

The Quill

S E P T E M B E R 2 0 2 0



Queen Anne

L U T H E R A N C H U R C H

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the Pastor's WORD

Be a Minister of Truth

June was a big month for me. I converted one of the spare bedrooms of the parsonage into an office, quietly celebrated my fourth year in parish ministry, and received one of the strangest emails I have ever read.

The sender identified himself as Jacob. He said he was coming to Seattle and that he needed my help. His email, I soon discovered, was a plea for prayer. The Emerald City was apparently *in ruins* and Jacob wanted to do something about it. "Myself," he wrote, "along with [my] team of Evangelists, are flying out today from Orlando, FL all the way to Seattle as the Lord has led us to go to the Capitol Hill Autonomous Zone." There they could reach the lost—but not without opposition! "Antifa has taken over a large part of the city," Jacob said. Only prayer could help.

Now as a rule, I do not share personal correspondence. But Jacob's message was not personal. When he greeted me with the hope that my family and I are well (I am single and live alone), I knew this was a bulk email that merely *sounded* personal. I chose, nevertheless, to keep reading. By the end I was sorry I did.

It was bad enough that Jacob (or whoever wrote the email) had been seduced by what the theologian Reinhold Niebuhr calls the sin of spiritual pride—the presumption that, in this case, Jacob had God on his side and "the lost" could be saved by *submitting* to his way of seeing the world. What made matters worse was that Jacob was perpetuating lies. He was a missionary of misinformation! Antifa, in fact, had not "taken over a large part of the city." Most Seattle neighborhoods, including upper Queen Anne, remained quiet.

The eighth commandment tells us that we shall not bear "false witness" against our neighbor. Instead, as Luther explains, we should "come to their defense, speak well of them, and interpret everything they do in the best possible light." We should seek the facts *before* making judgments—to love our neighbors by seeing them, whether they live across the street or *across the country*, "in the best possible light."

Jacob did not do this, and unfortunately he is not alone.

These days misinformation abounds. Ordinary people like Jacob spread it. Politicians in power speak it. We cannot force them to do otherwise, to see those with whom they disagree "in the best possible light." But, following the eighth commandment, we can do this ourselves.

We can, in short, be more than just ministers of the gospel.

We can also be ministers of *truth*.

Pastor Dan

From the Cantor

Our *Word Out!* audio and video services have helped keep us connected to the weekly rhythm of Sunday worship, and our four Holden Evening Prayer video services carried forward an August midweek tradition in a new way. Read on to learn more about how our audio and video services are produced.

Behind the Scenes

A lot of individual pieces come together for each audio service. Pastor Dan and I meet to record material for several weeks—the welcome, the prayers, and the Gospel acclamation (the sung “Alleluias” and verse). Later I extract each section and edit as needed. Lectors meet about once per month (with physical distancing) to record Gospel readings at the lectern; later, I mix each reading with the appropriate sung acclamation. Meanwhile, I record and edit piano, organ, and vocals for hymns. Each week Pastor Dan records and uploads his sermon, and I upload the other audio components to “the cloud.” When all the pieces are ready, Barb Bash stitches everything together and uploads it to the QALC website. She creates a transcript of the service, mails that bulletin to two dozen member-households who do not use the Internet, and posts it to our website as well.

Video production is more complex, but follows a similar process. Sunday services include one or more video sessions in the nave, plus separate audio and/or video recordings for the sermon, music, and hymns. The midweek Holden Evening Prayer services were assembled from audio recording sessions, video sessions, and images of the nave by candlelight. Each video service involves many choices that ideally become “invisible,” such as finding good camera angles, editing smooth transitions, and creating synchronized text overlays. Videos are always uploaded to our YouTube channel, so please be sure to subscribe.

Thank You

A huge “Thank You” to Marc Oplinger and Todd Bishop, who have dedicated many hours (since before Easter) filming and/or editing our video services, and offering tech support. Many thanks to our large group of summertime Gospel readers, and special thanks to Jimmy Porter for serving as lector for a recent video service. I’m grateful to musicians who enriched our services this summer: Sonia Patten, Mei Smith, Cat Rugg, Meg Shaw, Joel Matter, and Annika Lundsgaard, who were willing to offer their talents while observing safety protocols. Jennifer Jones and the Altar Guild prepared everything we needed for QALC’s first (I assume!) outdoor baptism, which was a beautiful event witnessed by many passers-by and will be part of our September 6 video service. And Pastor Dan, Barb, and Terry have each been fantastic to work with as we’ve adapted to the current circumstances, finding new ways to support QALC’s worship life. I feel blessed to be your cantor, and I hope and pray my work is a blessing to you and our community as we continue to live through the twists and turns of 2020 together in faith.

Looking Ahead

Stay tuned to the Friday emails—this fall I will keep in touch about new videos at our YouTube channel, plus Zoom meetings for music education and enrichment. I’m also looking forward to working with Terry to support For**KIDS** “virtually” through music. And, I’ll keep finding ways to involve musicians from time to time as we continue to stay safe. As always, if you have question or ideas, please feel welcome to contact me.

Keep singing in the Spirit while we are apart!



Kyle Haugen, Cantor
cantor@queenannelutheran.org

A Street-cat Named Bob and God's Work Our Hands

Instead of the excitement of starting school, learning goes online and parents and teachers are scrambling. Kids miss interacting with friends and teachers. Pandemic regulations go on and on, and all around there's news of hard times.

It was my choice for Friday movie night, and in the mood for something light and warm and fuzzy I chose an online movie "A Street-cat Named Bob", because we have a cat. The movie ended up being a true story of a homeless street musician and recovering drug addict and a cat. Not as expected, but highly recommended for adults and kids when watched with a parent. Spoiler alert: it also about "God's Work. Our Hands" in action.

On September 13 the ELCA focuses on "**God's work.** Our hands" nationwide, but like everything else nowadays, it will look different. Instead planning and acting together, we'll be challenging ourselves to action individually or as family units.

The need for God's work is greater than ever. More people are homeless, hungry or laid off from jobs. People are sick, dying; stress challenges mental health. Charities need donations more than ever. Some are secure in homes and jobs, and this group is called to do extra.

Our hands are called on not only to do God's work, but bring about miraculous changes in our community, state, and country. Only creative thinking, collaboration, listening, prayer and action can make God's Work with our hands happen. It will take caring for those outside of our circle of family and friends, with the certainty that effort and action from each of us can and will make a difference.

Life isn't easy. Why take on more and daunting work?

This is why:



You are loved. You MATTER.

"God's work. Our hands" MATTERS! Our community and country MATTER.

Terry Anderson,
Children's Ministry Coordinator



God's work. Our hands.

Here's what you can do in September as part of The ELCA's nationwide "God's Work, Our Hands" project:

An Ingathering and a Meal!

Ingathering:

Please support New Horizons Ministry for youth by donating the following critically-needed items:

| | | |
|-------------------------------------|----------------|---------------------------|
| travel size toothpaste | soap/body wash | nail clippers |
| travel size shampoo and conditioner | toothbrushes | combs, brushes, and picks |
| | lotion | new underwear and socks |

Items may be dropped off in the narthex on Thursdays 9/10 or 9/17 between 2:00 and 5:30 or Fridays 9/11 or 9/18 between 10:00 and 4:00. Please call or email the office to let Barb know you are stopping by. Alternatively, contact Jim Margard at jrm952@gmail.com if you need your items to be picked up.

Meal:

In addition, we will deliver a prepared meal for 65 to New Horizons Ministry on **Thursday 9/24 late in the afternoon**. Jim Margard will prepare the main course. Please contact Jim if you would be willing to help complete this meal by providing a salad, bread, prepared vegetable or simple dessert. (Containers and implements will be returned.)

—Jim Margard

and here's what you can do all year long:

Do what you can. . . IT MATTERS.

1. Call someone outside of your circle of family/ friends, just to talk or see how you can help.
2. Give a ride to someone who doesn't drive.
3. Send a fun mask to someone.
4. Help with gardening at church or someone who isn't able to garden at this time.
5. Write an unexpected note or card.
6. Share a favorite book.
7. Make masks to give away even though it's not that much fun to make them.
8. Wear a mask or have one handy to wear whenever you go outside.
9. Return or check out library books for someone not able to get online or to the library.
10. Rake leaves for others.
11. Do something to care for yourself each day so that you'll be able to help others.
12. Make bags of food to give to homeless. Organize a small group to contributing items and put bags together, and give out bags.
13. Volunteer to do tasks at church involving tech.
14. Tell people about QALC online.
15. Contribute just a little bit more to church and charities.
16. Vote early.
17. Volunteer for the League of Women Voters.
18. Help just one family with kids and their challenges.
19. Volunteer to help with ForKIDS activities.
20. Thank people often. Everyone needs encouragement at this time!
21. Whenever you eat, thank God for the food.
22. Put in a small I.O.U. of any amount into a jar at dinner time. At the end of the month, add up the amounts and write a check to the food bank.

And do more.... IT MATTERS.

1. Surprise someone you know or don't know with a food gift card. This way you both support the economy and bring joy to someone.
2. Support local businesses and take a "treat" to someone.
3. Homeless need restrooms and to charge phones. Find a way to make this happen.
4. Support church and a charity generously.

5. Call local and national elected officials promoting a cause you support, and promote legislation to make something good happen.
 6. Where you can do so safely, volunteer at a charity.
 7. Call to find help needed at QALC and volunteer.
 8. Provide cloth and/or disposable masks to give to those who need them.
 9. Research a person/place that needs help and organize a group to meet the need.
 10. Contact a teacher and ask how to support them.
- ...or maybe YOU have an idea to try!

—Terry Anderson

From the Council President

Staying Connected

Dear Friends in Christ,

I am thinking of our community tonight, and I really miss the opportunities for us to come together, in our church home. I miss seeing everyone face to face over a cup of coffee and sharing worship together. As we know, we are doing what we need to do to stay safe. I have come to realize that while we cannot gather at the church, our community marches on together – remotely – to serve our collective mission.

We are fortunate to have many ways to stay connected. I enjoy the Word Out services that turn my place at home into a calm quiet sanctuary for worship, prayer and reflection. We have also been able to connect by video, whether you are joining for coffee fellowship, ForKids activities, video worship services, a Zoom committee or council meeting, or one of Cantor Kyle's videos of hymns to sing while you wash your hands! (What, you have not seen those yet? Well, you need to subscribe to our YouTube Channel- it's super easy. Don't worry, you will not get bombarded with emails, it is like subscribing to a podcast. With a few more subscribers we get a custom address which will help our visibility, this is a quick, easy way you can give a boost to our ministry.) Finally, a very exciting series of Forums are coming up soon. As Pastor Dan said at the Zoom council meeting, "these might be the greatest series of forums of all time!" Superlatives notwithstanding, he may be right. We all get to find out, and I am looking forward to it. Look for a complete Forum Catalog in the mail later this month.

I am very grateful for all that Barb, Cantor Kyle and Pastor Dan have done to keep us connecting. They have been steadfast and very creative in adapting to our present circumstances. I know that the Council has also expressed their gratitude for not only the staff but for the congregation who is sticking together with us. Thank you. We will be able to gather again someday, hopefully not too far off, and worship together. Until then, I will continue to miss you, but I am comforted by all the ways which we have been able to stay connected, together.

With Blessings,

Mark Dibble

2020 Council President

Environmental Stewardship and Faith

Waste Less Food

According to **Project Drawdown**, which was established in 2014 “to uncover the most substantive solutions to stop climate change, and to communicate them to the world,” reducing food waste is the number one way we can reduce CO2 in the atmosphere, a leading cause of climate change. Thirty percent of food worldwide does not make it from farm (or factory) to fork. In the U.S., that number is forty percent. If food waste was a country, it would rank third (after the US and China) as an emitter of greenhouse gasses. While in developing countries much of this waste can be attributed to infrastructure issues, such as improper refrigeration and transportation delays, in the U.S. much of the waste is due to food allowed to spoil in the home, or left on the plate when dining out.

In her book, *How to be a Conscious Eater, Making Food Choices that are Good for You, Others, and the Planet*, Sophie Egan offers a variety of practical tips on how to waste less food. These include:

- Making food more visible in the fridge (even setting up a section to “eat first”)
- Making a grocery list and sticking to it, to avoid those impulse purchases
- Planning meals that start with the leftover or open ingredients from yesterday’s meal
- Making a list of items you already have in your pantry to avoid purchasing items you already have
- Knowing what various labels mean, for example “Best By” and “Sell By” dates generally indicate when food should still taste best, and not when it is still safe to eat. You can find more about the value and meaning of various labels such as these and others (e.g. “Cage Free, Organic, Fair Trade,” etc.) at www.GreenerChoices.Org
- Freeze items you know you won’t consume before they spoil. You can even freeze bread, cheese and eggs (best if scrambled and frozen in liquid form).
- When dining out, (if we ever do again!) evaluate your portion and ask for a “To Go” container to take home (and consume!) and food you won’t be able to finish.

Another source to help you and your family waste less food include the family fun, interactive website, **Your Plan, Your Planet** which is a cooperative effort from Google, the California Academy of Sciences, and the Ellen MacArthur Foundation.

For practical answers, check out ***Waste-Free Kitchen Handbook: A Guide to Eating Well and Saving Money By Wasting Less Food*** by Dana Gunders, a scientist at the Natural Resources Defense Council which includes both practical tips and simple recipes for wasting less.

These are just some of the ways we can have an impact in our own homes. Local, state and federal governments can also be encouraged to support less food waste. The United Nations’ Sustainable Development Goals call for halving the per capita food waste by 2030. Laws in France and Italy require grocery stores to give excess or imperfect foods to charities, or pass on to farmers to be used as animal feed, or compost them.

Some cities have organizations that will come and glean your fruit trees of any excess fruit to be given to food banks. You can find local opportunities at <http://lettucelink.blogspot.com/p/western-washington-gleaning-groups.html>

—Lisa Kjaer-Schade

Announcements

Back-to-Learning Celebration Activities September 11-12

On Friday and Saturday afternoon, September 11 and 12, all those going back to school are invited to stop by church for a celebration of "Back-to-Learning." Between 1 and 3 PM on both days, activities will take place outside in the breezeway, where families can take pictures at funny photo booths and get back-to-school items. There's even a Grab Bag! Plan to stop by for 15 minutes, bring your phone for picture-taking, invite a neighbor family, and wear a mask!

Staff Time Away

Pastor Dan will be away through September visiting his family.

If you have any emergency pastoral needs during this time, please contact:

Pastor Mark Griffith, St Luke's Lutheran Church, Bellevue at 425-922-7384 or pastor@slukes.org

Pastor Thom Wert at 206-696-0921. Please leave a message at that number and Pastor Thom will call you back. Note that Pastor Wert is only available for Zoom, Facetime, or phone conversations (not in-person visitation).

Barbara Bash will be away September 21-30 visiting family in Minnesota. Terry Anderson and Cantor Kyle will be here to continue providing worship music and children's activities.

Our pre-recorded audio and video services will continue as usual, with guest preachers David Hahn, Gabe Brennan, and Terry Kylo providing sermons. On September 20, a special video Creation-focused worship service prepared by Lutherans Restoring Creation will be used, including Presiding Bishop Elizabeth Eaton, the Rev. Barbara Rossing, the Rev. Lenny Duncan, Rebekah Bruesehoff, rostered ministers, and members of the Lutherans Restoring Creation Board of Directors. Music will be provided by Marty Haugen, the Rev. Leah Schade and Pastor John Tirro.



Coffee Hours Continue in September

You're invited to a Sunday Coffee Hour online via Zoom every Sunday at 11 AM. Bring your cup of coffee to the screen and have a conversation. Look for a link to join in your weekly emails – the link is the same each week. Those who can't or would rather not use the Internet may dial in to join the meeting by phone.

Note: There will be no AfterWord discussions in September.

To dial in by phone: 1 253 215 8782

Meeting ID: 836 467 061 and Password: 420371

The Christmas Pageant Is NOW

We know it's early, but we need your help NOW to enable us to create a video Pageant for Christmas! We just need still photos. The whole family can sign up by going to this [Online Christmas Pageant Volunteers Sign-up](#). Do sign up for a part if you haven't already! We still need Mary, Joseph, (with a real baby or a doll), angels, announcer, and shepherds, and you can take photos for several parts. More detailed guidelines and information about costumes is at the sign-up link. Call Terry or the church office if you can't sign up online. Terry will contact each volunteer with details and help with costumes and photos. Questions? Contact Terry at forkids@queenannelutheran.org. Costume bits and pieces are available from the church by contacting Terry, or you can improvise a costume. Pictures taken at home and sent to the office will help us create a multigenerational slideshow with audio and music. Send your pictures to Barb at the office ASAP.

Black Lives Matter Signs Available

The Church Council asked that we place two BLM signs on our grounds. The signs come as a 10-pack, so we have more. If you would like a sign, please [contact the church office](#).

Reformation Sunday Is Also New Members Sunday!

On October 25 we will celebrate the Reformation with a video worship service which will include a ceremony for any who wish to join our community. If you are interested or curious about joining Queen Anne Lutheran, please email Pastor Dan at pastor@queenannelutheran.org. (Note that Pastor Dan's email responses may be delayed during his time away in September, but he will connect with you!)

Garden Goings-On, Saturday September 12

Our stalwart crew will be out tending the grounds September 12 and would love your company. We will all do our best to keep at least 6 feet apart and wear masks while we weed, deadhead, and water. We will work from 10:30 AM until 1:00 PM. Please contact Connie Wurm at wurmcatchesbirds@gmail.com if you can be there, and thanks!

Finance Committee:

Guidelines for Expenditures 2021—A Time to Dream

This is a time to step back from our busy lives and dream! Perhaps your time at home has inspired you to think about other ways our church groups can function going forward. Given Covid19, there may well be different activities, different ministries—and possibly different software, hardware and tech-savvy volunteers to support them—which we need to consider for the year ahead.

You do not need to be a committee chair or staff member to recommend a specific expenditure. *Anyone* can come up with new program ideas, and if they get something in the budget to support them, they can be implemented. Budget lines can be created for items that historically were never considered. (Of course it works best, with new proposals, if a volunteer exists who can spearhead & shepherd the project along.) Our process for gathering ideas and proposing a budget will look a little different this year. However, we do still need to have any budget-related inputs from committees or individuals by mid-to-late October. Please send your ideas and suggestions via email to richmathes@aol.com. The Finance Committee is looking forward to considering them all.

—Rich Mathes

Reboot Books! Queen Anne Book Group to Meet September 28

After taking a hiatus during the pandemic, the Queen Anne Book Group will try meeting via Zoom on Monday, Sept. 28. The book we will discuss will be *The Only Woman in the Room* by Marie Benedict, a book about Hedy Lamarr. Nancy Fulwiler is the host; if you want the info on how to connect via Zoom, contact Nancy at nancyfulwiler@hotmail.com. So far Barb Bach, Nancy Fulwiler, Candy Mathes, and Sallie Wilson all intend to participate. For more info contact any of us. All are welcome.

Holden Evening Prayer

Our four Holden Evening Prayer services are all posted on our YouTube channel, accessible whenever you would like to experience worship with the beautiful Holden liturgy and contemplative poetry read by Pastor Dan. Many thanks to Cat Ray Rugg, Meg Shaw, Joel Matter, Kyle Haugen, and Todd Bishop for their musical and technical expertise. Search YouTube for "Queen Anne Lutheran Holden" to find the videos.

A Call from Queen Anne Helpline:

Queen Anne Helpline is seeking volunteers to drive groceries to our neighbors. If you have availability Mondays and/or Thursdays between noon and 3 pm, are a licensed driver, and want to support QAHL, simply fill out the [Volunteer](#) form on their site or email volunteer@queenannehelpline.org.

The Taste of Queen Anne 2020 is happening on October 17th, 2020! Virtual tickets for this interactive evening of entertainment will go on sale next month. If you'd like to volunteer, sponsor the event, or would like more information please email taste@queenannehelpline.org.

Christian Education

Race and Religion: Lutheran Responses to a *Social* Pandemic

Dr. Marit Trelstad, University Chair of Lutheran Studies at Pacific Lutheran University

Dr. Reggie Williams, Associate Professor of Christian Ethics, McCormick Theological Seminary

SEPTEMBER 20 & 27:

Following the killing of George Floyd, people all over the U.S. are confronting the legacy of white supremacy and racism that has shaped our nation, culture and churches. For this, our first forum series of the year, we join other Lutheran congregations across the Sound to discuss with Dr. Marit Trelstad Pastor Lenny Duncan's *Dear Church: A Love Letter from a Black Preacher to the Whitest Denomination in the US*—a book addressed to the ELCA.

Here's what you need to do:

Go to plu.edu/lutheran-studies-conference/ and register for the forums to get the Zoom link (they are free). The Forum sessions will start at 9 AM.

Purchase Pastor Duncan's book; available from the QALC office for \$10.00 while supplies last. Email Barb at admin@queenannelutheran.org if you would like a copy.

OCTOBER 4 & 11:

Next, in October we partner with St. Luke's Lutheran Church of Bellevue in welcoming Dr. Reggie Williams, author of *Bonhoeffer's Black Jesus*, for a presentation (10/4) and discussion (10/11) of how and on what (often overlooked) basis one Lutheran stood up to white supremacy in Nazi Germany.

Join Us via Zoom for Our "First Wednesday" Bible Study 9/2, 10/9

All are invited as we continue with our online "First Wednesdays" Bible study at noon on September 2 and October 9. We are discussing the Book of Philemon, the shortest of Paul's Epistles in which Paul requests a man to forgive and reconcile with a runaway slave named Onesimus. Note that Pastor Dan will be absent from the September discussion.

Look for an email link to join First Wednesdays Bible Study via Zoom,
or call in by phone at 1 253 215 8782
with Meeting ID: 840 7482 4857 and Password: 622720

New "God for Grownups" Episode: *God Can't* — with Thomas Jay Oord

In the latest episode, Pastor Dan talks with author and theologian Thomas Jay Oord about the power and limits of God, and the persistent question of why God "allows" bad things to happen in the world. As Tom explains in one of his latest books, *God Can't*, the answer challenges the very premise of the question. Oord is the author of more than 25 books, and will join us for a special forum on *God Can't* later this fall. You can listen [here](#).

New Confirmation Class Begins

Confirmation is an important passage through which one passes in the life of faith. This fall Pastor Dan will lead our first confirmation class in several years, and we have six students who will be participating! The class, given the pandemic, will occur online via Zoom. It will feature separate units or modules, including one on the Old Testament, one on the New, and several more on Luther's Small Catechism. We are so excited to get this course of study underway!

Please keep our confirmands and the parents who will be supporting them in your prayers as we begin this exciting journey on Saturday mornings in October.

Lutheran World Relief Suffers Blow in Lebanon Explosion

News of the Aug. 4 explosion in the port of Beirut, Lebanon, has hit close to our hearts. The explosions killed more than 150 people, injured more than 5,000 and left at least 300,000 without shelter.

The blast also destroyed three Lutheran World Relief shipping containers that held more than 22,000 quilts, 100 cartons of school kits, 300 cartons of personal care kits and 125 cartons of baby care kits, valued at nearly \$624,000. A phone call to our church office sadly informed us that in one of those containers was a donation of quilts and kits from Queen Anne Lutheran church.

The shipment was destined for refugees living in Lebanon, principally from Syria and the Palestinian territories. The loss of the quilts, sewn by individuals and members of Lutheran congregations across the U.S., could mean a more bitter winter for thousands of refugees, said Melanie Gibbons, deputy director, outreach and engagement at Lutheran World Relief.

"Our quilts are made with love by those who painstakingly craft them, and they're deeply appreciated by the people in distress who receive them, both for the warmth and the message of care they provide," Gibbons said.

"Our hearts are breaking as we grieve and pray with our brothers and sisters in Beirut," said Daniel Speckhard, president & CEO of Lutheran World Relief. "We are committed to replacing the aid that was lost and are working on an emergency response to provide assistance as the city recovers and rebuilds."

How to help **Donate online:** <https://lwr.org/beirut> **Donate by Phone:** +1 (800) 597.5972
Donate by Mail: Lutheran World Relief, PO Box 17061, Baltimore, MD 21297-1061

Thinking of Donating LWR School Kit supplies?

Covid19 has changed the yearly "back-to-school" sales, at least at Fred Meyer. Items are not as cheap as they used to be. After exploring Staples and Fred Meyer stores, here are a few notes about items needed, and which stores are best for each:

Notebooks—We now prefer Staples notebooks. Staples notebooks have better wire binding so they do not get caught on each other like Fred Meyer's do. Cost at both stores are the same (25 cents). Limit 30.

Pencil Sharpeners—Staples' 50-cent pencil sharpeners are also better quality than Fred Meyer's. They do not come apart like Fred Meyer's sale sharpeners.

Pens, Pencils, and Erasers—Pens (no gel), pencils (no pre-sharpened) and erasers are similar in price and quality at either store.

Rulers—I bought some metal-edged wooden rulers at Target. Staples' rulers are mostly in inches (no metric); for LWR kits, rulers need to include both inches and centimeters.

Scissors—I have not seen scissors on sale. We are looking for the school-type of scissors. Either blunt or slightly pointed okay. LWR just wants to avoid the sharp sewing scissors.

Since most of you do not walk into the church building, please email me (lwrmathes@aol.com) or call and let me know if you have bought any supplies (206-384-1183). Thank you!

—Rich Mathes

Men's Group:

Men's Group is still in Covid19 hiatus mode. We are planning to assemble LWR kits in late September—date and time TBA. Our Covid19 meeting procedures need to be worked out as well; we will keep you posted.

Women's News

QALC Women continue to work from home making quilts and kits for Lutheran World Relief. And we continue to reach out to one another by phone, mindful of those who live on their own. Contact the office if you need someone to call you regularly, or know someone else who does.

Northern Lights Circle continues to meet virtually, but our other Circle is still on hiatus. *Gather* magazine has Bible studies for the fall, which you can also access online at www.gathermagazine.org/bible-study/. Women of the ELCA invites us all to pray for one another on Tuesdays at noon (*see next page*).

Please contact Candy Mathes or Sallie Wilson if you'd like to learn how to be a part of the LWR work, or if you have ideas for connection or activities going forward.

On the Ground(s)

Newest Little Free Library Blesses Our Community

The newest addition to our grounds is a "Little Free Library" designed and built by Christian Louie, 17, as part of his work to fulfill his Eagle Scout requirements. We are delighted to have this gift to us and to our neighborhood, as anyone walking by may now benefit by browsing and borrowing the books held inside. Christian spoke with me by phone to give a little background on the project.



Eagle Scouts are asked to come up with a project that primarily allows them to demonstrate leadership skills: planning, organizing, consulting with and directing the work of other people. The project should be one that lasts, and one that benefits the community.

First considering building a sign for us, Chris talked to Pastor Dan, who was also an Eagle Scout in his day. Pastor suggested the Library project as having a more manageable scope, and that seemed to fit the bill.

Christian found plans online. He worked closely with a wood shop teacher from the school where his mother teaches, who helped him modify the plans and taught him carpentry skills he would need for the project. People-skills were needed, too, as Christian consulted with church members regarding the logistics and placement of the Library. The most difficult part of the project, Christian said, was to coordinate with the Scout leaders, who pushed him to involve more people in the

labor as a way to demonstrate leadership. So, Christian enlisted the help of other Scouts to do the painting, and then gathered three adult leaders and four Scouts for the final installation on August 6.

Christian says this is the first woodworking project he has done, and perhaps the most satisfying part of the project was learning those new skills. The actual installation, too, was a high point—seeing everything come together, and being able to work in the fellowship of a group (using safe Covid19 practices, of course).

The first batch of books placed in the Library included many that were Christian's own books—favorites he had read growing up. (If you have books to contribute to the library, please connect with the church office; Terry Anderson will keep track of the collection going forward.)

Congratulations, Christian, on your journey to earn the Eagle Scout rank, and thank you for the very real blessing you have given Queen Anne Lutheran Church and our neighbors!

—Barb Bash



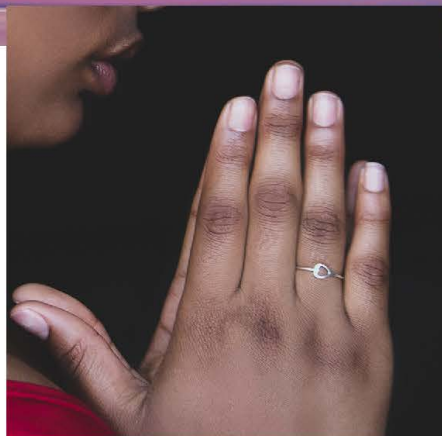
Pray with Lutheran Women across the Church, Tuesdays at Noon

The Purpose Statement of WELCA begins by acknowledging that we are a community of women. As we live into this new reality of a pandemic, efforts to reduce physical community contacts abound (also known as “community mitigation strategies”), and for good reason. But thanks to our faith grounding and modern communication methods, we can remain in community even as we practice physical (social) distancing, for we know that there is no social distancing in God’s love and grace.

You are invited to join Lutheran women across the church every Tuesday at noon (in your time zone) in prayer. Use the simple approach offered here, reflecting on God’s word, offering prayers and reflecting on your self-care and the care of others.

We will pray in community through this pandemic, resting sure in the knowledge that “neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord”

(Romans 8:38-39).



A call to prayer in the time of a pandemic

This is a call to prayer, to be practiced every Tuesday at noon, in your time zone. (Use it daily, if you wish.)

Read: Romans 8:38-39

For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Pray: follow each petition by naming specific individuals or needs; add additional petitions as needed

For those who are ill

For those with little access to healthcare

For healthcare workers

For those who feel isolated

For those who are in unsafe places

For those who are anxious or worried

For leaders facing difficult decisions

For those who continue to work in challenging settings

For those driven by greed or careless disregard

Reflect: Reflect on these questions. You may even be inspired to journal daily with these questions. Consider our resource [Journaling: Create your own sacred writings](#).

Jesus calls us to love our neighbors as ourselves (Matthew 22:39).

How are you loving yourself today? What is your self-care strategy?

How are you loving your neighbor today?

For we will rejoice always, pray without ceasing and give thanks in all circumstances.

(1 Thessalonians 5:16-18).



Dear Beloveds,

Well, I have to be honest, when I first started writing and talking about COVID-19, I did not expect that COVID-19 would still be a “thing” in September.

And yet ... here we are ...

So ... is anyone else weary?

In this time of great anxiety, worry, the unknown, and the threat of COVID for ourselves and our loved ones, I am finding that prayer is ever more important. I would like to commend to you one prayer practice that I have found helpful. This practice comes from Ignatius Loyola.

Ignatius Loyola writes in his book, *Spiritual Exercises*, about the daily prayer he practiced called *The Examen* (or The Examination in English). He also encouraged his fellow Jesuits to do the same. (You might remember that Ignatius Loyola was the founder of the Jesuits during the 16th century). I encourage you to do this practice with others – perhaps with your family at a set time each day or with your congregation sitting outside in a circle (physically distanced!) or on Zoom. Of course, you are welcome to do this by yourself, too.

The Examen is a prayer of review - a short reflection back over the day, recalling events and taking note of your feelings. The purpose is to become more aware of the ways in which God has been present to you, the times when the Holy Spirit was drawing you towards life. Before beginning the five steps, prepare yourself by breathing slowly and consciously. Continue to consciously breathe throughout this practice.

Step One: Pray to understand and appreciate the past day. Look back on the last 24 hours. Make a list in your head and heart of all that happened in your life. You are welcome to write these experiences down.

Step Two: Review the day with gratitude. What brought you joy? As you look at the work you did, the people you interacted with, what did you receive?

What did you give? Where are you thankful to God? Pay attention to small things—the food you ate, the sights you saw, and other seemingly small pleasures.

Step Three: Pay attention to your emotions. When did you feel most grateful? Least grateful? When did you love? When were you loved? What drained the life from you? When did things feel out of place or off? When did you experience the fruits of the Spirit? When did it feel like a time of God’s absence?

Step Four: Choose one of your feelings or encounters (positive or negative) and pray from here. You might have a vivid moment of pleasure or peace. There might be something that at first seems rather insignificant. You might have great pain. Look at what you have chosen. Examine it. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.

Step Five: Look toward tomorrow. Ask God for guidance in facing tomorrow’s challenges. Pay attention to the feelings that surface as you look forward. Are you doubtful? Cheerful? Apprehensive? Full of delighted anticipation? Allow these feelings to turn into prayer. Seek God’s guidance. Ask God’s Spirit for help and understanding. Ask for wisdom and protection. Pray for hope. Do all of this in the spirit of gratitude.

You are invited to pray the Lord’s Prayer as you end the Examen.

I pray for all of you, my beloveds in Christ. May you feel God’s love and grace with you in these times.

If you would like other resources or ways to pray, I also commend to you two smart phone apps: Centering Prayer and Pray As You Go.

We are in these strange and difficult times for awhile. But we are not in this alone. We are community. We are church. We are God’s beloved children. May you feel God’s Holy Spirit with you as we walk in Christ together.

In Christ’s Love,
Bishop Shelley Bryan Wee

CORE Tanzania—a Brief Note from Jeannette Banobi

Michael made it back safely to the US from Tanzania on Sept. 1 and had no issues in Immigration despite having been gone for more than a year. Thank you all for your prayers! He'll be in Seattle for about three weeks, and then will head back to Tanzania (both of us, probably). We'll try to join in if there are any Zoom coffee hours during the time he's here.

—Jeannette Banobi

Contacting Queen Anne Lutheran Staff

Our entire church staff is now working from home. Messages on the church office phone will only be picked up on Fridays; emailing is best to contact any staff member. You may still send mail to the church's P.O. Box. Offerings and other items sent by mail will be picked up each Friday.

CONTACTS for QALC STAFF:

Pastor Daniel Peterson

Note: Pastor Dan will be away through the month of September.

See page 7 for information about on-call support for emergency pastoral care needs.

Cantor Kyle Haugen

Children's Ministry Coordinator Terry Anderson

Parish Administrator Barbara Bash

Sexton John Bryant

Office Phone 206/284-1960

pastor@queenannelutheran.org

cantor@queenannelutheran.org

forkids@queenannelutheran.org

admin@queenannelutheran.org

sexton@queenannelutheran.org

Giving Note

While we are apart, our staff and building continue to generate the usual expenses.

Your offerings have been a great support to us, and are still very much needed and welcome, even as we aren't able to meet "live." We greatly appreciate your help sustaining the church. Donations can be made online on a one-time basis, or can be set up there as a regular monthly contribution. You can also just write us a check and mail it.

If you go to our website, there are several options for online giving as well. Go to "GIVE" to find them:

Write a check.

Direct deposit,
from your bank to ours.

Donate via PayPal
from our website

Donate via your
personal PayPal account.

Please Use Our New Mailing Address

Note that because we are not staffing our building regularly, we have opened a Post Office Box. Mail to our street address is no longer reaching us, so please use the new PO Box address for all your mail, including offerings:

Queen Anne Lutheran Church
P.O. Box 17029
Seattle, WA 98127

The Quill can be viewed in full color online at queenannelutheran.org. If you would prefer to have a copy mailed to you each month, just contact the church office! Likewise, if you receive The Quill in the mail and would prefer not to, just contact the office.

SEPTEMBER 2020

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|--|---|--|
| | | 1 Executive Committee (Zoom) 6:00 pm | 2 First Wednesday Bible Study (Zoom) 12:00 pm | 3 | 4 Word Out! | 5 |
| 6 Family Sunday – VIDEO WORSHIP AND KIDS ACTIVITIES ONLINE Coffee Hour (Zoom) 11:00 am | 7 | 8 Church Council (Zoom) 6:30 pm | 9 | 10 Gods work. Our hands. New Horizons Ministry Ingathering 2:00 pm | 11 Word Out! Gods work.Our hands. New Horizons Ministry Ingathering 10:00 am Back-to-Learning Celebration 1:00 pm | 12 Garden Work Party 10:30 am Back-to-Learning Celebration 1:00 pm |
| 13 AUDIO WORSHIP AND KIDS ACTIVITIES ONLINE Coffee Hour (Zoom) 11:00 am | 14 | 15 | 16 | 17 Gods work. Our hands. New Horizons Ministry Ingathering 2:00 pm | 18 Word Out! Gods work.Our hands. New Horizons Ministry Ingathering 10:00 am | 19 Faith & Film (Zoom – TBD) 4:00 pm |
| 20 VIDEO WORSHIP AND KIDS ACTIVITIES ONLINE Forum 9:00 am Coffee Hour (Zoom) 11:00 am Personnel Committee (Zoom) 12:00 pm | 21 | 22 | 23 | 24 Gods work. Our hands. @New Horizons Ministry Choir (Zoom) 7:00 pm | 25 Word Out! | 26 |
| 27 AUDIO WORSHIP AND KIDS ACTIVITIES ONLINE Forum 9:00 am Coffee Hour (Zoom) 11:00 am | 28 Queen Anne Book Group (Zoom) 7:00 pm | 29 | 30 Social Action Committee (Zoom) 5:30 pm | | | |