



October 2017

FIRST LUTHERAN CHURCH The PULSEBEAT

Dear faithful First family and friends,
Greetings in the Name of Christ!

Last month, I briefly mentioned that this year—and this month—marks the 500th Anniversary of the Reformation, an event that officially occurs on Tuesday, October 31. As I have been thinking about this milestone, I began to reflect more about our Lutheran roots, and to thank God for those roots. In the New Testament epistle to the Colossians, we read that we are to “Be rooted and built up in [Jesus], be established in faith, and overflow with thanksgiving just as you were taught” (Colossians 2:6-7 Common English Bible). As Lutherans, we also thank God for our congregation that is rooted in the teaching of Grace alone, Faith alone, and Scripture alone. In short, we thank God for rooting us in Christ alone.

For many people, October 31 is a day to dress up in costumes and travel from door to door asking for candy. For many Christians, especially those of the Lutheran tradition, October 31 is Reformation Day. On this day we celebrate God’s work through his servant, Martin Luther, to preserve the message of the gospel as the free gift of God’s grace in Jesus Christ through faith alone.

As many of us probably know, on October 31, 1517, tradition tells us that Martin Luther nailed 95 theses or disputes on the door of the Castle Church in Wittenberg, Germany, where Luther was a professor of the University. The theses were written against the teachings of indulgences, purgatory, and other beliefs and practices of the Roman Church that, Luther pointed out, were inconsistent with the teachings of the Bible. As a pastor of Wittenberg’s Town Church, Luther was concerned about the large number of believers who no longer came to confession and would justify this with the indulgence that they bought. Indulgences were slips of paper, sold by officials of the church and signed by the pope. These slips of paper granted God’s forgiveness of sins and reduced time in purgatory for the purchaser. The church was selling God’s gift of forgiveness of sins, which was intended to be free!



A Cabbello Performs Salzburg:
**the Music of Mozart, Schubert,
and The Sound of Music**
Many of you might know that Pastor Darryl sings with *A Cabbello*, a newly formed vocal band in Palm Springs of 16 men, who perform sacred, classical, opera, gospel, and jazz. **Their next concert is Sunday, November 12 at 3:00pm and 7:00pm at The Bank in downtown Palm Springs.** This concert features music of Mozart, including selections from his *Requiem* and *German Mass*, as well as pieces by Schubert. They will also sing songs from Rogers and Hammerstein’s timeless musical *The Sound of Music*. *A Cabbello* will be joined by virtuoso violinist, and Julliard and USC graduate, Katherine Cash. For more information, please speak with Pastor Darryl or visit www.acabbello.org.

Luther’s resistance to the practice of indulgences and others was seen as a threat by the leaders of the Church and led many in the Church at the time to disagree with him. The Church eventually labeled him as a heretic and excommunicated him. As a result, Luther took his reform movement outside of the Church in order to preserve the teachings of Scripture, and the boundless love and grace of God.

During the month of October, I encourage you to take some time to remember Reformation Day, and especially this year to remember the 500th Anniversary of this timeless event. Be comforted by the fact that God continues to work through particular people in particular places to share the Good News that we have in Christ. To celebrate this event, on Reformation Sunday, October 29, we will gather as one family of faith for one worship service at 9:00am. Following this service, we will join in a time of food, and fellowship, and fun as this First Lutheran Family. Please be sure to look for the announcement in The Pulsebeat for more information on our Reformation Party.

We may be a tradition of 500 years, but God still has more in store for us.

Peace and Joy,
Rev. Darryl W. Kozak
Intentional Interim Pastor



Council Update: *The Still Mind and the Lengthy Agenda*

by Carol J. Schultz, Council Secretary

The Council began its August meeting by reflecting on a quote from philosopher Lao Tzu (sixth century B.C.) and a prayer offered by President Kathryn Kanaan. Lao Tzu wrote: *To the mind that is still, the whole universe surrenders.* This quote reminds me of Psalm 46:10: *Be still and know that I am God.* And, once again, I'm struck by the realization that wisdom comes to us from many sources if we stay open and pay attention.

Because the agenda was lengthy, the minds of the Council members probably were challenged to find stillness as we focused on the following issues:

1. **Budget and finances.** As anticipated, revenues were lower than budgeted during the summer. Of course, the budget simply divides the annual total revenues by 12, and we know that giving declines in summer months and increases during holiday months. So, the Council continues to carefully monitor income and expenditures with an eye toward balancing them at the end of the year.
2. **TACO relationship.** The Transition Team's surveys revealed confusion about the working relationship between First Lutheran and TACO. Although TACO grew out of a ministry begun by First Lutheran, today both are separate, independent organizations. However, connections remain. TACO houses its staff and services on First Lutheran's premises. And its only full-time staff person, the Executive Director, remained a First Lutheran employee when part-time staff positions transitioned to TACO's payroll several years ago. For insurance purposes and for the benefit of the new pastor, First Lutheran's Council and TACO's Board of Directors are approving a written Memorandum of Understanding describing the existing agreement about the Executive Director's employment.
3. **Constitution and Bylaws.** One of the tasks on the Interim Pastor's checklist for the congregation is updating the Constitution and Bylaws. First Lutheran's current Constitution dates from 2005, and the Bylaws were last revised in 1989 (no, that date is not a typo!). The ELCA mandates about three-fourths of a congregation's Constitution; we needed to incorporate their revisions from 2013 and 2016. And you can imagine how much First Lutheran's way of "doing business" has changed since the 1989 Bylaws were adopted. Many hours of work later, the Council is ready to present the updated Constitution and Bylaws for congregational adoption at the annual meeting in December. Watch for an announcement of 10:10 sessions to discuss these important documents.
4. **Bishop's Gathering.** On Sunday, October 22, 2017, Bishop Andy Taylor will meet with San Diego rostered and lay leaders from 3:00-4:30 PM (for lay persons) at Clairemont Lutheran Church, 4271 Clairemont Mesa Boulevard, San Diego. The theme this year is *Congregational Leadership in Changing Times*. **Please consider attending to show support for our Bishop.** After all, we're expecting him and his office to support First Lutheran in a significant way throughout our interim and call processes. Let Kathryn Kanaan (kathryn@kda-landscapearchitects.com) know ASAP if you would like to attend so she can coordinate the registration.

As Council members, we are honored to work on your behalf. Please let us know your questions and comments on matters you care about.

God's Peace to you all,
Your 2017 Council

Save the Date!

On October 22, there will be a 10:10 session on the art exhibit and our hymnody. The artists will share their thoughts on their art, and the congregation can share what hymns mean to them.

2017 Council Officers:

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

Council Members:

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



America's Original Sin

A 4-week Class at First Lutheran Church, 1420 Third Ave., San Diego 92101

Dates: Wednesdays, October 25 and November 1, 8, and 15

Times: 6:30-8:00 PM. Folks who wish are invited to come starting at 5:45 and bring a sack supper. The church will provide water, lemonade, and dessert.

Title: America's Original Sin

Content: the class will use the book by Jim Wallis entitled *America's Original Sin: Racism, White Privilege, and the Bridge to a New America* as a guide. It would not simply be a book discussion, however. Participants will establish community, engage in exercises, activities, and Socratic discussion to examine the roots of racism in our country, the structures that create white privilege, and the dynamics race plays in our current setting, and the often unconscious elements of racism and/or implicit bias we find in ourselves. The intent of the class is on healing, not judgment, and engagement, not guilt.

Leaders: Dr. Robin Withers and Shaun Travers, both members at First.

Dr. R. Robin Withers

Dr. R. Robin Withers has been in education for thirty-four years and has a B.S. in Secondary Education, a M.A. in Special Education, and an E.D. with acknowledgements in Educational Leadership and Policy Studies. Dr. Withers is a National Staff Developer for AVID College and Career Ready Organization facilitating Culturally Relevant Teaching: Transforming Educators and Empowering Students. Her passions include Critical Race Theory, dismantling institutionalized racism, advocating for Social Justice, Black History, Traditional and Urban Gospel Music, and performing with the Martin Luther King Jr. Community Choir of San Diego.

Dr. Shaun Travers

At UC San Diego, Dr. Travers has led the Undergraduate Diversity Leadership Institute, the Building Communities for Social Justice Practice Institute, Anti-Racist Practice Leadership groups, and the Culturally Competent Management Program through Human Resources. His current practice and leadership involves a deep understanding of intersectionality, power, privilege, oppression and the dynamic tension inherent in university environments. Currently, Dr. Shaun Travers is a Campus Diversity Officer and Director of the Lesbian Gay Bisexual Transgender Resource Center at the University of California, San Diego.

Coming Soon!

Blessing of the Animals Service

**Sunday, October 8
2:00PM**

First Lutheran will host a Blessing of the Animals service on our patio. In honor of St. Francis' feast day (October 4), we celebrate this annual blessing of all of our 4 legged, slithering, furry, friends. All are welcome to attend, even if you don't bring an animal!



Reformation Celebration

Sunday, October 29

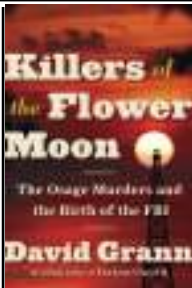
On Sunday, October 29 (Reformation Sunday), we will have a Reformation Party to celebrate the 500th anniversary of the Reformation. There will be only one service, beginning at 9:00AM, and the party will be afterward, 11:00AM-1:00PM—no Sunday school that day. Main dishes will be provided, and members are asked to bring side dishes.

The suggested donation is \$10 for the main course, or \$15 for main course plus drinks (beer and wine—2 drink limit). Coffee and water will be provided.

There will be RSVP forms available beginning Sunday, October 1. Please fill them out and return them either in the offering plate or to the church office so that we know how much food to order!



Book Group Notes



The book group's next selection is *Killers of the Flower Moon* by David Grann. If American history interests you at all, this excerpt from the summary will rouse your curiosity.

In the 1920s, the richest people per capita in the world were members of the Osage Indian Nation in Oklahoma. After oil was discovered beneath their land, the Osage rode in chauffeured automobiles, built mansions, and sent their children to study in Europe. Then, one by one, they began to be killed off... In this last remnant of the Wild West... virtually anyone who dared to investigate the killings were themselves murdered. As the death toll surpassed more than twenty-four Osage, the newly created F.B.I. took up the case... Together with the Osage they began to expose one of the most sinister conspiracies in American history.

Pat Hendrickson will host the group at 7:00PM on Thursday, October 19, at her condo.

Do You Paint?

The property committee would like to request your help with painting the purple wall by the bathrooms on Saturday, October 28, beginning at 9:30AM.

If you are interested, please contact Carol McGrath at 619-929-6784.

Stained Glass Repair Update

In March of this year, two panes of stained glass in one of the panels were broken. Fortunately Richard Phillips volunteered to take on the task of finding someone who could handle the repair. He quickly discovered there are few artists in the San Diego area capable of taking on this job. Richard's exhaustive search found two qualified candidates, and after obtaining quotes from them, Richard turned them over to the Church Council for their action. At the June council meeting, glass artist Lisa Maywood of Verre Designs was selected. Lisa had previously restored the windows from the original First Lutheran Church that now are displayed in the library.

On August 15, the broken panel was removed and taken to Lisa's studio for repair. Upon inspection, she discovered that not only did the broken glass need to be replaced but that the entire panel was bowed and needed to be rebuilt. The lead that creates the frame for the glass panes was deteriorated due to exposure to the elements and age, and could not provide a stable frame work. After the the first panel was removed, Richard was cleaning the remaining windows and found that a second panel was leaking water as well as being bowed. At the council meeting that same night, the condition of the second panel was discussed which resulted in the panel being removed and delivered to Verre Designs for assessment. It was determined that the second panel should be rebuilt as well due to its deteriorated state and instability.

After receiving revised proposals for the removal/replacement of the two glass panels, removal/replacement of plexiglass exterior protection, and repair/rebuilding of the two glass panels, the Church Council is moving forward with the restoration work. The replacement of these two stained glass panels should occur in early November. At the September 19 Council meeting, it was also determined that a maintenance program be established which calls for the removal and rebuilding of each panel. To the best of the council's knowledge these windows were built and installed in approximately 1960, and all the panels are indicating a certain amount of bowing due to the lead deterioration.

In the 2017 church budget, funds earmarked for the Stained Glass Window Fund are \$1,352.50. After receiving our original proposals, the church council allocated \$3,720.00 (this included a 20% contingency). When the revised proposals were received they brought the revised total up to \$4,776.00, creating a shortfall of \$3,423.50, which is not allocated in the current budget. This shortfall could be taken from the general church maintenance (deferring other repairs) or offset by contributions to the Stained Glass Window Fund. Going forward, this fund will be needed to complete the restoration and maintenance of these beautiful windows. If you choose to make a contribution to this fund either now or in the future, please note on your donation "Stained Glass Window Fund."

—Dan Kjonegaard, Council Property Committee



TACO Corner



Hello, and happy fall everyone. I still cannot believe that summer is over, and that the holiday season is approaching rapidly!

Recently on my morning walks, I have noticed the change in temperature. While certainly not Chicago, San Diego does get cold in the fall and winter. The marine moisture only aggravates this, making it seem much colder. While noting the unfortunate increase in the numbers of people sleeping on the streets (it IS noticeable), I also see that more blankets and makeshift coverings are being used by those sleeping living outside. Indeed, many of our most vulnerable citizens already struggle with health issues, and the cold only magnifies this. If you are so inclined, I would like to put out a request for sweatshirts, blankets, and jackets this fall season. Many of TACO's guests have begun asking for them, so the need is definitely there.

In addition, with the holidays being a time of families coming together, I would like to invite you and your families to volunteer. Many of our city's underserved have little to no contact with their families, and our meals provide the only sense of "family" many will experience this year. Yet, these meals only come about through the generous help of our amazing volunteers. I hope to see you soon, and wish you all the best this fall.

—Brad Young, TACO Volunteer Coordinator

Thank you to all the congregations who supported us in this past month! We had a fantastic Fall Fundraiser on the 23rd of September. Special thanks to Calvary Lutheran Solana Beach for hosting us.

Thank you also to all the congregations who have supported us through fundraising as well as volunteering with us at our meals. If you are interested in getting more involved, please contact Brad Young, our Volunteer Coordinator, at byoung@tacod.org.

This past month we celebrated our 10,000th person served. It is great that we have been given so much and that has allowed us to serve so many in need. We have also been fortunate to offer Hepatitis A Vaccinations in partnership with the UCSD Student-Run Free Clinic, one of four distinct institutions offering free services to those in need. The Hepatitis outbreak has already taken the lives of 16 homeless individuals in San Diego. We pray for a resolution to this outbreak and for guidance to our elected officials.

Lutheran, Anglican, and Roman Catholic Prayer Service Commemorating the 500th Anniversary of the Reformation

You are invited to a joint-sponsored Lutheran, Anglican, and Roman Catholic Service of Common Prayer on Sunday, October 29, 2017, commemorating the 500th anniversary of the Reformation. It will take place in the beautiful church of The Immaculata on the campus of the University of San Diego at 3:00PM. There is designated parking and a light reception will follow.

The event is sponsored by the Pacifica Synod of the Evangelical Lutheran Church in America, the Episcopal Diocese of San Diego, and the Roman Catholic Diocese of San Diego. Bishops from all three traditions will be participating. The service both commemorates an historic movement as well as celebrates the gift of strong ecumenical relationships that shape Christianity today, and in particular, the San Diego area. People from all denominations and faiths are welcome.

October Birthdays

1: Brian Oltman	10: Darren Street	16: Monica Paul	23: Noah Miller
1: Martha DeMers	11: Peter Kim	16: Frank DeLouise	27: John Davis
5: Shelly Etzel	11: Stephen Munroe	17: Ruthann Maxwell	27: Jessica Grumm-Friedrich
6: Kara Oien	13: Lia Pierce	18: Mahary Berhan	29: Gerard Yablonicky
8: Daniel Thomas	14: Nance Lovell	18: Olivia Etzel	30: Bill Bengtson
8: Russ Hoxie	15: Daniel Diepholz	18: Hudson Altenburg	
9: Donna Sanfilippo	16: Sylvia Herman	19: Marie Ruth	
10: Carol McGrath	16: Suzanne Pew	22: Troy Hanson	



First Lutheran Worship Assistants – October & November

ALTAR GUILD

OCTOBER

9:00 a.m. Service

Dorothy Hunter

11:00 a.m. Service

Ladonna Piper

NOVEMBER

9:00 a.m. Service

Susan White

11:00 a.m. Service

Ladonna Piper

USHERS

OCTOBER

9:00 a.m. Service

Sharon Province & John Hoff

11:00 a.m. Service

*Ladonna Piper &
Luke Williams*

NOVEMBER

9:00 a.m. Service

Dan & Rebecca Kjonegaard

11:00 a.m. Service

*Ruth Clayton &
Ladonna Piper*

Date	Time	Assisting Minister	Lector	Greeters	Nursery Attendants	Flowers
October 1	9:00 11:00	Brian Shuman Luke Williams	Kem Taylor Joe Slevcove	John Hoff Slevcoves	_____ _____	Marjorie Wahlsten
October 8	9:00 11:00	Frank Jessie Mary Ann Horton	Eric Sloniker Elizabeth Connolly	Marjorie Wahlsten Elizabeth Connolly	_____ Paul Engel	
October 15	9:00 11:00	Nate Pratt Robin Withers	Brian Shuman Nancy Eckert	Kem Taylor Ruth Clayton	Kim Tozer Sylvia Herman	TACO
October 22	9:00 11:00	Kathryn Kanaan Gary Muhlback	George Falk Melody Ruth	Shaun Travers _____	Kim Tozer _____	
October 29	9:00	Beth Slevcove	Sylvia Herman	Falks	_____	
November 5	9:00 11:00	Jeremy Kaercher Paul Finneseth	Carol Schultz Joe Slevcove	John Hoff Slevcoves	_____ _____	
November 12	9:00 11:00	Eric Sloniker Luke Williams	Jan Neuhaus Matthew Eckert	Kruegers Elizabeth Connolly	_____ _____	



October 2017 Calendar of Events

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

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

The PULSEBEAT
 is a publication of
 First Lutheran Church
 Edited by Hannah DeMers

Serving Downtown San Diego Since 1888
 1420 Third Avenue
 San Diego, CA 92101-3193
 (619) 234-6149
www.firstlutheransd.org

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
1420 Third Avenue
San Diego, CA 92101-3193

Nonprofit Org.
U.S. Postage
PAID
San Diego, CA
Permit No. 194

Return Service Requested

An Introductory Workshop Program on Centering Prayer

Saturday, October 14th, 2017

- ◆ Do you want more from your prayer life?
- ◆ Do you hunger for a deeper personal relationship with God?

Centering Prayer may be for you. Centering prayer is a simple method of Christ-centered silent prayer, a renewal of an ancient Christian contemplative practice, updated for our time. It can lead to a deeper prayer life, personal healing, spiritual transformation, and closer union with God.

Shepherd of the Valley Lutheran Church
10842 Fury Lane, La Mesa, Calif. 91941
Registration: 8:30AM–8:50AM
Workshop Program: 9:00AM–12:30PM

*Program includes the Saturday workshop and continuing sessions.
Continuing sessions to be held on day and time determined by the group.*

This is a free program, but pre-registration is requested and appreciated. Please contact Jennifer Fenner at the church (619) 670-7656 or jen-ny.svlc@gmail.com to Pre-Register.

Presented by Contemplative Outreach San Diego.
Find out more at www.contemplativeoutreachsd.org



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