



The monthly Newsletter of:

July 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.



From Our Pastor

Beloved, grace and peace to you. In a few weeks, I'll be leaving for my Sabbatical, which means that things will be a little different for our community for the next three months. Of course, with the pandemic, LOTS of things are a little different for us right now, but at least I can tell you a little bit about what to expect during my Sabbatical.



Perhaps the most visible part of my call is preaching and leading worship. Pr. Chelsea Globe, who recently served at Christ Lutheran in Federal Way, will be preaching for most of the summer, as well as presiding over Holy Communion for us. I've also taken this opportunity to invite some folks from partner organizations to come and share the good news with us, as well. Gabe Brannan from our ELCA Churchwide office, Pr. Chris Ode from Living Stones Prison Congregation in Shelton, Executive Director Mike Yoder from Associated Ministries in Tacoma, and David Duea, president of Lutheran Community Services Northwest, will all be joining us once to proclaim the gospel.

In my absence, staff and volunteers will be handling everything that I normally do. Shari and Sr. Ann will be providing pastoral care to members in crisis or with health concerns and taking turns leading worship. Shari will also be taking the lead in the area of worship, and Sr. Ann will be handling our educational and faith formation ministries. Because they will be doing these things in addition to performing their normal roles, the Council has authorized them to work extra hours through this summer.

Other responsibilities of mine will be done by volunteers. Our Personnel Committee will be checking in with staff and making sure any issues are addressed, and I am very pleased that several folks have stepped forward to handle the technical aspects of streaming worship. It is my hope that this can continue to be volunteer led when I return.

One question that's come up is who will make major decisions while I am gone. Although it may seem like the pastor is "in charge," the reality is that this is the job of the Church Council. It has always been the Council's job to make these big decisions on behalf of the congregation, and they will continue to do so in my absence. After spending this long working with them, I have every confidence that they will continue to fulfill that task admirably.

While I am gone, I will be attending two directed retreats, meaning that part of my time will be spent with a spiritual director who will help guide me through thinking and praying about my sense of call. I have a long list of books that I hope to read, including "The Enneagram: A Christian Perspective" by Richard Rohr and Andreas Ebert; "A Failure of Nerve" by Edwin Friedman; "Spiritual Defiance" by Robin Myers; and "Keeping the Sabbath Wholly" by Marva Dawn. I intend to use these books and others to guide me in this intentional time of reflection to grow as a person and as a pastor.

One of the hardest and most important parts of this Sabbatical is being totally removed from the congregation. Although much of my time will be here in Gig Harbor (due to the pandemic), I will not be joining you for worship, I will not be available to answer questions, and I will not be making pastoral calls. This will be strange for me as well as you. This separation does not mean that I do not care for you all; I care deeply for each and every one of you, and that is why I am taking this time away. In order for me to be able to be the best pastor I can be for you, I am taking this time when I can intentionally set all my other responsibilities aside and focus on the important work that too often gets pushed aside to make time for the day-to-day work of pastoring.

(continued)



Prayers

For comfort and for healing:

- * Marian Ano
- * Barbara Ausich
- * Deb Brueckner
- * Audrey Clinton
- * Alynne Gootkin
- * Kyle Gootkin
- * Richard and Marilyn Hermstad
- * Dave Kulman
- * George Mitchell
- * Jack Oakes
- * Joannah Powers
- * Anne Sapp
- * Hal and Myra Snider
- * Johnny Tierny
- * Rose VanderKlomp
- * Trudy Wagner
- * Dick Werner

In service to our country:

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

(Pastor Seth continued)

And, of course, I'll also be taking time for rest. I've got a few woodworking projects as well as house projects that I'll be working on, and although Stephanie and I can't take the trip we'd hoped would be part of this Sabbatical, we will be spending time together and socially distancing ourselves on a boat in the San Juan Islands for several days.

As excited as I am for this time away, I know that I will miss this community deeply. You all are not just the people I'm responsible for serving, you are also my church family. I need this time away to be reminded of that, I think, but it doesn't mean you won't be on my heart during this time. I am looking forward to leaving, but I am also looking forward just as much to rejoining you in October and sharing with you how I've grown and what I've learned.

I hope that you all will also be able to take this time apart from me to reflect on who you are as members of this congregation, and where you feel God calling us as a community. I look forward to hearing from you how you've grown in this Sabbath time, as well.

Shalom, my friends; God be with you till we meet again.

Yours in Christ,
Pr. Seth



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

Where Do You Feel God's Presence?

During this time of quarantine, one of the ways we are remaining connected is by weekly or biweekly check-ins. These happen by phone, email and sometimes even by snail mail. Early in the pandemic Sister Ann organized a group of volunteers to make these important connections. Recently during the check-in, a question was posed, "Where are you feeling God's presence during this time of quarantine?" Here are a couple of the responses:

From Mavis Moore: *"I do my devotional every morning. That starts my day. And I listen to 2 hours of church services every Sunday, including Pastor Seth's sermon."* Mavis also reports that, while everyone where she lives at Tacoma Lutheran Retirement Community is still eating meals alone in their rooms and staying separate all day long, the independent living residents there have begun to take bus trips to various state parks. She says it is good to get out! She is doing fine and feels well taken care of, though life just isn't the same. *"But we can still worship our God..."* she says.

Susan Whitney has noticed God's presence in a certain new fondness she is developing for her neighbors. Lately, it seems everyone has a new puppy on a leash and flowers in bloom and there are more people out and about on foot. No one is actually singing, "It's a Beautiful Day in The Neighborhood," but it feels more neighborly than it did last year at this time.

Gary Whitney went for a bike ride on a blue sky day, one of the first warm days, daisies and lupines in bloom along the Cushman Trail. "Coming down on the bridge, seeing the Sound and Mt. Rainer, I thought the world was a good place," he says.

RACIAL JUSTICE STATEMENT

We are in an important time of reckoning with the pervasive systemic racism in our nation. How do we as the faith community of Agnus Dei respond? Knowing God's vision for all people, what do we have to say? We plan to formulate a statement to present to the church council and later to the congregation for approval. If you would like to help in the writing of this statement, contact Phyllis Brandt (phyljbrandt@gmail.com or 253-732-8013). We welcome your participation! Please let us know by July 1

Tithe.ly

When We Can't Gather, We Can Still Gather Our Gifts

If you currently give your offering to Agnus Dei online you will see a change happen this month. We are changing our online giving platform from Vanco to Tithe.ly.

Tithe.ly will be an easy system for givers to navigate from the link on our website and offers three ways to give electronically. You may choose to give from your computer, tablet or even give by sending a text with your cell phone. This can happen from anywhere you are!

In addition to using Tithe.ly for electronic giving, our church management software and our website will be changed to the Tithe.ly platform as well. All three systems will be integrated through Tithe.ly which will streamline the processes and save the church money at the same time.

If you are new to online giving you might just be surprised at how easy it is. The Tithe.ly link is already on our current church webpage's donate button. If you are a current Vanco user and have set up a recurring gift, we will send you an email with links and instructions to make the change. If you need help, Bob Nussbaum, our financial secretary, will be happy to assist in this process.

Our new website is scheduled to launch the second week of July. Thank you to everyone who participated in last month's survey. There was lots of helpful feedback on how our current website is being used and new ideas for future content. All this input is being used in the creation of our exciting new webpage!



STEWARDSHIP

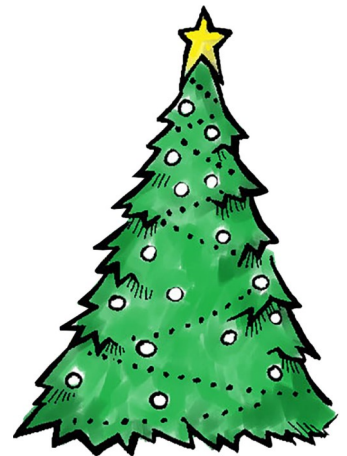
Christmas in July is coming! Each year the Stewardship Committee has hosted a Christmas in July event to highlight how the congregation here at Agnus Dei uses their time, talent, and treasure to support the mission of the Church. This year's event will be at 7:00 p.m. on Saturday, July 25.

Everyone is invited to join us on Zoom as we celebrate the different groups that are part of our ministry here at Agnus Dei. We will have guest presenters from each group telling what their group is all about and how they are meeting and working during this time of COVID-19. We are also planning on having entertainment from some of our members throughout the evening.

In closing, the Stewardship Committee would like to thank everyone for your continued giving during this difficult time of the COVID-19 pandemic. This allows Agnus Dei to continue ministering to us. The building may be closed, but the Church is still open.

Stewardship Committee

Christmas in July



FINANCIAL REPORT AS OF MAY 31, 2020

(prepared June 12, 2020)

RESULTS:

	Jan - May Actual	Jan - May Budget	% of YTD Budget	2020 Budget
OPERATING INCOME:				
General Offering	162,137	162,137	100.0%	439,400
Growth in Giving - G.O.	18,054	35,833	50.4%	86,000
Special Event Offerings	15,826	-	-	-
Other Income	10,626	7,893	134.6%	23,900
TOTAL INCOME	206,643	205,863	100.4%	549,300
OPERATING EXPENSES & LIABILITIES:				
Ministry of Education	1,625	5,574	29.2%	9,750
Ministry of Mission	19,754	19,798	99.8%	54,540
Ministry of Programs	1,886	3,240	58.2%	8,850
Administrative Expenses	81,256	82,049	99.0%	193,630
Staff and Services	105,713	110,601	95.6%	281,747
TOTAL EXPENSE/LIABILITIES	210,234	221,262	95.0%	548,517
NET OPERATING INCOME	(3,591)	(15,399)		783
Total Reserves on Deposit at MIF		Balance		
Building Fund		28,331		
Above & Beyond		32,627		
Rental House Reserve		20,403		
Operating Reserve		9,598		
Total Reserves on Deposit at MIF		90,958		

COMMENTS:

YTD as of May 31, 2020:

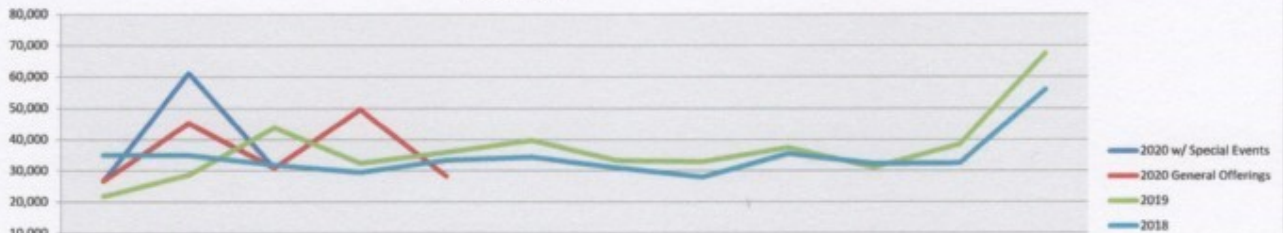
- * Total Unrestricted Offerings are at 91% of goal.
(with Special Event income, Offerings are at 99% of goal)
- * Total Income is 100.4% of goal, although \$5,000 is offset by specific new expense.
- * Total Expenses are 95% of target.
- * Net Operating Loss is **\$3,591**

May 31, 2020 Balance Sheet

* Current Assets (checking, savings, Accts Rec.)	149,044
* Fixed Assets (land, building, rental property)	3,213,901
* TOTAL ASSETS	3,362,946
* Current Liabilities	2,274
* LongTerm Liabilities (Mortgage & Organ Loans)	1,350,768
TOTAL LIABILITIES	1,353,042
* Equity	
* Retricted Net Assets (Designated)	110,704
* Unrestricted Net Assets	1,899,201
* TOTAL LIABILITIES & EQUITY	3,362,946

* 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							
2020 General Offerings	26,552	45,203	30,812	49,503	28,221							
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 May 31, 2019 **\$15,223**

Operating Cash on Hand in Checking
Account as of May 31, 2020 **\$33,175**

Current balance in Checking Account
includes the following Restricted Funds

Food Backpacks 4Kids **\$7,666**

Operating Reserve Funds **\$20,402**

*these funds are not to be spent for any other purpose
*this assumes that funds are noted to potentially replenish
Operating Reserve

Available Current Year Funds as of
May 31, 2020 **\$5,107**



Minister of Programs, Sister Ann Shultz

This year Vacation Bible School will be held on-line via ZOOM. We will be meeting on Thursday afternoons at 4:00 for approximately an hour for 5 weeks. Our theme this year will focus on compassion for others, ourselves, and the world. It is designed for kids entering grades K – 6, but all ages are welcome to participate ~ even elderly kids!

Joyfully,
Sister Ann

Camp Overview:

Session One (July 16th): At the Table ~ Luke 15:11-32

Session Two (July 23rd): To the Neighbor ~ Mark 2:1-12

Session Three (July 30th): For Myself ~ Mark 12:28-31

Session Four (August 6th): As we Move ~ Ruth 1:1-22

Session Five (August 13th): With the World ~ Leviticus 25



The registration form can be found at the following link:

https://docs.google.com/forms/d/e/1FAIpQLSfvo0_OCCY7b4u0d_4NA3e7DI61IX9ogKdwYjQ5wnQKPj52hQ/viewform?usp=sf_link



Little Lambs Preschool A Ministry of Agnus Dei Lutheran Church

In order to understand how and when Little Lambs can reopen in the fall, our Board continues to actively monitor Washington State and the Peninsula School District policies and guidances for school operations. As we know from the news, this is a moving target with changes every day! The Board will continue to meet during the summer so we can carefully coordinate our actions with the Congregation, school staff and of course, parents, and be ready to act.

As we discussed in the May Congregational meeting, Little Lambs had a very successful year. Our Director and teachers worked hard to support children and their families with activities and ZOOM sessions. We were able to return prepaid tuition for canceled school to the parents who requested it. Some of those monies were donated back to the school by parents who appreciated the program and some were carried over for the fall tuition.

Our fall school year looks promising; we have 19 signed up to attend. Shannon, our director, and the teachers will be ready to meet this interesting challenge. How that will occur is still to be resolved.

Keep this important Agnus Dei mission in your prayers.

David Marquardt
Little Lambs Board Chair



Congratulations Zane Boothby!

I am honored to be asked to write this piece following my graduation from DePaul University in Chicago. I spent much of my childhood growing up at ADLC and I remember that time fondly as I was captivated by the many interesting and intelligent people in the church who surrounded me with their different ideas and viewpoints but were brought together through worship, fellowship and community. Some qualities I observed from members at ADLC were the desire of lifelong learning, curiosity, and growth. One particular aspect at Agnus Dei that shaped me greatly was the quality of the music. I began playing in handbell choir as well as singing in the adult choir at a young age, and was always greeted with encouraging support despite my lack of experience. My musical upbringing through church supplemented my childhood piano lessons and later involvement in band programs at school. Once I was in high school, I became involved playing trombone with the Tacoma Youth Symphony, which opened up many musical possibilities for me and introduced the vast repertoire of the symphony orchestra. This experience totally captivated me and I soon decided I wanted to pursue a career in music. Around the same time in high school, I had taken some organ lessons from Shari Shull which was possible through a generous scholarship from the Tacoma Chapter of the AGO (American Guild of Organists), and became interested in the pipe organ and how such a seemingly complex instrument was built. The instrument at ADLC was very new at the time and I had many interesting conversations about organ building with Bruce Shull, who helped build the instrument. One thing led to another, and I was soon visiting the shop where the instrument was constructed in Tacoma, WA. After multiple short visits over a couple of months and my persistent interest, the owner of the company, Paul Fritts, agreed to take me on as an apprentice for a two week trial period in the summer of 2012 where I helped with the installation of a new organ for St. Alban's Episcopal Church in Tucson, AZ. Shortly after the trial period I had been offered a job to work for Paul Fritts and Co. Organ builders in the woodshop. I realized there was still much to learn, as there were many things I didn't yet understand about the pipe organ but I took this as an exciting opportunity for me to work hard and to learn and constantly desire to do my best. What began as a very unique summer job while in high school, I continued to work at the organ shop as I studied music in college while earning a Bachelor's Degree in Trombone Performance from Central Washington University in 2018. I then had the opportunity to attend graduate school in Chicago studying with some of the foremost brass players in the country, members of the renowned Chicago Symphony Orchestra and Chicago Lyric Opera. I just graduated this June of 2020 earning Master's Degree with distinction from DePaul University. While in Chicago, I was surrounded by an enormous arts scene with almost daily concerts from groups of all kinds. I attended as many concerts as time allowed and this greatly aided and helped me further develop my musical studies. Since my graduation I have moved back to what I will always consider home, the beautiful Pacific Northwest. I now live in Tacoma and have begun working full time at the organ shop and plan to remain in the area permanently as well as playing trombone professionally once it is safe to resume. I now feel as if my life has come full circle now that I have returned home, and I want to take the time to thank everyone who was part of my village at ADLC who helped shape me, and to encourage everyone to continue being good stewards to future generations.



Zane Boothby



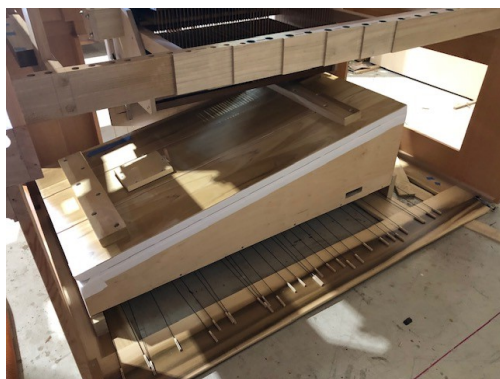
Fritts Organ Project

The Fritts Organ Shop has reopened now that Pierce Co is in Phase II of businesses reopening. Our new organ, Opus 47, is coming together quickly.

I am very excited about the pipe shades that have been carved out of fir. They will be located at the top of the façade pipes. We requested the liturgical symbols of the Lamb of God (Agnus Dei), and symbols of Holy Communion - loaves of bread and a chalice, wheat and grapes. A former colleague of Bruce's in Virginia created the design and a woodcarver from Massachusetts carved the pipe shades.

The windchest for the pedal division is now in place to hold and provide wind to the lowest pipes in the organ. The pedal action that connects the pedal keys to the windchest has also been installed. The bellows for the air that goes to all of the pipes has found its home in the base of the organ case.

Deacon Shari Shull, Minister of Music



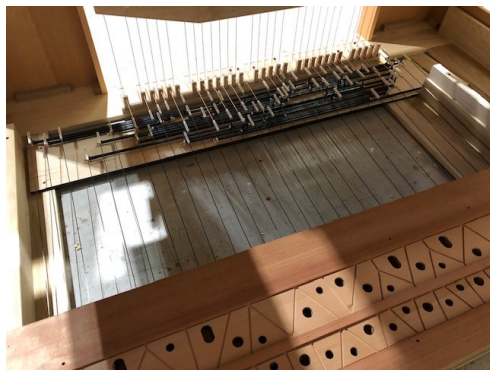
Bellows in the base of the case over top of the pedal action



Center pipe shade with Lamb of God, wheat & grapes



Pedal chest for the lowest pipes



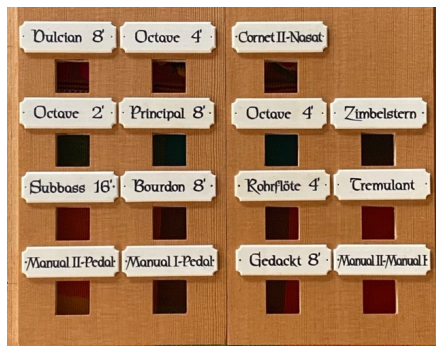
Pedal roller board connecting the pedal keyboard to the pedal windchest



Side tower pipe shades with chalice, loaves of bread and grapes



Mechanical pedal action, the pedalboard will rest on the short levers



Laser-engraved stop labels



More pipe shades

Music Notes

Handbell News

In June the Handbell Ensemble experimented with ringing together in a much larger space than our usual rehearsal space. At a good social distance we were able to make music together again. Watch for our musical offering coming up in July.



Choir News

Since our Stay Home order began in March several choir members have come together in small groups or individually to record hymns and anthems for worship. We give special thanks to them for their offerings of music. Phyllis Brandt, Marilyn Colyar, Paula Davis, Arron & Diana Edelblute, Martha Johnson, Christopher Jones, Ashley Ortenzo, David Salge, Susan Luebeck & Shari Shull.

Joint Choir Anthem project with St. John's Episcopal

This summer St. John's Choir and Agnus Dei's Choir will join forces to offer a virtual choir anthem for worship. Under the direction of Dennis Northway (St. John's) and Shari Shull (Agnus Dei), individual choir members will sing and record their voice part for this offering. Chase Alm, St. John's videographer, and Dennis will put it all together for use in our online worship services. Watch for this musical offering in August.

It is exciting in these new times to find creative ways to collaborate as we reach out to share the gospel with all people. Thanks to all who participated!



Many thanks to all who have been making masks for people near and far. We sent 75 masks to Lutheran World Relief (see example in photo) and others have gone to friends, relatives, medical offices and more.

Now that Goodwill is open you may be tempted to take all your stuff there. But... soon we will be back quilting in small groups. We can use medium weight cotton and polyester blend fabrics, thread, crochet cotton and solid color sheets- all sizes, both flannel and regular woven. Please save these items for the quilters. Thanks.

The knitters have been Zoom meeting and are ready to fill your requests for prayer shawls. Please forward your requests to Gwen Daus.



A recent conversation with the Bischoff Food Bank on Key Peninsula revealed that food requests there are up 25%. Know that your donations are gratefully received! The Army National Guard has been giving them supplemental food boxes, which is helping a lot.

Thanks for taking time to help others.
Ronnie Kulman, Community Outreach Team

Serving in Worship, July

	July 5	July 12	July 19	July 20
Assisting Minister	Phyllis Brandt	Diana Edleblute	Dave Schinkel	Randy Spitzer
Lector	Lyle Miller	Linda Zehnder	Daryl Daus	Mike Snowden
Audio-Visual Production	Mike Snowden	Bob Beals and Mike Snowden	Bob Beals and Mike Snowden	Mike Snowden and Don Krump
Recording Engineer	Arron Edelblute	Arron Edelblute	Arron Edelblute	Arron Edelblute

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

<https://www.agnusdeilutheran.org/connecting.html>

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 socially distanced connecting page.

Worship via  **livestream**

SUNDAYS at 9:45am

June VIRTUAL ATTENDANCE

		Number of devices watching live	Total Views
May 31	Pentecost	62	133
June 7	Sunday	66	119
June 14	Sunday	66	158
June 21	Sunday	62	102
June 28	Sunday	54	

We Celebrate...

JULY BIRTHDAYS

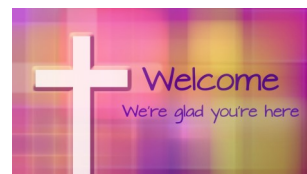
- 2 Katie Schinkel, Sawyer Latimer, Holly Robinson Hogeberg
- 3 Laura Latimer, Leah Frazier
- 5 Harry Hoiland
- 6 Laura Baxter
- 7 Dane Beals
- 10 Kathleen Kulman, Eunice Werner
- 12 Angela Brueckner
- 13 Dick Baerg, Carol Dana
- 14 Jason Barelli, Tom Bradford
- 15 Howard Larsen
- 16 Joy McCraw, Autumn Clark
- 17 Joannah Powers
- 18 Doug Page, Bob Nussbaum, Elaine Erickson
- 20 Lance Colyar
- 22 Allan Bucholz
- 23 Isabelle Beaudette
- 25 Lyle Miller
- 26 Duane Erickson
- 27 Kari Oliver
- 28 Jane Wagner, Robin Winslow
- 29 Anne Sapp
- 30 Kristin Kulman, Dick Ohme
- 31 Mary Beth Harrison, Nels Peterson, Trudy Wagner

JULY ANNIVERSARIES

- 3 Sharon Ebel and George Unruh
- 10 Richard and Marilyn Hermstad
- 13 Harlan and Pat Damron
- 18 Doug and Kristin Page
- 20 Larry and Jerry Mjelde
- 21 Howard and Karen Larsen
- 24 Wayne and Kathy Stark
- 25 Brett and Stacy Bigger
- 27 Ed and Laura Baxter
- 31 Jack and Maryfran Oakes
- 31 Scott and Margaret Duncan

We celebrate with Tim and Juana Wilson on the arrival of Juana's daughter, granddaughter and grandson from El Salvador last week. They are staying with

Tim and Juana in Lakewood and Tim is helping them through the maze of paperwork. They are looking for a good used car and a computer if anyone has those to sell. Norma, the daughter, is a trained accountant. The kids are a young adult daughter and an 8 yr old son. Tim and Juana are very thankful to finally welcome them here as this process has taken many years!





Faith Community Nurses

The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4: 5b-6 NIV Bible

What is going on in your household? Are you in a home with children who are fed up with Zoom and anxious to be connected with their friends in person? Have you been placed in a high-risk category because of the pandemic? Did you lose your job recently? Are you burdened with financial issues? How are you coping with the things that are troubling you?

There's no doubt that our mental health is suffering due to the COVID-19 pandemic, not to mention so many other issues that have occurred in the year 2020. Let's review what's happened this year since the onset of the pandemic:

COVID-19 showed up in the states in late February, although we now know that it was sneaking around and infecting individuals before then. After the outbreak was detected in Kirkland, a lockdown was inevitable for our state. Washington kept its lockdown status much longer than many other states, a decision which has proved to be beneficial to this state's people. County by county, we are now opening up businesses and resuming our shopping, travel, and recreation activities.

However, as I write this article, a surge of cases has occurred in Yakima County, causing a burden to the local hospitals there and creating a need to transfer COVID-19 patients elsewhere in the state. We know that many southern and western states that opened their businesses and beaches too soon, without proper protocols, are finding that their outbreaks are spiraling.

It looks like the COVID-19 virus is going keep raising its ugly, spiked, crown-like head for some time. How do we navigate a traumatic event like this ,which has many aspects of trauma?

Financial/Job Anxiety

For those of you who were employed but have now lost your jobs, it may feel like your lives are spinning out of control. It's important to realize that you are not living your whole life at this moment. Life never stays the same. Things will change. Accept what is, calm your body, breathe.

Once you are calm, you can focus on what you can or can't do. You can't change the employment situation right now. You can't change the economy. But you *can* think about your strengths and how they might work to reinvent yourself. Remaining calm is imperative. To move forward, you have to be calm.

Relationship Stress

Those of you who are retired don't have job anxiety, but you may find yourselves with more relationship stresses. The over-65 age group, considered the highest risk group during this pandemic, is still cautioned to stay at home and only shop during the limited early hours.

Many of you seniors are spending more time at home than you ever have before. If you are one of the lucky couples, you have already learned how to give each other the space you both need to live together in a healthy household.

Some of you other seniors may be struggling with your stay-at-home lives. It helps your mental framework to be more patient and generous, first with yourself and then with your partner. It's always helpful to reframe any difficult situation, to think of it as an opportunity to learn more about yourself and the person you are sharing your life with. It is possible that there are aspects of your partner that you didn't know about before. Are you using this time to explore those discoveries? For you mobile seniors, it's summer and you can go outdoors for separate walks, or even walks together, where you can exercise away the day's stresses!

(continued)

Parental Overload

If you are a parent, you may be struggling with parental overload. It is not easy when you are trying to take care of your child or children while you are trying to work from home. Children are much smarter, emotionally, than we think they are. They pick up on household stress, whether it's verbalized or not. So, it's probably better to verbalize it in a controlled, exploratory way. Let them in on your concerns before the concerns become an outburst. Talk with them. Ask them questions. Listen.

Basically, as a parent, you have to find pockets of joy where you can recharge yourself. Whenever possible, daily, find time for yourself. Work in your garden. Go for a walk. Catch up with a friend by phone or in an email or letter.

Staying Vigilant

Now that some of the stressors have been identified, we need to stay vigilant, finding what works to relieve our anxieties. Some people are resilient and have the inherent ability to recover from difficult setbacks, to adapt and move forward. These people even experience growth in times like this.

The rest of us are going to struggle with stress. Not everyone can afford to be, or even wants to be, in a room with a mental health professional. You have other options. One practical option is to reach out and find a family member or a friend to give you support. A long conversation with a good listener is one of the most therapeutic things you can do for yourself.

Another option is a website called **Head Space**, where you are given tools and resources to look after your own mental health through meditation, relaxation exercises, and even sleeping tips, to name just a few of what is offered at the site.

Gwen, our very own parish nurse, is a daily user of **Head Space**. Ask her how many hours she has clocked in with this website over the years. She suggests starting with a 10-minute wake-up session so you can see what it's like. Another website called **Calm** offers similar mental health strategies. **Head Space** is free to those who are unemployed right now. Otherwise, the annual fee is \$69.99, or \$5.83 per month.

As I look out my window, finishing this essay, the sun is out. It's finally summer. Even though you may have had to cancel some summer events, you can still enjoy these beautiful northwest summer months. Look for opportunities to get you and your family through this unsettling time. You will find ways to cope, and when you are on the other side of this pandemic, you will be stronger.

May the God of peace be with you.

Zoe Holmes, RN



Don Krump, Properties Team Update

Recently, the properties team took on the project of taking down the cross from the front of the church for a much needed refurbishing. During dismantling, it was found to be riddled with wood rot and was not salvageable. Harlan Damron has taken the lead on procuring materials and the team will be erecting a new cross soon. Mowing volunteers are needed on a weekly basis. Other painting projects are still available. All tools and materials for these projects will be provided. Coordinate with me, Don, at (415) 676-9811. God's work is always rewarding.



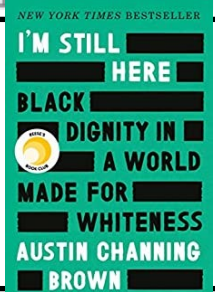


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 9:45 AM Worship with Holy Communion-Livestream 10:30 AM Virtual Fellowship	29	30	1 7:00 PM Holden Evening Prayer	2 10:00 AM Church Staff Meeting	3 July 4th Holiday Observed, Office Closed	4 8:30 AM Men's Square 8:30 AM Women's Circle
5 9:45 AM Worship with Holy Communion-Livestream 10:30 AM Virtual Fellowship	6 Staff Float Holiday/Office Closed	7	8 10:00 AM Text Study with Zoom 7:00 PM Holden Evening Prayer	9 10:00 AM Church Staff Meeting	10	11
12 9:45 AM Worship with Holy Communion-Livestream 10:30 AM Virtual Fellowship	13 Pastor Seth's Sabbatical Begins	14 7:00 PM Council Meeting	15 10:00 AM Text Study with Zoom 7:00 PM Holden Evening Prayer	16 10:00 AM Church Staff Meeting 5:30 PM Theology on Tap via Zoom	17	18
19 9:45 AM Worship with Holy Communion-Livestream 10:30 AM Virtual Fellowship 11:30 AM Book Group via Zoom	20	21 1:00 PM Gather Bible Study	22 10:00 AM Text Study with Zoom 7:00 PM Holden Evening Prayer	23 10:00 AM Church Staff Meeting	24	25 7:00 PM Christmas in July Celebration
26 9:45 AM Worship with Holy Communion-Livestream 10:30 AM Virtual Fellowship	27	28	29 10:00 AM Text Study with Zoom 7:00 PM Holden Evening Prayer	30 10:00 AM Church Staff Meeting	31	1 8:30 AM Men's Square 8:30 AM Women's Circle

Agnus Dei Book Group Continues to Meet Via Zoom

All are invited to join the next book group discussion on July 19 at 11:30 AM. The link to the Zoom meeting can be found on our church web page on the socially distanced connecting page. We will be discussing the book I'm Still Here: Black Dignity in A World Made for Whiteness by Austin Channing Brown.

For more information, contact Linda Zehnder.



Agnus Dei Lutheran Church
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RETURN SERVICE REQUESTED

The monthly newsletter of

Agnus Dei Lutheran Church
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