

# Witness of Peace

PEACE LUTHERAN  
MARCH 2022

## Pastor's Message

*Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice wrongdoing, but rejoices with the truth. (1 Corinthians 13:4-8a)*

We are getting ready for Lent - the season of spiritual spring cleaning, a time for a bit of "heart tonic" to get the spiritual juices flowing again. I just re-read my reflection from last year which focused on inviting more kindness into our hearts. I liked it so much, that I think I want to have the same focus this year. God knows, we can always use more kindness.

I read this Facebook post this morning, written by Jim's niece, Anna Lux Danforth. What a wonderful reminder of the daily need to practice the spiritual discipline of kindness:

*You never, and I mean never, I really mean never, know what burdens someone is carrying. Think twice before honking at the woman driving too slow down the highway. She may have just come from admitting her son to a rehab clinic. Think twice before shoving past the middle-aged man who is taking up too much space in the grocery aisle, aimlessly looking at labels on canned olives. He may have just gotten the news that his beloved wife has cancer. Think twice before raising your voice at the faceless-to-you woman on the other end of the phone who didn't get your order right. She has a face. She has a name. And she may have had a miscarriage last night. Think twice before humiliating that student who is socially awkward and gave you attitude in the hallway. He may have driven his alcoholic father home from the bar last night and hasn't eaten anything since yesterday.*

*People drive too slow, take up space, mess up orders, and just do things wrong when their mind is consumed with massive burdens. You may have forgotten the time you drove too slow, took up space, messed something up, and did something wrong in your darkest hour.*

*Be kind. Be radiant.*

**Be kind. Be radiant with love. That holy invitation could last me a lifetime of Lents.  
Still making spacing for grace,**

*Pastor Annette*

## From the Bishop

I'd like to intertwine two thoughts below. Bear with me as I lay out some rather disparate thoughts.

One) I don't know my family history very well. Looking in the mirror, I assume that at some point my ancestors came from northern Europe. I do know that the famous frontiersman Daniel Boone is my 13th great-uncle (his sister, Sarah Boone, was my 13th great grandmother). The story is that Grandma Sarah ran off with a peddler and the Boone family disowned her. I have been tempted to take one of those DNA tests just to narrow down the areas in Europe where my ancestors historically lived but I haven't done it yet.



Two) I am intrigued with the new field that sociologists, therapists, and scientists are exploring: epigenetics. This scientific field postulates that just as physical characteristics are passed down, so are times of trauma and loss. A growing body of research suggests that trauma (like starvation, war, a pandemic, etc.) can be passed from one generation to the next. (This is much more complex than I can write about here and it is not a definitive thing. Some scientists dispute these findings or think more research needs to be done. It is, however, intriguing.)

As I reflect on these two thoughts, I am caught with the idea that we all come from something, from somewhere, from someone. We all carry the DNA of our ancestors. We see this when we look at one another – the differences in height or hair color or the length of one's second toe all show differences in DNA. But it is more than that. We also carry the cultures of our ancestors – the ways that we see the world, the ways we celebrate, the ways we grieve, the ways we worship, and so much more. And, perhaps, if we follow recent science, we are all also carrying the trauma that are foremothers and forefathers lived through. It is a part of us – perhaps more deeply embedded than we can understand.

Now, I am not a sociologist or a scientist or a therapist or a doctor. What I am is a pastor. And so, I will speak from that perspective. First, I am amazed how God formed each of us for resiliency and for community. All of us – a jumble of cells, a jumble of our ancestors' DNA – all of us beloved children of God, uniquely and carefully made. Second, I am struck that we are broken. We are carrying scars – individually, historically, and as community. We desperately need healing. We desperately need each other. We desperately need Jesus.

In other words, we are both saint and sinner – individually and collectively. So, how do we move forward? How do we, individually and as community, heal?

**(continued in page 3)**

## Bishop *(continued)*

Fundamentally, we need to acknowledge our own brokenness. Healing comes when we acknowledge our own pain and our own complicity in the pain of others. Healing comes when we see each other's pain. Healing comes when we admit that we have – knowingly or unknowingly – added to someone else's pain. Healing comes when together we confess our sin, receive forgiveness, and step forward into new life in God's Spirit together.

While it might seem easier, we cannot expect that this healing will take place immediately. And perhaps this is a good thing. For healing and growth go hand in hand. As therapist and author Resmaa Menakem writes, "In today's America, we tend to think of healing as something binary: either we're broken, or we're healed from that brokenness. But that's not how healing operates, and it's almost never how human growth works. More often, healing and growth take place on a continuum, with innumerable points between utter brokenness and total health." *My Grandmother's Hands: Radicalized Trauma and the Pathway to Mending Our Hearts and Bodies.*

During this Lenten time, may we all enter into a time of reflection, contemplation, confession, and ultimately, healing. May we live into God's Spirit of true peace.

+ Bishop Shelley Bryan Wee

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**This Lenten  
season, choose  
kindness.  
It will do your  
heart good.**



## March Mission of the Month

Camp Lutherwood has supported an outdoor ministry to children, youth and families since 1946. Please help support them as they discern their way forward to sustain this important work.



## Lenten Wednesdays

March 9,16,23,30

6:00 pm Soup and Bread Supper

7:00 pm Prayer Around the Cross, in the sanctuary and streaming on Facebook.



### Wednesday, March 2



#### Ashes To Go.....and Soup by the Fire

Stop by the church parking lot **anytime between 4:00-6:00 pm** to receive a blessing of ashes. If you would like, join us for a short (15 min) service that will be offered both at **4:15** and **5:45**. Stay for a bowl of soup and a time of fellowship.

## So Many Opportunities

- Sunday School for all ages—every Sunday at 9:00 AM (3 years to 110)
- Peace Lutheran Church Women—First Wednesday of each month at 11:30 am
- Circles: Lydia's Ladies meets the first and third Mondays of the month at 6:15 pm; Naomi Circle meets the second Wednesday of the month at 9:30 am
- Interested in quilting? LWR quilting meets the third Wednesday of each month at 10:00 am
- Men's Breakfast meets the second and fourth Saturday of each month at 8:00 am
- Book Club and Gathering Place—see Mary's article in this newsletter
- Family Nights are usually the third Saturday of the month
- Always opportunities to participate in worship services as ushers, greeters, lectors



## NW Washington 2022 Synod Assembly

Saturday, June 4

9am-4pm

Trinity Lutheran Church, Lynnwood

It is time to begin preparing for our **annual synod assembly!**

### What is an assembly?

As the highest legislative authority of the synod, voting members from each congregation gather in assembly to engage in conversation and vote on proposed resolutions and synod budget; elect leaders; and attend to other synod business. The day will also include worship, reports from synod and churchwide leaders, stories of hope from around the synod, and a celebration of ministry milestones.

***Would YOU like to join Pastor Annette in representing Peace?***



## Worship News

At our February meeting, the Church Council made the decision to lift the more stringent restrictions that were put into place during the omicron surge. With case rates declining, we will resume singing, communion at the rail and coffee hour beginning March 6. As local Covid cases do still remain relatively high, we will continue to require masks and social distancing during indoor gatherings. We plan to continue streaming via FB Live, as well as transmitting to the parking lot for those who are not ready to return to indoor worship. Thank you for your continued flexibility and patience.



## Want To Help Re-imagine VBS?



We have not hosted this beloved event since the summer of 2019. A lot has changed, including our own capacity for volunteer time and energy. But the need to provide the faith and fellowship experience for kids has not changed. Could you be part of a conversation to explore a different model for how VBS might happen here at Peace? Talk to Mary or Pastor Annette.

## March Birthdays

- 3 Michelle Love
- Percy Jacobs
- 8 Shannon Lux
- 9 Mary Fuentes
- 13 Robin Backlund
- 19 Debra Compton
- Suzanne Mullin
- 20 Richelle Tripp
- 21 Pedro Gonzales
- 25 Lynn Olseene
- 29 Bob Sund

## Reflect

Covid -19 has drawn a line between us—

an invisible dividing wall, for the health of others and us.

Yes, we keep our distance,

unable to hold the hands of loved ones in their final hour.

And yet,

we are not created to be distant.

We are not created to be alone.

Gracious God,

open us to new ways and patterns of being connected.

Open us to those who might share the journey, who might bear witness to your love.



**Evangelical  
Lutheran**  
Church in America

## Youth and Family Ministry

As I am writing this the Olympics are in the final days, and I've been watching as much of these exciting events as possible. I've watched people show compassion and the all-consuming Olympic spirit. Where athletes are helping each other and cheering on people who don't even stand a chance to make it on the medal stand. The reason why I enjoy the Olympics so much; athletes show and teach us there is more to it than just winning, it's about sharing their passions for the sport and giving back. Yes, getting a medal is wonderful, but in the end they want their sports to grow. I believe I've seen several God moments and I look forward to seeing many more.



The days are getting longer, and I've seen more sunshine as of late, which has been a nice change. The book club will gather two times in March. On the 8<sup>th</sup> we will gather to discuss the book *Eleanor in the Village*. Eleanor Roosevelt's search for freedom and identity in New York's Greenwich Village, by Jan Jarboe Russell. Then on March 29<sup>th</sup> we will gather to discuss the book *Around the World in Eighty Days* by Jules Verne. These books are intriguing and thought provoking and have been much discussed on PBS. We welcome all visitors for discussion and bringing new insight to the book of the month.

The Out to Lunch Bunch will be traveling North to the Farmhouse in Skagit County. The Farmhouse was recently purchase by Shawn O'Donnell's. We look forward to seeing the changes and hoping for some of the old favorites. The plan is to carpool and arrive by 11:30 am and maybe stop and do some shopping on our way home.



We will be serving at the Gathering Place on Thursday the 17<sup>th</sup> and if you would like to join in on the fun give me a call and help us prepare a tasty meal with good conversation. (*"For I was hungry, and you fed me. I was thirsty and you gave me a drink. I was a stranger and you invited me into your home."* - Matthew 25:35)

Family night will be on Saturday the 26<sup>th</sup> at 5pm. Come out and help us welcome spring with a spring meal and some fun games and crafts.

Peace,

Mary J

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Be kind whenever possible.  
It is always possible.

Dalai Lama XIV

 quote fancy