

## **Upcoming Events**

**Ash Wednesday Services**

**7:00 p.m.**

**Lenten Services – 7:00 p.m.**

**Wednesdays: March 1st (following Soup Supper)**

**March 8<sup>th</sup>, March 15<sup>th</sup>, March 22<sup>nd</sup>**

**March 29<sup>th</sup> (following Soup Supper)**

### **Staff**

Pastor Erik R. Wilson Weiberg  
[pastorerik@bflcs.org](mailto:pastorerik@bflcs.org)

Church Administrator: Cindy Jackson  
[office@bflcs.org](mailto:office@bflcs.org)

Minister of Music: Maddy Barnes  
[barnesmj97@gmail.com](mailto:barnesmj97@gmail.com)

Pastor Elise Scott  
[pastorelise@bflcs.org](mailto:pastorelise@bflcs.org)

Caretaker: Matt Horton  
Treasurer: Julie Millet

Organist: David Lepse  
Accompanist: Jim Fisher

# BALLARD BLESSINGS

## February 2023



BALLARD FIRST LUTHERAN CHURCH

2006 NW 65th Street, Seattle, WA 98117 • 206.784.1306 • [www.bflcs.org](http://www.bflcs.org) • A Reconciling in Christ Community

Dear Friends in Christ,

Right around the time I applied to seminary, my parents gave me several books on spirituality for my birthday. One of the books included in the gift was Celebration of Discipline: The Path to Spiritual Growth by Richard Foster.

It was a busy time of life for me and, thus, I didn't get the book read right away. But, after eventually getting settled into a new home, city and school a few months later, I finally had the time to read it.

Having always loved books on spirituality, I assumed I'd like it, but I wasn't prepared to find it as fascinating of a read as I did. The book, quite simply, lived into its title ... it was indeed a celebration of the various spiritual disciplines with which God has gifted us to enhance and enrich our spiritual lives and more particularly, to grow in our relationship with God.

Before reading this book, I had never really thought much about spiritual disciplines. Of course, I attended church regularly and my faith life was clearly important to me - as evidenced by the fact that I did eventually end up in seminary. But, unless you counted saying my prayers as I lay in bed and fell asleep at night (and full confession - I almost always fell asleep before the first prayer had even ended), I had never really practiced a spiritual discipline.

However, after reading the book, I was determined to add at least one spiritual discipline to my routine.

And, it worked for a while.

But, spiritual disciplines are a **discipline**. In other words, they do not come without investing energy, effort, and time.

As a result, life has a tendency to get in the way. And thus, eventually, they fell by the wayside for me.

But, inherently, I still believe in the importance of spiritual disciplines to develop and deepen our lives of faith and thus, each year as Lent approaches, I review Richard Foster's book and pick a spiritual discipline to stick with for at least the season of Lent.

Some years, I have fasted. Other years, I have focused on daily meditation and scripture reading. But, regardless of the one I choose, I always find that it brings me closer to God.

In his chapter on the spiritual discipline of worship, Foster speaks about the "holy dependency" we experience through this discipline. However, based on my experiences, this concept of "holy dependency" threads through all the spiritual disciplines - not just the discipline of worship.

To succeed at making any spiritual discipline an active part of our faith life, we must fully rely on God - we cannot do it ourselves. And, it is in fact this holy dependency that makes the practice of spiritual disciplines so powerfully impactful to our faith lives.

This Lenten season, I invite you to consider taking up a spiritual discipline and to ponder the ways in which the discipline encourages you to rely on God. If you need a few suggestions, here are some of the disciplines celebrated by Richard Foster:

- Meditation - To fully benefit from the spiritual discipline of meditation, Foster recommends finding a comfortable posture as well as someplace quiet and free from interruptions. Meditation takes different forms for different people so you can either close your eyes or center your attention on a picture of Christ.
- Prayer - While prayer is often a part of our daily lives, making it a spiritual discipline creates intentionality around our prayer life. In other words, it requires carving out time and space for prayer in the midst of daily life - not just adding it in as our day allows. Foster notes that while prayer is a wonderful time for us to talk to God, it is also an important time for us to listen to God!
- Fasting - Fasting is a difficult spiritual discipline, but one that has traditionally been utilized during the season of Lent! Foster suggests beginning with a partial fast of 24 hours and suggests lunch to lunch as an optimum time too fast. As you fast and find yourself craving and needing food, remember that we are sustained “by every word that proceeds from the mouth of God.” (Matthew 4:4 as quoted by Richard Foster)
- Study - Studying scripture is always an important aspect of our faith lives, not just during the season of Lent! By studying scripture, the stories of our faith become more alive to us and they become ingrained in us in such a way that the stories naturally arise to console us, comfort us, and offer us wisdom as circumstances in our lives require. One effective way to study scripture is to utilize the method of Lectio Divina where you read a passage several times while pondering various questions. For more information on Lectio Divina, you can go to <https://www.loyolapress.com/catholic-resources/prayer/personal-prayer-life/different-ways-to-pray/lectio-divina/>
- Simplicity - This discipline does not require one to disavow or renounce possessions! Rather, it encourages us to put our possessions in proper perspective. One way to practice this discipline during lent would be through an activity called 40 bags in 40 days ... in other words, get rid of one bag of things per day for the season of Lent!

And finally,

- Worship - Again, worship is an important aspect of our spiritual lives all year long, not just during Lent! But, Lent offers us the opportunity to delve more deeply into worship. During the season of Lent, we have more opportunities to worship with mid-week services. Additionally, the week of Holy Week offers abundant opportunities for worship!

It is my hope and prayer that you find a spiritual discipline that deepens your faith and grows your relationship with God this Lenten season. As we begin the journey to the cross with Christ, may we remember that our faith is a tool that does not prevent us from experiencing the hardships of life, rather it is a tool that equips us to journey through the hardships with grace and perseverance. May the blessings of Jesus never-ending presence accompany you and abide with you throughout this Lenten season.

In Christ's Peace,

Pastor Elise

Women of the church have begun meeting again, after a long covid break.

We meet the third Tuesday of each month (usually skipping July and August) and alternating homes.

The next meeting will be on Tuesday, February 21 at Robyn Middleton's house; 6538 12<sup>th</sup> Ave. NW, at 7:00 pm.

Please RSVP, 206 782-0544, if you can come!

Rachel Circle is a group of church women who meet monthly, the third Tuesday of the month (except for July/August) at 7:00 pm. The meetings rotate at people's homes and involve a Bible study lesson and dessert.

**All the women of the church are welcome to come at any time. Look to the newsletter and/or Eblast for the location each month.** It helps the hostess if people RSVP, in planning for space and reading materials. Please join us for conversation and fellowship!

## **YOUTH ACTIVITIES**

### **Project Phoenix Baking Class (and Maybe Competition!) on Sunday, March 5th!**

All youth between the ages of 6th to 12th grade are invited to join Project Phoenix on Sunday, March 5th for a baking class (and perhaps competition) at St. John United Lutheran church from 4 to 6 p.m.

Matt and Hana from Port-Pies will lead our youth in the making of delicious treats! And of course, at the end, youth will be able to sample their baked goods!

A meal will also be provided for youth in attendance! We hope to see you there!

### **February Sunday School for Ages 2 and Up**

**Sunday School will be held on February 5th and February 19th from 9:15 am to 9:45 am!**

This month's activities will center around our preparations for Ash Wednesday and the season of Lent! On Sunday, February 5th, students will help make the ashes from last year's palms and then on Sunday, February 19th, students will complete the ash-making process by adding oil to the ashes in order to bring them to the correct consistency! This month's activities promise to be a fun-filled, hands-on learning opportunity about the purpose and importance of Ash Wednesday in our liturgical calendar!

## OUR LIFE TOGETHER

### BFL SUPER BOWL PARTY



Join us for Ballard First Lutheran Church's Super Bowl Party - a night of football, fun, food, friends, and fellowship!!!

We may not know which teams will be in the game yet, but we do know this - it is sure to be a night of fun, so go ahead and mark your calendar!

Chili (both meaty and vegetarian varieties) will be provided.

We will have limited beverages, so BYOB if you would like additional spirits.

Bring a gametime snack to share, if you would like!

**As always - please feel free to invite and bring any additional friends. The more the merrier!**

Sunday, February 12th • Time: 3:00 p.m. (Game Starts at 3:30 p.m.)  
Cadence Ballard's Game Room (near the intersection of NW Market Street and 30th Ave.)  
Questions? Monica Scott • 803.944.7008 • monicakscott@gmail.com

## BALLARD FIRST FRIDAYS FOR 2023



Enjoy a no-host dinner and fellowship every "First Friday" of the month. No need to RSVP, just show up, order at the counter, and look for the table with the BFL sign!

March 3rd: Katsu Burger

March 31st: Little Chinooks

April 7th: No Ballard First Friday (Good Friday)

May 5th: Sante Fe Mexican Grill and Cantina for Cinco de Mayo

June 2nd: Un Bien (Shilshole location)

## COFFEE HOUR



Have you been missing connecting with one another over a cup of coffee and treats? We have resumed coffee hour and will gather in Haavik Hall to enjoy coffee, food and conversation.

Please sign up to host a coffee hour on the sign-in sheet in Haavik hall.

## ASH WEDNESDAY

Wednesday, February 22<sup>nd</sup> at 7:00 p.m.



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

## LENTEN WORSHIP



We will gather at 7:00 p.m. for Lenten worship on:

**March 1<sup>st</sup> (following Soup Supper)**

**March 8<sup>th</sup>**

**March 15<sup>th</sup>**

**March 22<sup>nd</sup>**

**March 29<sup>th</sup> (following Soup Supper)**

Lenten Soup Suppers will be held on Wednesday, March 1st and Wednesday, March 29th at 6:00 p.m.

## PRAYERS

*For those with health concerns . . .*

Eric Anderson  
Kate Burroughs  
Jerry D'Ambrosio  
Theresa Hinton  
Leotagail Kramer  
Linnea Lott  
Jacque Lund  
The Maris Family

David Mills  
Ken Mingeaud  
Carolyn Parisi  
Mary Lyn Pettie  
Kim Robbins  
John Shields  
Joanne Williams

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

Helen Harano Christ  
Bob Douglas  
Terry Halbakken  
Wes Halbakken  
Al Leer

Gail Morley  
Peggy Nåden  
Olga Peterson  
Malcolm Unseth  
Sofia Adele Uri

# **HIGHLIGHTS OF THE ANNUAL MEETING**

The 2023 Annual Meeting was held on January 22, 2023. The 2022 Annual Report is available in the narthex and on the website, [www.bflcs.org](http://www.bflcs.org).

## **Adoption of Interim Model**

The committee structure of three larger teams: Executive, Our Life Together, and Church in Community was adopted during the pandemic. Revisions have been made. Council feels interim model is serving us well, recommending the adoption as a permanent model. Motion was made and passed to adopt the interim model as permanent and form a committee to write bylaws to put forward to the congregation.

## **Personnel Committee**

There will be a change in staffing of pastors starting in May. Pastor Erik will take a 3 month sabbatical and he will return to  $\frac{3}{4}$  position. Pastor Elise will start serving full time in May. There is a need to hire a new church administrator as Cindy Jackson is retiring. She will be leaving at end of April.

## **2023 Budget**

Last year's budget was reviewed. Income was greater than expected, expenses were less so we ended up with surplus. Personnel committee recommended all staff get 5% increase in salary, reflected in budget. For three months during Pastor Erik's sabbatical will have 2 pastors at 100% time. One change in line item – travel increase to \$3,000. The proposed 2023 budget was adopted.

## **St. Lukes – resolution of intent/exploring sharing space.**

The possibility for sharing space with St. Lukes Episcopal Church next fall when their buildings will be torn down was presented. Work will begin on the exploration of BFL sharing space with St. Lukes. A motion was made and passed to explore details and for the congregation to vote on sharing space in April.

**Nominations** - Motion was made and passed to accept all nominations.

### **Officers**

Nominee for President: **Karin Swanson**

Nominee for Vice President: **Glenn Hare**

Nominee for Secretary: **Lisa Hegerberg**

### **Memorials Committee**

Nominee for Member One: **Edna Peterson**

### **Childcare Board**

Nominee for Member Five: **Sue Haugen** \*

### **Nominating Committee**

Nominee for Member One: **Lauren Jensen**

Nominee for Member Two: **Jerry Shierk**

Nominee for Member Three: **Dale Peterson**

### **Endowment Committee**

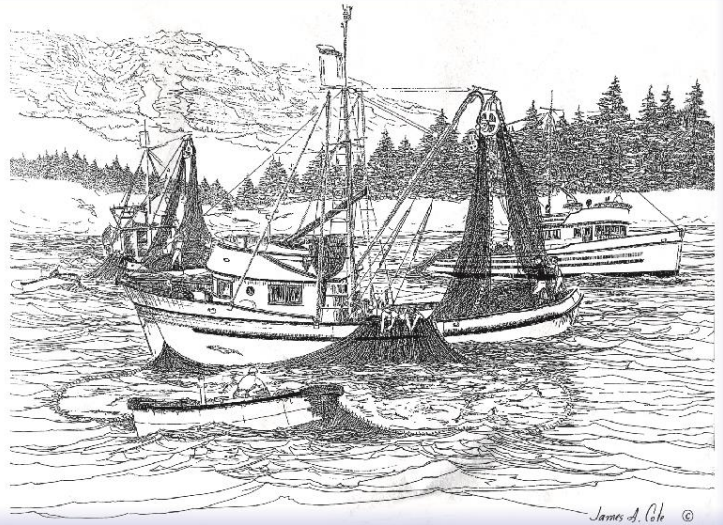
Nominee for Member Three: **Jim Fisher**

Nominee for Member Five: **Terry LaFave**



95<sup>TH</sup> ANNUAL  
**BLESSING**  
OF  
THE **FLEET**

SUNDAY, MARCH 19, 2023  
1:00 pm  
at FISHERMEN'S TERMINAL  
MEMORIAL SITE



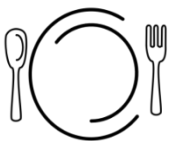
*Our anchor we'll weigh, our sails we will set  
The friends we are leaving we'll never forget*

*(From the Sea Shanty, Good Bye, Fare Thee Well)*

On March 19, we will bid *Good Bye, Fare Thee Well* to our friends in the commercial fishing industry as they prepare to sail to points north and west, beginning yet another season.

This year, we will mark the **95th Annual Blessing of the Fleet**. As always, we will pray that the coming season will be marked by godspeed and safety in the travels of those who fish, a bountiful harvest, and careful stewardship of the sea's resources. Won't you join us at Fishermen's Terminal as we surround and embrace those who go to sea to bring the rich treasures of the deep to our tables? We will gather at Fishermen's Terminal at 1:00 p.m.

**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](mailto: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!



# FINANCIAL HISTORY REPORT

## Year End 2022 Financial Report General Fund

	December Actual	December Budget	Year To Date Actual	Year To Date Budget	Year To Date Variance
Envelope/Loose Giving	\$22,872.65	\$23,091.63	\$281,178.51	\$277,100.00	\$4,078.51
Other Income	\$70,128.21	\$64,445.36	\$222,602.81	\$201,843.00	\$20,759.81
<b>Total Income</b>	<b>\$93,000.86</b>	<b>\$87,536.99</b>	<b>\$503,781.32</b>	<b>\$478,943.00</b>	<b>\$24,838.32</b>
<b>Expenses</b>	<b>\$51,170.13</b>	<b>\$39,311.31</b>	<b>\$471,915.94</b>	<b>\$507,959.00</b>	<b>(\$36,043.06)</b>
<b>Surplus / (Loss)</b>	<b>\$41,830.73</b>	<b>\$48,225.68</b>	<b>\$31,865.38</b>	<b>(\$29,016.00)</b>	<b>\$60,881.38</b>

Cash Balance \$102,331.52

Savings Balance \$ 266,681.83

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.

## 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 26th. You can also send a check with I CARE designated in the memo line, or go to [www.bflcs.org/give.html](http://www.bflcs.org/give.html) to give online - just make sure to put the amount on the I CARE line.

## VENTURING INTO SCRIPTURE - ADULT EDUCATION

**Venturing into Scripture** - Currently, there are two opportunities to engage in Adult Bible Study at BFL.

On **Wednesdays at Noon**, Pastor Erik offers an opportunity to compare the four Gospels. This winter and spring, the focus is **Getting under the Hood: A Survey of the Gospel of Luke**. We meet in **Haavik Hall**.

On **Sunday mornings**, participants consider the theme, **Wrestling with God**, exploring the lives of Biblical characters who either wrestled with God, or God's will, or who at least **pushed back** in their relationship with God. We meet at **9:00 a.m.** in **Haavik Hall**.

Scrolling through my Facebook feed, I came upon post from the ELCA, titled “New Year Faith Challenge”. It consisted of two questions and two sentence prompts:

1. Where have you felt energy and excitement in the last 24 hours?
2. What has drained your energy and excitement in the last 24 hours?
3. I know God loves me because. . .
4. The most impactful way I connected with my faith this month is . . .

My answers are:

1. Leaving my job, I felt energized that it was the last day of that commitment and giving back the office keys.
2. Leaving my job, I felt obligated to leave some projects in a way that someone else could finish them and having to train that person. Both took more time than I anticipated.
3. God’s love for me is shown by the people around me who love and support me and that I can love and support them in return.
4. My siblings and I spread our mother’s ashes on a beach in Maui, as was her wish. I wanted to mark the occasion with a reading that would speak to our varied relationships with Mom. Even though many of the readings I found didn’t capture what I was after, I had faith that I would find something that fit. When I found a poem by Margaret Mead, I knew it was the right one. My faith further encouraged me to pause us on the beach to read it.

*Remember Me*

*To the living, I am gone.*

*To the sorrowful, I will never return.*

*To the angry, I was cheated,*

*But to the happy, I am at peace,*

*And to the faithful, I have never left.*

*I cannot be seen, but I can be heard.*

*So as you stand upon a shore, gazing at a beautiful sea - remember me.*

*As you look in awe at a mighty forest and its grand majesty - remember me.*

*As you look upon a flower and admire its simplicity - remember me.*

*Remember me in your heart, your thoughts, your memories of the times we loved,  
the times we cried, the times we fought, the times we laughed.*

*For if you always think of me, I will never be gone.*

*--Margaret Mead*

What are the answers to the Faith Challenge questions and prompts?

In Peace, Ann Maki