

# TOWER ECHOES

PHINNEY RIDGE LUTHERAN CHURCH

LENT  
2024



**ASH WEDNESDAY &**

**LENT**

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**CYF HISTORY...**

**AND FUTURE**

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Reconciling in Christ  
Congregation

As people made one in the waters of baptism, we believe our lives and faith are strengthened by diversity. We strive to be a community that welcomes people of every ability, age, citizenship status, ethnicity, gender identity and expression, Language circumstance, marital status, political perspective, race and sexual orientation. Whether you are a believer, doubter, or seeker, we openly welcome and value you. We celebrate God's unconditional love and respond joyfully to your presence here. All are welcome. You are welcome.

**Anne Lohrmann**, Associate Pastor

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**David Roby**, Director of Children, Youth, & Family Ministries

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**Nick Abbott**, Organist

**Craig Hopper**, Gospel Choir Director

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#### **Transition Pastors**

Pastor Al Berg,

*aberg@prlc.org*

Pastor Maynard Atik,

*maynardatik@prlc.org*

#### **Congregation Council**

Nancy Winder, President

Martin Kaste, Vice-President

Luci Baker Johnson, Secretary

Barb Mockett, Treasurer

Members-at-large:

Thea Kaste, Youth Rep

Lori Chrisman

Karen Fossum

Theresa Magelssen

Linda Ramsdell

David Rice

This congregation worships on the ancestral and contemporary homeland of the Coast Salish peoples. We recognize the profoundly sacred relationship that our Native siblings have with the land and ask for forgiveness for the ways we have violated that which is revered by them and sustains us all.

# ASH WEDNESDAY AND LENT 2024

This Lent let us pursue a time of RENEWAL. In Christ. In nature. In relationships. In our hearts.

We will kickoff with our Intergenerational Lent Event in which we will do crafts, collect Lenten Devotionals, and engage in activities together. Folks of all ages and backgrounds and abilities are welcome!!

The Wednesday after the Lent Kickoff event, we will observe Ash Wednesday with two services (one at noon, and another at 6pm). Historically, the evening of Ash Wednesday we have had a Family Service as well as another service. This year, we will be having one service meant for everyone so that we can spend the holy day together. During the Word portion of the service, David will invite all of the children to join him for an age-appropriate learning/activity time together, and then they will join their families for the imposition of ashes and communion, hopefully with a *renewed* understanding of these powerful rituals! So, please join us for our services open to folks of ALL AGES on Ash Wednesday at noon and/or 6pm.

After Ash Wednesday, we will spend time each Wednesday renewing a steadfast spirit with a meal @ 5:30pm followed by Evening Prayer @ 6pm. Everyone is welcome and invited to join us no matter what congregation or community you are a part of.

All of this to lead up to Holy Week in which we remember the greatest showcase of grace and love and potential that lives within us.

## WEDNESDAY EVENING SCHEDULE - LENT

- **5:00** – Choristers and Angel Choir
- **5:30** – Soup supper for ANYONE AND EVERYONE in Fellowship Hall
- **6:00-6:30** – Evening Prayer in Sanctuary
- **6:30** – Youth Choir and Gospel choir
- **7:30** – Chancel Choir

**Ash Wednesday is February 14!**  
Worship with Imposition of Ashes  
and Holy Communion  
**12pm Noon & 6pm**

### If you can't get your ash in church...

Pastor Anne will also be available outside on the front lawn to offer “ashes to go” for those who cannot attend worship or don't feel comfortable inside a sanctuary, but do find meaning in this solemn symbol.

You can find her on the lawn between 8am—10am  
If you'd like to receive imposition of ashes and/or communion in your home, contact the church office to send a message to our pastoral team.



Experience  
**RENEWAL**  
this Lent

Wednesdays Feb 21st-Mar 27th  
**Community Meal @ 5:30pm**  
**Evening Prayer @ 6pm**

Phinney Ridge Lutheran Church  
7500 Greenwood Ave N  
Seattle, WA 98103



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# PASTOR'S PAGE

PASTOR ANNE LOHRMANN

I vividly remember the words *and* hand motions to the Sunday School song that goes like this:

*Create in me a clean heart, O God, and renew a right spirit within me.  
Create in me a clean heart, O God, and renew a right spirit within me.  
Cast me not away from your presence, O God, and take not your Holy Spirit from meeeee.  
Restore unto me the joy of your salvation, and renew a right spirit within me.  
(Repeat 2-12 times!)*

Even as a young tweenager, I remember thinking quite earnestly about these words from Psalm 51 (read each year on Ash Wednesday). Even a 12-year-old knows that their heart could use some cleaning up. Even a 12-year-old knows what it feels like to not feel completely “right” in spirit, even if we don’t have the language for it. And isn’t it our common prayer that God would keep us close -- *stay near, don’t abandon us* -- in times of need; but bring joy back into our lives, and the hope of Jesus’ promises.

The theme our staff has selected for this Lenten season is “Renewal.” (See also *renew; renewing; renewed.*) Renewal truly is God’s greatest mission for human beings and for all of creation. Since the moment the Spirit hovered over the chaos and breathed the world into being, God has been at work creating life, renewing what is dying or breaking, and ultimately promising to always bring life forth from ashes. As we enter into this season, I invite you to wonder:

*What in my own heart/spirit/body/mind/life is in need of renewal?*

*How is God calling me to bring renewal or healing to a world in need?*

*How is this Church called and equipped to answer the call to renewal through efforts of justice, mercy, and outreach?*

And then, I invite you to pray:

For the renewal of...

body (rest, value of play and recreation, healing, wellness)

mind (study of scripture, learning new things, curiosity and wonder)

spirit (comfort, healing from grief, prayer, worship)

the Church (our mission, our congregation’s transition process, your own place here)

community (care for the hungry and homeless neighbors, relationships with neighbors)

the world (healing divisions, an end to war, earth care)

I hope you will engage with our community this season as we pray, ponder, think, act, worship, and gather in a variety of ways. We will have an intergenerational learning opportunity on Sunday, Feb. 11 during the 10:00 hour. You could come away from that event with some helpful resources for your spiritual journey through Lent. We’ll have gather twice on Ash Wednesday (Feb. 14) for worship, and subsequent Wednesdays we will share Lenten soup & worship together each week. There will be time for good conversations of many kinds, including congregational discernment as we discuss the renewal of our own post-pandemic, post-pastoral shift, life together. We’re also thrilled to offer you a daily devotional that has been written by members of the congregation!

Lent is a rich season, so full of apt metaphors about paths and journeys, wilderness and longing, grief, pain, hope, faith, and depth. It’s also a symbol of our journey with Jesus, who knows wilderness, too, and will walk with us all the way to death, and even beyond to resurrection – renewal eternal. May God be with you in your Lenten journey, and in whatever other season you happen to be in now.

Blessings, Pastor Anne

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# TRANSITION TEAM

We have been tasked with assisting the congregation to define and implement its leadership vision. We will receive the community's input to complete Parts I and II of the Ministry Site Profile (MSP). This is our resumé, so to speak, and concisely documents for prospective pastors, and ourselves, who we are and why we're here. Please help us get it right by providing your input regarding PRLC's purpose, giftedness and mission by attending one of these upcoming listening sessions. For your preview, here are the questions we'll be considering:

- What changes have you observed or experienced within the past three years?
- What programs or activities engage your spirit the most? Your number 1 and 2.
- What gives you energy to come to church or participate in events? What are you excited about?
- If a friend asks you what our church does, what do you tell them?
- Is there is a direction you think our congregation should move towards?
- What programs do we not have at Phinney that you would like to have at Phinney?

Save  
the Date

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## TRANSITION TEAM ADULT FORUMS

Sunday, **Feb 18** 9:50am in the Fellowship Hall

Sunday, **Feb 25** 9:50am in the Fellowship Hall

Zoom only Sunday, **Feb 25** Noon

Sunday, **Mar 17** 9:50am in the Fellowship Hall

Zoom only Sunday, **Mar 17** Noon ***Focused on Youth & Young Adults (15-35-ish)***

Thank you for prioritizing this! Maynard Atik, Steve Deters, Doug Johnson, Steve Milliren, Jared Ogle, Signe Roscoe

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# DEACON DISPATCH

DEACON PATRICK MEAGHER

On March 3<sup>rd</sup> and 10<sup>th</sup>, you're invited to a two-part series answering a question I hear a lot: What, exactly, is a deacon? I'm glad you asked!

A deacon is focused on the margins of the church for the purpose of expanding those boundaries to include more and more and more people and ideas. Margins exist in society, but also in thought, traditions, and expressions of Christianity. As a deacon, I'm called to push on those margins, and expand our understanding of God's love to include new people, language, metaphors, and experiences. I strive to embody this margin-pushing spirit in everything I plan, write, and preach at PRLC.

As you may sense, I love talking about this! Come hear more from me on March 3<sup>rd</sup>, but lest you think this an exercise in navel-gazing on my part, on March 10<sup>th</sup> we'll hear from other deacons around our synod. Many ministers of word and service express their unique gifts wherever their call takes them, often extending beyond the boundaries of a parish. I've met so many wonderful deacons the past few years, and I'm excited for you to as well!

Speaking of bridging the church and world, for the past few years I've endeavored to present some sort of art installation on our front lawn during Holy Week. I do this with an eye toward our neighbors who aren't familiar with or interested in "churchy" stuff, and we've enjoyed the engagement and conversation that's developed. This year's offering will be a series of images from the collection *Designing Justice* by artist Luba Lukova. Here's a sample:



These simple but thought-provoking images have mesmerized me the past few months. Considering our Lenten theme of *Renewal*, viewing justice issues from a new angle helps us engage with the renewal of our society. I look forward to learning and growing from Ms. Lukova's work along with you and our neighbors.

In peace,  
Deacon Patrick

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# FROM THE BISHOP



Today as I write this, I am acutely aware that I am home. You see, I was supposed to be on a plane today – traveling to the Holy Land – with thirty people from this synod. We were going to see holy sites: the Church of the Holy Sepulchre, the Church of the Nativity, Bethlehem, Galilee, Jerusalem, and so much more. Besides visiting these holy sites, we were going to be with our Lutheran siblings in Palestine and Israel. We were going to visit with and learn from Bishop Azar, the pastors, and the laypeople of the Evangelical Lutheran Church in Jordan and the Holy Land (ELCJHL). We were going to visit our Lutheran schools in Bethlehem, Beit Sahour,

Ramallah, and Beit Jala. We were going to visit the only liberal arts university in Palestine – Dar Al-Kalima University in Bethlehem. We were going to visit the Lutheran hospital, Augusta Victoria Hospital. And we were going to visit our Jewish siblings who work for justice and peace. Today as I write this, I am acutely aware that today is the one hundredth day since fighting began in the Holy Land. On October 7, 2023 Hamas killed around 1,200 people and kidnapped over two hundred. It was a horrible and horrendous attack on women, children, and the elderly. Following this attack, Israel began striking with guns, bombs, and other devices of war. At this moment, the death toll in Gaza is 24,100 dead with 61,000 others wounded. It is estimated that two-thirds of those killed in Gaza so far are women and children –all non-combatants. Almost the entire population of Gaza is now displaced, and starvation and disease are rampant. By anyone’s estimate, these are horrifying statistics, and they cannot, at all, begin to acknowledge the pain and anguish from all sides. Now, I am not an expert of the Holy Land or the Israel-Palestinian conflict. I cannot begin to parse out all that happens in this area of the world – especially in such a short article as this. But as a baptized child of God, pastor, and your bishop, I know that this war is not God’s way. I know that God calls us to advocate for those whose voices have been silenced. I know that God calls not for a pretend cease fire but true dialogue. I know that God calls us to a just peace where all people are recognized as human. As many of you know, I was part of a group of seventeen ELCA bishops who went to the Holy Land last year. While we were there, we visited the ELCJHL schools in Palestine and Israel. We saw Muslim and Christian children learning together. We saw dancing and singing. We listened to their stories and we rejoiced at the hope we saw there. When we visited Augusta Victoria Hospital during this same visit, we saw Muslim doctors treating Christian patients and vice versa. When we visited with an Israeli non-profit dedicated to justice for the Palestinians, we saw Jews and Muslims, Israelis and Palestinians, working together for peace and justice. Dear Beloveds in Christ, please take to heart what our brother in Christ, ELCJHL Bishop Sani Ibrahim Azar, said on Reformation Day 2023 while speaking at the Lutheran Church of the Redeemer in Jerusalem: “It is very hard to speak about hope here in Jerusalem ... As Palestinian Christians, we have been here for many years, not recognized, but calling for reconciliation. We are serving people’s needs and we are working for the future of the whole human family...The priority right now is to end the war, to stop the killing of women and men, children and the elderly ... We hope that our Christian brothers and sisters elsewhere in the world are praying for us, praying for Christians in the Holy Land and for the rights of Palestinians to exist here.” As we are privileged to be in our homes – and as millions have been displaced from their homes – let us pray for true peace, work for justice, and speak out against hatred. Depart from evil, and do good; seek peace, and pursue it... The Lord is near to the broken-hearted, and saves the crushed in spirit. Psalm 34:14, 18

+ Bishop Shelley Bryan Wee / [bishop@lutheransnw.org](mailto:bishop@lutheransnw.org)

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# CHILDREN, YOUTH, AND FAMILY MINISTRY

## HISTORY... AND FUTURE

DAVID ROBY

Shortly after I was hired here at PRLC I became aware of the archive room. Therein I swiftly found in my hands a box labeled "History Children/Youth."

The history of our CYF programming is full of relationships, memorable experiences, dedication, and is undeniably helpful in our pursuit of the future of these ministries and of our congregation. The CYF ministries here ARE the future of our church. After all, some of our wishes and history are quite literally written on the concrete floor of the Sanctuary. I invite you to take some time with these photos. Look at them and remember our past (past spaces, remodels, staff, students, families, projects, events), wonder who the champions of PRLC have been past and present, imagine what photos will appear in the archive box when the next CYF Minister opens the box 30 years from now, and dream about what we could become. This will likely be the first article of its kind. Look forward to more upcoming.

May this be the beginning of our dreams come true.

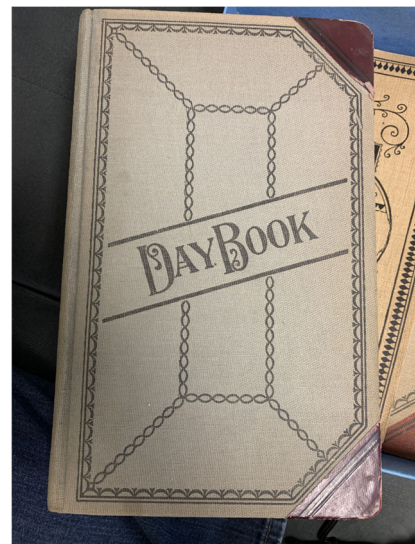
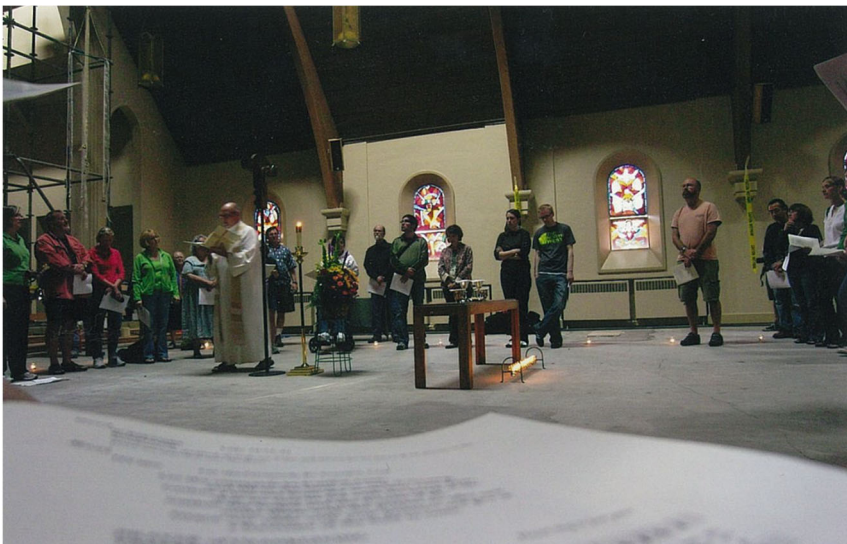






28  
 7/03  
 Average attendance for months  
 of Sept 1927 - June 1928 = 105 2/3

Month	Attendance	Cost
1928	20	20
June 18	10	10
June 19	10	10
June 20	10	10
June 21	10	10
June 22	10	10
June 23	10	10
June 24	10	10
June 25	10	10
June 26	10	10
June 27	10	10
June 28	10	10
June 29	10	10
June 30	10	10
July 1	10	10
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# CHILDREN, YOUTH, AND FAMILY MINISTRIES

DAVID ROBY

## FRIENDSGIVING

We had a fun time gathering in foodly fellowship with one another for Friendsgiving. Our hopes for this event are that it continues each year in a traditional sort of fashion. Make it so! Let's do this again!! The food was incredible, and (if you can imagine it) the company was even better. :-0)



## ADVENT WELL SPENT

We engaged in an “Advent Well Spent” at the end of 2023 waiting...and waiting...and then WALKING!! We enjoyed consistent cozy meals with one another, Holden Evening Prayer, crafts and time for reflection, as well as an enviable iterative kid-made art piece proudly displayed on the front of the balcony in the sanctuary. We “wrapped” up our Advent season (see what I did there?) by hopping into the hale storm that was the beginning of Epiphany. You'll see the routes we attempted to walk pictured below. May we hereby and henceforth continue moving forward thru the year 2024 whether we are walking, running, crawling, pausing under an umbrella, or stopping to smell the flowers. Let's enjoy walking together this year thru the storms and sunny weather.



## SAFE HAVEN TRAININGS LIFT OFF!

We officially kicked off our new safety training now called “Safe Haven Training” (formerly known as “Boundary Training”). 75 of our beloved staff and parishioners completed this training ready to go forward with useful strategies to engage with vulnerable populations in a way that enables and builds a safe haven for everyone involved. Our goal is to bless one another, and this training was a wonderful (and wonderfully productive) way to learn strategies to engage in those blessings.

If you, too, would like to volunteer here at PRLC, reach out to David Roby and take that training so that you, too, can share your gifts and passions with our beloved community. [cyf@prlc.org](mailto:cyf@prlc.org)

## CAREGIVER’S NIGHT OUT AND BINGO

Sometimes we as a congregation, as a space for folks who are weary, troubled, and stressed...you know, like YOU AND ME AND ALL OF US IN OUR COMMUNITY...just saying...sometimes we all need space where we can simply connect with no agenda, no message, no explicit learning except what comes from sharing space, joy, and common interests.

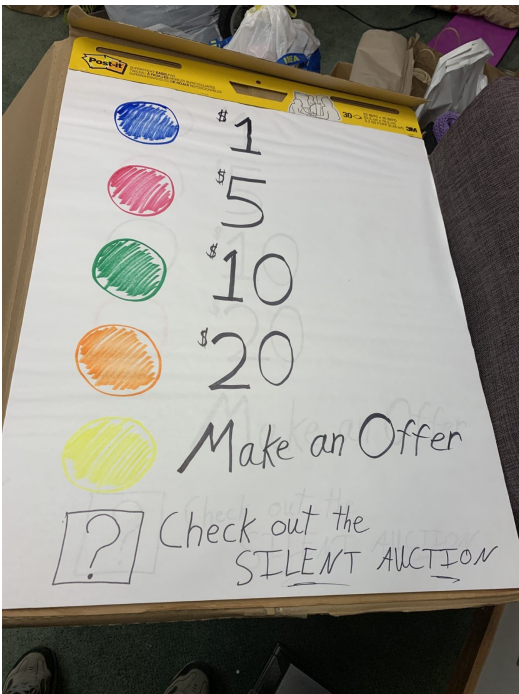
A couple such events were Caregivers’ Night Out and Bingo Night in January. At Caregivers’ Night Out, we had a record turnout and hope to continue to bless caregivers with this night off in future months. At Bingo Night, folks battled fiercely with their stampers to win prizes and shout that coveted B-I-N-G-O word. For those of you who missed it, join us next time. Next game night will likely also have a theme, maybe a Card Night, or Bunko, or videogames, or a Ping Pong tournament. The ceiling is the limit!!

See the images from the fun in your mind and imagine yourself there next time, having fun and winning treasures. In classic David Roby fashion, I failed to take more pictures than this one. Enjoy.



## NO SLEEP TILL NEW ORLEANS

We kicked off our fundraising for the 2024 ELCA National Youth Gathering in New Orleans with a Rummage Sale! A huge thanks to all of you who graciously donated items (clothing, games, furniture, priceless collectibles, and even original artwork), and another huge thanks to all of you who purchased treasures during the event. Let the trading of treasures and valuables continue!! No Sleep ‘Til New Orleans!!!!!!



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# ANNUAL BUDGET MEETING



Thanks to everyone for a great Annual Budget Meeting. After sharing a splendid potluck brunch, we passed the budget for 2024. Thank you for your careful attention, your excellent questions, and your commitment to this beloved community. At worship we heard these words from St. Paul: Now there are varieties of gifts but the same Spirit, and there are varieties of services but the same Lord, and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good. This was beautifully exhibited in the celebration of our ministries in worship and in our shared work in the meeting. Thank you, thank you. And... pledge cards help us see what to expect as income for the coming year. If you haven't filled one out yet, please do so [here!](#)

Nancy Winder  
Congregation President

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## BUILDING AND GROUNDS COMMITTEE

Good news! The boiler pieces have been delivered and are boxed in the Fellowship Hall!

We have completed the parsonage fix after the flood in December. There is still work to be done outside of the parsonage so look for a work party invite soon.

We had a successful interior church cleaning. The Narthex was cleaned as well as the Library kitchen. The Fellowship Hall kitchen ice maker, hood, oven and stove got a good cleaning as well. We have a new Class K fire extinguisher in the kitchen to use for any grease fires. It is the silver one. Watch for the notice to clean the pews next at the February work party!

We are working with the Art Committee to reupholster the furniture in the Narthex.

Thanks to everyone who took fluorescent tubes to be recycled after the meeting last week. That was a big help!

We are working on getting the van fixed after it was stolen. Clubs are installed in the vehicles but we still seem to have prowlers. The bus was messed with again, so this will rise to the top of the priority list.

We are working to get the elevator circuit board fixed. It was noted on the annual report as needing to be replaced.

Thanks to David Roby and the Youth for cleaning the Tower room. We will have a work party to move the archives stored in that space to another room. Watch for the notice!

## WEATHER PREPAREDNESS (FOR FAMILIES AND HOUSEHOLDS OF ALL KINDS)

It's risky weather season, folks. Are you prepared? Please take an afternoon this season, this month, TODAY to make sure you and your family and your neighbors are all pre-

pared for harsh weather conditions. Things you should consider putting on your household to-do list ASAP as rain and wind intensify with the possibility of snow which inevitably brings downed tree branches and packed driveways and parking lots:

- ◆ Write out and visualize (for the kids) a plan in case of fire. Where do they exit? Should they test the doorknob or look for smoke first? Is there a window they can practice kicking the screen out of ahead of time? Put your plan somewhere easily accessible and where you'll remember (and visible for the kids, for example on the inside of their bedroom door).
- ◆ Have a fire drill as a family. Make it fun, but specific and repetitive.
- ◆ Make sure you have plenty of candles, blankets, bottled water, a flashlight or two, and matches/a lighter readily accessible in your home in case you lose power.
- ◆ Share your plan with your neighbors so that in case of emergency you and all your neighbors all know where they can go and how they can contact one another in case of emergency.

Need supplies? Contact your friends and the staff here at PRLC. We've got your back. You can also go to THIS WEBSITE to learn more: [www.weather.gov/ffc/family\\_plan](http://www.weather.gov/ffc/family_plan).

PHINNEY RIDGE LUTHERAN CHURCH

# ADULT FORUMS

FEBRUARY / MARCH 2024

**ALL FORUMS IN FELLOWSHIP HALL FROM 10-10:50AM  
UNLESS OTHERWISE NOTED**

**FEB 11**

**INTERGENERATIONAL LENT EVENT!**

**FEB 18  
&  
FEB 25**

**9:50AM  
START  
TIME!**

**TRANSITION TEAM LISTENING FORUMS**

Please plan to join one of these 3 forums (incl 3/17) to provide your input regarding PRLC's purpose, giftedness, and mission. This is a vital part of the Team's effort to produce our Ministry Site Profile. Zoom listening sessions are also available outside of the adult forum hour (see other announcements for info!)

**MAR 3  
&  
MAR 10**

**SO... WHAT IS A DEACON?**

This two week forum will explore questions on many PRLCers minds: What is a Deacon, and what is word and service all about? Hear from Deacon Patrick on March 3, and other Deacons in our synod on March 10.

**MAR 17  
9:50AM**

**TRANSITION TEAM LISTENING FORUM**

**MAR 24**

**OPEN**

**MAR 31**

**EASTER SUNDAY!**

IN THE FAMILY

*Deaths*

Margie Conover — January 27  
✝ Rest eternal grant her, O God ✝



Photo of Margie and Pastor Anne just before Margie's 108th birthday in February, 2023 (Photo credit: beloved son, Sherman)



SCAN ME

Interested in helping with coffee hour? Scan Here!



**PRLC WELCA CARE BAGS**

The Women of the ELCA—Phinney Chapter  
is asking for donations for

**CAR CARE BAGS**

We need 100 bags to start at a cost of approx. \$900.00

Your Generous Donation will help.

See Mary Lydio, Jackie Bacus,

Tina Georgeson, Linda Ramsdell or Roberta Diesner for details

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				10:00 am - Spirited Women	Office closed	12:00 pm - AA
4	5	6	7	8	9	10
8:30 am - Worship 9:30 am - Coffee Hour 10:00 am - Education hour 11:00 am - Worship 1:00 pm - LCN Annual Meeting	10:00 m - Quilters	1:15 pm - Food Bank 6:30—Executive Committee Meeting 7:00 pm - AA	6:30 pm - Early Bible Study; Zoom 5:00 pm - Angel Choir 5:30 pm - Youth Choir 5:30 pm - Choristers 6:15 pm - Food Bank 6:30 pm - Youth Group 7:30 pm - Chancel Choir 7:30 pm - AA	10:00 am - Spirited Women	Office Closed	9:30 am - The Landscape group 10:00 am - Prayer Shawl group
11	12	13	14	15	16	17
8:30 am - Worship 9:30 am - Coffee Hour 10:00 am - Education hour 11:00 am - Worship 12:00 pm - The Landscaping group	10:00 m - Quilters	1:15 pm - Food Bank 7:00 pm - AA 7:00 pm - Congregation Council (ToL)	6:30 am - Early Bible Study; Zoom 12:00 pm - Ash Wednesday Service 6:00 pm - Ash Wednesday Service	10:00 am - Spirited Women	Office Closed	
18	19	20	21	22	23	24
8:30 am - Worship 9:30 am - Coffee Hour 10:00 am - Education hour 11:00 am - Worship	10:00 m - Quilters	1:15 pm - Food Bank 7:00 pm - AA	6:30 pm - Early Bible Study; Zoom 5:00 pm - Angel Choir and Choristers 5:30 pm - Soup Supper 6:00 pm—Evening Prayer 6:15 pm - Food Bank 6:30 pm - Gospel Choir and Youth Choir 7:30 pm - Chancel Choir 7:30 pm - AA	10:00 am - Spirited Women	Office Closed	
25	26	27	28	29		
8:30 am - Worship 9:30 am - Coffee Hour 10:00 am - Education hour 11:00 am - Worship	10:00 m - Quilters	1:15 pm - Food Bank 7:00 pm - AA	6:30 pm - Early Bible Study; Zoom 5:00 pm - Angel Choir and Choristers 5:30 pm - Soup Supper 6:00 pm - Evening Prayer 6:15 pm - Food Bank 6:30 pm - Gospel Choir and Youth Choir 7:30 pm - Chancel Choir 7:30 pm - AA	10:00 am - Spirited Women		

TIME VALUE

RETURN SERVICE REQUESTED

Seattle, WA 98103

7500 Greenwood Avenue North

