

The Tidings

February 2009

*A newsletter of Central Lutheran
Church of the Holy Trinity*

An Invitation to Stewardship through Eating

"For as the soil makes the sprout come up and a garden causes seeds to grow, so our Sovereign God will make righteousness and praise spring up before all nations."

Isaiah 61:11

As Christians living in one of the most highly developed nations on earth, we often have trouble relating to the natural world that God has provided for us. Milk comes from a box, fish comes from the store and that great salad mix comes in a plastic bag. This makes our calling to act as good stewards more difficult. Recently, a movement has developed that can put us more in touch with our natural world. The colloquial term for this movement is "locavore." It means someone who constructs as much of their diet as they can from locally grown foods.

We have felt called to join this movement, even if on a small scale, and are preparing to give it a try during Lent. We believe that by challenging ourselves to reduce the distance our food must travel before it reaches our table, we can learn to better appreciate the bounty that we do have in the Pacific Northwest, support our local farmers, and become better stewards of God's creation. We would like as many of you that have interest in such a thing to make that journey with us. The level of your involvement is your choice but, as in any journey, it is always easier if you have company along the way.

The season of Lent is a time of reflection and consideration. Traditionally, it has also been a time for Christians to contemplate their lives in Christ and make a sacrifice. This Lent, we plan to consume a diet that, to the extent possible, comes from local

sources. Our goals include making a better connection between our faith and our food choices, building a sense of community and support around our food choices, and working to heal our separation from food and land.



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Central Lutheran Church
of the Holy Trinity
1710 Eleventh Avenue
Seattle, Washington 98122
phone: 206-322-7500
fax: 206-322-0195

Winter Schedule

Singing School: 8:30 am

Choir: 9:00 am

Sunday School: 9:45 am

Adult Forum: 10:00 am

Worship: 11:00 am

Pastors:

Shannon Anderson

email: pastor@loveiscentral.org

By appointment on Monday through
Wednesday 10:00 am to 6:00 pm

Verlon Brown

office hours by appointment, please call
the office, 206-322-7500

Office Manager:

Sandy Kraegel

email: office@loveiscentral.org

Office hours: 9:30-4:30 Tuesday-Friday

Music Director:

Jim Peterson

email: music@loveiscentral.org

Custodian:

Duane Miles

Nursery Attendant:

Nicole Bateman

We are an open and affirming congregation, which in Lutheran churches is called Reconciling in Christ. We seek to share God's love with all people regardless of race, age, gender or sexual orientation. All are welcome.



Thank you!

ACOLYTES: Nate Copley, Salina Debassai, Savannah Daniels, and Brendan Farley

ALTAR GUILD: Julia Maywald, Cynthia Wold, and Chris Kealy

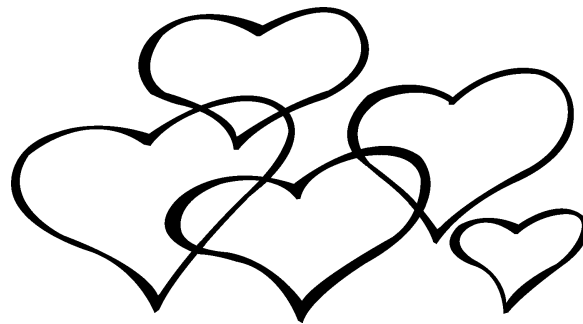
ASSISTING MINISTERS: Allison Radke-Bogen, Theresa Wagner, Steven Chapman, and Jackie Brolesma

COFFEE: Cheri Cornell, Dave & Stephanie Cross, Sara Debassai, Darla DeFrance, Marinko Kordich, Bill Donkervoet, Julia Maywald, and Tom Donlea

COMMUNION BREAD: Jen Hartley Fernandez and Alex Fernandez

TELLERS: Chris Kealy, Allison Stephens, Pam Gregory, Adam Rauch, Cori Myka, Jamie Pedersen, and Cathy Woods

USHERS: Karen Sy, Jen Hartley Fernandez, Alex Fernandez, David Bales, and Lois Austin



Receive the lessons via e-mail: Many people find it helpful to read the Sunday lessons ahead of time. If you would like to receive a weekly e-mail with the upcoming Sunday's lessons, please let Sandy know at office@loveiscentral.org.



Note from Pastor Anderson

Reprinted from the Pastor's Annual Report 2008

Where have you found joy in the last year? Where have you found hope? Where have you been surprised or experienced wonder? Joy, hope, surprise, wonder...these are often signs of the Spirit's work in our midst. As I look back over 2008, my memory of our ministry together is colored by these emotions again and again.

Some of the things that particularly stand out in 2008 are:

- ◆ A festive Epiphany celebration that included a children's parade of 'kings' and 'queens' and a chance for the adults to reflect on gifts they would like to share with the Christ child
- ◆ A weeknight bible study with thoughtful and engaging conversation
- ◆ 2 wonderful youth retreats that I had the privilege of leading
- ◆ Holy Week services that were reverent, joyful, somber and playful (if you are not sure how those adjectives go together, then make sure to attend this year's Easter Vigil Service)
- ◆ An energetic new group of confirmation students
- ◆ New members enriching our life together
- ◆ The beginning of a long-range planning process
- ◆ A stronger financial situation for our community lunch program (joy, joy, joy!)
- ◆ Seeing members care for one another in the ups and downs of life
- ◆ Connecting with members via e-mail during the amazing snow storms of December

What would be on your list of highlights for 2008? What are you hoping for in 2009? As we move into the New Year, I find myself hopeful about many things. We will be using the Natural Church Development Survey that the Long Range Planning Team led us through to begin to develop an action plan. Our youth and children's ministries continue to be a source of strength. And our leadership on council has worked very hard this past year at asking difficult questions about how we function. This work is beginning to bear good fruit and will continue to bear fruit in 2009.

As you think about your relationship to this community, I would invite you to think about your role in 2009. Is there an area where you feel called to contribute your time and talents? Have you shared that with someone? Please let me or someone from council know if you have a specific gift you would like to share. Do you want to be more involved but don't know how? I'd be happy to explore ideas with you so that we could find something where you feel called. Maybe you'd like to be involved, but you haven't seen any opportunities that particularly excite you. As we continue to work on our long-range plan, there will be new opportunities for ministry that develop. Maybe you are the person to help start a new ministry or program (or to support a new effort that someone else is spearheading). God calls all of us. All of us have gifts to offer. Each of us has the opportunity to strengthen the ministry and

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Note from Pastor Anderson

Reprinted from the Pastor's Annual Report 2008

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witness of this congregation in the coming year. As we all play our part, then the gifts of this community including joy, hope, surprise and wonder will be available not just to us, but more and more of our neighbors and friends.

I want to close by thanking each and every one of you for the privilege of serving as your pastor in 2008. You have been a blessing to me.

God's Peace,

Pastor Shannon

Devotional Book for Lent

We are putting together a devotional book for families to use during the season of Lent. The booklet will focus on our theme: Sustainable Living for Lent. Every family will receive one. As we put the book together, we are looking for stories from parishioners about choices you have made for a more sustainable life. Have you simplified your lifestyle? Have you made choices to reduce your carbon footprint? Do you try to eat locally? If you have brief stories that you would be willing to share with your fellow parishioners, please talk to Pastor Shannon.



From the President

Reprinted from the President's Annual Report 2008

When 2008 rolled in, none of us knew or understood just how much change we would see in one short year. While change can be disturbing, the term took on a bigger, aspirational meaning this last year. It was a call for “change we can believe in,” a plan for change that would bring on a new, better era. But Central Lutheran has always been about this type of change, social and spiritual change which brings us closer to each other and God. I have served on council for five years now, and every year we focus on what our congregation must do to prepare for and bring positive change to our community in Christ’s name. I humbly believe that this congregation has made substantial steps this last year to create and improve our structure and programs in a way that will promote positive change within both our congregation and our wider community.

Last year council moved its planning retreat to earlier in the year, from the summer to the spring. The May retreat gave new council members a couple of months to become familiar with council operations and church business, but was early enough in the year for council to set priorities for and execute action plans in the remainder of the year. At our retreat, council decided on the following priorities for 2008:

- 1) **Continue long-range planning using the Natural Church Development model.**
- 2) **Complete the current capital campaign and consider if and when to start a second capital campaign.**
- 3) **Create a “Nominations Committee” to design and implement a process for identifying and developing church leadership.**
- 4) **Clearly define roles and expectations for both council members and the pastor.**
- 5) **Create greater transparency for council activity.**
- 6) **Revitalize the Outreach, Welcome & Nurture committee.**
- 7) **Recruit additional leadership for KidsAreCentral committee and expand youth ministry.**

Long-Range Planning: In May, Council created a task force to work with Red Burchfield to develop a long-range plan for Central Lutheran. The need for long-range planning was clear. First, the congregation last engaged in a long-range planning process in 2000. Second, having remodeled our aging facilities, we now had a physical space which allowed us to imagine new programs for the congregation and community. Third, a thoughtful long-range plan would guide the congregation on how best to use the recent Bill Mickelsen bequest. For more information on long-range planning, please see page 13 in this Annual Report.

Capital Campaigns: In 2006, this congregation undertook a multi-year capital campaign to fund our facility remodel. 2008 was the second full year in which congregation members made payments on their

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From the President

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capital campaign pledges. On the whole, the congregation has done a remarkable job of fulfilling its pledges to the capital campaign on time, especially in light of the economy's recent downturn. The 2006 capital campaign only partially funded the remodel, and council spent several months deliberating on whether to start a second capital campaign in 2009 (when many members will have fulfilled their pledges to the 2006 campaign). Council ultimately decided, however, that we should delay consideration on a second capital campaign until after the Long-Range Planning committee has completed its work.

Nominations Committee: Our congregation has experimented with many ways in which to identify its members' gifts and talents and use them productively. The reality, however, is that much of our leadership development has occurred through casual conversations between the pastor or council members and individual members. Council decided that we can do a better job identifying and using our congregation's needs and our members' talents by creating a standing council committee to handle this important work. For more information on this committee and its proposal, please see the Nominations Committee Report.

Roles and Expectations for Council and Pastor: I mark 2008 as a year of significant growth for church leadership. During my tenure on council, there has been remarkable consensus on goals. We have not, however, always clearly understood whether the responsibility for creating and executing plans for reaching those goals lies with council, the pastor, or some combination. Council and Pastor Shannon have invested substantial effort in more clearly defining those activities on which Council must lead, and those on which pastor should lead. This process is ongoing, but has already yielded better working relationships and increased productivity. We will continue to refine roles and expectations throughout the coming year.

Transparency: Council and Pastor Shannon have worked to create greater transparency for the work of leadership by providing more information in the Tidings about how we spend our time. Pastor Shannon has been especially good at this. Council needs to do more.

Outreach, Welcome & Nurture: This congregation has often struggled with how to improve our care for each other and our welcome to visitors. Council has struggled with how to reconstitute our Outreach, Welcome & Nurture (OWN) committee in a way that will ensure greater success in this important area. Creating a working structure for outreach, welcome and nurture activities will be a major priority in 2009.

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From the President

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KidsAreCentral and Youth Ministry: Thanks to the tireless work of some incredible members (not to mention the fertility of even more of our members), our kid ministry has gone from “hardly there” almost 10 years ago to a vital, busting-at-the-seams, sometimes loud, always joyful Sunday school and youth fellowship. The council is committed to supporting the KidsAreCentral committee by helping them to recruit new leadership and explore the possibility of new youth programs, including paid staff. In addition to the priorities identified at our retreat, the congregation undertook several other efforts which deserve special mention:

Building Maintenance/Enhancements: With the leadership of the Building Our Future and Stewardship & Finance committees, council has committed itself anew to actively managing and enhancing our newly remodeled buildings, including anticipating and budgeting for appropriate maintenance and enhancements in the near- and short-term. We increased our ability to fund maintenance projects by renewing our contract with Diamond Parking. In addition, council updated our property insurance coverage.

Smooth Transition: Barack Obama doesn't have the only transition team in town! Your trusty Council has been transitioning so smoothly that some of you may not have even noticed. In November, Steven Chapman decided to step down from his role as congregation president so that he could better focus on important family and professional obligations. Council embraced Steven's decision and worked together thoughtfully and prayerfully to create a smooth transition from Steven to Yours Truly as acting president. I am grateful for the support I've received from Pastor Shannon and council throughout this transition.

Respectfully submitted by Cheri Cornell, Acting Congregation President

Healing Service on February 15th

Healing was an important part of Jesus' ministry. Healing is also a deep need for many of us. We need healing in mind, body and soul. On February 15th, as part of our regular Sunday worship, you will be invited to come forward to receive anointing and prayers for healing in your life. Participation in this part of the service will be voluntary, but all who long for wholeness in their life are invited to participate. If you have any questions about the service, please see Pastor Shannon.

Pastor's January Report to Council (for December activities)

Every month, Pastor Shannon submits a written report of activities to the council. Below is a version of this report. Please ask her if you have any questions about her activities or any of the community groups she meets with. If you would like a pastoral visit or know someone who might, please let her know. Pastor Shannon works Saturday-Wednesday.

Pastoral Care – 17 contacts

Church Meetings/Events

- Council dinner/ Long-Range Planning Feedback Session
- Long-Range Planning
- KidsAreCentral
- Staff Meeting (2 x)
- Web planning meeting
- Served at Community Lunch 3x
- Christmas Eve Soup Supper hosted by Cindy and Wayne (at church due to snow)

Community Meetings/Events/ Representation

- Community Lunch Board
- Hosted Clergy Cluster at Central 12/11

Teaching and Study

- Participated in Text Study Group 12/4, 12/11
- Confirmation 12/13
- Altar Guild Training 12/7
- Saturday School Christmas Party 12/13
- Cancelled Christmas Camp due to snow

Worship

- Preached 12/14, 12/24
- Received new members 12/14
 - Marinko Kordich
 - Bill Donkervoet
 - Joon-HoYu
- Christmas Eve services 12/24
- Preached and led worship at the Church of Mary Magdalene 12/27 (an ecumenical congregation of homeless women)

Administration and Other

- e-mail devotions during snow closures
- hosted open house for the congregation on December 6

Coming Up

- Lent begins February 25 – planning a focus on sustainable living, developing a home devotional guide
- Leading Youth Retreat to Camp Zanika March 20-22

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Lent does not offer a large selection of local food choices. However, though the season starts out rather bleak, it builds to a time of celebration and a time of bountiful food choices. We also believe that Lent is a time for our community to reflect on our common life in Christ. As we struggle together to live out our calling as Christians in this time and this place, Lent is a perfect opportunity to take actions together that can lead to a stronger community and a more sustainable life.

So, we'd like to invite you to join us on our Lenten adventure of changing our habits and being more intentional in our buying, preparing, serving and eating food.

Here are some of the ways you can join us, as families or individuals, in the journey:

- Make all meals local (but remember every Sunday is a "Little Easter!")
- Make one meal a week completely local
- Give up as many of your long-distance foods as possible (e.g., bananas, coffee, kiwis, French wine...)
- Set a definition of what is local for you (e.g., nothing outside 100 mile circumference, Western Washington, Pacific Northwest, Western hemisphere) and stick to it

Here are some activities we could do as a community around this idea:

- Have a locavore potluck and watch "Babbette's Feast"
- Share food sources, methods of preparation and recipes
- Host an education hour on the Carbon-footprint of food
- Create and participate in a Facebook group sharing our experiences
- Do a book study using either *Food & Faith* (From Earth Ministry) or Barbara Kingsolver's *Animal, Vegetable, Miracle*

So, praise God and let's eat! If you are interested, send us an e-mail or give us a call and we will see what we can cook up!

Cathy Woods and John Mostrom

cathy@mostromwoods.org
john@mostromwoods.org
425-252-5709

Kids Are Central

Allen Jones took some wonderful photos of the Christmas Pageant. You can view these pictures at the following link: http://web.mac.com/birdy02/Picture_Pages/Christmas_Pageant_08.html



Announcing Youth Bake Sale February 22nd and March 1st!

The Central Youth are again going to a winter retreat at Camp Zanika on Lake Wenatchee the weekend of March 20, 21, and 22. It was such a rewarding and enriching (and adventurous) experience last year, we've decided to do it again!

To show your support and help those kids who have less funds to pay their way, please come to coffee after church on the Sundays of February 22nd and March 1st for the Youth Bake Sale. Kids will be encouraged to provide a variety of baked goods (they won't all be sweet, should be something for everyone). We will be applying for a match from Thrivent for all that's raised.

Carl Kaiser



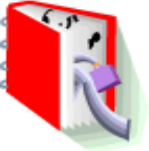
Our Gang

January was an historic month with a historic inauguration and at least one Centralite was there to witness it. **Jackie Broksma** was lucky enough to be offered a much coveted ticket by her niece and she took her up on the offer. Hopefully Jackie dressed for the cold and we'll be excited to hear all about it when she gets back...**Christa Dumpys** also got to celebrate in January, but for another reason. She went back to Chicago to be part of her brother's wedding to former Centralite, **Stacy Jutila**. **Christa** reports that a great time was had by all...**Lois Austin** also reports that she had a fabulous time in Mexico over the last month and a half, but she's glad to be back now (and she's glad she missed all the snow last month).

Wayne Johnson and **Andrew Rapp** both had reasons to celebrate in January. They both started new jobs! Congratulations and we wish you both well...**Steven Chapman** and **Pastor Shannon** started something new in January too. When they smile now, you might notice something different. They are both sporting new braces. Ask them in a month how it's going (although **Shannon** can already tell you that she is being taken good care of by **Liz Daniels** who works in her orthodontist's office. **Liz** is the daughter of **Jon and Juni Nelson** and mother of **Savannah Daniels**, one of Pastor Shannon's confirmation students.

Although it's only February, high school seniors are already thinking about college next year. That's true for **Hannah Krajnik** who has been accepted to the University of Washington and is hoping to apply to their music program. **Jim Peterson** is working with her to get ready for the audition. Good luck, **Hannah!**

Have you noticed a familiar face who is back in worship lately? We sure have been glad to see **Betty Haberman** who has been able to worship with us a number of times in the last two months. Betty is living at an adult care facility in Lynnwood and the owner, Julie has been driving her down on Sundays. **Cathy Woods and John Mostrom** also were able to give **Betty** a ride on January 4th so she could enjoy the Christmas Pageant...and speaking of the Christmas Pageant, don't we have some talented kids. The Christmas Pageant was a huge hit again this year (even though it was in January). Thanks to **Jonna Farley** for all her hard work in getting it together. **Jonna** was recently diagnosed with breast cancer and she had surgery the week after the pageant. She is at home recovering right now and thanks everyone for their thoughts, prayers and food. We hope we'll see you soon, **Jonna!**



Adult Forum Schedule

Adult Faith Formation offers a variety of forums on worship, prayer and other topics of interest during the year. We hope you will join us on Sunday mornings for coffee and rich discussion. We meet at 10 am in the Fellowship Hall.

February 1 – Feedback session with the Long-Range Planning Team. In September, many congregation members took a survey about the health of our congregation. The Long-Range Planning team has been conducting feedback sessions with committees and at adult forums to talk about the results of the survey with the congregation. Today's feedback session is an opportunity for those who might have missed the earlier adult forums to learn about the results of the survey and to talk about what they might mean for our congregation. Those who may have been part of earlier feedback sessions are also invited to join us to continue the conversation. These feedback sessions will inform the committee as they continue to lead the congregation through a long-range planning process.

February 8 and 15 – Sufficient, Sustainable Livelihood for All. In this time of economic uncertainty and stagnation, join us for some conversation on how we as Christians can think about our economic life together. Should our national goal be to return to former times or do we need different models to think about our future? We will spend two weeks talking about how we can think theologically and biblically about the times we live in. As a guide for our discussion, we will use the ELCA's social statement on Economic Life, "*Sufficient, Sustainable Livelihood for All*". Copies will be available at the back of the church or you can download a copy from <http://www.elca.org/What-We-Believe/Social-Issues/Social-Statements/Economic-Life.aspx>. Even if you don't have time to read the statement, please come and join the discussion which will be led by Pastor Shannon.

February 22 – Lent – What's it all about anyway? Join Pastor Shannon for an introduction to the season of Lent. Why do we celebrate Lent? What is its history? What are some ways that we can make our Lenten observance meaningful? This forum will also include discussion of our 2009 Lenten Theme: Sustainable Living for Lent.

Looking forward to March and April

Our forums for March and April will focus on our Lenten Theme: Sustainable Living for Lent. There will be opportunity for discussion around issues of Food and Faith, Simple Living, and Global Warming. Some forums will be informational and some will be discussion oriented as we share how we are each individually choosing to live a Sustainable Lent. Watch for more information in the March Tidings.

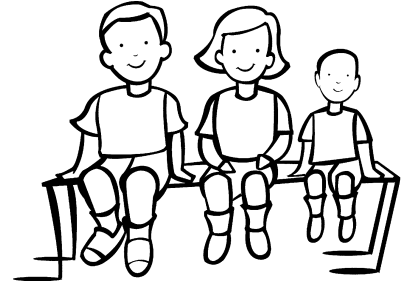


This 'n' That

Parenting Group at Central

February 8th at 9:45 am in the Adult Meeting Room upstairs

Join Stephanie Cross and other parents the **second Sunday of the month** to share the joys and struggles of parenting, get group feedback, gain an understanding of why children misbehave, and learn skills for building a parent-child relationship based on equality, mutual respect and cooperation. Emphasis on principles of belonging and contribution, encouragement, communication, problem solving, family meetings, and positive discipline approaches.



Monday Night Bible Study starting in February

Would you like an opportunity to gather regularly with fellow Centralites? Would it be nice to have an opportunity for regular in-depth bible study? The Central bible study that started last spring is reforming and will begin meeting again in February. We will be meeting at 6:30 on the 1st and 3rd Monday nights starting on Monday, February 2nd. Join us for tea, conversation, study and prayer. Please speak to Pastor Shannon for more information.

On Inauguration Tuesday, a handful of men from Central gathered to visit and talk about the days events and enjoy a little refreshment. We talked about a new president, how we came to Central, what is working for us at church, and how our regular lives are going. It was fun, relaxed and good to listen, talk and care for one another. Please join us for our next meeting on **February 24th at 7:00 p.m.** Yes, that is FAT Tuesday, a.k.a. **Mardi Gras**. Bring your own happy beads. We will invite a few of the guys to tell us about their working world and talk about whatever else seems important. We meet at Elysian on Pike street at 14th. Hope to see you there!

Wayne Johnson and Mitch Watney (mitch.watney@gmail.com)

Central Lutheran Church...

Following Christ;

sharing God's love for all people.

Mission Statement



Below, you'll find the names of Centralites celebrating their birthday this month. Share a birthday wish with them and help make it a special day!

Ella Johnson	2/04
Kjersti Gemar	2/08
Lauren Fryhle	2/12
Denise Hart	2/14
Steven Saito	2/14
Cheri Cornell	2/16
Claire Kaiser	2/17
David Bales	2/18
Anne Bush	2/21
Efrem Zewoldi	2/23
Jim Peterson	2/28

Play Ball!

It's Spring Training time again. Baseball season! The teams all migrate to warm climates to actually "play" the game after a winter of hard work and conditioning. It is time for the coaches to look over their players and see who they will select for the opening line-up. The games will begin later this month. It is time for the fans to get excited about the prospects for their team this year.

These athletes need to gear up, get focused, take all the work they did maintaining and developing in the off season and put it all into one aim, to Play Ball. This is serious play and there is a lot at stake. Careers are made or broken here. Some players wash out before the season ever starts.

Maybe we should get into Spring Training for playing the game of life. Maybe God wants us on the field and not on the bench. What this looks like is getting serious about interacting with our world. We have to be in condition to serve. We have to really want it.

If the Gospel is the energizing force God says it is, then all the elements are there, inside you, to be God's presence for others. "Yeh, I want to play," translates into "I want to reach out, I want to care, I want to make a difference." It's a pretty intentional action.

When the regular season starts, be ready, able and willing to play. Maybe you aren't ready at the moment, but get out there and practice. Maybe you will be ready when the need arises.

December Attendance

December 7th	84
December 14th	91
December 21st	worship was cancelled
December 24th	76
December 28th	count was not taken



For Prayer

Central does have a Prayer Chain. If you are interested in joining it or have a concern you would like to have the Prayer Chain pray for, please contact Pastor Shannon(206-322-7500; pastor@loveiscentral.org).

Shut In:

Betty Haberman
Doris Schlecht
Doris Carlson

Ill and recovering:

Gary Russell's brother Dennis
Jane Russell's brother Gerald
Kathy Twohig
Cliff Kempner's niece Jessica
Karen Hoven's mom Maryan
Roger Nyhus' mom Phyllis
Tom Donlea's niece Amy and her son Hudson
Natalie Tews' cousin Amanda
Brian Anderson's mom JoAnn
Jim Peterson's partner Billy
Jonna Farley



Coffee Hour Schedule

Please find the coffee hour assignments for the next two months below. Please check your schedule ahead of time and if you are unable to take care of coffee hour on your assigned Sunday, please try to switch with someone and let Sandy know who will be taking your place.

- February 1st-** Jen Evans, Andrew Rapp and Nancy Fall
- February 8th-** Meredith Fane and Jonna Farley
- February 15th-** Jen Hartley Fernandez, Alex Fernandez, and Barbara Palecek
- February 22nd-** Craig Fryhle, Summer Waldron, and Joscelyne Gray
- March 1st-** Steve Gibson and Jo Hart
- March 8th-** Katie Gilliam and Laura Johnson
- March 15th-** Carl Kaiser and Theresa Wagner
- March 22nd-** Christa Dumpys, Rebecca Engrav, and Joon-Ho Yu
- March 29th-** Sheryl, Hillary & Hannah Krajnik and Jonathan Larson

Expecting:

Melissa Ford Shah and Javeed Shah
Emily and Greg Griffin

Please be advised that **Pastor Shannon will be out of the office** from Tuesday February 3rd through Thursday February 5th when she will be attending a seminar at the Alban Institute in Scottsdale, Arizona.

Sandy will be on vacation beginning February 9th. She will return to the office on Tuesday February 17th.

latch

Lutheran Alliance to Create Housing

Join LATCH in Olympia!

LATCH is heading to the State Capitol again this legislative session to advocate on behalf of those who need safe, affordable housing and essential social services. Join us for Housing Advocacy Day on Tuesday, February 24th. Call Kim Loveall Price, LATCH Interim Executive Director, for more information: 206-789-1536 x 107 or email kim@latch.org.

Rick Steves Presents: Iran

Tuesday, March 10th, 7:00 p.m. at Trinity Lutheran in Lynnwood

Don't miss it! Rick Steves calls Iran "the most poorly understood yet fascinating land" he's ever visited. In his 90-minute slideshow, he takes us on a journey of discovery. His hope? To learn more about this perplexing nation whose government so exasperates America. And to better understand the 70 million people who call Iran home.

Steves' presentation shows the splendid monuments of Iran's rich past, as well as Iranian life today—in its giant metropolis, historic capital, and in a countryside village.

Steves captures Persian culture vividly: from Friday prayer in a mosque to non-conformist teen fashions at the mall; from anti-American murals to the hospitality of a family dinner; and from the tranquility of rural life to the crazy traffic of modern Tehran.

Rather than a political talk dealing with the complex issues that confront our governments, Steves' presentation is a travelogue, designed to increase our understanding of a mighty, ancient nation that has been a leader in its corner of the world for 2,500 years.

The 16th Annual Rick Steves Travel Seminar will be full of fun, food, and raffle prizes all in support of the mission and ministry of LATCH. Tickets are now available for purchase through the LATCH office. Tickets are \$20 each. Call the LATCH office for more information: 206-789-1536 x 105.

About LATCH

Lutheran Alliance to Create Housing (LATCH) is a coalition of 35 Puget Sound area Lutheran congregations. *Our Mission:* We build safe and nurturing communities that recognize the right to affordable housing, the importance of self-determination, and the value of mutual respect. We work collaboratively to develop and maintain housing, create resident-managed rental cooperatives, and advocate for public policies that address the needs of our communities. Our offices are located at 8757 15th Ave. NW, Seattle, WA 98117. Contact us at 206-789-1536, and visit us at www.latch.org

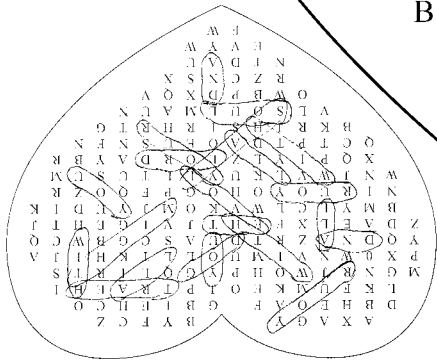
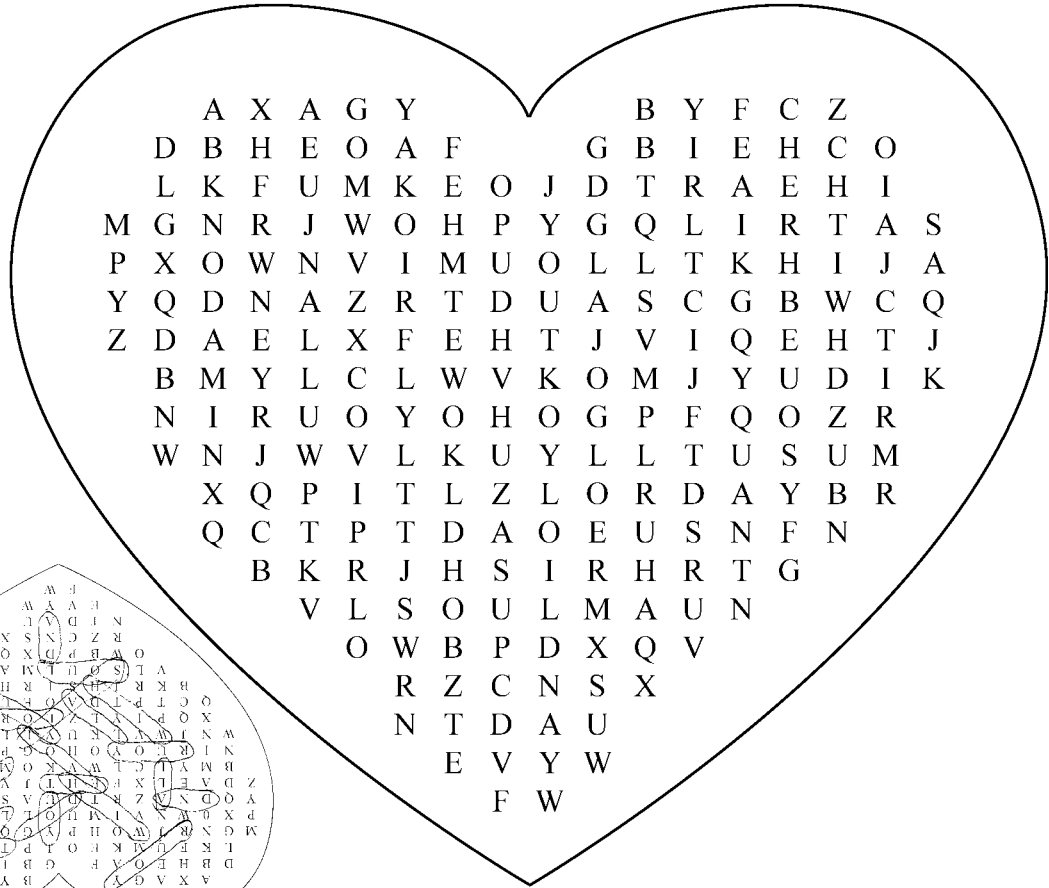


Central Kids' Page

Word Find

Find the words from Deuteronomy 6:5 in the heart shape.

YOU
SHALL
LOVE
THE
LORD
YOUR
GOD
WITH
ALL
YOUR
HEART
AND
WITH
ALL
YOUR
SOUL
AND
WITH
ALL
YOUR
MIGHT



Unscramble

Read Matthew 22:39 and unscramble this commandment.

U Y O

A S L H L

O E V L

O R U Y

E G B R O H I N

S A

S Y E O L U F R

Ash Wednesday Supper & Service-February 25th

6:00 pm Pancake supper

7:00 pm Service with imposition of ashes

Please join us for this service which marks the beginning of the season of Lent.



Central Lutheran Church
1710 11th Avenue
Seattle, WA 98122

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