

# The Spirit

*A Monthly Publication of University Lutheran Church*



Beloved of ULu,

When I was in elementary school, one of my favorite games to play was "Telephone." Perhaps you're familiar with it? It's the game where one person whispers a sentence into the ear of the person next to them, then that person whispers what they think they heard into the ear of the next person in the circle, and finally the last person to hear the message speaks it outloud to compare what they heard to the original phrase. I cannot recall a time when the final message was identical to what was initially said, though the essence of the message often came through.



As I have gotten older, I have come to realize the problems that arise with the game "Telephone." Information is not understood fully, details get left out, incorrect information is added in, and sometimes I am the last to know something. I am then left incredibly confused and/or frustrated.

To put it bluntly, I do not want to play "Telephone." As your pastor, I want to know what's going on in your lives. I want to hear it directly from you. Though, a trusted family member or friend is also acceptable.



Tell me about the hard. Your upcoming surgery, your grief around the death of your pet, your anger at God over some matter, your anguish over an issue in the world, and the things that keep you up at night.

Tell me about the joy. The birth of a grandchild, a job promotion, a new car purchase, and a new restaurant you have discovered.



Yes, I even want to hear about the mundane! The painting of your living room, hitting every light green on your drive to church, completing the Sunday edition of the NYT crossword, and something funny you saw on social media.

I want to hear about all of it! Prayers, hopes, dreams, hurt, loss, joy, and celebration.

Leaning in to listen closely,  
Andy †



**WE CHOOSE LOVE. ALL ARE WELCOME.**

# MARCH AT A GLANCE

## FORUM SCHEDULE

For Lent, Pastor Andy leads discussion on a four-part video series from John Dominic Crossan on The Historical Jesus. The four forum videos - as well as additional materials and Q&A sessions with Crossan - are available to watch on your own if you can't attend in person. ULC has paid for member access, so contact the office for that information.

**March 3: Jesus' World: How is Global Peace to be Imagined?**

**March 10: Jesus' Vision: How did Tradition become Traction in Galilee?**

**March 17: Jesus' Execution: What Happened That Passover in Jerusalem?**

**March 24: Jesus' Vindication: How is that Exaltation to be Imagined?**

**There is no Forum scheduled for March 31, Easter Sunday.**

John Dominic Crossan (born 17 February 1934) is an Irish-American New Testament scholar, historian of early Christianity, former Catholic priest who was a prominent member of The Jesus Seminar, and professor emeritus at DePaul University. His research has focused on the historical Jesus, the theology of non canonical Gospels, and the application of postmodern hermeneutical approaches to the Bible.

## BIRTHDAYS

3/4 Nina Whittle  
3/9 Kevin Steffa  
3/9 Eunice How  
3/15 Allene Steinberg  
3/19 Tammy & James Erickson  
3/20 Theresa Lehan-Anderson  
3/21 Katie Gienapp  
Kate  
Clint Pehrson  
3/23 Craig Perkins  
Pat Stemen  
3/27 Daryl Scheibel  
Linnea Whittle  
3/31 Alexander  
Alice Nicholson



**On March 8th, both Pastor Andy & Mari will be at the EGH Luncheon from approximately 10am to 2pm. The office will be closed during this time.**

**Be sure to mark your calendar to "spring forward" on Saturday night, March 9th. Daylight Saving Time starts Sunday, March 10th.**



## MARCH SPECIAL EVENTS

Join us for Dinner & Evening Prayer in the season of Lent!

# Bless This Night

Wednesdays in Lent at ULC  
Feb. 21, 28, March 6, 13, & 20

Dinner @ 6 pm  
Evening Prayer @ 7 pm

Tea & Discussion on the theme of  
"Love Thy Neighbor" to follow.

To sign up to bring soup or bread, please  
email Mari

([adminmari@universitylutheranseattle.org](mailto:adminmari@universitylutheranseattle.org))



ALL ARE WELCOME FOR

# HOLY WEEK WEDNESDAY

with

## UW Lutherans

LAST SUPPER MEAL + STATIONS OF THE CROSS

Wed. March 27th

6-8 PM

University Lutheran Church



**Time to order Easter Lilies!** If you would like to order a lily in honor or remembrance of someone, please sign up on the bulletin insert. Lilies are \$10 each. On Easter we will list the names of those honored or remembered.

**Holy Week festivities begin on Palm Sunday, March 24.** Join us for a special palm protest/procession, dramatic scripture readings, and a special introduction to the week ahead. Festivities will begin at 10am.

Our week will continue with Dinner Church on **Maundy Thursday, March 28.** Dinner/worship will begin at 6pm, after we will strip the sanctuary together.

As we progress to **Good Friday, March 29,** the solemn nature will continue as we engage in a Stations of the Cross activity and pray for the world. This service will begin at 7pm.

**Come enjoy an intergenerational ULC field trip to the Northwest African American Museum ([www.naamnw.org](http://www.naamnw.org)) on Saturday, March 9th.** We will meet at ULC at 10am to carpool or take the bus (Metro 48, 35 minute trip). The cost is \$10 per adult and \$5 youth 18 and under. (Scholarships are available.) We can either bring a snack/lunch or plan to eat at a restaurant in the museum neighborhood after the tour. (Support a Black owned business!) To RSVP or for more information, email Sheryl Lundahl at [ULCSheryl@gmail.com](mailto:ULCSheryl@gmail.com).

# AILANGA SCHOOL PROJECT

## Target Summer 2025 Delegation Trip

The Ailanga School Project board has decided to target a delegation trip to Ailanga in the summer (late July-early August) of 2025. We have identified some youth and some chaperones who are interested and available for a 2025 trip. We think that the 2025 trip will be a youth delegation trip, but are open to other possibilities depending on those interested. Youth delegation trips are normally 6-10 youth and 2-4 chaperones. Youth should have completed their 10th grade year in school before going on the trip.

We are planning to have a Zoom meeting in April and will invite all who have shown interest during earlier discussions. Any others who are interested are welcome to attend. Topics to be covered include:

- Example itinerary
- Expected costs
- Ailanga Lutheran Junior Seminary information and photos
- Trip preparation (including passports, visas, vaccinations, delegate meetings, life at Ailanga expectations, fundraising opportunities)

If you have interest in attending the Zoom meeting, please let us know.

To make a special donation for Ailanga School Project, mail a check to the church (write "Ailanga" in the memo line of your check), or donate through our Tithe.ly account (click on the Tithe.ly drop down "Funds" menu to specify this fund). Thank you for your continued support!

Ailanga Lutheran Junior Seminary website has been upgraded and has more information about the school. Check it out! At <https://www.ailanga.ac.tz/>

## MARCH SPECIAL OFFERING - RIVERTON UNITED METHODIST CHURCH MIGRANT ARRIVAL SUPPORT

Riverton UMC's mission is centered around providing shelter, food, and community support to those who require it. As more asylum-seekers and refugees have come to our region, they have expanded their services to better serve our new neighbors.

They offer a variety of Migrant Support Services to assist migrants in need, including legal aid for immigration issues, translation services, and access to basic necessities such as food, clothing, and shelter. Through this program, the church aims to provide a safe and welcoming environment for migrants and to help them integrate into the local community. However, without funding for this initiative, meeting the growing demand is challenging.

Due to the high number of asylum-seekers they are currently assisting, their resources are stretched beyond capacity. Therefore, they are reaching out to our government, community leaders, non-profit partners, and generous donors for assistance.

Please see the bulletin board across for the church office for a list of things they need. There are also copies of their Amazon Wish List that you can take with you if you wish to donate tangible items.

Thank you for your support of this vital ministry.

## ULC COUNCIL UPDATE

At the January meeting, Yolanda Houze was appointed to serve as Council Vice-President, and Allene Steinberg is serving as Member at Large for the remainder of this Council year.

The March Council meeting is scheduled for 6:30pm on Tuesday, March 12, and will be a hybrid in-person and Zoom meeting. Those attending in person will meet in the chapel. All members are invited to observe Council meetings. To RSVP to attend, please contact Maggie Pehrson, Secretary. Approved Council and Congregational meeting minutes can be found in the Members Section of the website.

## COMMUNITY APPRECIATION

### **Gratefully and fondly, Joan Sorensen Rice:**

To all those helpers at University Lutheran "seen and unseen." My entire family is grateful for all the work to enable an uplifting, meaningful memorial service for Jan Sorensen and an inviting and smoothly-run reception. A very Jan day!

### **God's richest blessings, Maynard Atik:**

Dear Beloved siblings in the faith,  
I am deeply honored and humbled by your ongoing prayers of support and care for me during my failing health issues. Your love and caring words for me are evident and appreciated. Your support of my wonderful Darleen is so loving. I yearn for the day I am able to join you again in worship and fellowship. As our Mission states, "You Show Love!"

## BUILDING UPDATES

**Elevator Modernization.** Our fully modernized elevator went back into normal service on February 21st. Next time you're in the building, take it for a ride and see how smoothly and silently it runs now! All of the operating machinery has been replaced and upgraded, and the result is an elevator that now meets all building code and fire code requirements. The old elevator cab interior finishes are still there, however. That work, with all-new lighting and interior finishes, and freshly repainted doors and jambs, is scheduled to be completed a month from now.

**Renovation of Tenant Spaces.** With the relocation of ULC's Sunday School classroom, we have four vacant rooms on the top floor of the Parish Building that will be leased as soon as we find suitable tenants. Available tenant spaces include adjoining rooms 200 and 202, and adjoining rooms 201 and 203. Tenant leases in these and other spaces provide important revenue that helps cover the operating costs for our building. Tenants like Elizabeth Gregory Home and Sanctuary Art Center are integral to our mission, and help to activate and enliven the building all through the week.

**To prepare Room 205 for Sunday School,** and to prepare the other vacant rooms for new tenants, several tasks are being completed right now. In addition to the floor renovation in Room 205, we are having the existing carpeting cleaned in the hallway and the vacant tenant spaces. All the walls in these rooms are going to receive a fresh coat of paint, and their windows were cleaned inside-and-out in late February. The old fluorescent lights in the tenant spaces will be upgraded with LED lighting, and their old, yellowed lenses will be replaced with new lenses.

**And also...** We have several other approved projects in the works, including a new water fountain / bottle filler on the top floor of the Parish Building, repairs to the monument sign on the south lawn, and new floor tile in the staff restroom. More to come!



## FROM OUR BISHOP

During the cold snap in January, I realized that the hummingbird food had frozen again. I went outside to replace it and noticed a hummingbird just sitting, seemingly frozen, perched on one of the little prongs of the feeder. Now, usually the hummingbirds I feed are fierce. They swirl around my head demanding new syrup and for me to move out of their way. They exert a force that, if bigger, would be scary. But this one did nothing as I moved closer.

I stood there. Not sure what to do. Do I shoo it away? Do I simply hope it moves when I reach out? Do I come back later hoping this bird is still alive?

As in most things we do these days, I decided to research online. According to the website Science, hummingbirds may appear “frozen” on a feeder, but they’re using torpor to conserve energy. This article urges one to not disturb them as this is a natural behavior and allows them to save their energy.

With this, I decided to wait until the hummingbird flew off before replacing the feeder with fresh syrup (which happened about a half hour later). So why tell you this small story of hummingbirds and me? I think there is some overlap between energy and torpor and what this all might mean for us as church together.

While not a perfect analogy, sometimes we can act like hummingbirds swirling and swooping, using lots of energy to do things. Sometimes we think that if we aren’t doing activities, or if other people aren’t doing activities, then we are failing as a church. It reminds me of a pastor saying to me at an event for Rostered Ministers, “Bishop, I feel that I have to attend everything that is planned. But, may I ask, is everything planned necessary?”

Perhaps we use energy up when it is not necessary.

Perhaps, like the hummingbird, we also need a time of torpor. Perhaps we need a “time out” time or a reflection time or a meditative time or just a time to inhale and exhale without worrying about

the next event or program or activity. As theologian Richard Rohr puts it when describing centering prayer, “Prayer is simply sitting in silence, open to God’s love and your love for God. This prayer is beyond thoughts, emotions, or sensations.”

Dear Beloveds in Christ, Lent is here. As we plan and attend the meaningful worship and fellowship that we all love during the season of Lent, I pray that in worship and in other ways you can find the space and openness to embrace the wonder of the Spirit.

For we can learn from hummingbirds – not that we are to eat one and a half to three times our body weight every day like a hummingbird – but instead, we are called to have a flow between busyness and stillness, action and reflection, hustling and torpor, acts and prayer.

I pray that as we follow Jesus, as we live in Jesus’ love, as we contemplate his words and actions, we may do the same.

*In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. Mark 1:35*

**Bishop Shelley Bryan Wee**  
**Northwest Washington Synod of the ELCA**



## RENEWED COMMITTEES OF ULC

Last month we shared the news that, thanks to the diligence of the Nominating Committee, all ULC committees are now fully reactivated, and are being shepherded by enthusiastic and imaginative lay leaders. We're going to highlight four of those committees this month, so you know who to contact and share your ideas and assistance to move ULC forward.

*Huge thanks to these community leaders for stepping up to revitalize these aspects of ULC's ministry. Which group might benefit the most from your active involvement? Let the committee chair know that you're interested in learning more. You might be surprised to discover just what an asset you are to our community.*



**Education Committee Co-chairs: Sheryl Lundahl (adults) and Katie Saltanovitz (children):** Sheryl's been leading Forum planning meetings, and the diverse Sunday forum sessions have been well attended and received. Katie is working with Pastor Andy to set a meeting with families to talk about ideas and opportunities for our kids. Upcoming intergenerational activities include the March 9th Northwest African American Museum tour and making signs for and participating in our March 24th Palm Sunday procession that will begin our worship that day.

**Justice & Peace Committee: Eunice How, Chair:** Eunice is no stranger to justice and peace issues and action, and we are fortunate to have her leading this committee. She has coordinated with the Education Committee on our Palm Sunday procession slogans, and is looking for passionate people to plan activities going forward. Come join the Justice and Peace Committee to be God's instruments of change to make our world better for all.



**Membership Committee Co-Chairs: Kevin Bishop & Erica Cook:** Erika and Kevin led a terrific Forum a few weeks ago, where over twenty attendees brought energy and ideas to the discussion centering on what membership means at ULC and what roles members serve in our community. Join this committee and help enhance our connections and broaden our diverse community.

**Youth & Young Adults Committee: Gabriel Pehrson, Chair:** Calling all teens, 20-somethings, and 30-somethings! Gabriel here, chair of the Youth and Young Adult Committee. I'm still in the early stages of planning what we can do to foster a better sense of community and camaraderie between our young church-going fellas; I would love any and all input as we feel out this new stage of our communal life! I'm thinking: game nights! Attending youth events like concerts and sports games (shoot me your team or group schedule so we can throw it on our master calendar)! Bi-monthly movie club! Bars to gather at and solve the pressing problems of the day! And, of course, finding ways to give back to our church community. The possibilities are endless. If you have any ideas or would like to set up a time to meet, I am all ears! Shoot me an email to [gabriel@pehrson.net](mailto:gabriel@pehrson.net) or add me on Instagram at [@moon.talking](https://www.instagram.com/moon.talking). I'll be reaching out to you all soon! :)





**DEADLINE FOR APRIL SPIRIT ARTICLES IS MARCH 15TH**

## **University Lutheran Church: Who We Are**

We are a progressive congregation with a history of taking action on peace & justice concerns.  
We are a member of the NW Washington Synod of the Evangelical Lutheran Church in America.  
We are a Reconciling in Christ congregation, supporting people of all sexual orientations & gender identities.

We are passionate about our worship, we cherish our music, & we love a good potluck.

Our communion table is open.

Everyone, no matter where you are on your faith journey, is invited to the Lord's Table.

We are poised on a threshold, ready & eager to creatively try new & innovative ways for mission & ministry in the University District. We do not know where this will lead us, but we trust with all our being that God is already there & is drawing us to join in the parade.

We do so with excitement & joy because . .

**We Choose Love.**



*Financial gifts support the ministry and mission of University Lutheran, including service and advocacy in this community and beyond. You may donate by leaving cash or a check in the offering plate at the door near the front of the sanctuary, giving online (through [Tithe.ly](https://Tithe.ly)) by clicking on the donate button on our homepage, texting to give at 833-751-1202, or mailing a check to the church office.*

*Contributions of whatever size are deeply appreciated.*

**Published Monthly, University Lutheran Church**

1604 NE 50th Street, Seattle WA 98105-4223 | [www.UniversityLutheranSeattle.org](http://www.UniversityLutheranSeattle.org) | 206-525-7074