

The Quill

MARCH / APRIL 2025



Queen Anne

LUTHERAN CHURCH

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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 at 206-284-1960. Likewise, if you receive The Quill in the mail and would prefer **not** to, just contact the office. Weekly, we are also mailing bulletins and sermon transcripts to households that are unable to attend church. If you would like to receive such a mailing, please let us know. And if you do **not** need to get the bulletin by mail, give us a call as well!

Please Note: All mail to the church must be sent to this address:

**Queen Anne Lutheran Church
P.O. Box 17029
Seattle, WA 98127-0729**



An Invitation: Finding Faith in the Face of Fear

Are you afraid of what is happening in our world? Do you feel helpless, unable to imagine any kind of action that would make a difference when it comes to large-scale issues like preserving democracy or protecting the environment?

If your answer is “yes,” I invite you to join us—Ballard First Lutheran and Queen Anne Lutheran—for a special series on Wednesday evenings during Lent called “**On Tyranny: Faith, Fear, and our Future.**”

During our time together, we will put our personal experiences of faith and fear in conversation with Timothy Snyder’s *On Tyranny: Twenty Lessons from the Twentieth Century*. QALC will make 15 copies available for those who wish to read it as we proceed. Sign up for a free copy in the narthex if you are interested.

We will meet at alternating locations (see below) on **Wednesday evenings (3/12, 3/19, 3/26, 4/2, and 4/9)**. Each session will begin at 6:00 PM with a light supper followed by discussion from 6:30 to 7:15 PM. We will conclude with a compline service from 7:15 to 7:30 PM.

The schedule is as follows:

3/12 (BFL): What fears do you have in our present situation?

3/19 (QALC): When has faith helped you face fear?

3/26 (BFL): How are we as a church called to face fear?

4/2 (QALC): What does *On Tyranny* teach us about faith/fear?

4/9 (BFL): How can we incorporate what we have learned from OT to face our present fears?

One of the best ways to allay fear is to be in community, to know we are not alone. We hope you can be with us for this timely and important conversation.

Grace and peace,

Pastor Dan

pastor@queenannelutheran.org

As I write this, I'm attending the Association of Lutheran Church Musicians Composers Symposium in Fort Wayne, Indiana. A few hours ago, our group of about 35 composers from sixteen states joined parishioners for the weekly evening Eucharist at Trinity English Lutheran Church, where the symposium is hosted. The Thursday service anticipates the following Sunday, so we observed Transfiguration—a reminder that the observance of Lent is nearly here.

Earlier this afternoon we heard a presentation by ELCA composer Wayne Wold, who spoke of the importance of good texts for our hymns, choral pieces, and vocal solos. One quote Dr. Wold gave us was from American theologian Walter Brueggemann: "Churches should be the most honest place in town, not the happiest place in town." Dr. Wold rightly observed that Brueggemann is pointing to *lament*.

Lent is a time Christians have set aside, in part, for lament. A Christian view of lament points to *sin*, that biblical "s-word" we like to eschew talking about—except perhaps when we are "forced" into it during Lent. And so Lent gets a bad rap in some quarters, because sin involves shame and guilt and divine consequences and other things that sound medieval to our highly evolved sensibilities. Lent may not be *happy* in the usual sense of the term, but Lent does keep us *honest*. Thanks be to God, Lent also points to the enormity of what God does for us in Christ: "But God proves his love for us in that while we still were sinners Christ died for us. Much more surely, therefore, since we have now been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life" (Romans 5:8-10 NRSV).

This reminds me of one of the great English hymns associated with Lent and Good Friday:

My song is love unknown,
my Savior's love to me,
love to the loveless shown
that they might lovely be.
Oh, who am I that for my sake
my Lord should take frail flesh and die?

(ELW 343/1)

It can be tempting to carol the "little town of Bethlehem" at Christmas and to serenade the Epiphany star so "fair and bright" with too little offense, with too little scandal, with too cheap a grace. *Lent and Holy Week keep us honest*—across the hungry wilderness, through the inky night of Gethsemane, upon the shocking mount of Calvary. Then our song at Easter joins Mary's surprise at the empty tomb—and we sing in all honesty with Thomas a week later, "My Lord and my God!" What's more, each rediscovered Eastertide "Alleluia!" sings into the future's greatest and last surprise, when our union to the resurrection of Jesus will be fulfilled and we will ponder our own outstretched hands and reflexively clutch the warm flesh of our own sides. "For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his" (Romans 6:5 NRSV).

"Here might I stay and sing—no story so divine!" (ELW 343/6)

Lent and Easter blessings to you,



Kyle Haugen, Cantor

cantor@queenannelutheran.org

Annual Meeting

Our Annual Congregational Meeting on January 26 was well attended: In all, 48 members attended in person or by Zoom, exceeding the required quorum of 35 voting members. Many thanks to those who provided food, set-up and cleaned up the Fellowship Hall and helped with the Zoom and audio technology. Thanks as well to those who contributed information and reports for the Annual Report and put together the 2024 Guidelines for Expenditures and, especially, to Barb, who put it all together!

We bid thanks and farewell to retiring Council members, President Brent McCullough and Council member Brian Louie. We welcomed our new President, Tim Porter, and new Council members Amy Castle and Virginia Stamey-Johnson, and elected members to various committees. Many thanks to all for their willingness to serve QALC in these ways. Please see the 2025 list below. There are still a few vacancies for Nominating Committee and the Memorial Committee; please let anyone on the Church Council know if you are interested in serving.

COUNCIL EXECUTIVE:

Tim Porter, President
Susan Evans, Vice President
Jacqui Darroch, Secretary
Myra Dittes, Treasurer

COUNCIL MEMBERS:

Mark Dibble
Cathi Unseth
Virginia Stamey-Johnson
Connie Wurm
Chloe Jones
Matt Boysen
John Reese
Amy Castle
Erich Patten
Magdalena Phillips

NOMINATING COMMITTEE:

Tim Porter, Susan Evans (3 VACANCIES)

MEMORIAL FUND COMMITTEE:

Virginia Stamey-Johnson/Chair, Jennifer Jones,
Jean Oplinger, Sallie Wilson (ONE VACANCY)

PERSONNEL COMMITTEE:

Jean Oplinger, Jackie Munguia, and Lee Duty

ENDOWMENT FUND COMMITTEE:

Erich Patten, Jacqui Darroch, and Rich Mathes

SYNOD GATHERING REPRESENTATIVE:

Carol Ann Davis

Treasurer Myra Dittes reported that we ended 2024 with a surplus of \$10,931. This was good to see, but this happened in part because Pastor's and Cantor Kyles' salary expenses were \$12,000 less than the 2024 Guidelines. The General Fund income was \$11,000 lower than 2023, but \$55,000 higher than in 2021 and 2022. Weekly Sunday giving is lower than pre-COVID. Members now use a variety of means for their offerings, including PayPal, direct bank withdrawal through Simply Giving, IRA Qualified Charitable Distributions and Donor Advised Funds. Our 2024 expenses were similar to 2023 and about \$60,000 higher than in the 2021 and 2022 COVID periods, off-setting the higher income. Several expenses were directly supported by special giving and did not affect the General Fund receipts or expenses. These included the Triangle design and cleanup, Fine Arts offerings and hiring our Program Coordinator, Lynn Hofstad.

The proposed 2025 Guidelines for Expenditures were approved. Total General Fund expenditures of \$574,192 were approved for 2025, compared with total 2024 approved General Fund expenditures of

\$543,646 and actual expenditures of \$515,989. Of the 2025 approved Expenditures, 72% are for Pastor and other staff (except our Program Coordinator whose salary is paid from a designated gift to expand and revitalize our evangelism outreach); 16% are for Building and Property Expenses, 5% for Benevolences, 4%, for Office Expenses and 3% are for Parish Ministry Expenses.

Sheltering Guest

Our elderly guest continues to shelter upstairs, waiting for a chance for permanent housing. Efforts by the Case Manager from Catholic Community Services to get him Social Security benefits have been stymied by the long wait times for appointments at the local Social Security office. This makes the path toward suitable housing even more tenuous for him. Council recently approved contracting with Pastor Barich to work with our guest and his Case Manager to facilitate this journey toward housing. We're pleased to report that Pastor Barich has agreed to do this, and an initial meeting with the case manager has taken place.

Supporting Project Phoenix

Lutheran Youth of North Seattle (LYONS, doing business Project Phoenix) is a shared youth ministry through Confirmation to High School Graduation and beyond, providing a supportive community, inspiring and fun events and a relaxed environment to allow youth to explore what it means to be a Christian in the 21st century. With staff currently based at Ballard First Lutheran, Project Phoenix serves Lutheran churches in the North Seattle area—Ballard First, St. John United and Queen Anne Lutheran. Each congregation selects two members of the LYONS/Project Phoenix board. QALC members are John Reese and Cathi Unseth.

In recognition of the collaborative nature of this youth ministry, Council has authorized Pastor and Council President Tim Porter to sign a "Statement of Covenant Relationship" between Project Phoenix, its board and its supporting congregations on behalf of Council and the Congregation. In addition, Council has approved a stewardship gift of \$2,000 to Project Phoenix to demonstrate, in part, QALC's commitment to continuing this collaborative youth ministry, with the understanding that the fund will come from the Children's & Youth Ministry Fund. Do ask John or Cathi about Project Phoenix and upcoming activities!

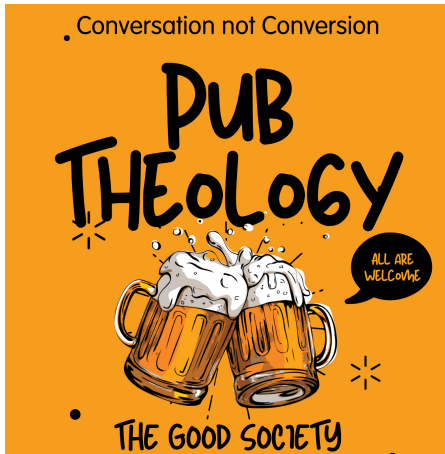
Parsonage Assessment

The mold issue in the basement of the parsonage is lingering on despite best efforts by the property committee. For health reasons, Pastor Peterson has moved out of the parsonage and is settling into his new housing. He expressed thanks to a number of people for helping him move. The Council created a new Task Force to assess the building and inform the Council about options to consider for the building in the short term and long term. Mark Dibble has volunteered to lead the Task Force and is putting together a scope of work and timeline for the group. People interested in serving on the Task Force are asked to contact Mark at 206-683-0645.

Council Information

A reminder that Council minutes and reports are posted on the bulletin board in the hallway between the narthex kitchen and the sacristy. They are also in a notebook on their own special stand in the library and posted in the Members Area of our website, <https://queenannelutheran.org/897new/church-council-records/> The Members' Area is password protected. Contact Barb in the church office for the password.

FROM OUR PROGRAMMING COORDINATOR



It has been a busy time, as we recently have launched several new programs. The first new program is **Pub Theology**. Pub Theology meets every few weeks on Tuesdays at The Good Society, just down the street from QALC. The first gathering discussed what constitutes “good”, while the second discussed religious freedom. Both sessions brought lively conversation with drinks and fellowship. I look forward to future gatherings and hope to attract people from within the QALC congregation, as well as the broader Queen Anne community. Keep an eye out for upcoming Pub Theology dates, bring a friend, and join us for conversation.

The second program that began this month is **drop-in tech hours** on Wednesdays. Every Wednesday morning from 10-11:30 AM, there will be someone in the narthex ready to help with tech questions and problems. Bring your computer, phone, iPad, and questions!

Looking toward the future, in April there will be the second **Silent Sip n’ Read** event. Join us for a silent book club, wine, and fellowship. Check the bulletin and weekly email for the exact date as we get closer to the event.

—Lynn Hofstad



LENT & HOLY WEEK WORSHIP



ASH WEDNESDAY, MARCH 5—Worship with imposition of ashes is offered at noon in the chapel and at 7:30 PM in the sanctuary.

SATURDAY, MARCH 8—**LENTEN BREAKFAST**
9:30 AM in the Fellowship Hall. See full details on page 14 on the QALCW page.

WEDNESDAYS IN LENT—**Noon worship in the Chapel**
Join us for a contemplative service of prayer, March 12 through April 9.

WEDNESDAY EVENINGS IN LENT—**Collaborative Lenten Series with Ballard First Lutheran**
See full details on page 3, from Pastor Dan.

PALM SUNDAY, April 13 • 8:00 AM & 10:30 AM

GOOD FRIDAY, April 18 • 7:30 PM

EASTER: Sunday, April 20 • 8:00 AM & 10:30 AM

We hope you can join us for **EASTER BREAKFAST**, 9–10 AM in the Fellowship Hall! Our Men’s Group will cook pancakes and meat; everyone else, please contribute your favorite egg dish, baked item, or fruit dish. If possible, label your dish —“gluten free,” “nut-free,” “contains dairy,” “vegan,” etc. Sign up in the narthex to volunteer to help set up, provide food, serve tables, or clean up.

EASTER FLORAL CROSS: We will have an outdoor floral cross on Easter morning. Please add one or more flowers to the wire frame of the cross as you enter or exit the building.

SPRING TOUR 2025

ADELPHIAN CONCERT CHOIR

STEVEN ZOPFI, CONDUCTOR
JINSHIL YI '14, PIANIST

*PERFORMING MUSIC OF BERKO, BONDS, JEKSABONE,
LAURIDSEN, TYE, PEDERSON, AND SCHREINER*

TUESDAY, MARCH 18
QUEEN ANNE LUTHERAN CHURCH
SEATTLE, WA • 7 PM

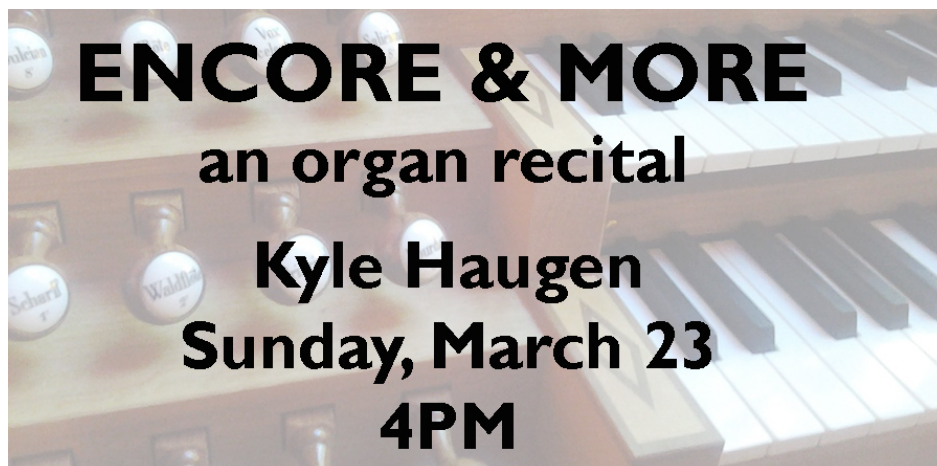
FREE and open to the public

WITH SPECIAL GUESTS

NW Girls Choir Amore

KAREN BRUNO, CONDUCTOR

UNIVERSITY of PUGET SOUND School of Music



ENCORE & MORE
an organ recital
Kyle Haugen
Sunday, March 23
4PM

Cantor Kyle Haugen presents an organ recital on the Wech organ at QALC, with a suggested donation of \$15 (or pay as you can). All are welcome. Invite friends and family!

ANNOUNCEMENTS



The Times They Are A-Changing!

Just a reminder that we will all “Spring Forward” on March 9 as we head into Daylight Saving Time once again.

Every-Member Visits Continue with Pastor Dan

Please set aside 30-40 minutes to welcome Pastor Dan to your home to talk about your family, interests, and history at QALC, your feelings and dreams for this church, and anything else on your mind. God bless our work together with joy and understanding as we reconnect with one another. Thank you in advance for your hospitality. Sign up at the narthex railing for a time slot. Time slots will vary each week, as Pastor’s schedule permits.

Saturdays, March 1, April 5, and May 3 @10:00 AM: Seattle Seekers

Join us every month in the Conference Room for meaningful discussion and connection over a light breakfast as we delve into life’s big questions and the quest for meaning. Our group offers a unique blend of insights, drawing from both secular perspectives and Christian teachings to cultivate a holistic understanding of spirituality, ethics, and purpose. Whether you’re a believer, skeptic, or somewhere in between, we would love to see you there. Coffee and pastries provided.

Pastor Dan Has Moved

Pastor Dan has moved out of the parsonage (see Council note on previous page) and is now living in the Axle Apartments complex in Interbay. Please contact the church office for his address. Pastor Dan’s phone number for urgent emergencies remains the same, 253-230-9695.

B - O - O - K - C - L - U - B

The quarterly meeting of the book group will be held on **Monday, April 28**, at 5:00 in the church narthex. Bring your latest “good” read to share with the group, along with an appetizer. We will also be discussing opportunities available for the Seattle Public Library’s “Seattle Reads” event during May. All are welcome, hope to see you there!

—Cathi Unseth

Join Us at Compljne at St. Mark’s Cathedral



Join Joel Matter and Cantor Kyle for Compljne at St. Mark’s Cathedral on Sunday, March 16 at 9:30 PM:

Joel sings weekly with The Compljne Choir, and on March 16, Cantor Kyle joins for an informal post-Compljne recital.


Come early for best seats; compljne starts at 9:30 PM and the 20-minute “Organ By Night” recital starts at approximately 10 PM. Both are free and open to the public.

Can’t make it in person? Visit www.compljnechoir.org for the livestream.

(Note: KING-FM broadcasts compljne only, not the organ recital which follows.)

—Kyle Haugen

Ridwell Special Pickup Information Through February

 Besides our usual collection of plastic film, batteries, light bulbs and “threads,” Ridwell will have the following special collection in the month ahead:

March 2: Two categories! **Metal bottle caps and prescription bottles.** Once that bottle is popped, there’s no going back (at least for the cap)! Since the caps are less than 3 inches, they’re too small to make it through our single-stream recycling systems on their own and usually end up in landfill. Instead, we’ve found a better home for them! Artists will create works of art from these caps, which would otherwise go to waste.

March 16: **Silverware and kitchen utensils.** We all have that old fork from college or a wooden spoon that we just never reach for. Ridwell is partnering with local organizations to bring those items a new life!

March 30: **Books.** Books transport and transform us. Your old checkout-line paperbacks, hardcover coffee table books, and kids' books still have plenty of magic inside of them. Our partners help get your dusty books off of your bookshelf and into a new home where they will be treasured. Now that's what we call a happy ending!

PROJECT PHOENIX YOUTH MINISTRY



save the date!

1.5 hours of service

Games

Service PROJECT & VIDEO GAME NIGHT!

Dinner!

Bring friends!

March 9, 2025

4:30 p.m.

Ballard First Lutheran Church



LUTHERWOOD SUMMER CAMP

Half off of one week at Lutherwood for Project Phoenix youth!

- Half off one week applies to any week!
- August 3-8 (Session 6) includes middle AND high schoolers
- We can help facilitate carpooling!

Half off one week!

Details

Let Lauren Jensen know when you are registered!
director@projectphoenixseattle.org
(425) 894-3439

ATONEMENT *A four-part Forum series*

MARCH 2 and 9: Atonement in the Hebrew Bible/ Rabbinic Judaism

with Dr. Beatrice Lawrence

The word "atonement" is a tricky one in the Hebrew Bible and subsequent Judaism. Even the Hebrew words used to describe this idea are unclear. However, it IS clear that there are concepts within the Bible and Judaism involving sin and reconciliation with other people and with God. What requires such reconciliation? Is it always possible? What are the mechanisms for addressing this? What is the nature of sin, and why does it happen? In this forum, we will use biblical and other Jewish texts to address these questions.

Beatrice Lawrence is Associate Professor of Hebrew Bible at Seattle University, where she also teaches courses in Jewish Studies. Though her research interests are diverse (many centered on the history of Jewish biblical interpretation), she is currently working on projects surrounding mental illness and the Hebrew Bible. She lives in Seattle with her two daughters and rescue pup.

MARCH 23 and 30: Atonement in the New Testament

with Dr. Lynn Hofstad

While many of the theological models of atonement were developed long after the writing of the New Testament, New Testament authors applied the idea of atonement to Jesus' death as a means to make sense of why Jesus died and what that could mean theologically. These forums will look at how New Testament authors, Paul in particular, understood the death of Jesus and how that connected to the Jewish understanding of atonement.

Dr. Lynn Hofstad holds a Ph.D. in Systematic and Philosophical Theology from the Graduate Theological Union in Berkeley, CA. She is the Program Coordinator at Queen Anne Lutheran Church, and her scholarly interests focus on feminist theology, eco-theology, the doctrine of the atonement, and Lutheran theology.

ONE PARISH ONE PRISONER MARCH 16: The Lazarus Blueprint: A guide for churches to embrace reentry

With Rev. Dexter Kearny

When everyone else in Lazarus' life had given up hope, Jesus called his friend back to life. But that was not the end of the story. Jesus called the community to remove the stone that blocked Lazarus from life and then told them to get even closer in order to take off the graveclothes covering his face and restricting his body. People leaving prison face this reality every day. By connecting people exiting incarceration to churches and building communities of care, we begin to practice this resurrection in our lives, our churches, and our world.

Rev. Dexter Kearny is a pastor who has been organizing people of faith into the interconnected work of justice through prison ministry, climate justice, and housing advocacy. He believes we are called to a radical imagination where the systems of death in our world are composted into plantings of life. In his free time, you can find him cuddling with his cats (Tennessee & Jersey), reading a book, or baking a tasty treat all with his amazing clergy spouse, Liz.

GOD'S CREATION UNDER THREAT: HOW DO WE RESPOND?

A three-part Forum series

APRIL 13: God's Creation Needs the Church; God's Church Needs Creation: Biblical Foundations for an Earth-Ethic

Rev. Dr. Leah D. Schade

Rev. Dr. Leah D. Schade will help us engage with the Bible by rooting in God's Creation to deepen and expand our faith. We will explore how the church can proclaim and enact justice for God's Creation in the face of the many threats to the world God has made. By reading the Bible through a "green lens," we will be inspired to make a difference for our planet, our churches and communities, and for our future.



The Rev. Dr. Leah D. Schade is the Associate Professor of Preaching and Worship at Lexington Theological Seminary in Kentucky. An ordained Lutheran minister since 2000, Leah has written or edited seven books, including *Creation-Crisis Preaching*, and *Rooted and Rising: Voices of Courage in a Time of Climate Crisis*. She has also written a Creation-centered Lenten devotional, *For the Beauty of the Earth* (Chalice Press, 2019). She has served as an anti-fracking and climate activist, community organizer, and advocate for environmental justice issues. She is also the EcoPreacher blogger for Patheos.com and has partnered with the Interfaith Center for Sustainable Development to create a monthly resource called EcoPreacher 1-2-3 for busy pastors wanting to address environmental issues in their sermons. Leah is currently the director of a \$1.25 million grant from Lilly Foundation, Inc. for the project, "Compelling Preaching for a Climate-Changed World," in partnership with Lexington Theological Seminary, The BTS Center, and Climate Justice Ministries.



APRIL 27 & MAY 4: Creation Care and Climate Change: Putting Faith Into Action

Jeff Thiel

Join Jeff Thiel to talk about our understanding of what is happening in regards to climate change, the status of solutions, how we can do our part as households, and how we can do our part as a congregation.

Jeff Thiel is a member of St. Andrew's Lutheran (and also the son of my dear friend Judy). He has been involved in environmental stewardship for a number of years.

Here's what he says on LinkedIn:

I'm "all-in" on developing market-driven solutions to our global climate crisis. Our planet is at a turning point. We've driven atmospheric CO2 levels well past levels our best science deems safe for our planet. Yet, we're still dumping billions of tons of CO2 into the atmosphere each year, where it will stay for a millennium.

Moving to clean energy rapidly is necessary, but not sufficient to avert catastrophic climate change. We must start removing CO2 from the air at a gigaton scale to stabilize the global climate. We must capture CO2, convert it to useful materials, and embody those materials in durable products. It's technically feasible, and necessary for human survival.

To that end, I'm investing in ventures with carbon-storing products and technologies, organizing the building industry to decarbonize faster, and advocating for a national carbon fee and dividend policy.

Jeff is the CEO of Vitidore, a company that is dedicated to developing and advocating for sustainable agricultural practices and acting as a boundary organization that connects farmers, NGOs, and other companies with emerging sustainable agriculture technologies and revenue streams.

Potential impact of government cost cutting on LWR Work

Some have been asking if the Elon Musk cost cutting efforts might affect LWR quilt and kit (Q&K) distributions. The short answer is "no," at this time and hopefully in future. The Quilt & Kit program has always been self-funded - donations - and has not used governmental grants or subsidies. LWR's work also includes medical treatment and supplies, livelihoods, and emergency response. That situation is still evolving, and we're staying in close contact with LWR about the ongoing changes.

80 Years of Lutheran World Relief

LWR has been around for 80 years; they now have several interesting videos and articles reminding us of how much LWR, through you and previous generations, have done since WWII. Click on [Going Farther, Staying Longer: Celebrating 80 Years of LWR](#). (or search for that tile on YouTube). There are 20 seconds of our Fall 2022 Ingathering towards the end. There are several people you might recognize.

LWR 2025 Spring Ingathering (May 2/3) Kit Supply Needs:

We need **50 more bath towels** for our LWR Personal Care Kits. LWR specifications are "one light-weight bath-size towel (between 20" x 40" and 52" x 27")" Many of the kits go to people in refugee camps or places without washers (or dryers) so darker colors are preferred, i.e. no white or light colors. "Light-weight" is important because some recipients will air dry their bath towels outside in possibly humid locations. Our heavy, plush bath-towels sold in the US are not what is needed in places without washers and dryers.

Target has dark gray bath-towels (52" x 26") for \$3.00 under the name "Room Essentials." If you get them delivered, order 12 and shipping is free. However, you can only order 10 dark gray, I fill in with light gray.

Amazon has "spa towels" that are 20" x 40", 100% cotton, cost \$3.80-\$4. Carol Ann has previously found 30" x 52" bath towels at Big Lots. Price is \$4; she noted that if you shop at Big Lots often, you may have discounts that bring the towels down below \$3.

We also need 50 4oz (NOT 3.5 or 3.0oz) bars of **Ivory Soap**. They cost from 75 cents to \$1 per bar, in packs of 4 or 10. The kits need to include at least 8 oz, so three 3 oz bars would be needed for each kit IF we packed the 3oz bars.

If you prefer to **donate cash** instead of shopping for towels or soap, please read next paragraph:

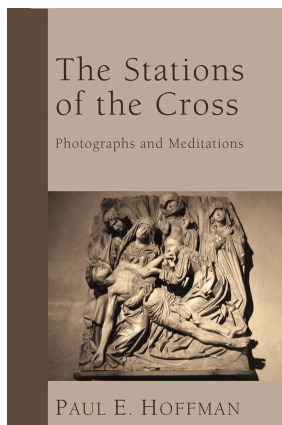
The other Personal Care Kit items - toothbrush, comb, nail clippers - are purchased in bulk, so if you want to contribute funds for any kit supplies, please write checks to "QALC Women - LWR kits" in the Sunday offering (or specify "QALC Women - LWR Kits" if you use PayPal).

LWR School Kits - we try to purchase, for both fall and spring Ingatherings, all items from July to September, when Fred Meyer, Walmart, Target have "back to school specials." We should have enough School Kit supplies for spring 2025. We also provide some school supplies to Twegashe school.

The Men's Group will assemble and box the Personal Care Kits and School Kits on April 12 in the Fellowship Hall at 9 AM for about two hours. The Blessing of Quilts and Kits will be April 27 at late service; everyone will be invited to box the quilts after that 10:30 worship service. The LWR Ingathering at Our Redeemers' Lutheran Church will occur May 2 & 3. Contact Rich Mathes if you are interested in helping with either of these LWR events.

—Rich Mathes, 206-384-1183

Saturday, March 8—Lenten Breakfast



The Women of QALCW invite you to this annual event at 9:30 AM in the Fellowship Hall. **Pastor Paul Hoffman**, no stranger to Queen Anne, will be the guest speaker. Paul's first book, *Stations of the Cross*, will form the basis of our morning together. **Copies of the book are available in advance from Cathi Unseth.** Paul's time with us promises to offer fresh theology regarding Good Friday, laid alongside both traditional and contemporary artwork.

We'll also enjoy informal worship with Communion, a brief business meeting, and a light breakfast. With the high cost of eggs this year we are asking for contributions of breakfast breads or coffee cake in place of the normal egg dishes. Questions? Talk to Candy Mathes. There is a sign-up sheet in the narthex for those wishing to help with food, table decoration and set-up, or clean-up.

CORE Tanzania - You (the Women of QALC) approved allocating \$3,000.00 for CORE Tanzania School in 2019. The proposal also included raising \$1,000 per year for the next 3 years (2020, 2021, and 2022) in support of the school. Each year at the Lenten Breakfast we vote whether or not to extend our commitment one more year. While we voted yes to the commitment in 2024, we did not meet the financial goal. Sallie Wilson is in charge of this project.

Part of the support for the school is making book bags for the students. One of the requests was two dark-colored handkerchiefs per book bag. We need 60 for each beginning class. The last couple of years we purchased the handkerchiefs online.



On Wednesdays, **Sewing and Service** continues to meet in the Fireside Room at 10 a.m. **PDQ's** meet on the 2nd Monday after 5 p.m. Dinner (bring your own) at 6. Come join us as we make quilts for LWR.

Church of Steadfast Love will join QALCW to **tie quilts on Friday.**

April 11. We would like to invite anyone available on that Friday from 10 am to 2 pm to come join us tying knots on quilts! We could also use help with making lunch and setting out snacks for the event.

Blessing of Kits & Quilts is April 27

(the Sunday after Easter). You may support LWR with monetary gifts as well as coming to help box quilts, on Blessing of the quilts Sunday. We ask everyone at the 10:30 service to help us fold and box the quilts (keeping track of how many are in the box). After the box is taped closed and labeled, it is weighed so we know how many pounds we are sending. The boxes are then moved to the chapel where they are stored until the following Thursday when they are taken to the LWR loading. It is amazing that many hands make light work for getting this task done.





Women's Evening Bible Study

Meets (in person or via Zoom) on the 3rd Tuesday of each month at 7 PM. For more information, contact Ingrid Wysong.

We will be using the Winter/Spring 2025 Bible Study in *Gather Magazine*. Download the first three sessions of the "Faithfulness" Bible study by Denise Rector. [Learn more](https://gathermagazine.org) at gathermagazine.org

The April Study will be Session 3.

We would like to thank all the people who helped with the two memorial services in one week of February. As usual you outdid yourselves on cookies. This is an important service we offer to bereaved families, and those families shared their appreciation.

Finally, we are looking for a couple of women to **join us on this QALCW Board**. If you are interested, ask one of us for more information.

Your Women's Board,
Barb Bach (Treasurer), Candy Mathes, and Sallie Wilson

QALC MEN'S MINISTRY

Men's Group Spring 2024

Men's Group (people of all ages are welcome) will **assemble LWR kits** - Personal Care & School Kits - on Saturday, April 12th, from 9am-11am in the Fellowship Hall. The Northwest doors that lead into the Fellowship Hall will be unlocked. Please arrive at 9am to view the instructional videos.

Men's Group will sponsor the **Easter Breakfast** on Easter, April 20th. We will need some volunteers to set up the tables, set tables and decorate on Saturday April 19th. Cooks, table servers, and cleanup volunteers will be needed for the breakfast, starting at 8am for kitchen help. Signup sheet will be posted in Narthex in early March. Breakfast served 9am-10am. Anyone may volunteer. All are invited to bring their favorite egg dish or fruit plate or special Easter bread. Signup sheet will be posted in Narthex in early March.

The **LWR Spring Ingathering** will be at Our Redeemers' Lutheran on May 2/3. If you can spare a couple of hours, we are open 8am-2pm Friday, and 8am-11:30am Saturday. We can always use a few more people to move boxes from the delivery vehicles to the containers, or to work in the containers.

—*Rich Mathes*

Regular, Automatic Giving Is a Good Gift!



For a one-time or ongoing gift use the QR Code here, which links to our website's GIVE page. Please also consider enrolling in QALC's "Simply Giving" EFT program. This provides a simple, hassle-free and secure way for you to make automatic donations to the church from your bank account. To enroll, pick up a form from the narthex railing or download online.

Office & Staff Hours and Away-Time:

Main Office: The office will be open Tuesday–Friday, 9 to 5:30. Barb will be away in Minnesota for two weeks, leaving Tuesday, March 25 and returning to work on Tuesday, April 8. She will still be accessible via email while she is away.

While she is away, the office is open Wednesdays and Thursdays each week. Contact Pastor Dan if you need access or an appointment. Office phone is 206-284-1960, and voice messages will be picked up.

Cantor Kyle is in the office on Wednesday and Thursday afternoons and evenings.

Lynn Hofstad works from her library office on Wednesdays and Thursdays. She will be out Friday April 11 through Friday April 18, returning to us for Easter Sunday.

Pastor Dan is available on Tuesdays, Wednesdays, Thursdays, Saturdays and Sundays. To connect with him or to make an appointment, email pastor@queenannelutheran.org. If there is a pastoral emergency, he can be reached by text at 253.230.9695.

Contacts:

Pastor Daniel Peterson	pastor@queenannelutheran.org
For emergency pastoral needs only, text Pastor Dan at 253-230-9695.	
Cantor Kyle Haugen	cantor@queenannelutheran.org
Programming Coordinator Lynn Hofstad	programming@queenannelutheran.org
Parish Administrator Barbara Bash	admin@queenannelutheran.org
Office Phone:	206.284.1960
Sexton John Bryant	sexton@queenannelutheran.org

Mailing Address:

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

Street Address:

Queen Anne Lutheran Church
2400 8th Avenue West
Seattle, WA 98119



Dr. Anna Lembke, a psychiatrist and an expert in addiction, states: “Rates of depression, anxiety, and suicide are going up in countries all over the world, and they’re going up fastest in the richest nations of the world. ... We are now turning to [electronic] devices and to the Internet to meet our physical, emotional, sexual, educational, every need we have. We don't really need other people anymore. We can get those needs met from the internet. I think that's a very scary prospect because I think it means that we will become more and more isolated.” (“Digital Drugs Have Us Hooked. Dr. Anna Lembke Sees a Way Out,” *The Daily by The New York Times* podcast, 2/1/2025)

What Dr. Lembke is talking about is the dopamine hit that people receive while on their phones and other devices. More and more research is coming out that dopamine, the neurotransmitter that motivates us to do things we think will bring pleasure, is being activated by electronic media in the same way that junk food activates over-eating.

So why am I (a theologian, pastor, and bishop - but not a scientist) talking about this? Well, I think that the moving from human interaction to electronic interaction is of theological and pastoral concern. You see, at the same time that more and more research is telling us about the harm that is happening when we get “hits” of dopamine from electronic media, we are also hearing (and experiencing in our own lives and social networks) that loneliness and anxiety and stress are rising. In isolation, we might lose trust in others and in our institutions, experience a crumbling of empathy, be susceptible to disinformation, and build walls instead of bridges to another.

Now, before you say to me, “Do you know what is happening in this world?” Please hear me – I know. I know. There is a lot going on in our families, with people we care about, in the United States, and in the world as a whole. I, too, am feeling despair and disbelief. There are valid reasons for feeling anxiety and stress. And we might feel isolated and scared because of these circumstances.

But I implore you, please don’t try to navigate all of the things you are experiencing alone – without anyone around you. Please don’t always turn to your phone and doomscroll or neglect relationships or separate yourself. Instead, I encourage you to look for those spaces where you can physically connect with another person or people. Please find those places where you can authentically, truly be yourself – in your joy, in your sorrow, in your anxiety, and more.

I pray that one of these places is your church community. That you can pray and sing and learn and grow, that you can receive and grant forgiveness through Jesus, receive the sacraments, take action through the Spirit, give and receive care, and that you can rest when needed. I pray that you may do this all in a sacred space where you deeply connect with others – even if you don’t always agree with one another. I pray that you can have meaningful relationships, conversation, and can be there for one another. I pray that you receive love just as you love others. I pray that if you are feeling lonely or despairing, there are those you can reach out to who will sit with you and bring God’s promises again to you.

In these days, when it feels like there is so much, may you feel God’s love and grace surrounding you in the community of others. May we trust in Jesus’ promise, “For where two or three are gathered in my name, I am there among them.”

+ Bishop Shelley Bryan Wee
bishop@lutheransnw.org

MARCH 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
						10:00am Seattle Seekers (Conf. Rm.) 10:30am Alanon Women (upstairs) 7:00pm Shanty Trudgers (upstairs)
2	3	4	5	6	7	8
			Ash Wednesday			
8:00am Worship 9:00am Forum 10:30am Worship	5:00pm Exec. Committee 7:00pm Food Addicts in Recovery (FH)		10:00am Drop-in Tech Help 10:00am Sewing & Service (Fireside) 12:00pm Ash Wednesday Worship (chapel) 12:30pm Staff Meeting (library) 7:30pm AA Counterbalance (FH) 7:30pm Ash Wednesday Worship (nave)	7:00pm Choir Rehearsal		9:30am QALCW Lenten Breakfast 10:30am Alanon Women (upstairs) 7:00pm Shanty Trudgers (upstairs)
9	10	11	12	13	14	15
8:00am Worship 9:00am Forum 10:30am Worship 4:30pm Project Phoenix Event (@BFL)	5:30pm PDQ Quilting (Fireside) 7:00pm Alzheimer's Support (Conf.) 7:00pm Food Addicts in Recovery (FH)	7:00pm Church Council (Conf. /Zoom)	10:00am Drop-in Tech Help 10:00am Sewing & Service (Fireside) 12:00pm Midweek Lenten Worship 12:30pm Staff Meeting (library) 6:00pm Lent: Supper, Discussion, Worship @BFL 7:30pm AA Counterbalance (FH)	7:00pm Choir Rehearsal		10:30am Alanon Women (upstairs) 7:00pm Shanty Trudgers (upstairs)
16	17	18	19	20	21	22
8:00am Worship 9:00am Forum 10:30am Worship	6:30pm Northern Lights (Zoom) 7:00pm Food Addicts in Recovery (FH)	2:30pm Rehearsals (entire bldg) 7:00pm Choral Concert 7:00pm QALCW Circle (Conf./Zm)	10:00am Drop-in Tech Help 10:00am Sewing & Service (Fireside) 12:00pm Midweek Lenten Worship 12:30pm Staff Meeting (library) 6:00pm Lent: Supper, Discussion, Worship @QALC 7:30pm AA Counterbalance (FH)	7:00pm Choir Rehearsal		10:30am Alanon Women (upstairs) 7:00pm Shanty Trudgers (upstairs)
23	24	25	26	27	28	29
8:00am Worship 9:00am Forum 10:30am Worship 4:00pm QALC Fine Arts Kyle Haugen in Concert	7:00pm Food Addicts in Recovery (FH)	7:00pm Pub Theology (@Good Society)	10:00am Drop-in Tech Help 10:00am Sewing & Service (Fireside) 12:00pm Midweek Lenten Worship 12:30pm Staff Meeting (library) 6:00pm Lent: Supper, Discussion, Worship @BFL 7:30pm AA Counterbalance (FH)	7:00pm Choir Rehearsal		10:30am Alanon Women (upstairs) 7:00pm Shanty Trudgers (upstairs)
30	31					
8:00am Worship 9:00am Forum 10:30am Worship	7:00pm Food Addicts in Recovery (FH)					

APRIL 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		4:30pm Executive Committee 7:00pm (TBD) Silent Sip'n'Read Author Event (narthex)	10:00am Drop-in Tech Help 10:00am Sewing & Service (Fireside) 12:00pm Midweek Lenten Worship 12:30pm Staff Meeting (library) 6:00pm Lent: Supper, Discussion, Worship @QALC 7:30pm AA Counterbalance (FH)	7:00pm Choir Rehearsal		10:00am Seattle Seekers (Conf. Rm.) 10:30am Alanon Women (upstairs) 7:00pm Shanty Trudgers (upstairs)
6	7	8	9	10	11	12
8:00am Worship 9:00am Pop-Up Choir (Nave) 10:30am Worship	7:00pm Food Addicts in Recovery (FH)	7:00pm Church Council (Conf. /Zoom)	10:00am Drop-in Tech Help 10:00am Sewing & Service (Fireside) 12:00pm Midweek Lenten Worship 12:30pm Staff Meeting (library) 6:00pm Lent: Supper, Discussion, Worship @BFL 7:30pm AA Counterbalance (FH) 7:45pm Choir Rehearsal (special)			9:00am LWR Kit Assembly (FH) 10:30am Alanon Women (upstairs) 7:00pm Shanty Trudgers (upstairs)
13	14	15	16	17	18	19
Palm Sunday					Good Friday	
8:00am Worship 9:00am Forum 10:30am Worship	5:30pm PDQ Quilting (Fireside) 7:00pm Food Addicts in Recovery (FH)	7:00pm QALCW Circle (Conf./Zm)	10:00am Drop-in Tech Help 10:00am Sewing & Service (Fireside) 12:30pm Staff Meeting (library) 7:30pm AA Counterbalance (FH)	7:00pm Choir Rehearsal	7:30pm Good Friday Worship	9:00am Easter Preparations (FH) 10:30am Alanon Women (upstairs) 7:00pm Shanty Trudgers (upstairs)
20	21	22	23	24	25	26
Easter Sunday						
8:00am Worship 9:00am Easter Breakfast 10:30am Worship	6:30pm Northern Lights (Zoom) 7:00pm Food Addicts in Recovery (FH)		10:00am Drop-in Tech Help 10:00am Sewing & Service (Fireside) 12:30pm Staff Meeting (library) 7:30pm AA Counterbalance (FH)			10:30am Alanon Women (upstairs) 7:00pm Shanty Trudgers (upstairs)
27	28	29	30			
Blessing of the Quilts						
8:00am Worship 9:00am Forum 10:30am Worship	7:00pm Food Addicts in Recovery (FH)		10:00am Drop-in Tech Help 10:00am Sewing & Service (Fireside) 12:30pm Staff Meeting (library) 7:30pm AA Counterbalance (FH)			