

The Witness of Peace

MARCH 2020
VOLUME 35, ISSUE 3

Lutherans and Care for Creation: Rooted in Faith

Theology: We affirm God as creator of all. We have an incarnation theology that cherishes the continuing presence of God in, with, and under all reality. We see redemption as the restoration of creation, as “new creation.” We see the future straining toward the fulfillment of creation.

Cross and Resurrection: The gospel leads us to see God in solidarity with the human situation in all its pain and agony, especially the most vulnerable—humans and non-humans. A theology of the cross gives us solidarity with “creation groaning in travail” and stresses that God redeems all creation. Our affirmation of resurrection offers hope for new life in this world.

Worship and Sacraments: We affirm that the material is a vehicle of the Divine and that Christ is present in such ordinary elements of life as grapes and grain—the basis for our delight in and reverence for creation. Our worship invites us into transforming encounters with God deep in the flesh and in the world. We are called to worship God with creation.

Ecclesiology: Our human vocation is “to serve and to preserve” Earth. We believe that the church exists for the sake of the world. We do not have an escapist theology. We are called to continual reformation in response to the needs and crises of this life. When Luther was asked what he would do if the world would end tomorrow, he apparently replied, “Plant a tree.”

Ethics: We have an ethic of faith-active-in-love for neighbor and for all creation. Liberated from a legalism that enslaves, we are freed to address new situations, such as the ecological state of the world. We do so not to dominate but as servants to our human and non-human neighbors. We do so not out of fear or guilt or arrogance, but joyfully out of grace, love, and gratitude.

Social Ministry: With a heritage back to the Reformation, Lutherans have a history of social service to the poor, the elderly, the sick, the oppressed, the marginalized—through hospitals, homes for the elderly, social ministry agencies, Lutheran Immigration Service, and Lutheran World Relief. We extend that service to healing the Earth community.



A resource from: www.lutheransrestoringcreation.org



It's time to be honest

Spirit Article - March 2020

Wouldn't it be nice if people could talk about their anti-anxiety medication or depression medication as easily as their cholesterol medication? Unfortunately, even though we have come a long way in society, there is still some shame when talking about illnesses in our brains – whether it is anxiety or depression or addiction or bipolar disorder or ADHD or a traumatic brain injury (TBI) or other mental health challenges.

Sadly, there seems to be an added stigma when one is a deacon or a pastor. I am not sure why. Perhaps it is because rostered ministers are supposed to have everything in order. Perhaps it is because rostered ministers are supposed to be the helpers rather than the ones who need help. I don't know. But the stigma is present.

The truth is, in the United States nearly one in five adults experience some form of mental illness. It is very common. And, in most cases, it is treatable with therapy and medication. With the right treatment plan, most are able to lead a full and happy life.

I encourage us all to be compassionate and to be truthful with one another. We all need to get to a point where we can be honest regarding our mental health, whether we are a rostered minister or a layperson. This is for the sake of the church, the person involved and their family.

When I was a young adult, I learned that my great-grandmother suffered from schizophrenia. I had never met her and thought she had died years before I was born. The reality was that she died only a few years before I heard about her. You see, she had been institutionalized for years and no one in the family spoke of her. I am saddened that I never had a chance to meet her. And I am saddened for the shame my family held close. My family and I are less than what we could have been together.

While I am thankful that things are different than when my great-grandmother was confined to an “asylum” (as it was called back in the day), we still have a long way to go. I encourage all of you to be honest if you are experiencing symptoms. I ask all of you to listen and see and empathize with those who are struggling. And encourage those around you to get help as needed.

Truly, we do not want you to struggle alone.

In addition to your primary care provider, here are some resources:

Lutheran Counseling Network - www.lutherancounseling.net/

Lutheran Community Services Northwest – www.lcsnw.org/

Suicide Prevention Hotline: 800-273-8255

For Rostered Ministers: Consultation to Clergy - www.consultationtoclergy.org/

For Portico Plan Members, check out the online *Learn to Live* and *Being* programs:
www.porticobenefits.com

Let us trust in one another.

Truly, let us trust in God - that God is with us, carrying our burdens, and giving us rest.

Blessings,

Bishop Shelley Bryan Wee

P.S. Here are two additional stories that might be of interest:

<https://livingchurch.org/2019/11/18/facing-an-invisible-storm-mood-disorders-in-church-workers/>

[www.indianapolisrecorder.com/religion/article_3a80369a-2bda-11ea-98ee-](http://www.indianapolisrecorder.com/religion/article_3a80369a-2bda-11ea-98ee-5722a8bd15b1.html?utm_medium=social&fbclid=IwAR3JhB2MSEdH7Vz47rp2vaHtuCDOUMpuUzGO5tarK7P6NQ0gn1cBYIQW3qE)

[5722a8bd15b1.html?utm_medium=social&fbclid=IwAR3JhB2MSEdH7Vz47rp2vaHtuCDOUMpuUzGO5tarK7P6NQ0gn1cBYIQW3qE](http://www.indianapolisrecorder.com/religion/article_3a80369a-2bda-11ea-98ee-5722a8bd15b1.html?utm_medium=social&fbclid=IwAR3JhB2MSEdH7Vz47rp2vaHtuCDOUMpuUzGO5tarK7P6NQ0gn1cBYIQW3qE)

A Greeting from Josephine

Dear friends,

Your partnership in ministry is a rich gift as we continue a caregiving community for all generations. Thank you.

As the seasons turn and we move into the liturgical season of Lent, I still see our residents enjoying their bright, warm blanket or slippers or scarf, or.... Your generosity is daily appreciated here and people are blessed by the gifts you shared at Christmas...still!

You are present each day in the lives of our residents. What an amazing thing!

The invitation this season is to pause and reflect on how we are present in the world, how we steward God's blessings in our lives, how we show up for one another. In Lent, we are invited to reorient our lives towards God "by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word." We are invited to reconsider.

It is not wholly comfortable to take an open look at how the Spirit is leading us. And yet the fortitude to do so can bring rich reward. Even as I grieve some of my losses, I celebrate amazing new opportunities: without choosing to embrace the discomfort, I could never have been open for the next steps. God has a delightful sense of humor!

I invite you to something which may be new and uncomfortable for you. In this season, as you read God's Word, as you receive rich preaching, as you engage in Lenten study, consider what God has to say about how the vulnerable are cared for in our society. Might you be called to share your insights and yearnings with people in power? Might your voice, grounded in God's Word and presence, be needed to tell the story of God's people here at Josephine?

Every time I write or call my elected officials, I am nervous. Every time, I hesitate, as if they do not need my perspective. But God has work to do and my discomfort is not relevant in this moment.

Terry Robertson, our CEO, and I invite you to speak Good News and to ask for those who cannot ask: we need better funding for healthcare, including nursing homes. (Visit <https://www.wahealthactionnetwork.com/> and click on the green **TAKE ACTION** button for a simple way to express your support.) Consider writing a brief message to your legislators in support of strong funding, in support of nurse licensing, in support of broad cooperation... in support of the ones who need us around them. In what ways does the Spirit nudge you to raise your voice?

This is Lent, time to prepare for the most amazing experience of Incarnation, Death, and Resurrection. We are invited to reconsider. God has a delightful sense of humor!

May you find blessing in your generosity of prayer and presence with Josephine!

Peace,

Helen McPeak

Spiritual Care Director, Josephine Caring Community

February 20, 2020

BLESSED TO BE A BLESSING: A Season of Congregational Listening

The reflective gatherings we had last October were a first step for our congregation in an extended time of focused intentional listening to God, to each other and to our greater local community. We will continue to gather to do the work of *discernment* – that fancy “spiritual” word that simply means **faithfully seeking to understand what God is calling us to do next**. This next Lenten session will focus on preparing to discover God’s voice through listening to the voices in our wider community.

Could you plan to participate in our congregational process by being part of one of these sessions during the month of March?

Sunday, March 1 9:00- 9:45 am , prior to worship
11:30- 12:15, following worship

Tuesday, March 10 1:00- 1:45 pm

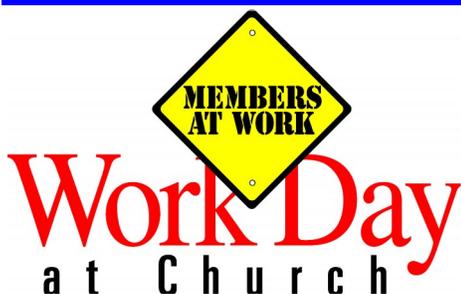
Thursday, March 12 11:00-11:45

Sunday, March 15 9:00- 9:45 am , prior to worship
11:30- 12:15, following worship

Tuesday, March 24 1:00- 1:45 pm

Thursday, March 26 11:00-11:45

Please sign up in the narthex for your preferred date ! Your participation is significant for our congregation to continue to live into the vital and hopeful future God desires for us.



All Church Clean up!

Saturday, March 21, beginning at 9am
Lunch provided!
Come for an hour or come for the day

KEEPING A HOLY LENT

Many of us find ourselves wondering what we might do to observe the Lenten season. What kind of spiritual practice is calling me: Study? Choose a good book on a spiritual/theological or social issue. Silence? Make a commitment to spend ten minutes of quiet daily. Service? Choose to give some hours volunteering. Sacrifice? Here are a few choices to consider:

ELCA World Hunger's 40 Days of Giving

Together, we'll experience how the grace of Christ moves us to engage in transformative works of love around the world through ELCA World Hunger as God calls us into the ministry of hope, liberation and restoration. At ELCA.org/40Days, you'll find:

- A subscription form to sign up for weekly devotional emails from ELCA World Hunger during Lent.
- A devotional calendar with daily ideas for worship, prayer, study, reflection and more.
- A weekly study with information about how your gifts to ELCA World Hunger are at work in the world.
- Additional resources, including a new Action Guide for Congregations, inspirational stories of how gifts to ELCA World Hunger are at work, and coin jar wrappers that invite into the practice of giving.



ELCA Young Adults are giving up plastics for Lent

From the ELCA website: This year at the ELCA Churchwide Assembly the body gathered – including a huge number of young adult voting members – called on the ELCA to get serious about its commitment to care for creation. The **#NoplasticsforLent initiative**, led by young adults across the church, calls us to prayer for creation, to lament the ways we

have been complicit in the degradation of the earth, and to action to care for our neighbor in fasting from the things that are hurting our planet. Our suggestion is that individuals, families, and communities fast for 40 days from single-use plastics: plastic bags, wrap, cups, straws, utensils, water bottles, 6-pack plastic rings, etc.

We know that it will take more than giving up plastic cups at communion to heal the earth, but we hope that walking together as the Body of Christ in this initiative during this Lenten season will help us both individually and communally be better neighbors to plants, animals, the earth, and each other in our day-to-day lives. We also hope that it will move us toward more long term justice-seeking for the creation in our care.



More ideas for Creation-Centered Practices: www.creationjustice.org

Youth and Family

If you are looking for something to do this month on the 3rd the Out to Dinner group will be going to Pasteur's in South Everett, we will meet at the restaurant at 5:30. This restaurant is a favorite and offers many exciting dishes to choose from. The Out to Lunch Bunch will be going out for an Irish meal on the 17th. If you enjoy good conversation and a little bit of adventure (at least adventure in trying new restaurants) come out and join us.

Community night will be on Friday the 20th we will be here at 5:30, so you can stop in on your way home from work. Tasting won't begin until 6pm. This month we will be having a Chili and Chowder cook off. Everyone is encouraged to bring their best family chowder or chili for a night of tasting and a few games. We will have some fun games for all ages and even a prequel to April's community night.

Lutherwood Elementary retreat is scheduled for the end of the month, if any youth would like to go or you know of someone who would like to go please get in contact with Karen Fuentes as soon as possible. This is a fun over night up at Lutherwood and a favorite for all the kids that have gone in the past.

May Youth Weekends is fast approaching and this is open to all high school students. The theme for this year is Transformation and the dates we plan to go are May 22-24. This is an unplugged weekend which helps each of us to communicate with each other and learn to work together as a team. The cost is \$205 per person which includes the boat ride, lodging, programs, and all meals. This weekend also includes fabulous views of Gods amazing creation. If you are a High School Youth or know of a high schooler who would want to join us, please contact me ASAP as we need to register with in the next few weeks. I have registration papers and more information if you are interested please give me a call.

Guatemala Mission

We would like to begin by thanking everyone for coming out and supporting the team on our Heart of Guatemala Valentines Day Dinner. We hope you all had a wonderful meal and a good time with friends and family. Through your generosity we will be able to purchase 12 of the 95 stoves for the village. We have more fun opportunities for you to help us reach our goal. If you happen to sew we are making quilts for each family, the size is 60X60, we are also making pot holders. Some items that we are collecting are Beany Babies, Spanish children's books, and school supplies. We ask everyone to be praying for us as we plan for the Adventure in Guatemala. If you are interested in going with us there is still time to join the team. The next team meeting is Tuesday March 10th at 6:30 pm in the Fireside room.

Mission of the Month-Sarvey Wildlife

Our main goal is to provide food, shelter, and rehabilitation to orphaned and injured wildlife. This is just as comforting to the person who finds an animal in distress as it is to that animal. Having to leave an animal to die in pain and fear is incredibly disturbing, and having someone to turn to for help is a welcome relief. Our sole focus is Washington wildlife, and we accept all orphaned and injured wildlife from throughout the state.

Sarvey Wildlife provides programs for public and private schools as well as the general public and private organizations.

March Birthdays

- 3 Gordon Conn
- Michelle Love
- 8 Brian Johnson
- Shannon Lux
- 9 Rebecca Freyenberger
- Mary Fuentes
- Tayden Richards
- Lincoln Richards
- 13 Robin Backlund
- 15 Eva Mullen
- 17 Molly Shackelford
- Reese Woodington
- 19 Suzanne Mullin
- Debra Compton
- 20 Richelle Tripp
- 21 Pedro Gonzales
- 24 Andrew Bean
- 25 Lynn Olseene
- Simon Fuentes
- 29 Bob Sund
- 31 Miles Lilgreen

PLCW serving group for February: Group #2
Leader: Linda Legler

**COFFEE
FELLOWSHIP**



Join us!

Remember to keep
coffee time simple!

You are invited!

*What: Elsie Pryor's 90th Birthday
open house!*

*Join her for food
and refreshment.*

When: Saturday, April 4th, 1pm-4pm

Where: Viking Hall, Silvana

Please no gifts—

Your presence is a gift

Peace Lutheran Church Women

The February meeting of PLCW will be on March 4th.

The lunch at 11:30 will be hosted by

Stephanie Bean, Alanna Stone and Lana Hansen.

The meeting begins at 12:15.

Devotions will be led by Karen Fuentes.

The program this month is gardening. Let's get ready for spring!



Women's Fellowship



March



SUN	MON	TUE	WED	THU	FRI	SAT	
1 9:00 Sunday School for all 10:00 Worship	2 10:00 Women's AA 5:00 Pills Anonymous 5:30 Lydia	3 12:00 AA 5:30 Out to Dinner-Pasteur's, Everett	4 10:30 Al Anon PLCW 11:30 lunch 12:15 meeting 6:00 Soup/Supper 7:00 Holden Evening Prayer	5	6 World Day of Prayer 12:00 AA	7	
8 Daylight Savings time 9:00 Sunday School for all 10:00 Worship 5:00 Viking Hall Bingo Quilceda Community Services	9 10:00 Women's AA 5:00 Pills Anonymous 6:00 4-H	10 12:00 AA 6:00 Guatemala Mission Team meeting	11 9:30 Naomi Circle 10:30 Al Anon 11:30 Esther Circle 6:00 Soup/supper 7:00 Holden Evening Prayer	12	13 12:00 AA	14 8:00 Men's Breakfast 5:00 Silvana Fair Auction Viking Hall	
15 9:00 Sunday School for all 10:00 Worship	16 10:00 Women's AA 5:00 Pills Anonymous	17 OTLB to an Irish pub 12:00 AA 6:00 District AA 6:00 Council	18 10:30 Al Anon 6:00 Soup/supper 7:00 Holden Evening Prayer	19 10:00 LWR Quilting Gathering Place 4:30 prep 5:30 meal 6:00 4-H Foods	20 12:00 AA 5:30 Community Night Chili/Chowder cook off	21 9:00 All Church Clean up	
22 9:00 Sunday School for all 10:00 Worship	23 10:00 Women's AA 5:00 Pills Anonymous	24 12:00 AA	25 10:30 Al Anon 6:00 Soup/supper 7:00 Holden Evening Prayer	26	27 12:00 AA Lutherwood...	28 8:00 Men's Breakfast Youth retreat	
29 9:00 Sunday School for all 10:00 Worship	30 10:00 Women's AA 5:00 Pills Anonymous	31 12:00 AA	<div data-bbox="948 1675 1248 1923" data-label="Text"> <p>A speaker from Sarvey Wildlife Care Center will join us on March 8th. They may bring some friends from the center!</p> </div>			<div data-bbox="1273 1650 1576 1961" data-label="Image"> <p>SARVEY WILDLIFE CARE CENTER</p> </div>	

Peace Lutheran Church

P.O. Box 100 (1717 Larson Road)

Silvana, WA 98287

Wednesdays during Lent:
6pm Soup supper
7pm Holden Evening Prayer

Check the calendar inside or our website for all the activities at Peace!

Contact us at Peace Lutheran

Telephone: 360-652-8739

Email: pastor@plsilvana.org –or– office@plsilvana.org

Web Site: www.plsilvana.org

Like us on Facebook!

Our Mission Statement

**“Called by Christ to offer help, hope
and healing.”**

