



The monthly Newsletter of:

October 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.



A Message from Sister Ann

How many of us have had just about enough of 2020? I know I'm pretty done with it. In addition to a worldwide pandemic that keeps us away from the people, places, and activities that we love, we have had to deal with wildfires, arsonists, unbreathable air, and political unrest. And as if that were not enough, 2020 threw in murder hornets.

It can all be enough to make us wonder if God has taken 2020 as a vacation year. But Romans 8:28 reminds us that ²⁸"We know that all things work together for good for those who love God, who are called according to his purpose." There are little miracles among the mess that is 2020. We just need to look for them.

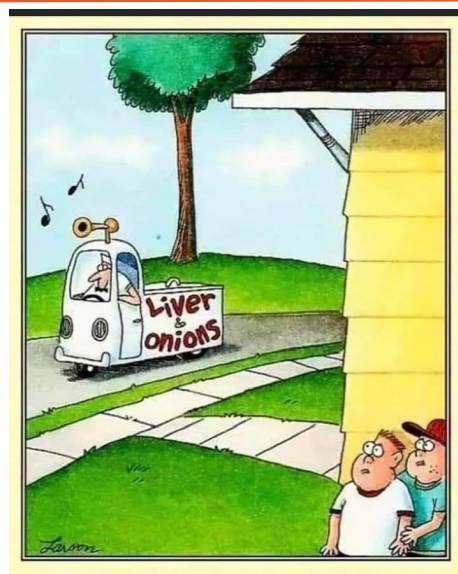
As many of you know, a large part of United Lutheran Church was destroyed by an arson fire on September 13th. The initial distress of wondering why God would allow an arsonist to destroy a church building, especially one that was so active in reaching out and serving the community was quickly replaced by many small miracles. The miracle of the fire department who contained the fire and prevented it from spreading to neighbor's houses. The fire could have been so much worse. The miracle of the sanctuary being spared from the flames. And perhaps the biggest miracle of all has been the outpouring of community support and offers to help. The dozens of people who showed up, unasked, the next morning to help secure and board up the building. And now, the hope and creativity of rebuilding the church in a way that is especially designed to support the way that it is being called to serve in that place. God is at work alongside of us, creating good out of the destruction.

In California, where they are experiencing another year of horrible, destructive wildfires, there is a little miracle of another kind. Many of the firefighters are prison inmates. They are the "rejected stones" that are becoming the "cornerstones" of the fight against those wildfires. The miracle is not only in the work they are able to do in helping to fight the fires, but also the miracle of a changed life for the inmates. They now have a purpose, and a skill that they can build upon when they are released from prison.

What little miracles have you seen in 2020? In what ways is God working good in all things at Agnus Dei? Where have you seen God at work?

I invite you to send in your stories or photos of the little miracles of 2020 to celebrate and to be shared in the November newsletter.

Joyfully,
Sister Ann



If 2020 was an Ice Cream truck



GREETINGS FROM THE CHURCH COUNCIL

Special Congregational Meeting on September 20, 2020

Thank you for a successful, well attended Special Congregational Meeting on September 20, 2020, via Zoom. After spiritual, impassioned discussion, all four financial relief options were approved by the majority vote of the Congregation. A fifth motion by Lance Colyar carried. The minutes will be posted online.

Summary of the September 8, 2020 Church Council Meeting:

Devotions by Pastor Chelsea - Revelation Chapter 5. Look at the name of your church. What does Lamb of God mean to us?

Treasurer's Report \$40,854 Deficit. Income versus expenses. The deficit has increased from the August deficit of \$27,177, and July deficit of \$14,575.

Finance Committee- Submitted recommendations for the Council. The Council accepted the recommendations to present to the Special Congregational Meeting for approval on September 20, 2020 via zoom following streamed worship service.

1. Authorize 3 months mortgage deferral for Sep, Oct, Nov, 2020.
2. Approve interest-only payments on the mortgage starting December 2020.
3. Authorize Above and Beyond and Building funds to be available for meeting our 2020 budget.
4. Approve a reduction to no less than 5% of unrestricted giving to Benevolence to the Synod, October November December 2020.

Building Usage - The Council will approve building usage with COVID guidelines from the Reopening Committee.

Reopening Committee Recommendations - Council accepted and approved the recommendation for the Handbell Choir to practice 2 times a month per COVID 19 guidelines. Deacon Shari Shull will function as COVID Coordinator and work with Church Custodian, Carrie Jo.

Fall Programs Sister Ann updated the Council on God's Work, Our Hands. Blue Bins were placed outside the front doors to make cards for isolated seniors served by Lutheran Community Services NW. This Fall, Faith Formation is three levels, multigenerational, and offers Bible study, service and social. There is something for everyone.

Council Secretary Position Susan Whitney, a former Newspaper Reporter/Journalist is elected Church Secretary. Thank you, Susan.

Umbrella Catch Phrase/Slogan Dave Marquardt, representing Little Lambs for Pastor Seth, suggested a slogan to tie together all of the committees striving for the financial success of Agnus Dei in 2020-2021.

Worship Committee - Liaison Sherry Stava reported on a survey. The Worship Committee is working on what an in person service will look like. **October 4 Blessing of the Animals via Zoom.**

Next Meeting October 13, 2020 @ 7pm Our Pastor Seth returns!

Blessings to all

Beverly Buster
Church Council President
253-686-1919
hfolkartist@yahoo.com

Council: Denny Sapp, Vice President; Julie Bell, Treasurer; Susan Whitney, Secretary; Deb Brueckner; Charlene Franz; Gene Kuest; Bob Nussbaum; Richard Ohme; Sherry Stava



Fall Faith Formation Programs

- **Forum:** Sunday mornings at 8:30 am via Zoom ~ For content, see below
- **Sunday School:** Sunday mornings at 10:30 am via Zoom, The Beatitudes
- **Sunday School in a Bag:** Age-appropriate bags of Sunday School activities

are available for independent/family use at home. These are available in the blue bin at the church entrance for children in PreK – 6th grade.

- **Faith for the Journey:** This multi-generational, mid-week Faith Formation program will begin October 1. All meetings and activities will be via Zoom. The schedule of events 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.

Forum Schedule

- **October 4** - Joy Stanford (currently running for State Representative in the 26th district) will join us to discuss raising mixed-race children in Gig Harbor and about being a woman of color in a white community. We are blessed to have her come share with us. Hearing and understanding her perspective will help us expand our awareness.
- **October 11** - We will listen to American theologian James Cone as he discusses his book, “The Cross and the Lynching Tree.” The talk comes from a presentation he made in 2017. Hear why the connection between the cross of Jesus and the lynching tree should be viewed as synonymous if the Christian church in America is to understand God's salvific work.
- **October 18** - The ELCA council in 2019 created and presented the Declaration of the ELCA to People of African Descent. We will have the opportunity to review this declaration and the role it plays in the ELCA and thus in our congregation.
- **October 25** - Our own committee developing a Racial Justice Statement will lead us in a formulation discussion on this statement. Come find out what is being considered and share your input as we look at our congregation's role in promoting racial justice.



Thank you to everyone who participated in our **God's Work, Our Hands** project. The cards we made will be distributed to seniors in Pierce County who have been isolated by the pandemic. It is a wonderful gift to be able to bring a bit of joy into another person's day.

Thank you to all the volunteer lawn mowers who have kept the church lawn maintained through the summer. We are now entering the rainy season so the grass will be growing again and will need regular mowing into November. Please contact the church office or Don Krump if you are able to take a turn mowing. As always, the equipment is available at the church.



We remember in prayer:

For comfort and for healing:

- * Marian Ano
- * Barbara Ausich
- * Deb Brueckner
- * Audrey Clinton
- * Alynne Gootkin
- * Richard and Marilyn Hermstad
- * Dave Kulman
- * Sonja Miller
- * Jack Oakes

- * George Mitchell
- * Toni Ortenzo
- * 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

In their grief:

Carl and Salli Middleton, Ashley and Francesco Ortenzo and their family as they mourn the death of Barbara Gates.



Stewardship Report

A long time ago when I was but a wee lad, my parents set about to teach me that it was important to give to the Church. My allowance was 50 cents a month (I told you it was a long time ago), and they added another 20 cents so that I could put a nickel a week into the offering plate.

Although I did learn that it was important to support the Church, and I always put my nickel in the offering plate, there was one flaw in their plan. On Sundays that we did not go to Church, being a young boy I would keep the nickel for myself. In hindsight, something needed to be added to their plan to ensure that all of the 20 cents made it to the Church.

In late October, we will begin a stewardship campaign, and, at the end of the campaign, each one of us will be asked to complete a letter of intent for our giving for 2021. Giving an offering to the Church is part of a Christian's spiritual walk and one reason for completing a letter of intent is to help each one of us in that walk.

Mike Snowden
Stewardship

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.



Little Lambs Preschool A Ministry of Agnus Dei Lutheran Church

Little Lambs staff is very much missing all the Little Lambs kiddos! We are hoping to be back in class as soon as it's safe to do so. At this time, we are still busy brainstorming ideas and creating projects for us to do when we get to see each other. Things might look a little different when we do, but the love and care that our staff has for all our Little Lamb families will not be. Happy Fall!

Shannon Moore, Little Lambs Preschool Director

Animal Blessing and the Commemoration of St. Francis of Assisi

Animal Blessing - Sunday, October 4 at 10:30 AM!

Bring your pets to Zoom fellowship for a blessing.



Francis of Assisi was the son of a wealthy cloth merchant. In a public confrontation with his father, he renounced his wealth and future inheritance and devoted himself to serving the poor. Under his leadership the Order of Friars Minor (Franciscans) was formed. Their task in preaching was to "use words if necessary."

Francis had a spirit of gladness and gratitude for all of God's creation. This commemoration has been a traditional time to bless pets and animals, creatures Francis called his brothers and sisters.

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.

-Francis of Assisi



Community Outreach ~ What Can We Do?

During this time of quarantine our community outreach team is being creative to find ways to be of service to our community while following guidelines for safely gathering. Here are a few ways this is happening:

♥ Quilting for Lutheran World Relief

Agnus Dei Quilters met in small groups outdoors. Masks in place, groups of 4-5 quilters have tied a dozen quilts for Lutheran World Relief. We will pack and send them in October. You may remember the tragic explosion in Beirut on August 4. We were informed that several Lutheran World Relief containers were counted in the loss and in those containers were donations from Agnus Dei. Undaunted, our team altered their method of gathering and went right back to work.



♥ Baby kit assembly

Volunteers have met and produced about 24 baby kits. Blankets and diapers (and quilt tops) were put together offsite in member's homes. Flannel sheets make great diapers for Lutheran World Relief Baby Kits. If you have any you can donate, bring them to the church front door anytime.

♥ School kits

Unfortunately, we were not able to collect enough school supplies to make the school kits a go this fall. However, Gail Brandt made 24+ school bags. So, we can be ready to fill them in the Spring when things get back to "normal."



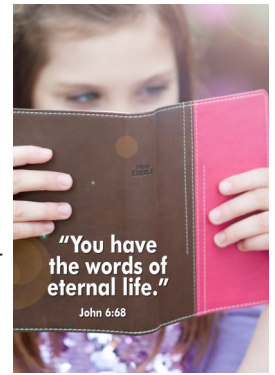
♥ Lasagna Dinner for Peace Lutheran

Thanks to your generous cash contributions in Spring 2020, we can purchase all the items we will need to serve the October dinner on October 8. Volunteers are ready to serve 50+ dinners which will be handed out in take-away boxes.

The Community Outreach Team thanks you for thinking of others.
Ronnie Kulman

What Bible Verse Brings You Comfort?

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've taken note of some of our church friends' favorite Bible verses. Or at least a verse that speaks to them in these challenging times.



Rebecca Crow, looking out her window at the smoke that kept her from working in her garden, told herself that life is sometimes just about plugging along. She quotes Ephesians 6:11-18, which talks about the value of merely being able to "stand" and "withstand."

¹¹Put on the whole armor of God, so that you may be able to stand against the wiles of the devil. ¹²For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. ¹³Therefore take up the whole armor of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. ¹⁴Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. ¹⁵As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. ¹⁶With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. ¹⁷Take the helmet of salvation, and the sword of the Spirit, which is the word of God. ¹⁸Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Ephesians 6:11-18

For Cindy Beals, a favorite verse offers a reminder. "I alone know the plans I have for you..." She is comforted, realizing she doesn't need to know all the answers in order to have hope.

¹¹For surely I know the plans I have for you, says the LORD, plans for your welfare and not for harm, to give you a future with hope. Jeremiah 29:11

If you ask Don Heinz if there is a particular verse on his mind, lately, he will laugh out loud. He is actually writing a book about his favorite Bible verses, Matthew 25:36-41. "In which Jesus says, 'If you didn't see me in the least of these... you didn't get it,'" he says. Don started his book four months ago and is almost finished.

³⁶I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.' ³⁷Then the righteous will answer him, 'Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? ³⁸And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? ³⁹And when was it that we saw you sick or in prison and visited you?' ⁴⁰And the king will answer them, 'Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.' ⁴¹Then he will say to those at his left hand, 'You that are accursed, depart from me into the eternal fire prepared for the devil and his angels;

Pastor Chelsea Globe opened the special congregational meeting with Psalm 25. ("Relieve me of my worries...") She reminded us that God called us into being and called us together as a congregation and is directing our congregation.

*¹⁷Relieve the troubles of my heart,
and bring me out of my distress.*

In a recent adult education class, George Unruh quoted Micah 6:8. That was the key passage at the Revolutionary Love conference he and Sharon attended. "The Lord has told us what is good. ...do what is just, show constant love, live in humble fellowship with God."

*⁸He has told you, O mortal, what is good;
and what does the LORD require of you
but to do justice, and to love kindness,
and to walk humbly with your God? Micah 6: 8.*

Paula Davis has several favorite verses during these tough times, including a very simple one:

Cast your care upon Him for he cares for you. 1 Peter 5:7

And during all these weeks that Pastor Seth has been gone, Ann Rousseau has been praying a prayer he left us with before he went on Sabbatical. "Loving Father, you alone are our refuge and strength. Give us courage, patience and wisdom in times of anxiety and difficulty. Remind us the you have called us by name and we are yours; neither death, nor life, nor angels, nor demons, nor things present, nor things to come, nor height, nor depth, nor anything in all creation can separate us from your love poured out on us in Jesus Christ..."



Fritts Organ Exchange, October Update

Farewell Opus 31

Our Fritts organ, Opus 31, has moved to Seattle to the home of Carole Terry, retired organ professor, University of Washington.



Deacon Shari Shull
Minister of Music

Welcome Opus 47

Our new Fritts organ, Opus 47, has been delivered and is in process of being installed this week. These photos were taken on Sept 29 as the organ builders began the intricate process of assembling the new instrument. The organ case and pipe façade is in place and the other pieces are in their crates waiting to be assembled. After assembly, Bruce Shull will begin the process of voicing the pipes.



Audio Visual Production Team (AKA) the “Stream Team”

I would like to start by saying that the “Stream Team” appreciates your patience and understanding with the difficulties we have been having with our live stream in recent weeks.

Currently the team consists of the following members: Arron Edelblute, myself, Don Krump, Mike Snowden, and Randy Spitzer; with the support of Shari Shull and Cindy Beals.

First a bit of history. Before Pastor Seth went on sabbatical, he set up our equipment and trained the team to continue in his absence. What we didn’t anticipate was an equipment failure of one of our key components. After replacing the component, we had trouble getting our multi-program system to sync back up again. We enlisted help from James at Microlynx to make the new system perform without any further issues. James built for us a new minicomputer for the sole purpose of streaming. Up to that point we were using Pastor Seth’s desktop computer, which wasn’t a long-term arrangement, nor was it working efficiently for the purpose of livestreaming. Thanks go out for a very generous anonymous donation that paid for the new micro streaming computer and the support. Although this is a complex system to understand and to operate, we believe that as we continue to work through the issues we will soon be providing a reliably consistent stream. Even if our stream hasn’t gone out at the expected time, we have managed to record all our worship and it is available to watch on our [Youtube channel](#).

Moving forward the “Stream Team” is looking to expand the number of our members. Our new system is getting simpler to operate and we work in pairs on Sunday mornings. If you are interested in learning more about the streaming process, and would be available to help serve Agnus Dei with this endeavor, please contact the church office.

As we work to improve our system with the intent to continue streaming worship indefinitely, we are seeking two monitors to replace the borrowed ones we are currently using. If you have an extra monitor you could donate, please contact the church office.



Bob Beals
for the Agnus Dei Stream Team

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

September VIRTUAL ATTENDANCE

Total Views

Sept 6	Sunday	88
Sept 13	Sunday	122
Sept 20	Sunday	129
Sept 27	Sunday	NA

Our channel got 960 views in the last 28 days

Serving in Worship, October

	Oct 4	Oct 11	Oct 18	Oct 25
Assisting Minister	P Brandt	D Schinkel	A Ortenzo	M Colyar
Lector	C Carlson	L Zematis	B Shull	D Krump
Audio-Visual Production	B Beals D Krump	B Beals D Krump	R Spitzer open	M Snowden open
Recording Engineer	A Edelblute	A Edelblute	A Edelblute	A Edelblute
Cross Gen Sunday School Teacher	Join fellowship for Blessing of Animals	Sister Ann	A Ortenzo	R Powers
Altar Flowers				

We Celebrate...

OCTOBER BIRTHDAYS

2	Margaret Duncan, Ben Nussbaum, Alexis Nussbaum, Jason Rodgers
4	Stardio Wilson
8	Marie Johnson
9	Chuck Carlson
10	Linda Zehnder, Jennifer Krump, Dick Werner
11	Michael Deák
11	Corrie Naasz
12	Katy Jones, Ken Fearn
13	Sherry Stava
17	Emmy Horton, William Gossler
18	Jens Luebeck
19	Mary Marquardt, Carl Middleton
21	Jeannie Haugen, Zachary Wiren
22	Elizabeth Gossler
24	Keyan Gootkin, Al Abbott
26	Brett Oliver
29	Lynnette Brentin, Leif Dobszinsky, William Iversen

OCTOBER ANNIVERSARIES

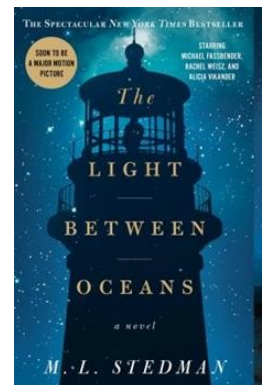
1	Dave and Sue Horton
2	David Moore and Jill Nealy-Moore
10	Shinho and Eiko Park
10	Rebecca Crow and David Salge
16	Jeff and Beverly Henne
20	Randy and Laurie Spitzer

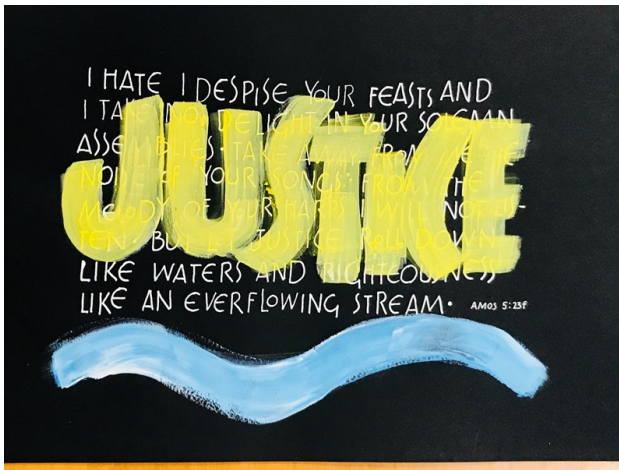
Congratulations to the family of Dick and Lynette Brentin on the birth of their 15th grandchild on Sept. 30, Addison Lynn. She is welcomed by parents, Joe and Chelsea, and her big brother, Noah.
Welcome baby Addison!



An Invitation to Join the Agnus Dei Book Group

The Agnus Dei Book Group meets on the third Sunday of each month (currently meeting on Zoom) at 11:30 am. We'd love to have you join. Our next Book Group will be meeting on Sunday October 18 at 11:30 on Zoom to discuss the book: *The Light Between Oceans* by M. L. Stedman. We were able to get a book club kit from the library so if you would like a copy please contact Susan Whitney.





Peter Schmidt, calligrapher

Racial Justice – Steps in Understanding

A necessary step in becoming an anti-racist is to listen and learn. Here are some suggestions for opening up to new understanding, for digging deeper into realizing how cultural racism reaches into every part of American society.

—In her book, *I'M STILL HERE*, Austin Channing Brown writes about race in America from the point of view of a young Black woman who is also a devout Christian. She says, “Reading about race in America can be tricky at best, and scary at worst! But it’s important that we practice being brave together.” Her writing style helps us do just that.

ACB traces her journey growing up in a white middle class world, later “discovering” the gifts of her Black community, then entering the work force, wanting to be an agent for change, especially within Christian churches. She begins every chapter with a personal story from her life and the lesson each one taught her about race in America. These are lessons from which we, too, can learn.

The purpose of Brown’s book is stated plainly on page 23: “To embody a community eager to name whiteness, celebrate Blackness, and, in a world still governed by systems of racial oppression, begin to see that there’s another way.” We, as Christians, need to be at the center of finding that “other way.” As one friend said in the book, “Doing nothing is no longer an option for me.” *Mary Marquardt*

—*The New Jim Crow: Mass Incarceration in the Age of Colorblindness* by Michelle Alexander

In the 1980s national political attention focused on a War on Drugs. The majority of the 1,100 percent increase between 1985 and 2000 in the prison population was drug related. Though studies showed no higher usage or dealing in drugs by People of Color their rate of incarceration was 4 to 5 times higher than in the white population. Acclaimed civil rights lawyer, advocate and legal scholar, Michelle Alexander, details this process and reveals that mass incarceration intentionally replaced the previous Jim Crow era as the way to marginalize People of Color—all during a period of a promoted belief in American colorblindness. This scholarly work compels us to reassess our assumptions on this period of history and how it affects the lives of marginalized people today. *George Unruh*

—American writer Louise Erdrich, the daughter of a Chippewa mother and a German-American father, explores the lives of indigenous people in her works, typically creating a cast of characters from both worlds. Her newest novel, *The Night Watchman*, is based on the life of her grandfather, who worked as a night watchman in a jewel bearing factory in North Dakota. Her father, represented in the book by her character Thomas Wazhashk, courageously carried the fight against dispossession of Native peoples from the small rural reservation town to Washington D.C. The fictional world of the Turtle Mountain reservation includes a cast of colorful and memorable characters who struggle to find dignity and worth in a hostile world. Though Erdrich vividly portrays a harsh landscape, exploring the traumas of racism and sexual violence, her characters are resilient and beautifully crafted. As we focus our attention on America’s systemic racism, the umbrella must be large, encompassing our indigenous people and the ways they have struggled to maintain their identity and culture. Louise Erdrich always inspires and informs. *The Night Watchman* is no exception. *Marilyn Colyar*

Films have the potential to pull us into another’s life situation. A Black mother of a teenage son who hasn’t returned home. It’s 3:00 a.m and she is at the police station. *American Son* explores racism, racial identity, her fears for her son in a white dominant world. And then her white husband arrives at the station. Do they live in different worlds?? View on Netflix. *Phyllis Brandt*

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.

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Invitation to a Book Discussion

DEAR CHURCH: A Love Letter from a Black Preacher to the Whitest Denomination in the US.

Rev. Lenny Duncan, an ordained African American, ELCA pastor is the author of this book. Formerly incarcerated, formerly homeless, he experienced full grace at the Lord's Table within the ELCA, but he also sees the need to challenge the church's tendency to deny justice and equity for all God's children.



On **October 13th at 7:00 pm** the Racial Justice Statement Committee at Agnus Dei will host a discussion of his book. George Unruh purchased extra copies and still has several available, so if you would like to borrow one to read, please contact him at gnu@centurytel.net. He will arrange to get it to you. Even if you have not read the book, come join in the discussion. Topics will be brought up that can and will engage us in conversation. Transformation is possible as we explore Lenny Duncan's challenges for us as an ELCA community of faith.



Faith Community Nurses

When I was distressed, I sought the Lord; at night I stretched out untiring hands and my soul refused to be comforted.
Psalm 77:2, NIV Bible

How are you sleeping these days? With a constant wave of 2020 bad news, starting with a pandemic, then fires, hurricanes and political/economic woes, many people are struggling with sleepless nights.

We know that in order to stay healthy, it's important to get proper rest. "Sleep is an essential part of protection from and response to any infection," said Douglas B. Kirsch, a neurologist and former president of the American Academy of Sleep Medicine. But sleep is hard when anxiety levels are high, such as now, with all that is going on.

What can be done to help you get more shut-eye? Let's spend some time looking at ways to improve sleep. You may have heard it all before, but it's good to review. Below is a list of recommendations that Adam Popescu wrote in a recent *New York Times* article.

Create and maintain a consistent sleep schedule.

The National Sleep Foundation recommends sticking to a sleep schedule. Here is a simple plan: Set a regular bedtime and pair it with a set time to awaken. Simple, right? We adhere to a sleep schedule for babies and young children. Why not for adults?

Are you easily awakened? If so, make your bedroom comfortable with just a few adjustments. The room should be pitch-black. That is not a problem here in the Pacific NW where the fall and winter nights and mornings are often overcast and dark. In other locations, black-out curtains or a sleeping mask might be needed. If you are a light sleeper, use a fan or soothing music from your favorite device for white noise.

If you are tired during the day, get some rest. Be careful that a nap does not disrupt your sleep schedule. Michael Breus, a clinical psychologist who focuses on the link between behavior and sleep, said the sweet spot for naps is about 10 to 20 minutes.

Set a hard curfew for all electronics.

Stay on your sleep schedule with a strict "electronic curfew." Dr. Breus suggests that there should be 90 minutes of no social media, emails, or even TV before lights out. It may be tempting to stay up and binge-watch favorite TV shows, but it is more important to give priority to a good night's sleep.

(continued)

Stay informed, but don't look at the news before bed.

Limit media consumption in the evenings. It leads to increased anxiety. Also, turning off notifications on your phone can be a smart and helpful thing to do. I understand there is a way of scheduling "do not disturb" hours on your devices. Block off a chunk of time before bed and after you arise the following day, perhaps for a morning meditation. The more minutes you use to buffer yourself from the news, the better you will be able to sleep.



Move your body and raise your heart rate every day.

This is a must! Not only does exercise make you tired and ready for bed, but moving your body does seem to help you deal with anxiety and nervous energy. Right now, you may not feel safe going to your favorite gym, so look for some on-line exercise videos, walk your neighborhood, or start saving for some fitness equipment for your home.

Don't eat or drink before bed.

You Lutherans will be happy to know that coffee is still considered to be good for you, in moderation. However, you should adhere to a limit of 400 milligrams of caffeine a day. (The average cup of coffee has around 100 milligrams of caffeine.) Some people who are sensitive to caffeine will experience shakiness and irregular heart rates with only one cup, so know your limitations. You could always consider switching to tea, which has much less caffeine than java.

While consuming alcohol can make you sleepy, it does not promote quality rest compared to drinking a non-alcoholic drink. Eating right before bed can bring on symptoms of heartburn or GERD which are unpleasant and can lead to even more anxiety.

Take a hot shower or bath 90 minutes before bed.

Getting warm and then cooling off helps promote a hormone called melatonin. If you are serious about the electronic curfew of 90 minutes, you can use the time to bathe and cool off with meditation or reading before heading to bed.

So, why does sleep matter anyway?

We know that 7 to 8 hours of nightly sleep is recommended. In a 2015 study, a direct link was found between shorter sleep time (5 to 6 hours) and an increased risk of getting a cold. That is simple science: A good night's sleep helps the body to release a protein that helps the immune system respond to foreign substances. Sleep is your best natural defense.

Fatigue, irritability, and mental confusion are all symptoms of being deprived of sleep. Even missing as little as 20 minutes of your normal nightly sleep can harm your next day's cognitive functioning. If you should miss an entire night's sleep, your memory can be harmed and your normal reaction times slowed. Too many nights of missed sleep or interrupted sleep over time increases your chances of depression, anxiety, and weight gain.

(I don't know about you but I feel the need to take one of those 10-20-minute naps right now!)

Remember, sleep is a good defense against getting sick this winter, along with getting a flu shot and adhering to the COVID precautions of masking, keeping six feet away from others, socializing outdoors and staying away from projected breathing like singing. If at all possible, keep your regular doctor appointments. Don't delay in getting routine medical care whenever necessary. Take care and be safe.

Zoe Holmes, RN



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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 8:30 AM Forum 9:45 AM Worship with Holy Communion-Livestream 10:30 AM Cross Gen Sunday School	28	29	30 10:00 AM Text Study with Zoom 1:30 PM Prayer Shawl Ministry 7:00 PM Holden Evening Prayer 7:30 PM Choir Rehearsal (Zoom)	1 10:00 AM Church Staff Meeting 5:00 PM Faith for the Journey, Kid's Quest	2	3 8:30 AM Men's Square 8:30 AM Women's Circle
4 8:30 AM Forum 9:45 AM Worship with Holy Communion-Livestream 10:30 AM Blessing of the Animals during Fellowship time 10:30 AM Cross Gen Sunday School 10:30 AM Fellowship	5	6	7 10:00 AM Text Study with Zoom 1:30 PM Prayer Shawl Ministry 7:00 PM Holden Evening Prayer 7:30 PM Choir Rehearsal (Zoom)	8 10:00 AM Church Staff Meeting 5:00 PM Faith for the Journey, Voyagers 2:00 PM Bldg Reopening Task Force	9	10
11 8:30 AM Forum 9:45 AM Worship with Holy Communion-Livestream 10:30 AM Cross Gen Sunday School 10:30 AM Fellowship	12	13 Pastor Seth returns from his sabbatical 2:00 PM Worship Committee 7:00 PM "Dear Church" Book Discussion 7:00 PM Council Meeting	14 10:00 AM Text Study with Zoom 1:30 PM Prayer Shawl Ministry 7:00 PM Holden Evening Prayer 7:30 PM Choir Rehearsal (Zoom)	15 10:00 AM Church Staff Meeting 5:00 PM Faith for the Journey, Are We There Yet? 5:30 PM Theology on Tap	16	17
18 8:30 AM Forum 9:45 AM Worship with Holy Communion-Livestream 10:30 AM Cross Gen Sunday School 10:30 AM Fellowship	19	20 1:00 PM Gather Bible Study	21 10:00 AM Text Study with Zoom 1:30 PM Prayer Shawl Ministry 7:00 PM Holden Evening Prayer 7:30 PM Choir Rehearsal (Zoom)	22 10:00 AM Church Staff Meeting 7:00 PM Faith for the Journey, Jubilee	23	24
25 8:30 AM Forum 9:45 AM Worship with Holy Communion-Livestream 10:30 AM Cross Gen Sunday School 10:30 AM Fellowship	26	27	28 10:00 AM Text Study with Zoom 1:30 PM Prayer Shawl Ministry 7:00 PM Holden Evening Prayer 7:30 PM Choir Rehearsal (Zoom)	29 10:00 AM Church Staff Meeting	30	31

Agnus Dei Lutheran Church
10511 Peacock Hill Ave NW
Gig Harbor, WA 98332

RETURN SERVICE REQUESTED

The monthly newsletter of

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