

The Shepherd's Staff

Monthly Newsletter of

Good Shepherd Lutheran Church at Swan's Trail

swanstrail@outlook.com

www.swanstrail.org

5511 64th Street SE, Snohomish WA 98290

Pastor Thomas J. Rohde

Church Phone 425-334-1220

MARCH 2020

From the Pastor's Desk

Dear people of God at Good Shepherd Lutheran Church,

I did not get my article into Pat before I left on vacation. That was my bad. Now I am on vacation and doing a little something. Call it penance for neglecting my responsibilities. Otherwise, I would not be doing this.

I have tried, over my years at Swan's Trail, to honor the vacation time the congregation graciously gives to me and, by extension, my family. I have really tried not to do work while I am away. Being away is important, for both me and you. It is a very helpful way for the congregation to understand that while the vocation of pastor is 24/7 when I am around, it is not 24/7 when I am away. When I am away, I am away, and honoring that is a great gift and helps the congregation realize I have a life away from the church and that needs to be honored and upheld as well. And over my time you have done just that, whatever has come up has waited until I got home. Only a couple of times have I been called but never cut a vacation short. You understood my need to be away, to regroup, to think about something else for a while or think about nothing at all for a while. I felt better when I got home and I thank you for that.

It also helps reinforce the biblical notion of rest that is built into the very order of creation itself. This is not new but you know it to be true, rest is essential for our very existence, either a rest for one or two days or one or two weeks. However or whatever you find to be restful, make sure you do that to be your best in God's world.

God's blessings to you as you find your rest.

THANK YOU TO

- All the unknown laborers who do work behind the scenes that no one ever notices but we would notice if it was not done.
- Bonnie Thoreson and the choir for their continuing musical worship offerings that so greatly enhance our worship time.
- Pastor Tom for all his help in reviewing and revising each month's newsletter!
- Jeff Thoreson for filling in for Pastor Tom.

- The anonymous donor who provided and installed the new security cameras.
- Marilyn Sheppard and her helpers for the great breakfast....and to all who provided such wonderful additions to the hotcakes and sausages!

Prayer Requests

**Let us pray for the whole people of God in Christ Jesus
and for all people according to their needs:**

Terry, Sharon and Tim Danner on the loss of a wife and mother, Judy

The Pedack/Moen family on loss of Helena Pedack

A former member, Marvel Graham, on the loss of her husband, Ian.

For health concerns:

Patrick Vaughn as he recovers from a bicycle accident

Cathy Karlsen's mother

Paul Evans, Dana Schrader's father

Jennifer Lachapelle

Terry Vaughn's brother-in-law, Tom Compton, as he battles cancer

Richard McCutchan's sister

Heidi Ferria, Pat Heifort's daughter

Joanne Walther

Bo Henderson

Juli Reed, who is struggling with MSA

Karla Kloes' sister, Fara Schwencke, brother-in-law, Brad, and Mother

Marilyn Haug

For all others who are in need of healing and wholeness,

For peace in the Middle East, Iraq, and all over the world,

For Pastor Tom and our Congregational Leaders

and for all people according to their needs:

**Into your hands, Oh, Lord, we commend all for whom we pray,
trusting in your mercy through your Son, Jesus Christ, our Lord. Amen.**

Prayer Requests should be submitted to

Pastor Tom swanstrail@outlook.com 425-334-1220

Pat Pehling pehling@frontier.com 425-334-1220

DAYLIGHT SAVINGS TIME

Remember that Daylight Savings time begins on March 8 so set your clocks ahead one hour before you go to bed on March 7.

CHURCH COUNCIL MEETING

The next meeting is on Sunday, March 22 following worship. Please refer any agenda items to Chad Masche. Council Meetings are open to all.

CHURCH WEBSITE is at www.swanstrail.org Take a look when you get the chance. It has some good links to other church related websites that might be helpful to you. It also has the Sunday readings for those who like to look ahead or want to practice before reading on Sunday morning. Suggestions of what to include in the site are most welcomed.

WORSHIP HELPERS AND PREPARERS FOR SUNDAYS are needed in several areas for March and April. The book for sign ups is in the fellowship hall under the mail boxes. There are many open spaces for readers, communion assistants, fellowship hosts, and stapling the bulletin.

PARKING REMINDER

If you happen to park on the west side of the church, please note that you can enter the church at the door behind the stairs rather than walk around to the front....a much drier route!

MINISTRY OF COMMUNITY SERVICE—Pat Pehling

Just a note of interest about how many ways Good Shepherd is involved in helping our community:

- Food Bank:** There is a box in the Narthex for food bank donations. Once a month the food is taken to the food bank for those in need.
- Project Linus:** Help make quilts for kids who have gone through traumatic events.
- Women's Shelter:** collect & deliver toiletries.
- Bethany of the Northwest:** various events to support.
- Snohomish Chalet:** collect & deliver gifts for the residents and provide volunteer help for the Christmas program.
- Everett Gospel Mission:** collect & deliver items.
- Snohomish Cold Weather Shelter:** provide volunteer help as needed.
- Backpacks and school supplies for local schools:** watch for school supply sales during the summer.
- CROPWalk:** in October collect funds and walk to raise money for Community Kitchen and other programs to feed the hungry.
- Lutheran World Relief (school bags & supplies):** information available online at lwr.org.

Will YOU help with any of these Community Service opportunities? Do you have other ideas to reach out with help to our community? Contact Pat Pehling 360 568 4047 or at pehling@frontier.com for more information on any of these projects/programs.

MINISTRY OF CHRISTIAN LEARNING – Dean Kloes

WOMEN'S BIBLE STUDY

The Women's Bible study will be Friday, March 20, at 10:00 am in the Anderson Chapel. For more information, contact Karla Kloes, 425-334-1220

EVENING BIBLE STUDY led by Erica Farmer meets at the home of Joann & Daren Barstad on Monday evenings beginning at 7 pm. Joann lives at 2225 Park Ave. in Snohomish. All are welcome for this time of discussion and learning. Erica does a great job of inviting conversation and reflection. Call Joann 425-334-1220 for information for the schedule for mid- March through mid-April

Sunday evening Lutheranism and other things discussion group.

Please join us for study and conversation around Lutheran doctrines and any other topics that might come up. We meet at 6pm on most Sunday evenings at 6pm at the home of Daren and Joann

Barstad. We go for just an hour and really try to end on time. One week does not depend on another. Watch the Swan's Trail Markings for the schedule and evening's topic

MINISTRY OF YOUTH & ADULT FELLOWSHIP – Marilyn Sheppard

A huge THANK YOU to all those who host fellowship after Worship! You are very much appreciated! It would be wonderful to have more folks host...treats can be as simple or as elaborate as you choose

Thank you to Dean Kloes for organizing the Hockey Game fellowship time for youth and adults!

On Sunday, April 19th at 2:00 PM, the youth plan to go roller skating at the Marysville Skate Deck. If you are interested in attending, please contact Dean Kloes on or before April 12th (425-334-1220).

MINISTRY OF WORSHIP – Pat Davis

As we enter the month of March we are beginning to look for and see signs of spring. The worship service continues to be blessed with the music of piano, organ and voices of our choir. The notebook of ways in which to assist with services is waiting for you to sign up in whatever capacity you desire. Looking beyond the season of Lent we are going to change things up a bit for Easter Sunday. Instead of fresh lilies we are going to put vases of spring cut flowers in the altar area. Watch for the sign up sheet to assist with that.

Remember that Wednesday Lenten Services begin on Ash Wednesday, February 26, at 7pm with a Soup and Bread Dinner preceding it at 6pm and continue through until Holy Week. There is a sign up sheet in the Fellowship Hall for providing bread and dessert...bring a soup as you are able.

SPECIAL OCCASIONS IN OUR CONGREGATION:

(If we don't have your family's special dates, please write them down and pass it along to Pastor Tom or Pat Pehling - we'd like to include everyone!)

BIRTHDAYS

March 1 Pat Davis
2 Marge Griffiths
4 Ashley Holten
9 Ron Walther
12 Jane Melnyk
13 Cormac Fox, Aiden Flynn
16 Chris Reed
17 Jenny Toutonghi, Brian Melnyk
18 Cathy Karlsen
20 Jeff Day
21 Eli Fox
22 Mark Martina
26 Jeff Taylor
29 Leif Flynn

ANNIVERSARIES

18 - Paul & Jenny Toutonghi
29 - Alton & Nancy Moen
29 – Brian & Jane Melnyk

Lutheran Counseling Network Faith and Everyday Life, 2020

A soft answer turns away wrath, but a harsh word stirs up anger. (Proverbs 15:1)

When couples come into the therapy room, they are usually at odds with each other. Harsh words fly, and anger is stirred between them. They blame and point fingers at each other, their voices raised and

their eyebrows knitted in anger.

I've begun to see angry behavior like this as a shield, a protection. It's too risky to show each other how much they hurt, and how much they care about each other, so they hide behind their protections and blame. In the therapy room, we are able to slow down their arguments and discover what goes on inside, where they may harbor fears that their partner doesn't understand them, doesn't care about them, perhaps doesn't even love them. The more the couple is able to get down beneath the anger and protection to more vulnerable emotions and share them from a softer, more vulnerable place, the more the partners begin to see each other in new ways. When one partner tentatively and vulnerably shares the fear that the other doesn't care about them, the other partner is able to respond with compassion rather than defensive anger. This begins a new pattern of vulnerability and risk that helps the partners reach for each other and rebuild their bond. I see God at work in this process. God creates us in love, and creates us for loving relationship – with God and with each other. When our sin and brokenness get in the way, God shows us how to take down our protections and reach for each other with love and forgiveness, and a true desire to know one another. It's true for us as couples, as families, as congregations and communities. When we live this way, we make room for God's love to grow in our homes, our churches, our world.

Written by a staff member of Lutheran Counseling Network

Good Shepherd Lutheran Church Schedule for March 2020

9:30 AM SERVICE

Date	Reader	Ushers	Communion Assistant/Acolyte	Fellowship Hosts**	Building Closing
1	Dean Kloes	Dean Kloes Jacob Kloes	Karla Kloes Joseph Shrader and Oliver Farmer	Karla Kloes	
8			Anika Elwell and Brett Cruver		
15	Pat Pehling		Pat Pehling Kailen Olson and Lily Masche	Pat Pehling	
22			Lincoln Jacobs and Claire Shrader		
29			Ashlyn Olson and Alice Farmer		

*During Lent, flowers will be in the narthex..

** Fellowship Tips: Bring snacks to serve after service, provide juice for an alternate beverage (the coffee is prepared for you ahead of time), clean up afterward, including emptying the coffee pots and washing cups.

Altar Guild	Offering Counters	Bulletin Compilation
Mary Nelson, Pat Davis, Kandi Eldridge, Jared and Megan Cruver, Karl and Dana Schrader and Keven and Suzette Massengale	Joanne Walther Donna Garland	Joy Vaughn

Good Shepherd Lutheran Church Calendar

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Worship 9:30 am Christian Learning 10:45am Fellowship event 4:05 pm	2 Bible Study 7pm - Barstad home	3 Quilters	4 Soup and Bread Supper 6pm Lenten Worship 7pm Choir Rehearsal 7:30pm	5	6	7 <i>Set your clocks ahead one hour!</i>
8 <i>Daylight Savings Time Begins</i> Worship 9:30 am Christian Learning 10:45am	9 Bible Study 7pm - Barstad home	10	11 Soup and Bread Supper 6pm Lenten Worship 7pm Choir Rehearsal 7:30pm	12	13	14 Helena Pedack Memorial Service 1pm
15 Worship 9:30 am Christian Learning 10:45am	16 Bible Study 7pm - Barstad home	17 Quilters	18 Soup and Bread Supper 6pm Lenten Worship 7pm Choir Rehearsal 7:30pm	19 Quilters	20 Women's Bible Study 10am Anderson Chapel Project Linus	21 Project Linus
22 Worship 9:30 am Christian Learning 10:45am Church Council Mtg 10:45am	23 Bible Study 7pm - Barstad home	24	25 Soup and Bread Supper 6pm Lenten Worship 7pm Choir Rehearsal 7:30pm	26	27	28 Wedding
29 Worship 9:30 am Christian Learning 10:45am	30 Bible Study 7pm - Barstad home	31 Quilters				

