



August 2017

FIRST LUTHERAN CHURCH

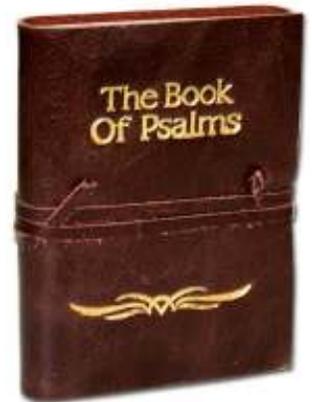
The PULSEBEAT

Dear faithful First family and friends,

Greetings in the Name of Christ!

Several years ago, while teaching a Bible study at a congregation I was serving, a student asked me which book of the Bible was my favorite. I cleverly came up with the answer, “Whichever one I’m reading.” Of course, that’s not necessarily true. Oh don’t get me wrong, I love the books of the Bible, but I suspect I’d never say that, for example, the book of Numbers is my favorite! As I thought about this student’s question from those many years ago, I want to share some thoughts on what may be one of my favorite books from the Bible: the Psalms.

The Psalms or the Psalter contains some of the most well-known and beloved of all verses in the Bible. When thinking of the Psalms, who can’t instantly think of “the Lord is my Shepherd,” or “This is the day the Lord has made, let us rejoice and be glad in it,” or “I lift up my eyes to the hills, from where is my help to come?” or “Let everything that has breath praise the Lord”? These are but a small sampling of the great passages found in the 150 Psalms. The Psalms themselves represent and reflect the whole range of emotions that we humans experience. Whether it’s the elation of joy and praise to our God for the blessings given to us or the cries and laments to God for the troubles we face, the Psalms help us to honestly say—or rather—*pray* what we may be feeling internally. The Psalms are a comfort when we are feeling down; they also help us in our praise of God and the creation.



I suspect my library contains nearly two-dozen books on the Psalms. These range from commentaries (scholarly books examining what the Psalms meant to the author and reader when originally written) to paraphrases on the Psalms to devotional reflections on how one might incorporate the Psalms in our spiritual life. Of all the books on the Psalms, however, I most frequently refer to Dietrich Bonhoeffer’s *Psalms: the Prayer Book of the Bible*. In this short book (at 86 pages it can be read in one evening), the great 20th century theologian “gives one of his secrets behind the powerful witness of his own life. He had learned to pray the Psalms and from them drew on the power of God in his years of imprisonment” (from the back cover of the aforementioned book).

In Bonhoeffer’s brilliantly brief book, he succinctly reviews the Psalms, discussing topics such as “Who Prays the Psalms,” “Congregational Worship and the Psalms,” and chapters covering the themes found in the Psalms. If you are interested in reading more about the wealth of spirituality found in the Psalter, I encourage you to purchase Bonhoeffer’s little book.

Of course, the Psalms have a role almost every Sunday during our liturgy as a Psalm is chanted in response to the first reading. In addition to reading the first five books of the Old Testament, the Psalms were important to the Jewish faith during the time of Jesus and to the Jewish people today. They were a part of the life of Jesus. Throughout the history of the Church individuals, congregations, and monasteries have set aside times for daily prayer Offices (or the Liturgy of the Hours), in which they read Scripture, prayed the Psalms, and sang hymns. These Offices are central to the life of monks and nuns today. And many priests and pastors pray, at the very minimum, Morning and Evening Prayer. The Psalms are central to each of these daily prayer Offices. (In fact, if you plan to attend the retreat in October, you’ll be praying the Psalms as we gather for worship each day.)

But praying Morning and Evening Prayer needn’t be only for monks and nuns. The Psalms should become part of all of our lives. So if you aren’t doing it already, I encourage you to add the Psalms to your daily devotional diet. I know you’ll find these to be wonderful ways to draw closer to God as God speaks to you in these timeless poems.

To assist you in adding these to your devotional time, I’ve compiled this list of Psalms in a chart called “The 30 Day Psalter.” This “30 Day Psalter” was devised by Thomas Cranmer for the 1549 Book of Common Prayer. By following this method, all 150 Psalms are prayed each month except in February. Traditionally, the Psalms



for the 30th day are repeated in those months with 31 days. These are intended to be prayed in one's daily morning and evening times of prayer. Why not join the Church in praying these great Psalms? In them, you will find what I bid you each month...

Peace and Joy,
Pastor Darryl

The 30 Day Psalter from *The Book of Common Prayer*

Morning	Evening	Morning	Evening	Morning	Evening
Day 1) 1-5	6-8	Day 11) 56-58	59-61	Day 21) 105	106
Day 2) 9-11	12-14	Day 12) 62-64	65-67	Day 22) 107	108, 109
Day 3) 15-17	18	Day 13) 68	69, 70	Day 23) 110-113	114, 115
Day 4) 19-21	22, 23	Day 14) 71, 72	73, 74	Day 24) 116-118	119:1-32
Day 5) 24-26	27-29	Day 15) 75-77	78	Day 25) 119:33-72	119:73-104
Day 6) 30, 31	32-34	Day 16) 79-81	82-85	Day 26) 119:105-144	119:145-176
Day 7) 35, 36	37	Day 17) 86-88	89	Day 27) 120-125	126-131
Day 8) 38-40	41-43	Day 18) 90-92	93, 94	Day 28) 132-135	136-138
Day 9) 44-46	47-49	Day 19) 95-97	98-101	Day 29) 139, 140	141-143
Day 10) 50-52	53-55	Day 20) 102, 103	104	Day 30) 144-146	147-150

Council Update: "Those Lazy, Hazy, Crazy Days of Summer"

by Carol J. Schultz, Council Secretary

If you remember the Nat King Cole song, "Those Lazy, Hazy, Crazy Days of Summer," it probably brings back nostalgic memories. Or maybe makes you wistful for a few lazy, hazy, crazy days this summer. After several months of marathon-length Council meetings, I'm happy to report the Council had its own version in July—a shorter meeting that was very productive.

Here's what the Council focused on.

- Budget and finances.** First Lutheran continues to operate within its 2017 budget although offerings in June were slightly behind projections. The Council is managing expenditures carefully knowing we will have an unusual expense this year—bringing pastors to San Diego for interviews during the call process and paying moving expenses for the new pastor. Because financial wellbeing is so important to all of us, you'll find a separate article elsewhere in this Pulsebeat giving more details.
- Website.** President Kathryn Kanaan has signed a contract with the consultant (White Wonder Studios) who will develop First Lutheran's website on a WordPress platform. Kathryn is working with Anke Hartung and Hannah DeMers to provide the content for the consultant. We've envisioned this project for well over a year, but because our in-house IT expert Gary Brocksmith moved back to Virginia and Pastor Miller and Rachel Line (former Office Administrator) also left, we had to defer it to work on more urgent matters. Now the website is getting the attention it deserves.
- Celebration.** The Council celebrated the fact that 37 people marched in San Diego's Pride parade on July 15, thanks to the organizing efforts of Joe DeMers and a number of people who helped make our participation happen. Pr. Kozak noted that First Lutheran had the only Lutheran contingent in the parade; he

2017 Council Officers:

President: Kathryn Kanaan
Vice President: Dan Kjonggaard
Treasurer: Kem Taylor
Secretary: Carol Schultz

Council Members:

Mark Deffner, Joe DeMers, Anke Hartung, Sylvia Herman, Dick Krueger, Carol McGrath, and Aaron Robinson.



marched twice, once with the interfaith clergy group near the beginning of the parade and again with First Lutheran!

4. Property. Repairs and maintenance may lack pizzazz, but ignoring them creates problems that quickly become serious. Dan Kjonegaard continues to take the lead in making sure broken toilets get replaced, rodents are exterminated, and exterior lighting is updated. Richard Phillips is working with Dan to make sure the stained glass window repair is done properly. Funds on hand for this project won't cover the cost; however, several donors have made generous offers and the Council will allocate any funds not spent on this repair to a fund dedicated for future stained glass maintenance.
5. Council Member Resignation. Council member Robin Withers resigned from the Council because of her professional workload. She has been a dedicated and valuable Council member, and we will miss her insights.

Enjoy your summer days—even if they are a bit hotter and more humid than we expect in San Diego. As Council members, we appreciate the trust you have placed in us, and we welcome your questions and comments on matters that you care about.

God's Peace to you all,
Your 2017 Council

A Midyear Budget Update from the Council

It has been one year since Pastor Miller accepted another call, and we are now half way through the 2017 budget year. It is normal for a congregation to have financial concerns when a pastor departs as often attendance drops along with pledges. First Lutheran has been blessed with exceptional interim pastors who are not only guiding us through the Call Process but maintaining First Lutheran as a welcoming and cohesive family.

Now the financial assessment: Pledges through the first six months are at 98.9% of the budget plan and the Council thanks all who have continued their financial commitment to the church. Expenses are \$23,466 under budget due to an intended conservative strategy of holding back on noncritical expenses until the Council is confident that we will be able to stay within the planned budget. The bottom line is that after the first six months of 2017, there is reason to continue our optimism.

Volunteer Counters Needed

One of the critical volunteer jobs at First Lutheran is that of the counters. Counters meet after second service on Sunday. They categorize, total, and record the cash and checks that have been received during the week and from the Sunday services. Detailed procedures and safeguards are in place to ensure that counters are protected and the counting is both done correctly and double checked.

A team of counters is needed so that individual counters do not have to perform the work every week. Currently there is a shortage of at least two counters that would allow a reasonable rotation interval. If you think you would be willing to be a counter at First Lutheran, please contact Gary Muhlbach, who is the lead counter. Thank you for considering being a member of this essential team.



Volunteer Nursery Attendants

Since Courtnee and Liz, our church-employed nursery attendants, left back in December, First Lutheran has been using Panda's Domestic Services to ensure that we had child care during the services. But this

has cost significantly more than had been budgeted. So beginning on August 6, we will only have one Panda employee. But we still need to have 2 people working in the nursery at all times to ensure that our children are protected. The church council is requesting that members volunteer to be the other attendant. Any member over the age of 16 can volunteer. A sign-up sheet is out on Sunday mornings, and it's split into slots for each service—you only need to sign up for one.

Please help us take care of our kids!





You Can Stay Here at First Forever (almost)

Back when the award-winning remodel of First Lutheran Church occurred, a chapel was added to the plans. It is a lovely, quiet place where members and others may come to pray or contemplate, and also to visit friends and family whose cremains are kept in our columbarium.

If you aren't familiar with the word columbarium, it means a place for the respectful storage of the ashes of those who choose cremation. Here at First Lutheran the columbarium is in the chapel back right-hand wall. If you haven't ever visited the chapel or the columbarium, it is usually open from 8:30AM to 1PM on Sunday mornings, and during the week, can be opened during the church administrator's hours if you are a member. It is a very serene and enjoyable experience to sit in the chapel for prayer or meditation.

The cost of a niche in the columbarium is \$1000. There is room for the cremains of two persons in each niche and the cost is per niche, not per person. There are still a number of spaces available but eventually they will all be claimed. So if you are thinking about making some pre-need arrangements in order to make things easier for your family, perhaps you'll want to visit our little chapel and columbarium and speak to Hannah about the simple paperwork that secures a niche for your future needs. Then you'll know you can stay here at First Lutheran (almost) forever!

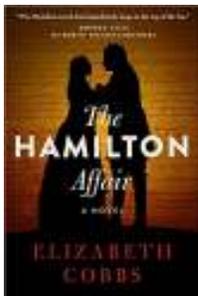


Book Group Notes

Our August selection is *The Hamilton Affair* by Elizabeth Cobbs. It's a longer one, so you may want to get started as soon as possible.

Also, we will be choosing titles for the rest of the year and 2018.

Please be thinking about suggestions.



FLC Pride Shirts

There are still a couple of T-shirts left, if you are interested. Right now we only have small or medium, but if enough people are interested, we can order more. The shirts, designed by Lee Kaercher, are \$15. To order a shirt, contact Joe DeMers. You can reach him at 619-829-3323 or jdemers620@gmail.com.

Hello, My Name Is...

Some members here at FLC are so good about wearing their name tags and the rest of us seem to either forget or simply not like wearing them. But they are a big part of how we welcome visitors and develop better relationships with our church family. Wearing a nametag:

- Helps visitors to identify members if they have questions
- Helps other members who know they have been introduced, but have forgotten your name
- Identifies council members who have that noted on their name tags
- Helps as a conversation starter because, in addition to your name, your name tag states where you are from originally. Carol Schultz noted recently that she had a wonderful conversation with a visitor because of that very reason. They talked about a wildlife refuge they both knew, just based on Carol's nametag saying she was originally from Wisconsin.
- AND, nametags will, in just a little while, help our new pastor to learn our names

If you don't have a nametag, let Hannah know. If you do have one, you can help FLC be a more welcoming church by wearing your nametag proudly. And please keep up the great work you all do to be intentionally welcoming to visitors. Lots of churches think they are friendly but they are really only friendly to one another. Here at First, lots of people go out of their way to identify visitors and introduce themselves. That's a friendly church!





TACO Corner



Hello everyone,

What a beautiful summer it has been so far. Hopefully everyone is enjoying the season, and that the blessings are many in your lives.

Here at TACO, we have been extremely busy; in fact, we recently served our ten thousandth meal of the year! We are responding to the recent Hepatitis A that is impacting the homeless community. Over the past 3 months 5 people have died! Thankfully our social work team and our UCSD Free Clinic partners are working with the County of San Diego to give vaccinations right here on our patio during the meal.

Do you receive the TACO Times? If you don't, please send us your contact information at info@tacosd.org. If you do, look for the publication of a very special TACO Times honoring the many volunteers we have been blessed to host. Every week we are amazed at the dedication of the many people who make our meals, clinics, and Simon's Walk program possible. Thank you one and all.

Also, look for our upcoming Fall Fundraiser **Eat, Drink, & Be Sharing** on the evening of Sept. 23rd at Calvary Lutheran Church, in Solana Beach. We look forward to sharing time with you!

As always, TACO could use donations of socks, as we continue to give them out as fast as they come in. In addition, Brad, our Volunteer Coordinator could also use some help on Wednesdays for data entry. If anyone has a spare hour or two, he would love to hear from you at byoung@tacosd.org.

Collecting Bottle Caps for Luther Glen!



Want to support camp in a unique way? Luther Glen is collecting **plastic** bottle caps (no metal please!) for recycling and sustainable education around the farm! The goal is to collect enough bottles caps to create outdoor classrooms by using them to make bricks (see picture). With the visual of bottle caps, we want to teach children about what goes into our landfills. Any and all caps that secure the tops of bottles can be used (water bottles, Gatorade, milk cartons, juice, etc.). Save your bottle caps and send them to Luther Glen!



Jan Neuhaus will be First Lutheran's contact person for this effort. You can contact her at 619-922-6888 or mjneuhau52@gmail.com.

Monastic Ideals for the Ideal Life

A Weekend Retreat led by Pastor Darryl and Beth Allen Slevcove

Have you ever wondered how monks "get away from it all" and live apart from the world? Have you ever thought about deepening your spiritual life with this 1500-year-old tradition? Then you're invited to join Pastor Darryl and Beth Slevcove as they lead a weekend retreat on exploring, discussing, and incorporating monastic practices and disciplines in our secular life.

The retreat will be held at the Old Mission San Luis Rey, Friday-Sunday, October 13-15. The cost is \$225.00 per person, double occupancy or \$275 per person, single occupancy, which includes all meals. The retreat is limited to 20 people.

Deadline to register is August 20.

For more information, please speak with Pastor Darryl or email him at pastordarryl@firstlutheransd.org.



August Birthdays

1: Benjamin Radatz	13: Dawn Moats	20: Marjorie Wahlsten	26: Beth Slevcove
1: Maureen Taylor	16: Scott Ruth	20: Lara Wright	26: Gary Muhlbach
1: Audrey Garton	16: Sebastian Hallerberg-Junginger	21: Aaron Robinson	26: Dave Wegmann
1: Charlotte Garton	16: Hannah DeMers	22: Maxwell Engel	28: Mary Krueger
8: Leon Stevens	16: Loren Harrell	23: Geri Engelke	29: Richard Elliott
9: David Keitel	18: Rebecca Kjonegaard	25: Lynn Wegmann	
13: Ellen Street		26: Lee Kaercher	



First Lutheran Worship Assistants – August & September

ALTAR GUILD

AUGUST

9:00 a.m. Service

Carol McGrath

11:00 a.m. Service

Ladonna Piper

SEPTEMBER

9:00 a.m. Service

Erika Fekas

11:00 a.m. Service

Ladonna Piper

USHERS

AUGUST

9:00 a.m. Service

Pat Hendrickson & Merv Rettenmund

11:00 a.m. Service

Ladonna Piper & Robin Withers

SEPTEMBER

9:00 a.m. Service

Ruthann Maxwell & Carol McGrath

11:00 a.m. Service

Anke Hartung & Melinda Person

Date	Time	Assisting Minister	Lector	Greeters	Refreshments	Flowers
August 6	9:00 11:00	Brian Shuman Gary Muhlbach	Jim Ehlers Joe Slevcove	John Hoff Slevcoves		Martha & Bill Radatz
August 13	9:00 11:00	Frank Jessie Paul Finneseth	Shaun Travers Martha Radatz	George & Ethel Falk Elizabeth Connolly		
August 20	9:00 11:00	Nate Pratt Luke Williams	Frank Jessie Melody Ruth	Kem Taylor Ruth Clayton		
August 27	9:00 11:00	Kathryn Kanaan Robin Withers	Lynne Falcon Matt Eckert	Shaun Travers Melinda Person		
September 3	9:00 11:00	Richard Phillips Mary Ann Horton	Jeremy Kaercher Joe Slevcove	John Hoff Slevcoves		
September 10	9:00 11:00	Eric Sloniker Gary Muhlbach	Dennis Arenas Lee Wesley	Pat Hendrickson Elizabeth Connolly		Blair Siverts
September 17	9:00 11:00	Jeremy Kaercher Beth Slevcove	Paul Engel Luke Williams	George & Ethel Falk Ruth Clayton		



August 2017 Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 12 pm AI Anon	2 9 am Acupuncture 12 pm AI Anon 1:15 Bible Study 5 pm Dental Clinic 6:30 Bible Study	3 12 pm AI Anon	4 9 am Acupuncture 9 am Bread Day 9 am UCSD Clinic 12 pm AA 7 pm CODA	5
6 9TH SUNDAY AFTER PENTECOST 9 am Worship 10:10 Hospitality 11 am Worship 12:10 Hospitality	7 12 pm AA 4 pm Free Meal 5:30 pm Evening Clinics	8 12 pm AI Anon	9 9 am Acupuncture 12 pm AI Anon 1:15 Bible Study 5 pm Dental Clinic 6:30 Bible Study	10 12 pm AI Anon 1 pm HICAP	11 9 am Acupuncture 9 am Bread Day 9 am UCSD Clinic 12 pm AA 7 pm CODA	12 9 am Volunteer Landscaping
13 10TH SUNDAY AFTER PENTECOST 9 am Worship 10:10 Hospitality 11 am Worship 12:10 Hospitality	14 12 pm AA 4 pm Free Meal 5:30 pm Evening Clinics	15 12 pm AI Anon 6:30 pm Church Council	16 9 am Acupuncture 12 pm AI Anon 1:15 Bible Study 5 pm Dental Clinic 6:30 Bible Study	17 12 pm AI Anon 1 pm HICAP	18 9 am Acupuncture 9 am Bread Day 9 am UCSD Clinic 12 pm AA 7 pm CODA	19 4 pm Youth Beach Bonfire
20 11TH SUNDAY AFTER PENTECOST 9 am Worship 10:10 Hospitality 11 am Worship 12:10 Hospitality	21 12 pm AA 4 pm Free Meal 5:30 pm Evening Clinics	22 12 pm AI Anon	23 9 am Acupuncture 12 pm AI Anon 1:15 Bible Study 5 pm Dental Clinic 6:30 Bible Study 6:30 Creative Spirits	24 12 pm AI Anon 1 pm HICAP	25 9 am Acupuncture 9 am Bread Day 9 am UCSD Clinic 12 pm AA 7 pm CODA	26
27 12TH SUNDAY AFTER PENTECOST 9 am Worship 10:10 Hospitality 11 am Worship 12:10 Hospitality 3:00 German Svc	28 12 pm AA 4 pm Free Meal 5:30 pm Evening Clinics	29 12 pm AI Anon	30 9 am Acupuncture 12 pm AI Anon 1:15 Bible Study 5 pm Dental Clinic 6:30 Bible Study	31 12 pm AI Anon		

Monday evening clinics include acupuncture, medical, dental, and legal services.

The PULSEBEAT
is a publication of
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Edited by Hannah DeMers

Serving Downtown San Diego Since 1888
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First Lutheran Church
The Rev. Darryl W. Kozak, Intentional Interim Pastor
Jared Jacobsen, Director of Music
Hannah DeMers, Church Administrator

First Lutheran Church
A *Reconciling in Christ* congregation since 1989
Deadline for next month's Pulsebeat is **the 15th, noon.**

The Pulsebeat
First Lutheran Church
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San Diego, CA 92101-3193

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Return Service Requested



The Congregational Picnic will be on Sunday, September 10. Details to come!



Attention Middle and High School youth! Save this date for a bonfire at the beach: Saturday, August 19 from 4:00-9:00pm. We will gather at North Beach on Coronado. More details will be available soon, but if you're interested in going, please email Pastor Darryl at pastordarryl@firstlutheransd.org so we can update you and give more specifics. And be sure to invite your friends!



Sunday School

Sunday School classes will resume on Sunday, September 10. Ages 4-7 will meet in the lounge (3-year-olds welcome with a parent), and ages 8-11 will meet in the library. Both classes meet during the early part of the 11AM service and join their families in church during the passing of the peace.

Your Favorite Hymn

What is one of your much loved hymns? What images, colors or feelings does it evoke for you? Our next art show will be just that: work inspired by a favorite hymn and you are invited to join the celebration with an original interpretation in any medium that can be safely displayed in the lounge or printed in a bulletin (for instance, a poem).

We are aiming for the end of August - details will follow soon.



First Lutheran Church - the Heart of Christ in the Heart of the City