



The monthly Newsletter of:

September 2020

Agnus Dei Lutheran Church

Gather in Grace

Grow in Faith

Go in Service



Evangelical Lutheran
Church in America
God's work. Our hands.

The congregation of Agnus Dei Lutheran Church celebrates the amazing diversity of God's beloved children. We welcome all, regardless of age, ethnicity, abilities, faith background, race, family configuration, socioeconomic status, sexual orientation, gender identity or expression. We enthusiastically invite you into this worshiping congregation as we strive to share God's inclusive love with everyone in our community and in our world.



Pastor's Message

"Therefore do not worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and God's righteousness, and all these things will be given to you as well." Matthew 6:31-33

Hello! I'm Pastor Chelsea, your primary substitute pastor for this season. First, I'd like to say a big THANK YOU for making sure that Pastor Seth got a sabbatical. That is just wonderful and so important. Being a church leader is a beautiful, fulfilling calling, but it is also exhausting. You can go from funeral planning to hospital visits to youth events to committee meetings, all in one day! There's an emotional back-and-forth to this work that is uniquely challenging. Good for you for recognizing that leaders need a substantial break in order to be sustained and energized for the long run.

Next, I'd like to acknowledge that this is such a bizarre time to be a pulpit supply pastor! In some ways, I really enjoy online worship as it allows me to be home with my kids more often. But it is so strange to send out these sermon videos into the void and wonder who is seeing them! I definitely miss the interaction of in-person worship. I've really enjoyed getting to know some of you in the Bible study and staff meetings. I'm hoping to drop in on the Sunday fellowship hours more often, especially on the Sundays when I preach. I'm learning that Agnus Dei is an open, welcoming, curious, justice-oriented congregation that cares about what's going on in our world. I commend your commitment to your mission as a congregation and as individual followers of Jesus!

We are entering into a September unlike any other. Usually, we are bustling around with back-to-school shopping, planning for fall sports and church activities, maybe even thinking ahead to the holiday travel season. And this year we have none of that. The bustle has been replaced with worry — worry about online learning, job security, deciding what is safe or not safe, a divisive election season, what the future holds for our churches... there's so much to worry about! This has got to be the most stressful, challenging time that has faced our world in generations. We have never encountered anything like it before. Of course we are worried!

I was talking about this recently with a friend of mine who is a counselor. I was telling her about how I was feeling so worried about everything. And she said something that has completely changed how I think about worry. Worry is an attempt to maintain control, she claimed. That worry or fretting that we feel is our mind's way of trying to feel a sense of control in an uncontrollable situation. I know, mind blowing, right?? This is why we worry so much about things in times of stress. We have been taught to believe that worry shows that we care. But all worry does is wear us out, physically, emotionally, and mentally.

But there's still all this stuff happening in the world... so what is a better response? We can't just pretend that we aren't facing extreme difficulties in our lives right now. My counselor friend suggests replacing the word "worry" with "concern." We can be concerned about what is happening in our lives and the world, without taking on the additional stress of worry. And when you look at the word "concern," it makes sense. "Con" means "with," and "cerne" means "sift or discern." Shifting our perspective to one of concern allows us to better discern, or sift through, what is important and what is not. Concern helps us to figure out what is truly worthy of our attention and problem-solving, and what is not.

I think this is what Jesus is trying to say in the quote above from Matthew 6. He's not saying that you should just be happy-go-lucky all the time; that's impossible. But he is telling us that worry will only make things worse. Instead, we can trust that our futures rest in God, who has a handle on the whole big picture of what is



happening. And, if we practice the kingdom values of love, justice, peace, and grace in our sifting through the options we're faced with each day, those values will come back to dwell in us as well. It's not easy, but I hope we'll all take up the challenge this month of letting go of worry and turning instead to productive concern, as we discern the next right step anew each and every day. And even in times when we can't see what's ahead, when we feel like we can't make a difference or control what will happen, we can trust that God is holding us all the way through.

Blessings and peace to you this extraordinary season!

Pastor Chelsea Globe

Pastoral Care

Please let Sister Ann or Shari Shull know if you are in need of pastoral care during Pastor Seth's sabbatical. If you would like to be contacted please call the office at 253-851-6222 or email sisterann@agnusdeilutheran.org or sharishull@agnusdeilutheran.org



Greetings from the Church Council -

Our Church Council met August 11th. Sister Ann's devotions were Philippians 4: 4-9 "Be cheerful with joyous celebration in every season of life. Let joy overflow, for you are united with the Anointed One!"

The current COVID-19 crisis has placed us all in uncertain territory: A combination of (1) the COVID social restrictions; (2) the lack of physical worship and postponed events; (3) a normal decrease in offerings between June and August; and (4) not seeing Pastor Seth—who will return October 11— all have contributed to the drop in offerings since the last newsletter message.

While the bills are paid for August, this increases our deficit. Without an increase in offerings, beginning in the month of September the funds will be very tight.

As you remember from my letter last week, I mentioned we probably will need a Special Congregation Meeting. Therefore, we are calling a Congregation Zoom Meeting September 20, 2020 after the streamed YouTube worship service. The Church Council and Finance Committee may ask for authorization to use Above and Beyond and Building Funds, but there will be several options presented. Please plan to attend.

Lyle Miller, who originally spearheaded the Above and Beyond Campaign, graciously offers his support to access the remaining funds—if necessary.

I can assure everyone that our Finance Committee—Denny Sapp, Council Vice President; Julie Bell, Treasurer; Carl Middleton; Daryl Daus; and Dave Marquardt—are diligently working on solutions/options to our current issues and we should all be thankful for their time, effort, and expertise. They are doing God's work.

In the meantime, please continue your support with the safe portal for online giving, Tithe.ly, found on the "Give" tab of our website. Also, Cindy regularly receives the mail for those who prefer to send a check to the church.

This unexpected lockdown and its duration has presented unanticipated challenges for our Faith Community, but with prayer and our talents and God's help they will be overcome....

Peace to you all —

Beverly Buster
President
Church Council



Minister of Programs, Sister Ann Shultz

Fall Faith Formation Programs



There will be many ways to participate in Faith Formation programs this Fall. Some of these opportunities include:

- **Forum:** Sunday mornings at 8:30 am via Zoom ~ begins September 13th. For content, see below
- **Sunday School:** Sunday mornings at 10:30 am via Zoom ~ begins September 13th
- **Sunday School in a Bag:** Age-appropriate bags of Sunday School activities will be available to pick up and have available for independent/family use at home. These will be available for children in PreK – 6th grade.
- **Faith for the Journey:** This multi-generational, mid-week Faith Formation program will begin in October. October meetings and activities will be via Zoom. The schedule of events for the first month of this program is:
 - ◇ **Kid's Quest (PreK – 5th grade):** Thursday, October 1st at 5:00 pm
 - ◇ **Voyagers (6th – 12th grade):** Thursday, October 8th at 5:00 pm
 - ◇ **Are We There Yet? (adults):** Thursday, October 15th at 5:00 pm
 - ◇ **Jubilee (everyone):** Thursday, October 22nd at 7:00 PM This month, this will be a socially distanced social/faith formation event appropriate for all ages. More details TBA.

All of these events will also have “playlists” available for those who prefer to participate independently, or who are just “zoomed out” from too much time online. These will be shared in the weekly email and will be posted on our private Facebook group “Agnus Dei Lutheran Church in Exile.” If you have not yet joined this group, you can join by searching for “Agnus Dei Lutheran Church in Exile” and click on “request to join.” This is a private group and only members can see what is posted there.

September Forum Schedule:

Forum for the Fall is supporting two themes. Awakening our community to both Racial and Ecological (as part of the Seasons of Creation devotions) Justice. The meetings will take place on Sundays at 8:30 to 9:30 am and will be presented on the Zoom platform.

- **September 13, 2020** – Come listen to the Reverend Traci Blackmon speak. She will cover topics including racial and ecological justice. Last Fall we listened to a prophetic message of hers from the Revolutionary Love Conference. Afterward we will reflect on her message.
- **September 20, 2020** – Come celebrate Nature Stories. Poems, writings, personal reflections and pictures regarding nature (what Franciscan priest Richard Rohr calls the First Bible) will be shared. Bring something special you have to offer on this theme.
- **September 27, 2020** – In June 2019 the ELCA Church Council adopted a declaration titled A Declaration of the ELCA to People of African Descent.” We will explore this statement and review some of the educational resources provided. This will be another learning opportunity for us as a congregation as we create our own statement on Racial Justice. Come help us explore this important topic.

We remember in prayer:

For comfort and for healing:

- | | |
|--------------------------------|-----------------------|
| * Marian Ano | * Jack Oakes |
| * Barbara Ausich | * George Mitchell |
| * Deb Brueckner | * Toni Ortenzo |
| * Audrey Clinton | * Joannah Powers |
| * Barbara Gates | * Anne Sapp |
| * Alynne Gootkin | * Hal and Myra Snider |
| * Richard and Marilyn Hermstad | * Johnny Tierny |
| * Dave Kulman | * Rose VanderKlomp |
| * Sonja Miller | * Trudy Wagner |

In service to our country:

- * Jason Barelli, U.S. Navy
- * CAPT. Jenny Nussbaum, US Public Health Service

For consolation in their grief:

- * Joanne Bucholz and family at the death of Allan
- * David Salge and Rebecca Crow at the death of David's mother, Mary

A message from ELCA Bishop Elizabeth Eaton and other Church leaders -

Season of Creation 2020

Sept. 1 - Oct. 4

Renewing, Repairing and Restoring

our commitments to God, to one another and to all of creation

Each year, Christians around the world join in celebrating the Season of Creation. This is a time for **renewing, repairing and restoring our commitments to God, to one another and to all of creation** – relationships at the heart of Christian discipleship. It is also a time for deepening and expanding our work and witness for **climate justice and environmental care**.

Together, we (the Bishops of the ELCA, the Episcopal Church, the Evangelical Lutheran Church in Canada, and the Anglican Church of Canada) have prepared **devotions** for the Season of Creation 2020, one for each week from Sept. 1 through Oct. 4. We invite you to join us through **Scripture, hymnody, prayer, advocacy and action as we seek to live out our vocation as stewards of creation**.

For our four churches, this is also a season of deepening our relationships with each other. We are on the cusp of entering into full communion relationships that reach across the borders between us – as churches and nations – for the sake of our common mission and witness to the gospel of Jesus Christ.

We are mindful in this season that **we share in the gifts and responsibilities of God's good creation**. Our stewardship of the earth is not bound by national or ecclesiastical borders, but by our common baptism. By enriching our spirits together, we become emboldened as disciples of Christ and enlivened in our witness to the One, who came to redeem all of creation.

*Loving God, **we thank you** for the gift of life in all its diversity and beauty. Lord Jesus Christ, crucified and risen, **we praise you** that you came to redeem all of creation. Holy Spirit, **we rejoice** that you breathe in the life of the world. Grant us faith and courage to deny ourselves, take up our cross and follow Jesus as **caretakers of, and justice-seekers for, your beautiful and bountiful creation**. For the blessing of your people, the sustaining of the earth and the glory of your name. Through Christ our Lord, Amen.*

National Bishop Susan Johnson, Evangelical Lutheran Church in Canada

Presiding Bishop Michael Curry, The Episcopal Church

Archbishop Linda Nicholls, Anglican Church of Canada

Presiding Bishop Elizabeth Eaton, Evangelical Lutheran Church in America

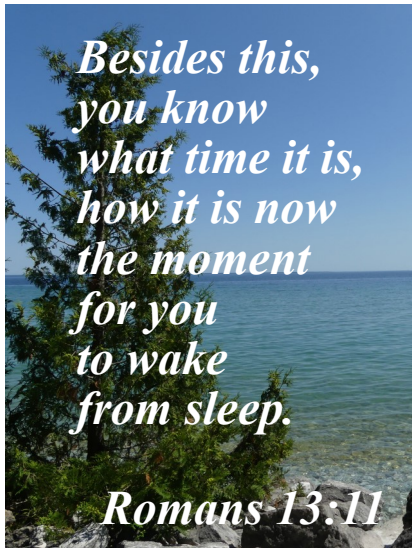
Season of Creation 2020

At ADLC we will engage in this Season of Creation, Sept. 1 - Oct. 4, through:

~ hymnody and prayers in our **Sunday worship services**

~ the Bishops' **devotions** sent to you via the All-Church email on Thursdays

~ education and inspiration in our **Forum** sessions on Sundays, 8:30 - 9:30 am



Discipleship is a lifelong calling to worship, learn, listen and act in the name of Jesus. In Romans 13, disciples are invited to wake up to the significance of the times in which they live.

Waking up to matters of climate justice and environmental stewardship are among the most important callings people have today. Over many years, through many voices, our churches have come to a growing conviction that loving our neighbor includes loving Mother Earth as a neighbor.

Who helps you to wake up?

For our churches, many voices have come from Indigenous Peoples, who continue to teach us the significance of land and relationships. The particular “place you are in” at any given moment is important. “Land” is about relationships between earth, water, animals, plants, peoples, environments and climate. Healing relationships with the land are essential for justice and peace among peoples. God speaks to us

anew through relationships with the land.

Worship also wakes us up. Worship helps open our hearts, minds, bodies and spirits to our relationships with creation and to the possibilities for action. We are grateful for the worship you regularly offer in order to support many on the journey of learning, listening, discerning and acting.

We are excited to share these devotions with you during the Season of Creation. We share with you these hymns that speak to our spiritual connections to creation:

National Bishop Susan Johnson, ***Touch the Earth Lightly*** (ELW 739)

Presiding Bishop Michael Curry, ***He's Got the Whole World in His Hands*** (Lift Every Voice and Sing II, 217)

Archbishop Linda Nicholls, ***Now the Green Blade Rises*** (Common Praise, 237)

Presiding Bishop Elizabeth Eaton, ***Light Dawns on a Weary World*** (ELW 726)

Perhaps you will have an opportunity to sing one or more of these hymns during the Season of Creation.

What songs, prayers, words and practices encourage you as you express your discipleship through caring for creation? What helps you wake up?

Loving God, we thank you for the gift of life in all its diversity and beauty; renew us in discipleship and in love for the earth. Amen.



God's Work, Our Hands Sunday

September 13, 2020

Do you recall the God's Work, Our Hands Sundays of the past when we would put on our bright yellow shirts and go out in service to others? During this time of limited contact with others, we can still go in service, we just can't physically go out into the community. This year for God's Work, Our Hands Sunday, we will be partnering with Lutheran Community Services Northwest to create and write cards to seniors who have been isolated by the pandemic. During these long months of

quarantine, people in nursing homes and assisted living facilities have been most affected by the isolation of lockdown. Imagine the smiles a homemade greeting card would bring! This project can be completed from home and all ages are welcome to participate. Card-making kits will be available to pick up from a bin in front of the church September 2nd – 13th. Please return completed cards to the same bin by September 14th. If you have your own card-making supplies, you are welcome to use those as well. The cards will be distributed to local seniors by Lutheran Community Services. Contact Sister Ann if you have any questions.



Stewardship Report

In this month's stewardship article, a member of our congregation shares how he and his family have grown their tithes and offerings to God's work over the years. I am very thankful for his family's generosity as well as his willingness to share their story with us.

Mike Snowden, Stewardship Committee

As a child I grew up in a family that was very involved in the Lutheran Church. Our parents contributed to the church and other helping organizations and at times encouraged us to give a little once in a while essentially after we were earning money ourselves. Shortly after I was married the church we attended had their regular Stewardship emphasis with a focus on tithing - 10% giving. We perceived it as something we ought to do, that it was something that would please God. We set a plan to give 10% of our gross income and soon made sure it was the first item of spending and not just what was left over. Even with some limitations of income it did not cause us to go in debt. As time went on we came to the understanding that we don't give to get God's love but we give in response to the love that God has for us and all people. Through the years we have received an abundance of blessings including financially and we came to the conclusion that we should share this also with those who are financially insecure. We increased our giving to 20% of our gross income (before deductions) and I gave to the church from my income and my wife gives to various helping and educational organizations. We continue to do this now and occasionally some extra to individuals and organizations that need extra funding. Our income now and through the years has been moderate middle class and never upper middle class. Even so with the regular giving it does add up. The difficult part is that the needs of others is so great that we wonder - can we ever do enough?

Tithe.ly— When We Can't Gather in Person, We Can Still Gather Our Gifts

If you have not yet changed to our new electronic offering program, Tithe.ly, please take some time to do so now. Tithe.ly is an easy system for givers to navigate simply by clicking the "Give" tab on our website.

If you are new to online giving you might just be surprised how easy it is. If you need help, Bob Nussbaum, our financial secretary, will be happy to assist in this process.

FINANCIAL REPORT AS OF August 31, 2020

(prepared September 3, 2020)

RESULTS:

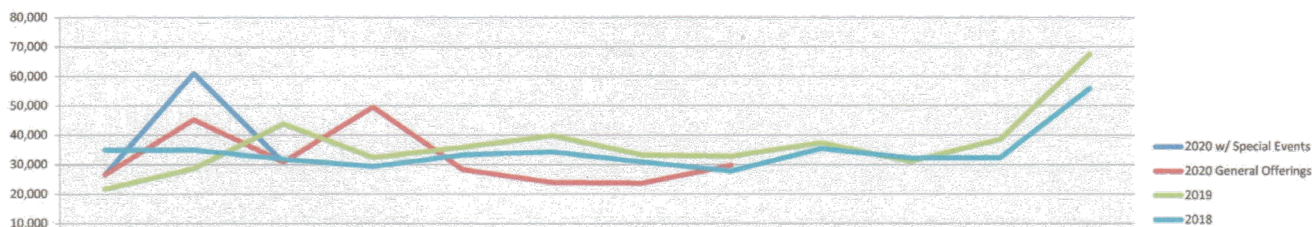
	Jan - Aug <u>Actual</u>	Jan - Aug <u>Budget</u>	% of YTD <u>Budget</u>	2020 <u>Budget</u>
OPERATING INCOME:				
General Offering	257,284	267,792	96.1%	439,400
Growth in Giving - G.O.	-	57,332	0.0%	86,000
Special Event Offerings	15,949	-	-	-
Other Income	20,682	14,957	138.3%	23,900
TOTAL INCOME	293,915	340,081	86.4%	549,300
OPERATING EXPENSES & LIABILITIES:				
Ministry of Education	2,299	7,954	28.9%	9,750
Ministry of Mission	27,566	32,763	84.1%	54,540
Ministry of Programs	2,512	4,855	51.7%	8,850
Administrative Expenses	122,320	127,097	96.2%	193,630
Staff and Services	180,072	181,627	99.1%	281,747
TOTAL EXPENSE/LIABILITIES	334,769	354,296	94.5%	548,517
NET OPERATING INCOME	(40,854)	(14,215)		783
Total Reserves on Deposit at MIF		Balance		
Building Fund		28,401		
Above & Beyond		32,731		
Rental House Reserve		24,078		
Operating Reserve		5,922		
Total Reserves on Deposit at MIF		91,132		

COMMENTS:

YTD as of Aug 31, 2020:

* Total Unrestricted Offerings are at 79.1% of goal. (with Special Event income, Offerings are at 84% of goal)	
* Total Income is 86.4% of goal, with \$10,512 offset by specific new expense.	
* Total Expenses are 94.5% of target.	
* Net Operating Loss is \$40,854	
Aug 31, 2020 Balance Sheet	
* Current Assets (checking, savings, Accts Rec.)	119,299
* Fixed Assets (land, building, rental property)	3,213,901
* TOTAL ASSETS	3,333,200
* Current Liabilities	8,531
* LongTerm Liabilities (Mortgage & Organ Loans)	1,333,261
TOTAL LIABILITIES	1,341,792
* Equity	
* Retricted Net Assets (Designated)	108,177
* Unrestricted Net Assets	1,883,230
* TOTAL LIABILITIES & EQUITY	3,333,200
* Detail financial reports are available upon request. Contact the Administrative Assistant to request a copy.	

MONTHLY OFFERINGS TREND 2018-2020



	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
2020 w/ Special Events	26,552	61,029	30,812	49,503	28,221	23,905	23,607	29,704				
2020 General Offerings	26,552	45,203	30,812	49,503	28,221	23,905	23,607	29,704				
2019	21,659	28,593	43,743	32,278	35,864	39,631	33,207	32,817	37,287	31,037	38,447	67,432
2018	34,935	34,968	31,839	29,411	33,306	34,332	30,910	27,868	35,412	32,227	32,374	55,831

Operating Cash on Hand in Checking
Account as of August 31, 2019

\$15,073

Operating Cash on Hand in Checking
Account as of August 31, 2020

\$0

Current balance in Checking Account
includes the following Restricted Funds

Food Backpacks 4Kids

\$2,301

* \$1,629 of FB4K funds borrowed to pay August Church bills

Funds designated for Refugee Assistance
& Landscaping

\$0

* \$1,000 for Refugee Assistance & \$1,000 for Landscaping borrowed

Operating Reserve Funds

\$0

Available Current Year Funds as of
August 31, 2020

\$0



Little Lambs Preschool

A Ministry of Agnus Dei Lutheran Church

As you know, because of the pandemic, we have had to delay the beginning of preschool. However, we are still connecting with our Little Lamb families through our Facebook page. Beginning the week of September 7th, I will begin posting weekly video read alouds on Facebook. Tune in to hear a new book each week. The videos from last spring can be found there too, including a cooking demonstration for preschoolers. The Food network doesn't have to worry about this new competition, it's just a fun way to interact with the kiddos that we all miss so much.

Please keep this important Agnus Dei mission in your prayers.

Shannon Moore, Little Lambs Preschool Director

Community Outreach ~ What Can We Do?



During this time of great need, we are all searching for ways to be helpful, locally and in the larger world. Here are a few suggestions:

- ♥ It's easy to give to Food Backpacks for Kids, either through a monetary donation through Agnus Dei or by donating food to the collection houses at the fire station on Kimball Drive or at Sehmel Park.
- ♥ Food, toiletry items and funds are needed at FISH Food Bank on Burnham Drive and at the Ross Bischoff Food Bank on the Key Peninsula. FISH is now accepting small articles of clothing.
- ♥ The SAVE Thrift store near Peninsula High School is open and taking small amounts of clothing. M-F 10-3
- ♥ The Agnus Dei knitters accept donations of yarn and the quilters accept thread, cotton fabric, dark colored sheets and all colors of flannel sheets.
- ♥ Have you recently cleaned closets? Save your extra outdoor clothing items for the collection in October. Especially needed are socks, boots and jackets for men.

In these uncertain times, the Community Outreach Team thanks you for thinking of others.

Ronnie Kulman

Food Backpacks for Kids

FB4K is continuing to address the need for supplemental food for families in our community. Since the system of Saturday pick-up by families will continue until school is reopened, our Agnus Dei crew will not be working out of our church food pantry.

\$4000 has been sent from our Agnus Dei FB4K fund to assist in food purchases in the centralized program in the FB4K warehouse in Key Center. **THANKS** for your generous contributions which will be used immediately to continue providing nourishing food!!



Here's an idea of the volume needed to meet food needs: on a recent Saturday 9,000 lbs. of food was distributed to over 500 students. Boxes for pick-up included fresh produce, milk, yogurt, butter and cheese. This is in addition to non-perishable food: 17 lbs for a family with two children, 34 lbs. for a family with more than two children.

Donations of non-perishable food can be left at the side of the fire station on Kimball Dr. in the blue and white shed marked FB4K. Large paper bags are also needed.

The above photo is from a Saturday pick-up time at Henderson Bay High School with boxes of food ready to go! That's Paul Miller's red truck. He is a faithful FB4K volunteer!

What Books Are You Currently Reading?

As the pandemic drags on, one of the ways we are remaining connected as the body of Christ is by weekly or biweekly check-ins in our social cluster small groups. These happen by phone, email and sometimes even by snail mail. Early in the quarantine, Sister Ann organized a group of volunteers to make these important connections. During these exchanges this past month we asked various members of our congregation what they have been reading, whether to escape or to deepen their understanding of today's life.



Not surprisingly, some of us have been reading about the flu epidemic of 1918. Mary Marquardt read Laura Spinney's "Pale Rider," and Ann Rousseau read, "The Great Influenza," by John M. Barry.

Ann belongs to a book club that has been meeting for 26 years has read 285 books together. This year's focus is on Black Lives Matter. One of their recent reads is "Water Dancer," by TaNehisi Coates.

Peter Liljengren read "Junkyard Planet," by Adam Minter because he is interested in recycling and where stuff ends up and "how our whole global system works."

Ray and Pat Vellinga bought a copy of "Too Much and Never Enough," shared it with their friends and discussed. Ray majored in psychology, as did the author, Mary Trump.

Guy Johnson says someone just turned a copy of "Too Much," into his bookstore ("No Dearth of Books") but he might not read it. Right now he prefers to escape with British mysteries or Westerns.

Gwen Daus enjoyed "Educated" by Tara Westover and "A Gentleman in Moscow" by Amor Towles. Gwen is not a TV watcher, but can always be found carrying a book. These two bestsellers are particularly appropriate now, Gwen says. Both tell of a person reacting to the constrained life she or he has been given.

Neal VanDerVoorn likes fiction, but does not like reading on a device. Having enjoyed "Cloud Atlas" and "The Thousand Autumns of Jacob de Zoet"....Neal looks forward to an actual bound copy of David Mitchell's newest novel, "Utopia Avenue."

Isabelle Beaudette's favorite read during the pandemic has been "Hungry, Hungry Caterpillar." Her older sister, Audrey, enjoys any book about unicorns. (The Beaudette family owns a number of books on the topic.)

Joannah Powers loves crime (especially by Alafair Burke or James Lee Burke) and spy fiction (especially Daniel Silva) and Rhys Bowen's series which combines spies and royal crime solving.

Nancy Johnson worked for Barnes and Noble for 22 years. She is a good one to consult if you want compelling fiction. Most recently, she's enjoyed "Next Year in Havana," by Chanel Cleeton (about expatriates in Florida) and the "Book of Lost Friends," by Lisa Wingate (about freed slaves trying to find their loved ones after the Civil War).

What are you reading? It seems we are all finding extra time in our days to spend with a compelling book and with the changing season we will soon have even more time indoors for reading. If you have a title to recommend, just call or email

An Invitation to Join the Agnus Dei Book Group

The Agnus Dei Book group meets on the third Sunday of the month (currently meeting on Zoom) at 11:30 am. We'd love to have you join. Our next meeting is on September 20, the chosen book is, "The Library Book" by Susan Orlean and for October, we will have a book kit from the library, so you won't have any trouble getting a copy of "The Light Between Oceans," by M.L. Stedman. The link to the Zoom meeting can be found on our church web page under Events. For more information, contact Linda Zehnder.



Fritts Organ Project, September Update

A Farewell Concert for Opus 31

Shari Shull has recorded a short concert on our present organ, Fritts Opus 31, that can be heard on our YouTube channel. The program consists of:

Jesu, Joy of Man's Desiring	J S Bach
Praise to the Lord, the Almighty	Paul Manz
Soul, Adorn Yourself with Gladness	Johannes Brahms
Sonata IV, Allegretto	Felix Mendelssohn
Lord, Thee I Love with All My Heart	Johann Krebs



Deacon Shari Shull
Minister of Music

You are invited to listen to this musical offering as we send off Opus 31, that has helped lead us in worship for almost 10 years, to its new home in Seattle.

Soli Deo Gloria!

The New Organ

Last month we saw pictures of the façade pipes being made in the pipe shop at the Fritts organ shop. Now the façade pipes are installed in the organ case! These are the 51 pipes that you see while the other 443 pipes are located inside the organ case. The wind system is now connected and providing wind to the windchests so that the pipes can be tested in the organ. Many parts are coming together inside our new instrument that will soon grace our sanctuary.



*Praise the
LORD!
Sing to the
LORD
a new song.*



Musical Ensembles at Agnus Dei

All are welcome to join in the song!

Choir begins on Wednesday, Sept 9. We will meet for a 30-minute rehearsal via Zoom (7:30 – 8:00 PM) on Wednesday evenings. All are welcome to join us to rehearse music for worship.

Handbells will resume rehearsals once the building can be opened safely for small groups. Stay tuned for a starting date!

Stay Connected

**"Our building may be closed
but the church is open"**

We may not be able to gather in person but there are plenty of opportunities to stay connected. Virtual Worship takes place on Sundays at 9:45 am followed by Zoom fellowship at 10:30 am. Holden Evening Prayer is on Wednesdays at 7:00 pm. All services can be viewed live at the appointed time by clicking the livestream link on our webpage. The recordings will be left for viewing at any later time. All Zoom meetings, Bible studies, and fellowship opportunities can be accessed from our church website's events page.

Worship *via*  **livestream**

SUNDAYS at 9:45am

July VIRTUAL ATTENDANCE

Total Views

Aug 2	Sunday	104
Aug 9	Sunday	108
Aug 16	Sunday	133
Aug 23	Sunday	88
Aug 30	Sunday	

Serving in Worship, September

	Sept 6	Sept 13	Sept 20	Sept 27
Assisting Minister	T Bradford	D Edelblute	R Spitzer	V Hardison
Lector	B Shull	B Beals	L Zehnder	L Brentin
Audio-Visual Production	M Snowden R Spitzer	M Snowden D Krump	B Beals D Krump	
Recording Engineer	A Edelblute	A Edelblute	A Edelblute	A Edelblute
Sunday School Teacher	N/A	Sister Ann	A Ortenzo	Sister Ann
Altar Flowers		Beals		

We Celebrate...

SEPTEMBER BIRTHDAYS

1	Ann Rousseau, Loren Carlander
2	Tim Wilson
3	Rob Powers
4	Kathy Stark
9	Margie Anderson
10	Leslie McDonnell
11	Myra Snider, Brittani Oliver, Kyle Gootkin
13	Keely Gootkin
18	Bob Babare
20	John Stava, Carolyn Heinz
21	Tom Chakerian
22	Joanne Bucholz
23	Bryan Rousseau, Benjamin Brueckner, Paul Miller, Sophie Alvestad
25	Jeannette Racette, Marlene Bridgforth
27	Jack Chakerian, Sarah Lofgreen
30	Sharon Smith, Fiona Peterson, Chris Hogeberg

SEPTEMBER ANNIVERSARIES

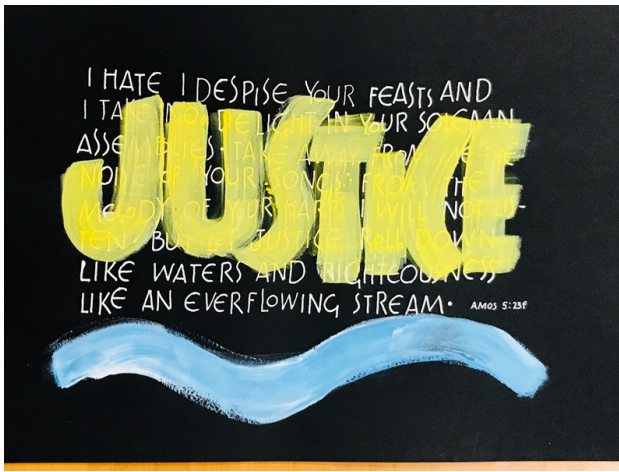
6	Robert and Cindy Beals
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Special Congregational Meeting

All voting members of Agnus Dei are encouraged to attend a special congregational meeting on September 20 following worship. This meeting will take place via Zoom during our usual virtual fellowship time at 10:30 am.

At this special meeting our finance committee and council will present options to handle our current financial deficit. A vote by the congregation will likely be necessary at this meeting. Please attend.

The meeting can be accessed with the zoom link for our Sunday Fellowship time found on the events page of our website. The link is also repeated each week in the weekly all-church email.



Peter Schmidt, calligrapher

Racial Justice— Steps in Understanding

As we continue our work in looking soberly and realistically at racial injustice, we would do well to read the voices of black women and men who are telling us about the America they know and live in.

“If we stop reading books, watching documentaries and having conversations, then we will not be able to help much in the cause of racial justice. We all need to be part of this work for the sake of our world, our relationships and our own moral formation.” Aana Vigen, Assoc. Prof. of Christian Social Ethics at Loyola, Chicago.

There are many gifted writers that we can choose from, who will get under our skin and even deeply disturb us, as they should. It is where we can start.

Some book recommendations:

THE WARMTH OF OTHER SONS by Isabel Wilkerson. This historical, nonfiction book takes you into the lives and circumstances of Ida Mae Brandon Gladney, George Swanson Starling and Robert Joseph Pershing Foster as they, with their families, made the Great Migration (1915-1970) from the South to northern and western cities. In the process the book develops the events and history of the period to understand the reason for the migration. Each left the South in a different decade ('30s, '40s or '50s) and ended up at different destination cities. A typical scenario based on where they lived in the South. Captivating, intimate and informative. *George Unruh*

AN AMERICAN MARRIAGE by Tayari Jones. The weaving of narratives in fiction can also provide insight into the issues of systemic racism. Such a book is Tayari Jones' heartbreaking 2019 novel, *An American Marriage*. Jones explores what it means to be Black in America, providing a lifelike portrait of a young Black couple as they navigate the perils of a corrupt and unfair criminal justice system. Told through alternating perspectives as well as letters, the writer depicts a nation deeply divided along race and class lines, and a young couple trying to navigate these divisions. *Marilyn Colyar*

CASTE: The Origins of our Discontents - another one by Isabel Wilkerson. She makes a compelling case for our understanding of racial attitudes and barriers by comparing the structures put into place for the past four centuries for people of African descent as being very similar to the caste system in India and the proposed caste structure of the Nazi regime. I think this is a must-read. I found it profoundly disturbing as I had my eyes opened by this engaging writer. I couldn't put it down. *Phyllis Brandt*

A MOVIE RECOMMENDATION: JUST MERCY is based on the book by Bryan Stevenson, civil rights lawyer and founder of the Equal Justice Initiative, which confronts injustice in the criminal justice system for those wrongly condemned. One reviewer of the film mentioned the “unquestionably impactful conclusion.”

We know that Agnus Dei members are doing lots of reading. Let us know if you would like to recommend a book on racial justice issues. Email: phyljbrandt@gmail.com



Faith Community Nurses

When you arise in the morning, think of what a privilege it is to be alive—to breathe, to think, to enjoy, to love.

Marcus Aurelius, Roman emperor

I came across an interesting NY Times article this week called “Sneak in Some Exercise” by Kelly Dinardo. So many people are complaining about gaining extra weight since the pandemic began in early March. Apparently researchers began to look at the connection between weight gain and staying home. According to their findings, once social distancing went into effect, an average 32 percent reduction in physical activity was common.

We know that being active has so many benefits that are in demand right now like mood elevation, stress reduction, energy enhancement, and better brain function, to name a few. Researchers have made it clear in their study that you don’t have to go out and run a marathon to acquire these benefits. Short bouts of exercise throughout the day have the same value.

In her article, Ms. Dinardo makes suggestions about how to “move” in our own homes during this time. Although some of these movements may be difficult for the average older adult, you may find these movements to be fun and challenging for your children. In a very short time they will be stuck in the house with their virtual school program all day long. If you are attempting these movements, whether you are young or old, please be careful!

Listed below are some ways to sneak in some extra movements:

Move While You Wait

- In the time it takes to brew coffee or warm up a meal, you could get a mini workout in.
- Kitchen counter push-ups are done by standing to face the counter with your hands placed on the edge, slightly wider than your shoulders. Form a plank with feet back and arms and back straight. Then lower your chest to the counter by bending elbows out to the side.
- Bicycle crunches can be done lying down or standing, but standing again requires coordination and good balance. It is a knee to elbow movement as you twist your torso from left to right.
- Milk jug swings can be done by grabbing a bottle of milk, juice or water. Bend your knees, shift weight onto your heels and bring the jug between your legs and return to a slight squat. Make sure that lid is very secure before starting this exercise!

Multitask Your Muscles

Be creative and incorporate movement into mundane tasks throughout the day.

- Toothbrush squats can be a two to three minute morning and evening routine. Stand with feet apart and while keeping your chest up, bend your knees and push your hips back until your thighs are parallel to the floor, then push back up and keep brushing!
- Vacuum lunges can be done by stepping into a full lunge while vacuuming or mopping. A lunge is performed by stepping one foot forward, bending the back knee and lower straight down. Return to a standing position and alternate legs.
- Dishwashing lifts are easy to do while standing at the sink. Lift your heels and come back down on the balls of your feet and repeat. This can tone the lower legs.
- If you are not into doing squats, you can use toothbrush time to massage the bottom of your feet with a tennis ball that can be rolled back and forth the length of the foot several times.
- Take the work call outside for a walk. Start by making sure it is OK and let them know that there may be some background noise. Wear your earbuds or headphones and pick up the pace as long as you can talk comfortably without huffing and puffing.

Zoom and Move

If you have to be at the monitor for a meeting turn off the video if that is appropriate and sneak in a short workout or stretch session like the ones suggested below:

- You can use your trash can by standing in front of it and shifting your weight to one foot and then the other, tapping the edge of the can with each step. Speed up and repeat.

(continued)

- Triceps dips are done at the edge of a stationary chair where palms are flat with fingers facing forward. Lower yourself until elbows are bent back 45 to 90 degrees. Keep back straight and close to the chair. Return to starting position and repeat.
- The prayer is easily done in a sitting position with feet flat on the floor. Push your hands together in a prayer position in front of the chest for 30 seconds, release, and repeat.
- Stand with your back against a wall and walk your feet out, sliding your body down until your hips are level with your knees. Hold for a minute and release.

Interrupt your Sitting

Use your TV watching time to your advantage by engaging in these couch moves.

- A couch climber can be done by facing the sofa and putting hands on the seat, shoulder width apart. Step back and hold your body in a plank for 10 seconds. Then draw one knee and then the other as if you are running.
- A decline push-up is done when your feet are on the edge of the sofa and your hands are on the floor at shoulder width. Bend elbows out to side to lower the chest, and then push up to the starting position. This is an advanced push-up variation for adults but an easy one for most children.

Continue to think about ways you and your family can keep moving this fall and winter. It won't be that long before the rain and cold temperatures keep us from enjoying the outdoor. "Covid curves" and "the Quarantine 15" are not words you want to add this year's terms about yourself or your family members. Keep moving!

Zoe Holmes, RN



Thanks to Lynne Zematis for the beautiful new banner. We appreciate Lynne's artistry, combining paint and fabric to create her new design to enhance our worship.

Thanks to the Stream Team!! Bob Beals, Don Krump, Denny Sapp, Mike Snowden, Randy Spitzer. And our Recording Engineer, Arron Edelblute. Much goes into the production and streaming of our online worship services! What a great team we have!!

Thanks to our singers for gathering in small groups to record hymns & psalms for worship! Special thanks to our lectors and assisting ministers for recording lessons and prayers for worship. Special thanks to our guest preachers for bringing us the Word! We are so thankful for the many people who are working together to provide worship opportunities for all of us during this time when it is the safest to be apart from one another.

Thanks to Harlan Damron, Don Krump, Denny Sapp, for the new cross at the entrance to our church. If you haven't seen it yet, do drive by!

Thanks to our entire property team for the many tasks they do at our building on a regular basis to keep everything in good working order. A big project that has happened this past month is the taking down of the old barn.

Thanks to the Social Clusters small group leaders for regularly reaching out to our Agnus Dei family in the effort to keep us all actively connected while the quarantine forces us apart.

Thanks to the knitters & quilters who are still going strong during the pandemic!

A personal message from Sonja Miller:

There is a song that says: "To Me You Are So Wonderful," and that is what you are to me. You have sent many beautiful cards that say beautiful things. I love each of you and thank you for your prayers. I want to give a hug to all of you who brought food and flowers.

With love and thanks,

Sonja Miller



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 9:45 AM Worship with Holy Communion-Livestream 10:30 AM Virtual Fellowship	31	1	2 10:00 AM Text Study with Zoom 7:00 PM Holden Evening Prayer	3 10:00 AM Church Staff Meeting	4 Church Office Closed	5 8:30 AM Men's Square 8:30 AM Women's Circle
6 9:45 AM Worship with Holy Communion-Livestream	7 Church Office Closed	8 Church Office Closed 7:00 PM Council Meeting	9 10:00 AM Text Study with Zoom 7:00 PM Holden Evening Prayer 7:30 PM Choir Rehearsal (Zoom)	10 10:00 AM Church Staff Meeting	11	12
13 8:30 AM Forum 9:45 AM Worship with Holy Communion-Livestream 10:30 AM Sunday School	14	15 1:00 PM Gather Bible Study	16 10:00 AM Text Study with Zoom 7:00 PM Holden Evening Prayer 7:30 PM Choir Rehearsal (Zoom)	17 10:00 AM Church Staff Meeting 3:30 PM Building Reopening Task Force 5:30 PM Theology on Tap	18	19
20 8:30 AM Forum 9:45 AM Worship with Holy Communion-Livestream 10:30 AM Congregational Meeting 11:30 AM Book Group	21	22	23 10:00 AM Text Study with Zoom 7:00 PM Holden Evening Prayer 7:30 PM Choir Rehearsal (Zoom)	24 10:00 AM Church Staff Meeting	25	26
27 8:30 AM Forum 9:45 AM Worship with Holy Communion-Livestream 10:30 AM Sunday School	28	29	30 10:00 AM Text Study with Zoom 7:00 PM Holden Evening Prayer 7:30 PM Choir Rehearsal (Zoom)	1 10:00 AM Church Staff Meeting	2	3 8:30 AM Men's Square 8:30 AM Women's Circle

Agnus Dei Lutheran Church
10511 Peacock Hill Ave NW
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RETURN SERVICE REQUESTED

The monthly newsletter of

Agnus Dei Lutheran Church
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Congregational Vice President: Denny Sapp

Financial Secretary: Bob Nussbaum

Treasurer: Julie Bell

Faith Community Nurse: Zoe Holmes

Faith Community Nurse: Gwen Daugs

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