

BALLARD BLESSINGS

February 2022

† BALLARD FIRST LUTHERAN CHURCH

2006 NW 65th Street, Seattle, WA 98117 • 206.784.1306 • www.bflcs.org • A Reconciling in Christ Community

Dear Friends in Christ,

It is difficult to adequately express the gratitude that Kristen and I feel for the outpouring of love and support you have shown us after our recent health challenges. You have been so good to us and kind to share your love in the form of meals and holiday baked goods and cards and phone calls and rides and emails and texts. Thank you for all of it! No gesture was too small.

I am also deeply grateful for our church staff who carried an additional workload in my absence. Maddy, David, and Jim had one less pastor to work with as a partner in planning and leading worship. Matt, our church caretaker, took on the tasks of the holiday season, knowing what needed to be done and going ahead with it without needing direction from me. While Julie works fairly independently in her role as treasurer, it was nice not to worry that our church finances were in anything but good hands. And Cindy held things together in the office, trusting in her intuition more than she normally has to and in ways that I am sure I will never know or adequately appreciate.

And I am so very thankful for the steady, sure hand of Pastor Elise. I feel fortunate to work with such a caring and compassionate and conscientious and comforting and capable and collegial partner in ministry. And she is a lot of other good things that don't start with "c!" I never for a moment worried that the congregation was in anything but good and faithful hands.

Kristen is back to work, mostly full-time. She continues to struggle with back pain, but her workplace has been supportive and she is able to rest it when she needs to. When she had her cast, friends and strangers would ask how she was injured. She took no little delight in telling people, "I got hit by a bus!" If you get hit by a school bus as a pedestrian and live to tell about it, I suppose you are entitled to a little boasting.

My infectious disease doctor says that the infection that made me sick is virtually gone. I was able to bid a fond farewell to Peter Pump the machine that pumped healing antibiotic into my body for about twelve weeks. My mobility is much better. I still walk with a cane, but I can manage without one. But it does help with my balance and is useful when I get tired. I am able to drive again and have cautiously taken to doing so. It does feel good to reclaim that kind of independence.

The accident from my second surgery left my leg feeling a bit more numb and resulted in some chronic pain in both leg and back. Time will tell what that will mean for me. Right now, it means that I am still learning how long I can stand and how much time I can spend sitting in one position. I've learned that pain can wear you out! So I am working more hours from home these days.

Despite these new limitations, it is good to be back on my feet and gratifying to be more present with all of you. I thank you.

In Christ's Abiding Love, Pastor Erik W2

ASH WEDNESDAY & LENT



Ash Wednesday Services **March 2nd at noon and at 7:00 p.m.**

*Remember that you are dust,
and to dust you shall return.*

Each week, we will gather for 7:00 p.m. for Lenten worship

March 9th March 23rd March 30th

March 16th April 6th

LENTEN ACTIVITY

Personal Care Kits for Lutheran World Relief

Lent may be a time of reflection, but it need not be one of inaction. You are invited to share your love with our neighbors around the world by getting your hands busy making Personal Care Kits.

Include the following in each personal care kit:

- One light-weight bath size towel, 20" x 40" or 52" x 27", dark color recommended
- Two or three bath size bars of soap, 8 to 9 oz, in original wrapping
- One adult size toothbrush in original packaging
- One sturdy comb, remove packaging
- One metal nail clipper, remove packaging

How to pack the kits:

Fold towel in half. Place the rest of the items in the towel, fold and roll so nothing falls out and secure with yarn, ribbon, string or rubber bands.

Completed kits may be brought to church for shipment. If you'd like to purchase individual items in bulk to be included in kits, please drop them off at the church. We hope to complete this project by Palm Sunday.

Guidelines:

- New items only.
- Do not donate items with religious symbols or with patriotic or military symbols.
- Do not enclose the kits or any contents in plastic bags.

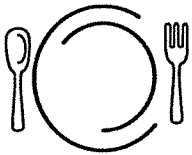
For those with health concerns . . .

Ros Caryl
Louise Cobb
Terry Halbakken
Linnea
Christy McDanold
Ann Maki
Mark
Minah

Noelle
Dan & Michelle Schadt
Erin Schadt & Karrin Daniels
Connor Quarterman
Pastor Erik

For those who have died and for their families . . .

Bernice Ellison
John (Hondo) McGibbon
John Rundberg

BALLARD SUNDAY DINNER**SUNDAY DINNER VOLUNTEERS!**

Our beloved Sunday dinner program is looking to add new people to our roster of volunteers! Although we provide the meal monthly on the 4th Sunday, you can choose how often you want to volunteer (monthly, quarterly, or even on an as needed basis! Volunteer shifts include:

2:30 to 5:30 pm - Meal Prep
4:15 to 6:30 pm - Set-up and Serving
5:00 to 6:00 pm - Trash Monitor
5:00 to 6:30 pm - Clean-up

Please contact the church office at office@bflcs.org if you would like to be added to the roster of volunteers so that this important meal ministry may continue to flourish!

BIBLE STUDY**Wednesday Bible Study**

Pastor Erik will be leading ZOOM Bible Study on Wednesdays at noon.

Join Zoom Meeting

<https://us06web.zoom.us/j/85026550572?pwd=VzJTUWIWQno0OFMraExBb0RFYU9HQQT09>

Meeting ID: 850 2655 0572
Passcode: 878234

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?

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

In just a couple of short weeks, the season of Lent will be upon us!

Lent is a special season in the church year. The Lenten season offers us a unique opportunity to strengthen our relationship with God because it encourages themes such as turning our focus towards God and repentance and forgiveness. As such, Lent is an especially good time for families to grow together in their faith.

If your family is looking for ways to observe and celebrate the season of Lent, here are a few suggestions:

1. Participate in Ash Wednesday! Of course, we would love for you to attend our Ash Wednesday worship service, but we know that might not be possible for everyone! If not, arrange to pick up ashes from the church office so that your family can still participate in the ritual of the imposition of ashes. Then, on Ash Wednesday, make time to use the ashes to mark each other's foreheads with the sign of the cross while saying, "Remember that you are dust and to dust you shall return."
2. Give up something or take something on as a family for the season of Lent! Since Lent is a season of turning towards God, people traditionally either give something up or take something on in an effort to grow closer to God. Maybe your family can agree to give up one hour of screen time per day or perhaps you can commit to reading one Bible story a day!
3. Focus on forgiveness! As mentioned above, one of the themes of Lent is repentance! Thus, we use this time to confess the ways in which we fail to live into our relationship with God and we ask God to forgive us. As a family, talk about what it means to confess our sins and ask forgiveness. Then, throughout this season, make a special effort as a family to encourage each other to admit when you've done wrong and ask for forgiveness. Then, receive forgiveness from one another!
4. Create a family prayer jar or bowl! Pick out a jar or bowl to decorate! Place it somewhere that is easy to reach so that you can write down things you'd like to pray about and drop them in the jar throughout the season! Once a week, gather as a family to pray about the things that have made their way into the jar or bowl!

Regardless of how your family chooses to remember Lent this year, we pray that this season draws you closer to God and each other.

Stay connected with the weekly e-newsletter. If you'd like to be added to the e-news list, please email the office at office@bflcs.org.

**BLESSING OF THE FLEET
SUNDAY, APRIL 3RD AT 2:00 P.M.**

FISHERMEN'S TERMINAL



**Church
Work Day**

SPRING WORK AND CLEAN-UP DAY

SATURDAY, APRIL 9TH. It's time to spruce up the grounds and polish the pews to get ready for Holy Week. Rain or shine, indoor and outdoor projects will begin at 9am. Come for as long as you are able.

EASTER EGG HUNT



SATURDAY, APRIL 16TH AT 10:00 A.M.

Join Ballard First Lutheran Church for a Community Easter Egg Hunt on Saturday, April 16th at 10 a.m. Kids, ages 0 – 12, are invited to join in the fun anytime between 10 a.m. and noon to start their hunt. Crafts and other activities will also be available. All are welcome to attend – please

invite your friends and neighbors!

Candy donations are needed! We have acquired a good number of plastic eggs over the last few years, so we are only requesting candy donations. If you are interested in contributing, please drop off individually wrapped candy at the church office. We are also looking for volunteers to assist with hiding Easter eggs and helping with other activities during the event. If you are interested in volunteering, please contact Pastor Elise.

YEAR END FINANCIAL REPORT

2021 FINANCIAL REPORT GENERAL FUND

	December Actual	December Budget	Year To Date Actual	Year To Date Budget	Year To Date Variance
Envelope/Loose Giving	\$21,593.96	\$27,166.63	\$269,496.25	\$326,000.00	(\$56,503.75)
Other Income	\$62,980.43	\$61,869.74	\$183,901.79	\$195,936.00	(\$12,034.21)
Total Income	\$84,574.39	\$89,036.37	\$453,398.04	\$521,936.00	(\$68,537.96)
Expenses	\$44,828.53	\$42,135.76	\$464,069.32	\$521,914.00	(\$57,844.68)
Surplus / (Loss)	\$39,745.86	\$46,900.61	(\$10,671.28)	\$22.00	(\$10,693.28)
Cash Balance	\$65,239.82				
Savings Balance	\$ 265,473.70				

Each month this report will show income and expenses for both the current month and year to date. In addition, the last column shows the variance (actual - budget). We are also reporting our current General Fund balance. We hope this helps you to better understand our overall financial situation. If you have any questions of feedback please contact your Finance Committee members.

GIVE BLOOD - Patients need blood now more than ever



The need for blood in our community is critical and Bloodworks needs all donors to step up. So book your next donation now to make sure patients get the fighting chance they deserve. All types are urgently needed, but Type O is especially in demand. To schedule, call 800-398-7888 or go to

schedule.bloodworks.org.

All donations are by appointment only. The one hour donation appointment is a safe and essential action to support local hospitals and patients. The pop-up centers are being conducted in accordance with social distancing guidelines. No walk-ins, guests, or people under age 16 are permitted onsite. All donors are required to wear masks during their appointment. Bloodworks has posted information addressing questions and concerns for blood donors at bloodworksnw.org/coronavirus.

I CARE FOR FEBRUARY – FAITH ACTION NETWORK

Faith Action Network is a network of congregations that believe justice work is part of our religious calling, communicates with elected officials about critical social issues, and advocates for a more just and sustainable world. *A Partnership for the Common Good - Together, we are a powerful voice of the faithful building a more just, peaceful, and sustainable world.* I CARE SUNDAY will be February 27th. You can also send a check with I CARE designated in the memo line, or go to www.bflcs.org/give.html to give online - just make sure to put the amount on the I CARE line.

In the shelter of each other the people live.

– Irish proverb

I've thought often of these words since we resumed in-person services last summer. It's been so good to be able to gather for worship. Even with the shifting sands of Omicron, even without passing of the peace, and even as our common cup has been replaced by the communion version of Lunchables, I'm filled with gratitude to be in the shelter of each other on Sunday mornings.

I became the president of Ballard First Lutheran Church Council last fall after being confirmed by the outgoing council. It's an ongoing honor to serve in this role. Each month, whether the council meets in person or over Zoom, I'm reminded that church leaders also work best when we are connected and interdependent – when we shelter and strengthen each other.

Being on council has also given me a front-row seat to all the ways BFL has continued to gather folks together. Congregation members meet weekly for online Bible study. Our Sunday School also meets online, complemented by printed lessons and activities. The Our Life Together team has organized virtual Craft and Chat nights, and the in-person First Fridays continue to be a way for church members to safely meet. Sunday Dinners, coordinated by the Church in Community team, provide healthy meals to all in need each week. As we move into 2022, our amazing pastors are working to sustain and grow these activities, aided by the council.

The Finance Committee has put together a thoughtful budget to guide BFL in doing God's work in this place, at this time. The council approved the budget, and soon the congregation will gather to consider it. Please plan on attending the annual meeting on **Sunday, March 27, following worship** in the sanctuary. While there won't be a barbecued salmon feast, this meeting will be an opportunity to reconnect, to celebrate our life together, and to embrace anew our mission.

When I sat down to write this, I first balked at using an Irish proverb as my guiding theme, as opposed to a Bible verse. I didn't need to look far to find the same theme of strength and comfort echoed in so many words of scripture. Our bflcs.org website features a wonderful page entitled "Helpful Words in Difficult Times," and nearly every passage listed conveys that same message: You are not alone. May our gathering together provide shelter for all who need it.

Peace and health, Karin Swanson
BFL Council President

Greetings from the Facilities committee!

We're looking for volunteers with specific skills to help get 2022 projects accomplished.

- Painting small projects
- Cleaning and de-cluttering
- Wood working/Wood preservation
- Pruning
- Pressure washing
- Design

Also, if you have noticed an area that needs attention please provide details to office@bflcs.org If you have questions, please send them to the office office@bflcs.org. A member of the facilities committee will get back to you.

JOIN THE CHOIR

HELLO BFL CONGREGATION!

I am happy to say, that after some time off for health and safety, Ballard First Lutheran choir is back up and singing. Rehearsals will be on Thursdays at 7:00 p.m. in Haavik Hall. All are welcome, please join us in music making.



For safety precautions, we are asking that you take a COVID test before attending for the first time. If you have any questions, please reach out to me at barnesmj.97@gmail.com.

Maddy Barnes, Minister of Music

BALLARD FIRST FRIDAY



On Friday, March 4th, we will meet at 5 pm at the Sopranos Pizza and Pasta! 7729 24th Ave NW, Seattle, WA 98117

Soprano's Pizza & Pasta serves authentic pizza, filling pasta, and delectable Italian sandwiches, as well as vegan, vegetarian, and gluten free options, so there is something for everyone. Join us for a Dutch treat dinner and fun fellowship!

FROM THE CHILDCARE CENTER

Thankfully, we were able to host a short, small in person Christmas Program just for our Pre-K classroom, so the families would have that memory from their child's last year with us before heading to Kindergarten. The children all enjoyed their Christmas holiday time as well, and the fun snow days that were naturally attached! The center was closed the week after Christmas due to the ice and snow, with staff living too far north and south to travel safely. We decided, "better safe than sorry!"

And we've definitely had some challenges as we've started out this new year of 2022, with multiple Covid cases, a water leak needing repair and two major appliances needing to be replaced. But we're hopeful that the rest of the year will be better! We'll claim Psalm 112:7 "*They do not fear bad news; they confidently trust the LORD to care for them.*"

Please keep us in your prayers,
Ms. Karen & Staff