daylight savings time</i>	<b>CHILDREN'S CHIMES CHOIR</b> rings at the 11:00 service (warm-up at 10:30 a.m., place TBA)  <b>JUBILATION CHOIR</b> sings at the 11:00 service (warm-up at 10:45 in the Sanctuary)
<b>Wednesday, March 11<sup>th</sup>:</b>	Lenten worship, 7:30 p.m.
<b>Sunday, March 15<sup>th</sup>:</b>	<b>BELLS OF ST. MARK'S</b> rings at the 8:30 & 9:45 a.m. services (set-up at 7:45 a.m.; warm-up at 8:00 a.m.)  <b>ST. MARK'S RINGERS</b> rings at the 11:00 service (warm-up at 10:45 a.m. in the Sanctuary)
<b>Wednesday, March 18<sup>th</sup>:</b>	Lenten worship, 7:30 p.m.
<b>Sunday, March 22<sup>nd</sup>:</b>	<b>JOYFUL NOISE CHOIR</b> sings at the 11:00 service (warm-up at 10:45 a.m. in Sanctuary)
<b>Wednesday, March 25<sup>th</sup>:</b>	Lenten worship, 7:30 p.m.

## Fellowship, Learning and Worship

By: Pastor Jan Ruud

The season of Lent has always been a time of spiritual growth and renewal for Christians. During these forty days that lead us to the celebration of Easter, we remember what it truly means to be disciples of Jesus Christ and how it is that we are the body of Christ in the world today. With that in mind, we invite you to join us every Wednesday in Lent for a simple meal together, followed by an excellent Bible Study and a worship service that draws us deeper into this year's theme passage from scripture.

5:45-6:15 p.m. Soup Supper. Take the evening off from cooking and join your church family for a time of fellowship. This is a great way to get acquainted with other people who belong to this worshipping community.

6:15-7:25 p.m. Bible Study with Pastor Shjerven in the Fireside Room. Check out the Christian Education section of this newsletter for more information about this great opportunity to grow in faith with others. Or,

if you would like to be a Faith Companion for people who are in the Faith Journey group with Pastor Ruud at this time, please contact him by mid-March.

7:30-8:00 p.m. Worship service in the sanctuary. Each week, our worship will be centered on the theme passage for this year together at St. Mark's (1 Peter 2:2-5). Members of our staff will take turns sharing reflections on what it means to be "living stones" that are being built into a spiritual house. You will hear from Jan Pence, Ingelaurie Lisher, Janeen Smith, Mirjam Hofer, and Otto Tollefson. The musical setting for the service will be the beautiful Compline (Evening Prayer) service from our new hymnbook. The congregation will also sing hymns of faith together that strengthen us for the Lenten journey.

# Youth & Family

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity. 1 Timothy 4:12

## Children's Ministry

2nd—5th grade

**Kid's Club Tuesday Nights** will run from 5:15-5:40 p.m. each week, during music rehearsals.

## High School Ministry: SR ALYVE

9-12th Grade

### Bible Study and Discussion

2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of each month:  
March 11<sup>th</sup> and 25<sup>th</sup> from 6:15-7:15 p.m.  
Pastor Ruud's office.

### Breakfast Club!

4<sup>th</sup> Sunday of each month—11:00 a.m. in the Conference Room. March 22, April 26 and May 24. Breakfast provided.

### Fools' Night Out!

(area wide Lock-Out)—April 3-4<sup>th</sup> for youth grades 8-12<sup>th</sup>. Cost: \$30.00 per person. Sign up by March 22<sup>nd</sup> if you plan on attending.

## Middle School Ministry: JR ALYVE

6-8th Grades

### Youth Group Nights—

March 3 and 17<sup>th</sup> 5:45-7:00 p.m. in the Youth Room.  
Dinner provided both nights—Theme "Living your Dreams!"

April dates: 7<sup>th</sup> and 21<sup>st</sup>.

### Rocky Boy Mission Trip—

Next meeting date for youth and parents: Tuesday, March 24<sup>th</sup> 6:00 p.m. in the Youth Room.

## Nursery/Childcare is offered at various times throughout the week.

- Tuesdays—5:30-8:30 p.m.
- Wednesdays—6:00-8:00 p.m.
- 1<sup>st</sup> Saturday of each month—9:00-11:00 a.m.
- Sundays—8:00 a.m.-12:15 p.m. during Worship and 12:30-2:00 p.m. for Faith Journey
- 3<sup>rd</sup> Monday of each month—6:00-8:00 p.m.

We encourage you to plan your meetings and/or practices during these times. To request nursery/childcare during other times of the week and for special events please contact our Nursery Coordinator Kristin Hamner at 253-380-3167 or at [kristinhamner@yahoo.com](mailto:kristinhamner@yahoo.com). Free will donations are gladly accepted to help subsidize our nursery attendants.

## Parenting Conversations: *Last Child in the Woods*, by Richard Louv

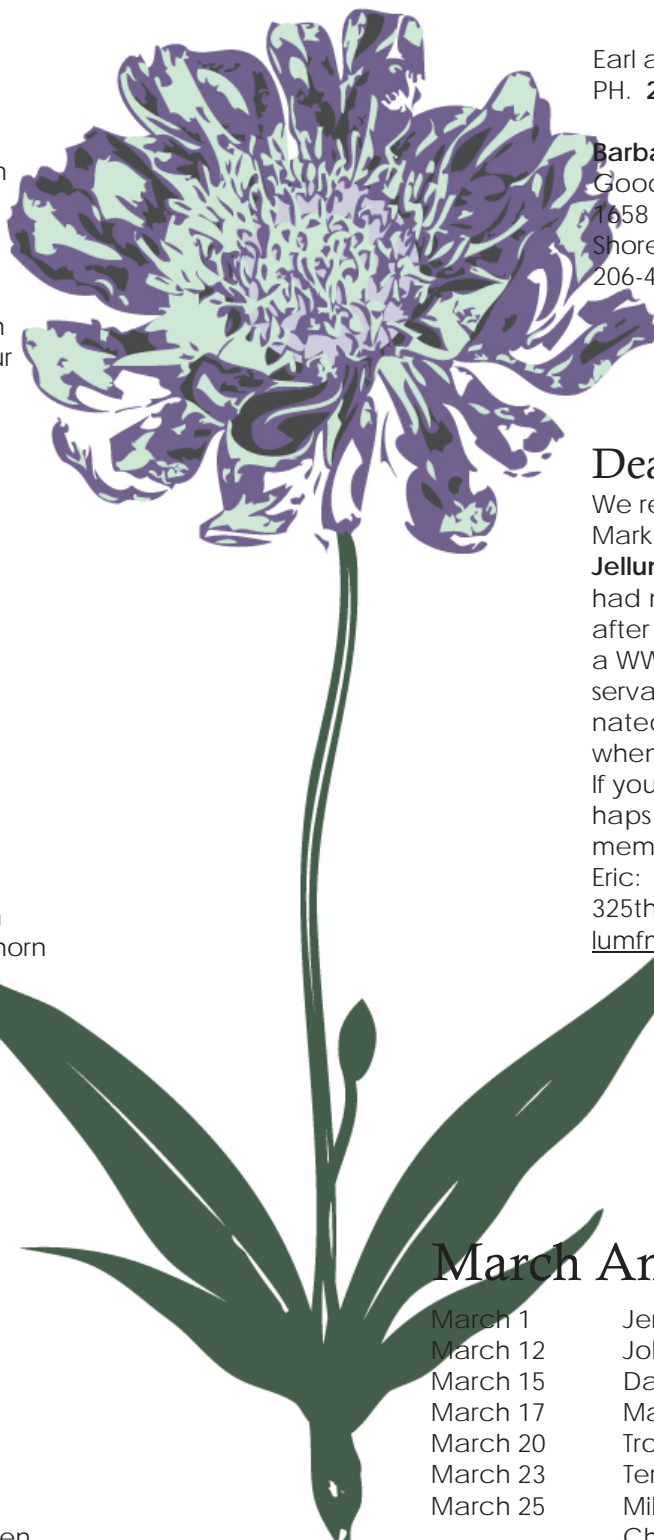
Friday, March 20, 6:00-8:00 p.m.

Dinner and Childcare provided

RSVP to Jan Pence ([janpence@smlutheran.org](mailto:janpence@smlutheran.org)) or Christine Harris ([christine@raincity.com](mailto:christine@raincity.com))

## March Birthdays

- March 1      Roberta Franklin  
                  Meg Henderson
- March 2      Levi McConnell  
                  Jim Nettles
- March 3      Jordy Asper  
                  Leischen Moore  
                  Michael Mueller
- March 4      Phil Johnson  
                  Betty Roberts  
                  Juliana Silverthorn
- March 5      J. T. Gala
- March 6      Nina DeRek  
                  Gretchen Hayes  
                  Pat Hilfiker  
                  Sally Ann McLean  
                  Emma Summerour
- March 8      Patricia Berg  
                  Kelsi Burkhart  
                  Ashleigh Johnson  
                  Antonio Patrick
- March 9      Adam Gaimster
- March 10     Helena Laubach  
                  Sarah Sherry
- March 11     Carol Johnson  
                  Ed Knoblich
- March 12     Charles Eyres
- March 13     Jean Birkeland
- March 14     Dick Rodning  
                  Lenore Willis
- March 16     Peter Postovoit  
                  Mark Young
- March 17     Pat Keller  
                  Bonnie Wascher  
                  Nicolas Zatkovich
- March 18     Alexandra Silverthorn
- March 20     Daniel Chu  
                  Laura Kellogg  
                  Kellen Reese  
                  Ilmar Reinvald
- March 21     Jonah Gaimster
- March 22     Lisa Chaney  
                  John Mitchell  
                  Elvera Robbins
- March 23     Troy Droubay  
                  Quinn Huelsbeck
- March 24     David Michaels
- March 27     Andrew Hixon
- March 28     Julie Barnhart  
                  Ladena Larson  
                  Mark Weinfurter
- March 29     Shane Silverthorn  
                  Josh Steele
- March 30     Scott Moor  
                  Madeleine Shjerven
- March 31     Michelle Marshman



## Pastoral Acts

### Change of Address/ Phone

Earl and Helen **Sakrison**  
PH. **253.752.6444**

**Barbara Corley**  
Good Shepherd Home  
1658 N. 145<sup>th</sup> St.  
Shoreline WA 98133  
206-420-1887

### Deaths:

We received word that one of St. Mark's charter members, **Lloyd Jellum**, died a few weeks ago. He had moved back to Iowa in 1997 after his wife, Inez, died. Lloyd was a WWII POW who was an active servant here at St. Mark's. He donated the piano in the chancel when the new sanctuary was built. If you knew the Jellum family, perhaps you'd like to share your memories with his sons, Mark & Eric: Send to Eric Jellum, 1669 325th St., Osage IA 50461 or [jellumfm@osage.net](mailto:jellumfm@osage.net).

## March Anniversaries

- March 1      Jeremy & Roberta Franklin
- March 12     John Christensen & Penny Allen
- March 15     Dan & Kim Bucklin
- March 17     Matt & Courtney Taylor
- March 20     Troy & Jen Droubay
- March 23     Terry & Carol Johnson
- March 25     Mike & Joyce Erickson  
                  Chris & Pam Costa
- March 29     William & Sherry Markham

## Council Members June 2008 through May 2009

PRESIDENT	Kim Meade	759-9817
VICE PRESIDENT	Martin Duenhoelter	565-5634
SECRETARY	Rolf Morstad	759-0563
TREASURER	Steve Titus	507-5321

### CHRISTIAN EDUCATION

John Frazier, 312-9313

### CONGREGATIONAL CARE

Janet Ruud, 564-2832

### OUTREACH MINISTRY

Kevin Hayes, 460-1795

### PEACE AND JUSTICE

Paula Friedman, 759-3881

### STEWARDSHIP

John Wascher, 503-6765

### WORSHIP & MUSIC

Jacquie Crenshaw, 456-6624

### YOUTH & FAMILY

Alicia Lawver, 396-1214

## 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
- ✉ 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 Attendant
- ✉ Chuck Droubay, Maintenance Manager
- ✉ 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
- ✉ Mike McKeller, Bookkeeper—bookkeeper@smlutheran.org

## 2008 Gifts of Hope Report

By: Elaine Rodning

The 2008 Gifts of Hope program was an overwhelming success. Every agency in the catalog received gifts. The total of gifts purchased through the seven churches that participated (Trinity Lutheran in Parkland, St. Mark's by The Narrows Lutheran Church in Tacoma, Lutheran Church of the Good Shepherd and Gloria Dei Lutheran Church in Olympia, Creator Lutheran Church in Bonny Lake, First Lutheran Church in Tacoma and St. John's Lutheran Church in Chehalis) was \$12,828. Three Thrivent Financial Chapters (Mt. Rainier, West Pierce and Thurston, Mason, Lewis) added \$4,800 in supplemental funds bringing the total of \$17,628 being sent to the agencies. The Clark County Thrivent Chapter funded the necessary printing expenses allowing 100% of the money that purchased gifts to go directly to the agencies. These gifts will make a difference in so many lives. With the state of the economy this year, it is wonderful that the program did even better than last year.

The gift that was purchased most frequently was providing health kits for persons entering health care in Argentina with 60 gifts purchased. Following closely behind was providing \$240 worth of food for the Emergency Food Network with 56 gifts purchased. The third most frequently purchased was sheets for a child's bed in Reynosa Mexico with 49 gifts purchased.

Be sure to plan for next year as you begin to think about gifts for Christmas. We hope to have the catalog ready by mid-September so you will have plenty of time to shop. Thank you to all those who worked on the project and to all those who purchased gifts. There will be a display table at the Synod assembly for other churches to learn about the Gifts of Hope Program.

The Trinity Lutheran Missions Committee

# St. Mark's Lutheran Church by The Narrows

6730 North 17th Street  
Tacoma, WA 98406

Phone: 253-752-4966

Fax: 253-752-4990



A Place for Grace

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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. —**

Join us on our Lenten journey as we have mid-week Compline services each Wednesday until Holy Week.

