



St. Mark's Lutheran Church

Messenger

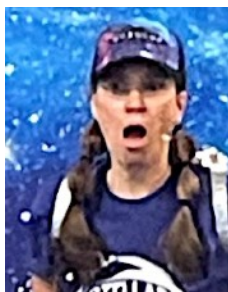
Spokane, WA

Fall 2023

Vol. 2023, No. 3



WHAT ON EARTH IS GOING ON AT ST. MARK'S?
Read on



MESSAGE FROM PASTOR EDWIN

One of the many things I love about rituals is the unspoken power they possess, which is not always rational or easy to explain. Rituals have the ability to tap deep into our being, the seat of our emotions, and our spiritual core. I have witnessed this phenomenon many times in my ministry as the people of God gather together: a funeral liturgy that moves a family from compartmentalized shock to active mourning; a couple who get choked up as they promise life-long faithfulness to each other in love before their family and friends in matrimony; an anguished soul ashamed of a past deed released from torment through confession and forgiveness.

In our hearts, minds, and entire beings, we seem to recognize the power of rituals. We engage in these practices because our grief is worth expressing, our joy worth celebrating, and God's grace needs to be continually proclaimed. However, these experiences don't occur without intentionality. Making our worship lives meaningful requires effort. Through song, sermon, and service, our liturgy takes form through the work of God's people. In fact, the term "liturgy" originates from a Greek phrase that means "the work of the people." Yet, it's not solely our efforts that shape worship, as God's grace provides power to our rituals and meaning to our gatherings. Urged by the Spirit, and with the aid of rituals, we come to experience things that transcend words.

Still, I am fascinated by our understanding of the power of worship patterns. I always enjoy answering questions from curious individuals, and there are numerous questions about worship. Why do we perform this action in the liturgy? Why is it done in that specific way? Where do these words we speak together originate? What implications does this hold for us, our lives, our relationships with our neighbors and with God? Such intriguing questions!

This leads me to St. Mark's autumn preaching and education series on worship: *The Work of the People*. Each week, a segment of the liturgy will be emphasized in the sermon. This will involve delivering the weekly message during the service where the chosen ritual occurs, creating a unique interruption in our normal pattern

of worship. These sermons will explore the meaning of these rituals, yet they won't serve as history lectures or theological diatribes. Instead, like every sermon, they will proclaim God's good news, just focused on God's grace within our worship practices.

As part of this sermon series, we're delighted to announce a special guest preacher this fall. Recently elected as bishop of the Northwest Intermountain Synod, Meggan Manlove will preach on **September 16 and 17**. Additionally, she will be our guest speaker at Sunday Forum that weekend, where you'll have the opportunity to ask Bishop Manlove questions and engage in conversations about our church's mission.

Each Sunday of the series will highlight a specific worship element. If you're interested in delving deeper and learning more, our Thursday evening Bible study will provide the perfect chance. Meeting **Thursdays at 6 pm** in the conference room, we will explore the same ritual highlighted on Sunday, delving into its biblical origins, the associated language often quoted from the Bible, reflecting theologically, and addressing any questions you may have. Our Scripture and Coffee Bible study on **Tuesdays at 10:30 am** will continue to explore the texts selected for each Sunday, further enhancing your engagement in this series.

All of this aims to deepen our understanding of liturgy, the components constituting our worship, and the foundations of our communal spiritual lives. When we gather on Sundays, our liturgy follows a pattern, but it's not mindless repetition. Rituals speak to our souls when words fall short, yet we can cultivate a profound understanding of the power behind these spiritual cornerstones. Ultimately, we're exploring God's amazing grace and our response to it as expressed in our worship lives. Join us as we delve into our calling, our mission, *The Work of the People*.

Grace and peace,
Pastor Edwin

See more about *The Work of the People* page 12.

Note This!

On Sunday, **SEPTEMBER 10** St. Mark's will resume its regular worship schedule with **two services, at 8:30 and 10:45 am.** The Saturday evening service will remain at **5:30 pm.**

The summer schedule will conclude on Sunday, September 3 with one service at 9:30 am.

CHURCH OFFICE CLOSURES

- Monday, September 3 for Labor Day
- Monday, October 9 for Indigenous Peoples' Day (formerly Columbus Day)
- Monday, November 10 for Veterans Day

CHURCH OFFICE HOURS

- Monday-Thursday 9:00 am-3:00 pm, closed 12:00-1:00 for lunch
- Friday 9:00-noon

MEET OUR NEW BISHOP

The new bishop of the Northwest Intermountain Synod, Meggan Manlove, will be preaching at St. Mark's the weekend of **September 17 – 18**, and will answer questions during our Sunday Forum, **9:45 – 10:30 am.**

ST. FRANCIS DAY and BLESSING OF THE ANIMALS

St. Francis Day is **Sunday, October 1.** St. Mark's tradition of Blessing of the Animals will take place at the **10:45 service** that day. Bring your animals for a special blessing as we celebrate the life and ministry of St. Francis and God's goodness in creation which includes our pets.

REFORMATION SUNDAY and CONFIRMATION

Reformation Sunday is **October 29** and we will be celebrating Affirmation of Baptism (Confirmation) at the **10:45 service.** We invite you to wear red that Sunday, join us for a jazz liturgy, and to support our young folks who will take this momentous step in faith.

ALL SAINTS SUNDAY IS NOVEMBER 5.

NEW MEMBER CLASSES, FALL 2023

If you, or someone you know, would like to learn more about St. Mark's and possibly join our church, we will be holding inquiry classes over the course of three Sundays this fall: **October 22, October 29, and November 5, from 5:00 – 7:00 pm** at St. Mark's.

We will begin with dinner prepared by congregation members followed by an informational class. This is a wonderful time to learn more about St. Mark's history, what it means to be a Lutheran, and get to know the pastors in a small group capacity. The new members will be welcomed into the congregation on **Sunday, November 12 at the 10:45 service.**

If you would like to join or know someone who may be interested, please contact Katie Kadlec in the church office at 509.747.6677.

KEEPING UP TO DATE



Icon (our church management software) **App** - Did you know that you could have the most up-to-date version of our picture directory right in the palm of your hand? It's true! Go to the app store on your cell phone and download the IconCMO app. Then contact Jane Somers in the office (office@stmarks-spokane.org) and she'll get you

set-up with your own username and password. This way, when we are notified of a change with a member (move, phone number change, etc.) you will automatically have the updated information right at your fingertips.

THE MESSENGER

We are now publishing the Messenger on a quarterly basis, which we feel best serves the needs of our members. Many of our congregation rely on email and web-based information. Our Friday email, "**This Week at St. Mark's**" does a thorough job of keeping everyone up to date on what is happening from week to week. If you don't already get it, please email office@stmarks-spokane.org with your preferred email. Did you know several years of the Messenger are posted on the St. Mark's website www.stmarks-spokane.org? The newsletter along with the calendar are listed under the "connect" tab.

MONEY MATTERS

Fund	July Giving	Year-to-date 2023 Operating Budget			
		Giving	Expenses	Budgeted	Net YTD
General	\$ 88,808	\$ 429,102	\$ 393,627	\$ 412,902	\$ 35,476
Mortgage	\$ 4,098	\$ 26,310	\$ 35,142	\$35,142	\$ -8,832

We are moving into the fall season and have a great cushion in our general fund. Summer is often a time that people fall behind in giving. Fortunately, some households gave their entire year contribution in the past months. We are grateful for all donations, large and small. A great way to stay caught up on contributions is to have the amount you wish automatically taken out at the same time each month. Please don't hesitate to contact me with any questions regarding automatic giving. It's so easy to do, and easy to change any of the details as you wish.

Loris Stupel
Communications Coordinator
St. Mark's Lutheran Church
finance@stmarks-spokane.org
509.747.6677

ANNOUNCEMENTS

BAPTISMS

Roman Oliver Jenks, son of Janae Kaschmitter and Phillip Jenks on May 21. Sponsors are Mary Kaschmitter and Benjamin Jenks.

Bryce Regian on June 4.

Jonas David Tanner, son of Theresa and Cole Tanner on June 18. Sponsors (and grandparents) are Cindy and David Tanner, long time members. Mary Lou Tanner, his great grandmother, is a member as well.

Atlas Allen Petersen, son of Erin and Erik Petersen on June 25. Sponsors (and grandparents) are Cathy and Dan Shuler. Cathy and Dan are long time St. Mark's members.

Avery Ann Shuler, daughter of Nicole and Alexander Shuler. Sponsors (and grandparents) are Cathy and Dan Shuler, on June 25.

Yuna Thorpe deBoer, daughter of Marian Ahn Thorpe and James Louis deBoer on July 16. Sponsors (and grandparents) are Hyunki Ahn and Norman Knute Thorpe.

Judy Cassell on August 13. Her sponsor is Susan Pine.

MARRIAGE

Cara Myers & Shubh Kochhar on July 29.

FUNERALS

Ira Gardner, Sr., on May 6, 2023

Larry Mundahl, on May 19, 2023

Louis Larsen, on May 27, 2023

Peggy Thomas, on July 22, 2023

Betty Gillogly, on August 12, 2023

SYMPATHY

Prayers for the family of **Peggy Thomas**, wife of Don Thomas, at the time of her death.

Prayers for the family of **Jo Ballou**, at the time of her death. In addition to being a member, she also was parish secretary at St. Mark's from 1983 – 1999.

Prayers for the family of **Betty Ellis**, sister of Mary Ann Frandsen, at the time of her death.

Prayers for the family of **Betty Gillogly**, at the time of her death.

Prayers for the family of **Mitchell Weingart**, nephew of Mary Ann Tupper, at the time of his death.

Prayers for the family of **Richard K. (Dick) Tobias**, the father of Jaime Tobias Neely, at the time of his death.

Volunteers

Opportunities to Serve



Don Patterson with his handiwork.

In June of 2023, St. Mark's concluded its Community of Calling Initiative with the Collegeville Institute at Saint John's University in Collegeville, Minnesota. Our congregation was gifted a Saint John's Cross at the gathering for the conclusion of this grant. This was handcrafted on campus at Saint John's Abbey Woodworking using red and white oak harvested from Saint John's forest.

The following are some details of the significance of the design of this special cross. The arms of the Saint John's Cross are left with the saw marks clearly visible to reveal the roughness of the Cross. It is

divided in the center allowing light to emerge in symbolic reference to the resurrection of Jesus, an inseparable part of his death on the cross. In this rendition, a brass insert in the center of the cross depicts that light. The point at the base refers to the use of the cross in liturgies where it is carried in procession.

A big thank you to Don Patterson, who crafted the stand and pole for this cross to enable us to use it during worship.

SUMMER VOLUNTEERS AND SEPTEMBER

Thank you, volunteer friends, for your service over the summer months. Because of our condensed Sunday worship, lots of you served less. It was a deep breath, a break, a true rest. As is usually the case, some of you were left out of this respite, or actually served more often. With travel among the Livestream team, those who didn't travel held down the fort. (Don Patterson, grateful for you!) Our service coordinators and altar guild took on more duties because they were opening and closing on Sunday mornings. Saturday worship volunteers enjoyed no change of routine but were faithful in their service as always. Our grounds kept growing and were tended endlessly. So many servers with hearts open and willing hands!

September will be the perfect time to say, "Thank You!" in person. We look forward with excitement to honoring our volunteers on **Sunday, September 24**. In addition to the Volunteer Fair, complete with sign up sheets, please come for a lighthearted celebration of our many volunteer ministries and those of you who serve in so many ways!

VOLUNTEER SUNDAY IS SEPTEMBER 24

Between services and following the late service, learn about the many volunteer opportunities available at St. Mark's and sign up for those that best suit you! We'll have information about various volunteer opportunities and some folks to answer your questions.

THANK YOU



Thanks to all those who worked tirelessly on the church grounds this summer. Dan Heinen (right) and Bob Palrud have almost felt like employees around here, working on updating so many things.

St. Mark's,

I am very appreciative of the wonderful birthday cards from members of the Mary Cares group. It is always a cause for thanks when people remember significant dates of a guy my age. I wish those ladies a great big hug and thank you for doing so much for me and my family. God bless each and every one and know I have them all in my prayers.

Jon Lanam

Dear St. Mark's,

THANK YOU so very much for all the prayers, get well wishes, cards, phone calls and food!

I am still restricted to no weight bearing on my right foot, requiring use of wound vac equipment attached to my foot 24/7 and antibiotic medication. Next appointment with surgeon on August 8 to determine weight restriction and on August 17 with plastic surgeon to determine necessity of plastic surgery.

Thank you to the St. Mark's Lutheran church family for being so generous and caring with meals throughout the weekend. We are especially grateful for Sue Luppert's meal. You have been such a support during Les's illness and recovery. Thank you, it means the world to us!

BLESSINGS!

Les, Kathy, and Peter Bohus

To the pastors at St. Mark's,

My sincere thanks for the support you have provided me at this time. The journey I am on is challenge ridden, but the faith I know to be true sustains me through these challenges. Thank you for representing God's hands.

Peace be with you,

Kathleen Graham

To my dear St. Mark's family,

Most sincere and heartfelt thanks for the prayers and compassion given me during my sister, Betty Ellis's, lengthy illness and recent death. She died with a thankful heart of the gifts God had provided her. In celebration of my sister's life on earth and in Heaven and with appreciation for the beautiful cards and so much love, thank you.

Mary Ann Frandsen and family

Dear ones from Mary Cares,

What a special group you are and how I appreciated your cards and thoughts as I had, yet another, birthday. Thank you so very much. You are definitely a blessing to all of us at St. Mark's.

Mary Ann Frandsen and family

Ps. I was a friend of Mary Larson Eng, from where the name of the group "Mary Cares" originated. Having gone through her courageous battle with cancer with her, until she entered the kingdom of Heaven. I know she would be smiling down upon you with every thought, prayer, and card you so lovingly give. God bless you.

A big thank you to all the folks who've offered support as I've been recovering from shoulder surgery. I appreciate the cards and prayers and good wishes, and the meals and rides to the doctor. St. Mark's is home to so many kind and caring people! I'm recovering well, and I hope for this to be my last joint surgery for a while!

In Christ,

Pat Gunderson

Dear one and all,

We can't tell you, and there aren't enough words to describe how we truly feel . . . in your loving care, and gracious accommodations you provided for us and our family. The celebration of my husband Ira's life was so beautiful, the service was so meaningful and the music and singing filled the room with sacred presence. It takes my breath away just reliving it in my mind. I'm so blessed you all were there for me, and for my whole family.

Love and thank you forever,

Nancy Gardner, Ira Gardner, Jr., and family



limlmtx

Dear St. Mark's Lutheran Church members,

Thank you so much for your generous donation. We really appreciate your support! In this picture, one of our seventh grade students is working with "Tilly" the mule during our time at a horse rescue barn.

Limlmtx! (the Colville Salish word for "thank you")

LaRae Wiley,
Center Director
Salish School of Spokane



Dear St. Mark's Lutheran congregation,

Thank you for your generous support! Your donation of \$428.50 helps us continue to fulfill our mission of empowering multicultural communities to thrive.

Summer is in full force at the Thrive Center! We just opened our pool and have several pool parties scheduled throughout the summer! Seeing our residents and program participants take a break and enjoy Spokane's beautiful summer by splashing in the pool is just one way we can empower our residents to go from surviving to thriving! We couldn't do it without supporters and amazing neighbors like you!

I personally had several friends whose children attended your Vacation Bible School and we were so excited to hear that St. Mark's made us the focus for your VBS outreach offering this year! Any time you

would like us to come speak with your youth about refugees or have a tour of the Thrive Center, please let us know. We would be happy to facilitate that.

Thank you for your continued support.

Warmly,

Emily York Hughes

Thrive International Center



Volunteer Coordinator Gina Bloom taking food to Crosswalk.

Hello St Mark's Lutheran Church,

You filled a table and warmed a heart! We cannot thank you enough!

Thank you for participating in the Volunteers of America (VOA) Crosswalk Teen Shelter Meal Program.

Warmest regards,

Adina Bailey

Co-founder, Crosswalk Teen Shelter Meal Program



Calling all young artists!

We are having a youth art show at St. Mark's in October. This show will be open to all youth from preschool to twelfth grade. Watch the bulletin for more information in the next couple of weeks.

Youth

Greetings from St. Mark's youth! I'm Calvin Moore, and I've been working with St. Mark's youth for the past few years in the position of Youth Program Leader. I work with our other Youth Leader, Tyler Van Gordon to coordinate middle and high school programming here at St. Mark's.

Last May, Tyler and I, along with Pastor Lori, had the pleasure of chaperoning a group of nine youth up to Holden Village to participate in the annual May Youth Weekend retreat. After an early morning drive, ferry ride, and bus ride, we spent two days up in the Cascade mountains in community with the village and other youth groups. The weekend's events included singing, games, tie-dye, worship, ice cream, a bowling competition, and late-night devotionals. It was a wonderful time, and we'll be headed back in May 2024.

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As we head into September, I wanted to take the opportunity to go over our regular youth programming during the school year. Sunday Cool returns on **Sunday, September 17**. This is weekly programming that takes place in the youth room at the church between first and second service (9:45 am - 10:30 am). I bring a snack, we share highs and



lows, and then usually play a game or participate in a quick devotional. If you are a youth interested in checking out our programming, Sunday Cool is a fantastic way to plug in and get to know the youth group in a low stress environment.



On most Sundays, there is also some sort of youth event happening after the second service, (usually beginning around 12:00 noon). This programming will vary from month to month, so please watch out for our youth activities emails or check the youth board in the narthex for more details. At least once a month we plan a fun, field-trip style adventure. In the past we've gone to the arcade, played laser tag, visited Green Bluff, or volunteered at Second Harvest Food Bank. Once a month we have Jesus and Java (or cocoa), where we sit together in a special section during the second worship service, and then head to Rocket Bakery after church for snacks and social time.

Finally, I wanted to take a quick moment to address the shift occurring this year as Spokane Public Schools moves sixth grade from elementary school into middle school. Going forward, we will be opening our programming up to youth sixth through twelfth grades. We know that peer groups are complicated at that age and want to provide as much freedom as possible. If a sixth grader wants to continue to participate in elementary programming (like Godly Play), they are encouraged to do so.

Thanks for the opportunity to work with the youth at St. Mark's.

Calvin Moore

ST. MARK'S WELCOMES NEW MEMBERS

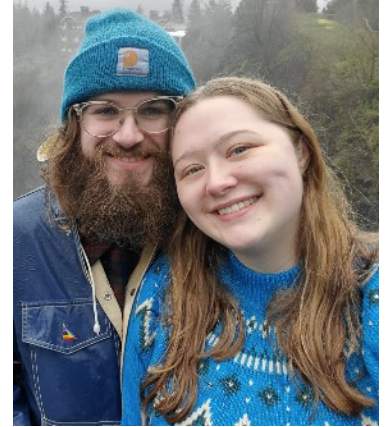
St. Mark's was pleased to introduce a group of new members to our congregation during the 10:45 service on April 30. Please give them a warm welcome if you see them at worship. We are happy to have you join us!



Judy Cassell is a longtime resident of Spokane. She retired from Spokane Transit after 27 years of employment. She has two adult sons and two grandsons. Judy stays busy by camping, hiking, kayaking, biking, traveling, dog training, reading, and going to dinners and movies. She is new to church and is enjoying learning about the Bible.

Whitney Longie and Tom Johnson

are from Grand Forks, North Dakota. Tom is an apprentice musical instrument technician and Whitney is a full-time student/assistant archivist at the Eastern Washington University library. They like living in the Spokane area and look forward to growing in the community. They like to watch movies, listen to music, and explore new restaurants.



Kerri and Aaron Danowski moved to Spokane two years ago. Aaron is originally from Portland, Oregon, and is an admissions counselor at Gonzaga University. Kerri is from Helena, Montana and is a marketing and operations manager for Spokane Arts. Together

they like to travel, read, go on walks with their dog, watch basketball, and cheer on the Zags.

Amy and Dan Heinen

have lived in Spokane for 32 years and are both enjoying retirement. They stay busy with home projects, gardening, camping, reading, and being with their grandchildren.

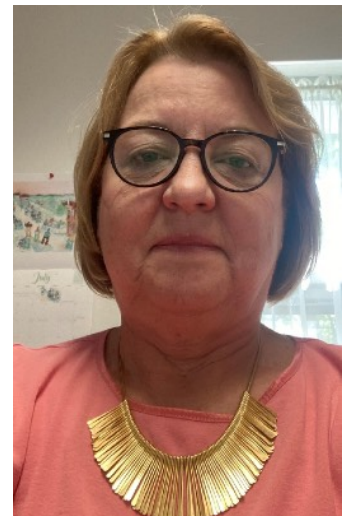


Bryce Regian is from Vancouver, Washington and is a litigation assistant. He likes to make music, exercise, and spend time with his animals. Bryce is also interested in photography/videography and woodworking. He is a proud WSU Cougar; however, each March he is an honorary Zag!

Joni Cartwright

says: My partner, George and I moved to Spokane two years ago, from the Lake Chelan area, to be closer to my daughter and her family (Kate and Shane Bassett, and children, Leo and Rue), and also for excellent health care. I grew up in north Seattle and attended

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Messiah Lutheran Church and Concordia Lutheran School. As an adult, I taught Sunday School, worked in our church as the bookkeeper, and served on the church council. I have retired my CPA but am currently working at Catholic Charities as an accounting coordinator. There, I supervise the grants accountant and the medical billing accountant. George and I live in the Perry District and have a 21-year-old calico cat and a 10-month-old Great Pyrenees puppy. I look forward to getting to know you and hope you'll say "hi" during Rally Day on Sunday, September 10.

Joni will be serving as our interim Sunday School Director.

NOT PICTURED:

Jessica Weber and **John Boerger** got married this summer in Hawaii on the Big Island. John currently works for Microsoft and has a background in music, dramatic performance, and public speaking. Jessica has two daughters, Kenadie and McKinley, and has a background in childhood education.

Foxie (Francine) Evans was born in France, lived in Florida, but has resided in Spokane for 33 years. She has three adult sons and five grandchildren. She is fluent in French likes to help people learn the language. Her hobbies include quilting, cooking, traveling, and going on walks.

Don and Joyce Vannoy are both from Idaho but have lived in Spokane for the past 25 years. Don is a retired farmer, and they are co-owners of Spokane Spice Co. Don and Joyce like to garden, folk dance, and do carpentry work.

SUMMER WORSHIP

Thanks to all staff and members who volunteered and participated in our summer worship schedule of one service and every-other-week brunch. We were able to enjoy time with friends who usually attend other services, lighten the volunteer load, enjoy special music, and worship in a larger group at a time when many members are away.



Amy and Peter Nelson – Hello, we are the Nelson family! Peter, Amy, Elijah (16) Dylan (14) and Sasha (14) moved to Spokane in the summer of 2017 after wrapping up a six-month journey around the US and Canada in an Airstream trailer.

Amy and Peter met on a blind date in Seattle in 2002, married in Phoenix a few years later, and have spent the last 19 years of their marriage going back and forth between the Northwest and Southwest where their extended families still reside.

Peter is employed as a product designer for Amazon and Amy is a physician assistant at Advanced Dermatology. Elijah, the eldest will be a sophomore at Lewis and Clark high school and enjoys all things sports-related but in particular, football, basketball, and track. Dylan and Sasha, the twins, will be freshmen at LC. Dylan enjoys gaming, biking, fishing, and snowboarding. Sasha loves dance, volleyball, old movies, vintage cars, and anything related to Elvis. As a family, we've enjoyed multiple camping trips in our trailer, movie nights, and exploring new and exciting places to eat in Spokane.

We are excited to join St Marks!

Learning for All Ages

RALLY SUNDAY

September 10

This includes **Blessing of Backpacks** during **both services**. Bring your backpacks and supplies for a special blessing by the pastors and receive a small gift to help guide you through the school year. This is a great time to bring friends to be part of the fun. We will have opportunities to register for Godly Play Sunday School and Alleluia Choir.

GODLY PLAY SUNDAY SCHOOL

A new school year means a new Godly Play Sunday School year. Please join us on Rally Day, **Sunday, September 10**. There will be games, parent information, and Godly Play registration. Classes begin on **September 17** in the Parish House at **9:45 - 10:30**. All children ages three years old through grade six are welcome. Registration is also available on St. Mark's website.



We have a new interim Sunday School director, Joni Cartwright. Read more about Joni on the new members page.

ALLELUIA CHOIR

Lily Miller is back this school year leading the choir. Our first practice is **Sunday, September 17**. Here is our practice schedule and procedure:

- Alleluia Choir practice, **10:45 am**, choir room.
- Regarding moving from Godly Play to the choir room: Lily will accompany Godly Play kids from the Parish House to the choir room each Sunday, arriving at the choir room no later than 10:40 am. Parents whose children have not been at Godly Play should plan to wait with their children in the choir room until Lily arrives.
- Practice ends at **11:30**, Lily walks all the children into the sanctuary, and they find their families to sit with.

CONFIRMATION

Wednesday evening Confirmation classes start back this fall for eighth through tenth graders. Parents and confirmands are asked to attend an informational meeting on **Wednesday, September 6 at 7:00 pm** at the church.

Classes for eighth and ninth graders begin on **Wednesday, September 13 at 7:00 pm**. Classes for tenth graders begin on **Wednesday, September 27 at 7:00 pm**, and all classes conclude on **October 25**.

Contact Pastor Edwin if you have any questions.

ACOLYTE TRAINING

Have you ever wanted to help out in worship as an acolyte? Or are you a seasoned acolyte who is unsure of everything that you need to do on a Sunday morning? If you are going into fifth through tenth grades and are interested, please join us for a special acolyte training on **Sunday, September 24, at 12:00 noon**.

We will gather after worship over pizza, talk about what being an acolyte is all about, and practice a few things to help you become more comfortable in the role. This is an event both for those who want to be an acolyte, and those who aren't sure and would like to find out more.

Please RSVP to the church office, and let them know of any dietary restrictions.

UPCOMING SERMON TOPICS ON THE WORK OF THE PEOPLE THEME

See also Pastor Edwin's message, page 2.

- September 10 - Rally Day - Gathering and Confession & Forgiveness
- September 17 - Bishop Meggan, guest preacher - Prayer of the Day and Sermon
- September 24 - Hymn Singing
- October 1 - St. Francis Day, Blessing of the Animals (10:45am) - Blessings
- October 8 - Peace and Offering
- October 15 - Thanksgiving, at the Table and Font
- October 22 - Sending

REFORMATION SUNDAY is OCTOBER 29
CONFIRMATION at the 10:45 service

Social Ministry Opportunities to Serve

SHALOM MINISTRIES

Shalom Ministries Dining with Dignity serves six weekly meals to low-income and homeless people at New Community Church, 518 W. Third Avenue in Spokane. In May 2023, 6600 meals were served.

We need assistance for our fund-raising event scheduled for **Saturday, November 4**. It may seem premature, but we've learned that requests for volunteers, underwriting and donations must be submitted early in the year for consideration by many individuals and businesses.

Could you help?

We are looking for:

- Volunteers for the night of the event. We will need many hands!
- Underwriting for event costs or your recommendations of individuals and businesses who might like to support this event.
- Items for the silent auction, pre-made baskets or items for baskets which will be assembled by our volunteer team.
- Others you know with a heart for the homeless who might enjoy participating in a worthwhile benefit.
- We welcome your Ideas and suggestions for a great and successful event!

Your response will be followed up with information for donation drop-off/pick up and contact with individuals and businesses.

Please call Deidre Jacobson 509.710.0204 or Steve Nash 509.536.4136.

Thank you.



BITE2GO

Welcome back to Bite2Go, St. Mark's congregation.

Another school year is upon us and as you may have heard, there are a lot of hungry kids in Spokane. One way of helping some of those kids is to donate to the Bite2Go program in support of Franklin Elementary school.

St. Mark's has been the liaison between Second Harvest and Franklin Elementary for several years and the members of St. Mark's always come through with providing financial aid. Once again, we are reaching out and asking St. Mark's members to sup-

port at least one child for the school year at Franklin in the amount of \$180. This amount provides a bag of shelf-stable food every Friday to a child when school is in session.

If you choose to help with this program, you can pay electronically through our website, under the tab "giving/offering", write a check to St. Mark's with the memo line reading "Bite2Go program", or send money directly to Second Harvest. **Make sure in all cases that you note that the funds are for Bite2Go** and the money will be forwarded on to Second Harvest for our account. Thank you!



SPEAR

SPEAR continues to feed more and more people. Most of them are families living nearby;

some of them are homeless. Every month since January the numbers of people coming for food has increased. Betsy, our coordinator, picks up food from Second Harvest once every week and collects food from "Feed Spokane" several times a week.

"Feed Spokane" (<https://feedspokane.org/>) is an organization that rescues food from restaurants, hotels, grocers, and farmers. Instead of letting the food go to waste, they use it to feed the hungry. Of course, many of you at St Mark's contribute as well. Families appreciate the produce from our BGEM garden and the canned food that gets donated. Thank you for all the help!

There is a lot of work going on in our community to address the homelessness crisis in Spokane. The root causes of this crisis are so varied: domestic violence, substance abuse, mental health issues, medical costs, affordable housing. As people in our region

consider creating a board to pool resources to address these issues, please keep the homeless and the decision makers in your prayers.



Pat Manz with food for SPEAR.

More Social Ministry next page.

LUTHERAN WORLD RELIEF SCHOOL KITS



As we have done in the past at St. Mark's, we are collecting items to send to places around the world where children need these basics to get an education. Please have these to the church no later than **Sunday, October 1.**

Long time St. Mark's member Peggy Patterson says, "How often do you have the chance to make a YEAR LONG positive change in a child's life for under \$8? Shopping for these supplies now while they are on sale, you can help educate FOUR children for little more than \$20!"

We'll get together **Wednesday, October 11,** to assemble kits.

School Kits contain (highest needs are in bold):

- 70 sheet notebooks of wide or college-ruled paper, no loose-leaf paper, please (4)
- **pencil sharpener (1)**
- **box of 16 or 24 crayons (1)**
- **30-centimeter ruler, or a ruler with centimeters on one side and inches on the other (1)**
- **pair of blunt scissors (1)**
- ~~unsharpened No. 2 pencils with erasers (5)~~ don't need these, we have plenty
- black or blue ballpoint pens (5)
- **2 ½ inch eraser (1)**

CONGRATULATIONS TO OUR 2023 GRADUATES!

GRADUATE

Katherine Fitzgerald
Valerie Hanes
Jessica Kadlec
John Nowland
Sofia Olson
Micah Ragaza-Bourassa
Luke Somers

HIGH SCHOOL

Lewis and Clark High School
Cheney High School
Lewis and Clark High School
Saint George's School
Lewis and Clark High School
Cheney High School
Lewis and Clark High School

PLANS

Boise State University
Whitworth University
Oregon State University
Davidson College
Spokane Falls Community College
Pacific Lutheran University
Washington State University

GRADUATE

Todd Bloom
Whitney Longie

UNIVERSITY

University of Washington
Eastern Washington University

DEGREE

B.S. Electrical Engineering
B.A. Sociology

POST-GRADUATE

Eric Allen
Allison Grefsrud

UNIVERSITY

Luther Seminary
Bastyr University

DEGREE

Masters in Christian Ministry
Naturopath Medical Doctor



Jane Somers as a Big Dill.



Dave Troyke shows how it's done.

ODE TO A PICKLEBALL

by Pastor Lori Cornell

Let us address a most curious question:
Why on earth should we bless pickleball?

It's a west-side invention
which could cause some tension.
But popular, despite it all.

It's peculiar in language:
"Toe the line," "You've been pickled*."
"Stay out of the kitchen to volley!"

But lines have been drawn,
and it seems the game's on,
So, raise a gerkin:
"To Pickleball!"

Let us pray.

Holy One, you create us not only for work but play.

May these courts, which we dedicate today, echo
with laughter, shouts of joy, and good humor. Protect
the egos and knees of all who step onto these pickle-
ball courts. And give all who engage in the sport—
veteran and novice alike—a spirit of adventure, a
measure of patience, and an open mind to learn and
grow.

In the holy name of Christ we pray.

Amen.

**Pickled: If a team scores zero points by the end of the game.
You want to avoid this.*

The Power of Play: One Lutheran's Case for Pickleball

By Gina Bloom

We have been making a "big dill" of pickleball since May. New court stripes appeared suddenly in our back parking lot and in the spirit of play, a costume was donned, and pickle jars were opened. A clever ode was penned, a blessing was raised, and a crew of players have been assembling weekly ever since. St Mark's members, friends and church neighbors have responded by keeping parking spaces open during the week and by joining in the fun.

Why is this game having its moment? For some of us, it is about play. Play (any low stakes activity that has no critical outcome on the rest of our lives), douses our brains with neurochemicals and hormones that help us to feel happier, be more productive and better able to learn throughout the week. Like many others, I started playing pickleball during Covid, to spend time with friends outdoors. While I knew that being with people was just what I needed, I did not expect such big benefits from the play itself. Feelings of elation, joy, accomplishment, even feeling like a kid, mingled with and often diminished the sense of frustration, embarrassment or even dorkiness that can go with learning something new. My experience matches other people's experience too. We talk about how our busy minds sometimes distract us. We practice focus. We learn by watching each other. We ask questions. We improve. We encourage. We laugh.

More recently, I have noticed that pickleball is not just for the power of play. It is also a low stakes time to practice forgiveness, mercy, grace, love. All for the sake of one's partner, one's opponent, for oneself. Surely, this kind of practice does have critical outcome in the rest of our lives.

Please, consider joining us on **Thursday mornings between 8:00 and 10:00 am**. Everyone is welcome. Feel free to arrange your own play time too. Please, sign a waiver, found in the net bag or online. Nets, paddles, and balls are stored inside the front church entrance under the pew to the right of the doors.

To learn more about the benefits of play, check out the podcast Huberman Lab Episode #58 wherever you like to listen.

VACATION BIBLE SCHOOL: Stellar!

St. Mark's was bustling with life and energy during the last week of June while we hosted our annual Vacation Bible School. We had over 70 children here all week singing, laughing, learning, crafting, playing, snacking, and shining Jesus' light. Each day began and ended with our sanctuary full of people singing praise and dancing. There were daily visits from Mickey Wey, a lunar module mechanic, whose enthusiasm for both space exploration and twinkies was truly infectious. The kids learned Bible stories from Pastors Lori and Edwin, made space-themed crafts, played out-of-this-world games, and enjoyed snacks each day in a flurry of excitement. We are especially grateful to the 45 volunteers who so lovingly donated their time and energy to make the week so successful. From church staff to members to relatives of the children, so many gave willingly of their time and talents. Thank You!

A special star-studded thank you to Kendra Chapman and Kate Bassett, co-directors of this year's VBS. You have re-energized the program and have been so creative in helping this ministry grow! You are appreciated!



Co-directors Kendra Chapman and Kate Bassett.



Playing outside.



Photo booth.



Singing!



Left and above: Dancing at VBS.

Below: Story time with Pastor Edwin.



STEWARDS OF CREATION



Blessing the garden beds.

SEASON OF CREATION

We were so gratified to celebrate a 'Season of Creation' in June. Our pastors lead us through liturgy and lessons of gratitude and stewardship over the four Sundays in June. The themes seemed to resonate with the community. Thanks to Randy Belstad for his incredible photography decorating the sanctuary and highlighting the beauty of creation!

BGEM GARDENS

(Babylon, Gethsemane, Eden, Manito)

The gardens were blessed on Pentecost, May 28, and this has been an amazing year of growth and food production for the folks at SPEAR.

Thanks to a great team of Angela Sams, Sue Garrison, Laren Sunde, Pat Manz, Rick Young, Janet Farness, Pastor Edwin, Michelle Phelan and new addition Linda Partoll. We usually harvest after worship on Sunday so wander on down to see what's happening. Our last harvest day will be **October 8** with our final cleanup on **October 15**. All are welcome and there is plenty of fellowship for those who participate!

POLLINATOR GARDEN

The pollinator garden in front of the handicapped parking is providing beautiful flowers which means food for our local neighborhood pollinators! Any emerging garden takes maintenance of course. Laren and Janet continue to weed as needed and others help as they can.

EDIBLE LANDSCAPE

Continuing our thoughts of promoting edible and pollinating landscaping, the Stewards of Creation team is collaborating with the landscape team. Shout out to Bob, Dan, Peggy and others for lots of elbow grease and sweat equity on the St. Mark's campus this past spring and fall.

- We are looking at the walkway from the meeting room to the Parish House as one area to develop edible landscape, perhaps berries and currants and perhaps a small, raised 'Snacking Garden' bed for children and others who frequent that route. First a fence needs to be repaired and noxious weeds need to be removed.
- We're also looking at the nice sunny spot right beneath the deck outside the conference room for blueberry bushes.
- We are also talking about refurbishing the planting boxes in the children's garden area as another veggie or herb planting space to augment the food we provide to Spear families.

We will need help getting those several areas transformed so please raise a hand when we call out for volunteers! Thanks in advance!

On August 11 we met with Pat Munts to walk the St. Mark's campus to study and receive ideas and advice for specific areas. Detailed notes were developed from this session to guide us in the coming year.

GLASS COMMUNION WARE

Shout out to our faithful washing team - Neal Buckaloo, Diana Pickering, Pat Manz and Janet Farness - for providing sterile glass communion ware for each worship service. You are welcome to join this team. It takes about 1 ½ hours per month.

EDUCATION

We are reviewing some environment and faith educational materials and hope to offer a Sunday Forum and perhaps a small group study sometime in the upcoming year. In addition, Pat Munts, garden columnist with the Spokesman-Review and deacon with the Episcopal church, has volunteered to teach some gardening classes for us in the upcoming year. Wouldn't it be fun to invite our neighbors?

JOIN OUR MEETINGS

Stewards of Creation Zoom meetings resume **Monday, October 2 at 6:00 pm**. For the Zoom link, reach out to Pastor Edwin or Janet Farness.

Faith and Fellowship Groups

SCRIPTURE & COFFEE

Every Tuesday, 10:30 am

This is a Bible-based conversation in the conference room to study the Scripture texts for the week. **All** are welcome.

EAT, PRAY, LAUGH

First Tuesday of the month, September 6, 7:00 pm
Questions: Pastor Lori, 509.747.6677

Eat, Pray, Laugh meets in the Parish House. **All women** are invited to this fellowship group for conversation, laughter, prayer and refreshments. Pastor Lori leads this group.

SUNRISE SAINTS & SINNERS

Second & Fourth Wednesdays of the month,
Sept. 13 & 27, Oct. 11 & 25, 7:00 am
Questions: Dave Troyke, 509.879.1423

This **men's group** has lots of laughs and interesting discussions about a variety of topics. All men are welcome, saints and sinners! We are back to meeting at the Chalet Restaurant on the South Hill. The address is 2918 S Grand Blvd.

THEOLOGY ON TAP

Third Tuesday of the month, 7:00 pm
Questions: Pastor Edwin, 509.747.6677

This group has great conversation and fellowship with **adults in their 30's** rotating through local brewpubs and wineries. Pastor Lori leads the discussion.

THE MEANDERING BUNCH

Second Friday (usually), 10:00 am (usually)
at St. Mark's
Questions: Martha Harvie, 509.279.3599

This group plans regular outings of walking along with others while socializing. Sometimes we eat at a location to be determined. **All women** are welcome! The beginning of our 2023 schedule is:

- September 8 – Meet at St. Mark's, carpool to Turnbull National Wildlife Refuge, then lunch at TBD.
- October 13 – Meet at St. Mark's, carpool to Green Bluff, then lunch at TBD.

- November 9 – Meet at St. Mark's, carpool to Mary Haberman's house, walk, then lunch at Mary's house.

STEWARDS OF CREATION

First Monday of the month, by Zoom, starting
Monday, October 2

Questions: Janet Farness, 509.747.6677

This small group meets to learn more about care of the earth and our divine calling to be good stewards of creation.

UNDERSTANDING POVERTY/SOCIAL MINISTRIES

Usually meets the **fourth Monday** of the month,
often at Pat Manz's home
Questions: Pat Manz, 509.879.7408

We are exploring extending our relationship with the local schools in neighborhoods of great need to help support students and local families with hygiene supplies. This is just a start to doing more in our community to help in reducing poverty.

LETTER FROM MARTIN WELLS

June 25, 2023

Martin is a member of St. Mark's and former bishop of the Northwest Intermountain Synod.

Well, there is news to share!

In late May I was contacted by a Collegeville Institute board member to see whether I might be open to a role at the Collegeville Institute (CI), Collegeville, Minnesota (<https://collegevilleinstitute.org>). The Board desired to offer steady leadership and support for staff during a period of special leave by the Executive Director.

A job description for an Acting Executive Director was forwarded to me and a period of discernment and prayer began with Susan. Both Susan and I have admired the Collegeville Institute and have developed fond connections through Susan's participation in two writing workshops and my coaching of a Communities of Calling Initiative team from our congregation in Spokane (from 2018-2023). The Institute is located on the campus of St. John's University and

continued next page

LETTER

continued from previous page

St. Benedict College and is a mission of St. John's Abbey, a community of Benedictine monks.

The long and the short of it is that I've accepted the position for a year and I will begin this week. As you might guess, this is a complicated endeavor, and we ask for your prayers. Susan will stay behind for a month or more and close up the house, tend to maintenance for the year ahead and think through what we need for this adventure in Collegeville. This opportunity comes at a good time for us: We are healthy and curious about many things, including whether we might live closer to Mary Emily and Jason (Dubuque, IA), and Magdalena and Evan (Minneapolis) one day, so this offers the opportunity to explore the upper Midwest. And did I mention that there are three grandchildren involved?

The leave-taking is going to be challenging and this will be hard news for some of you. We tell ourselves this is "only for a year" and mean it, and then experience some sadness ourselves.

We have been in Spokane for 24 years and have a wonderful congregation and friends and a support system that is very rich. But Bowen

Family Systems theory *ala* Rabbi Friedman, and many other wise and faithful people tell us that the heart of a healthy life is curiosity and adventure. So here we go!

I look forward to serving the mission of the Collegeville Institute, "a place" set apart for rest, renewal, scholarship, and dialogue, all "immersed in the Benedictine rhythms of work and prayer;" a place where diverse peoples are invited to consider and participate in "fostering the world's healing through the power of religious ideas, insight, and practices." *

Please pray for us: Lord God, you have called your servants to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown. Give us faith to go out with good courage, not knowing where we go, but only that your hand is leading us and your love supporting us; through Jesus Christ our Lord. AMEN (*Evangelical Lutheran Worship*, p. 317).

Martin and Susan

*<https://collegevilleinstitute.org/about-us/our-mission/>



Pickleball action on the St. Mark's court.

ST. MARK'S LUTHERAN CHURCH

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FAX: (509) 458-2757

office@stmarks-spokane.org

WWW.STMARKS-SPOKANE.ORG

SERVICES

Sunday 8:30 and 10:45 am
Saturday 5:30 pm
Nursery provided all services

OFFICE HOURS

Monday-Friday 9 am-noon, 1-3:00 pm
(Friday -noon)

PASTORS

Lori Cornell
Edwin Weber

MISSION STATEMENT: To share the gospel through worship and service. To be an inclusive community for justice and peace among diverse peoples.

MESSENGER

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