

the Messenger newsletter

Central Lutheran Church

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Pastor

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Synodically Authorized Minister

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Treasurer Kathy Dale

Choir Director Tai Wai Li

Bell Choir Director & Organist Debbie Pankow

Custodian Rey Nelvis

Find our congregation at http://www.facebook.com/centluth



COMING EVENTS

Sundays 9:30 am Worship Confirmation + (11/3, 11/10, 11/17)

Tuesdays 7 am Early AM Study 6:30 pm Divine Drama

Wednesdays Noon Divine Drama 5:45 pm Bell Choir rehearsals 7 pm Choir rehearsals

Saturday 11/2 at 9 am Men's Breakfast @ Flo's Pancake House

Sunday 11/17 our 80th Ann. Potluck!

Saturday 11/30 at 9 am Lutheran Women's Advent Brunch @ Central



Evangelical Lutheran Church in America

God's work. Our hands.

Phase II of the interim ministry process continues

God's beloved people:

The grace of our Lord Jesus the Christ, the love of God, and the communion of God's ever-active presence be with you all.

Firstly, I'm very excited that the Mission Study Listening Small Groups have begun, and I am encouraged by the sign-up and excitement already.

The purpose of these groups are several: 1) to have voice into Central's next chapter of ministry by responding to provided questions in which everybody in each group will be able to share their thoughts. 2) this is the quickest way for me to get more insight into Central's history, strengths, growing edges, passions, and challenges in order for me to make recommendations and resources for future ministry 3) these groups have a powerful fellowship and community building aspect, and in every setting I have offered these, people emerge from these group smiling and expressing how they had a great time and got to know people better.

The November batch of groups is listed here in the newsletter, so please sign up soon and be part of the voice, discernment, and conversation with God and each other towards a Spirit-led next best future for mission and ministry, which is the most important purpose of these small group gatherings.

And now, on a personal note.....

I wish to share with you, as a heads-up, information about some upcoming personal health matters that need attention and will necessitate surgery, now scheduled for January 8, 2025, pending insurance authorization process, after the holidays.

As some of you know, I have been dealing with lower back issues, and for the past 1-2 years I've been receiving increased therapeutic and medical care, including chiropractic, physical therapy, and more recently, cortisone shots.

The last few months these back symptoms have continued to increase without any signs of improvement. I wake up every morning with painful lower back spasms, vertebrae locked up, and so forth, and it takes me a couple of hours to work through my self-



care regimen at home every morning to be able to function. In addition to this care process, I receive chiropractic treatments 2-3 times each week along with physical therapy. This is why I have not been able to participate in some of the early-morning activities such as the Early Risers book study, and, in some cases, the Coffee Klatsch. Some mornings are better, some mornings are worse.

Friends, I'm doing everything I can to keep myself functional and attending to all areas of my life to the level that I want to, but I'm also getting weary of constantly managing symptoms and pain that are not getting any better. Physically and emotionally, it takes its toll.

Upon the referral of my chiropractor here in Alaska, I underwent a series of diagnostic screens: an MRI, as well as a DEXI scan, CAT scan and of course X-rays. All these diagnostics have revealed significant spinal stenosis and degenerative disc disease in the lower lumbar region.

In consultation with three different specialist surgeons here in Anchorage, all agree that my spinal condition has deteriorated to the point that surgery is necessary as soon as possible to restore function, alleviate debilitating pain, and avoid more serious developments. So, after the holidays, January 8, 2025, I plan to have spinal fusion and decompression surgery. Of all the

available surgical options, the medical team and I happens. This is a vital piece of the interim determined that this is the best option.

Friends, I know you will understand that this health issue of mine has simply come to the point While it has been my usual practice to be home where it is time for surgical intervention so I can get on the other side of this and have a good recovery towards wholeness. An interesting serendipity in all this is that my surgeon frankly said he was shocked, given my condition, that I'm not experiencing other symptoms like shooting pains and numbness down my legs (which I am so thankful for!). That said, it is important for me to get this surgery done so these conditions do not worsen and cause even more complications (like neurological ones) that I don't need. If I do not take care of this condition, as my chiropractor said, "You're flirting with disaster". All consultations indicate that this will likely be a successful procedure and that my recovery should go well. I have been keeping Bishop Tim and our council president, as well as the staff, in the loop as to developments.

While I usually do not discuss my personal health issues with a congregation, significant conditions such as this one do impact our collective life and ministry together. Since we are in called relationship together, a relationship that I deeply value, it is important that you know about this health concern and upcoming procedure.

In the meantime, I will continue my personal treatment regimen, in consultation with my medical team. I am also working on weight loss, down 20 pounds so far, as well as continued physical therapy and vigorous exercise, for their own goodness, but also to prepare my body better for surgery and to contribute towards a successful recovery.

Of course I will duly inform you of the likely recovery timetable, and how all important facets of our ministry, including pastoral coverage, the Divine Drama class, emergency pastoral care, will be in place when it is time. Bishop Tim plans to be with the congregation Sunday Jan. 12 to preach and preside.

I chose to wait for the surgery until after the holidays was because it is very important for me to see the Mission Study Small Group process through, and to present my "From The Interim" Pastor's Chair" presentation before surgery

process we are engaged in together. So as long as I am able to hold out, this is my game plan.

for the holidays with my family over Christmas through New Year's, as that is special time for all of us, I have chosen to remain in Anchorage during the Christmas holidays, to avoid the risk of getting ill (which could possibly delay the surgery further), as what often happens to many of us, including me, in holiday travel. Instead, I plan to take vacation time from November 20-29 to be with my family and people during the Thanksgiving holiday. Appropriate coverage for pastoral duties has been set.

In the meantime I will so much value your prayers, and that we continue to walk side-byside sharing the good ministry with which God has blessed Central Lutheran Church. You are free to directly discuss any questions with me further, but this is the sum of what I can share and know for now what will happen in the coming months. You can be assured that I will keep you apprised as necessary and appropriate.

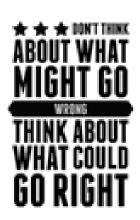
Above all, friends, please do not get anxiously caught up in what could go wrong. That simply will not serve us well. "Let not your hearts be troubled (John 14:1)", as our Lord reminds us, and let us continue to work together towards what can go right and be positive and hopeful.

Thank you for all you do and thank you for being the gift of you in my life! I value each of you and all that you do to faithfully share the ministry of Central Lutheran Church in this community and beyond. It has truly been my deep joy to serve as Interim Pastor in our congregation, and I really do believe that our time and process together will be meaningful and richly successful!

The peace of Christ with you.

Pastor Mark

Philippians 4:7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.



Endings and Beginnings

November brings us so many different types of endings and beginnings. As I write this the first major snowfall of the season is starting. The beautiful colors of Autumn will be replaced with the bright white snow. We are ending the church year with the lessons that Jesus taught about the end times as we prepare to celebrate Advent, a new beginning.

I am so thankful for all of you as I celebrated ordination as a deacon

of Word and Service. It was a deeply meaningful service, and I carry with me the promises I made to the church.

Golden Connections is off to a good start, and I will continue to share opportunities for us to be in



community together. This month, I am calling all crafters and/or those who enjoy getting together and having fun. On Tuesday November 12th at 10:00 am we will get together to make Swedish Stars and write cards that will be sent to our siblings in Christ at Petersburg Lutheran Church. Pastor Deborah and I are working together to share faith, fun, and encouragement with each other. If we have enough, we will also send some to the church in Nome. My hope and prayer are

that this will be a new beginning of sharing with each other across this great state.

Peace and blessings. Deacon Linda Hunter - Diaconate Dog

Golden Connections

November is a busy month, and we have two Primetime Wednesday events planned. On November 6th, here at Central, Chef Alan Lorimer will be holding a cooking class focused on

Thanksgiving foods. We start at 11:30 am and go to 1 pm.

November 20th will be a continuation of the GCI cell phone class. They will be helping us take great pictures to remember the holidays. This will be at St Mark Lutheran, 11:30 am to 1 pm. Lunch is provided, so be sure and sign up before the 18th.

December events will include a holiday activitiesbased lunch and a Christmas party. More details will follow on those two events in the December newsletter.



Sharing with Stars

November 12th we will be getting together to make Swedish stars and writing cards to send to our Lutheran family at Petersburg Lutheran Church. We are reaching out to other alone. Pastor Deborah is

working with her group to send us cards in an exchange of fellowship. We will start at 10 am on the 12th in Central's Community Room. There will be goodies to sustain us in our work. Donations of cotton, holiday themed material is needed for the project. Drop it off at the church or give to Deacon Linda. Irons and small ironing boards would be helpful to have on the 12th. Let's get together and share the love of Christ with each other and Petersburg. If you have any questions, please contact Deacon Linda.











Vicar's Corner

Dear Central Lutheran,

Grace and peace to you.

It is hard to believe, but this might be my last Vicar's Corner submission. My contract with Central ends at the beginning of November, and I plan to take the break to complete some paperwork and engage in the Approval Process for a first call with the Alaska Synod.



work of discernment for Central's path forward. I encourage you to lean into that discernment work with Pastor Mark. Please continue to offer Pr. Mark the love and care you extended to me over the last two years while you do this work together. You have my prayers.

God's peace, Vicar Zach

The time serving with you at Central has gone by quickly. I thank God for all of you and I appreciate ventures of which we cannot see the ending, all of your nurturance, care, suggestions, support, by paths as yet untrodden, through perils questions, and love. That feedback has been foundational for my formation and informative for my discernment of future service to the church.

Currently, Central has plenty of ministries that are Lord. Amen. on-going and engaging, and Central also has the

O God, you have called your servants to unknown. Give us faith to go out with good courage, not knowing where we go, but only that your hand is leading us and your love supporting us; through Jesus Christ our

80th Anniversary Potluck!

Pick up a Central Lutheran cook book, past or present, and select a recipe to make and share at our 80th Anniversary Potluck on Sunday, November 17, following worship. (Don't have a classic cook book? Visit the Church office to find and photocopy something perfect!) It will be fun to share who originally submitted the recipe.



Central Lutheran is praying for ...

November ELCA Alaska prayer partner: Epiphany Luth. Episcopal Church, Valdez

Central members or close family of our members who've passed in the last year: Robert Garza (Victoria Braun's father), Kara Dale (daughter of Gene & Kathy Dale), Fred Shepard (Debbie Pankow's stepdad), Bob Reupke, Lenore Clinton, Faye Gilmore (David Dale's life partner), Brenda Engelby, Dave Hillemeyer, Michael Griggs (nephew of Sharon Jones), Doris Ziegler (mother of James Ziegler), Judith Moore, Linda Padden, former Central pastor Rev. Luther Abrahamson, George Rhyneer, Kay Zernia, Lila Ward (Lorna Nelson's mother), Rev. Myrin Bentz

With all the changes going on at Central this year, we were slow to remember that this is our **80**th **anniversary** as a congregation. With thanks to Julie Graham for the suggestion, we plan to hold a **potluck** on Sunday, November 17, after worship. To make the potluck extra fun, we invite you to use a recipe from a Central Lutheran cookbook, past or present, and to bring a note with your dish explaining whose recipe you selected. Find borrowed copies of older cookbooks here in the Church office if needed.

Call Process - I hope you have taken advantage of the opportunity to sign up for one of the small group meetings being offered. This is your chance to help set the path for Central's future and your thoughts matter. There will be meetings throughout early November so please sign up and participate in the process. We want to stay on track for calling a new pastor.

The Homeless shelters at **In Our Back Yard** are taking shape. We hope to have guests in place by the end of November. Many thanks to all the Central folks who helped with the construction. Stan Olsen and Steve Wakeland were our fearless leaders. John Bulkow, Steve Hansen, Wes Tonkins, Jeff Sauve, Mike Graham, Mark Vandergon, and Vicar Zach did the hard work.



Thanks to Carol Norquist for documenting the progress and paying the bills. Thanks to Brad Erickson for getting out the word about the open house on October 26th. Thanks to Shane and Allen Smith of Kodiak Electric for bringing us power and working with all the city inspectors. We also owe a big thanks to all the volunteers from Saint John's Methodist and the general community who made up the rest of our work



force. Approximately 500 man hours of volunteer labor went into the last week of construction. Our number one painter was Shirley Strusz, daughter of long-time member Helen Strusz. Shirley grew up going to Central, is living in her mother's house and is a strong advocate for helping the homeless in our neighborhood. We must give special recognition to our fearless leader Julie Graham for making it all happen.

The **Farmer's Market** ended on a wet and windy note on October 19. It continues to be an important gathering place for the community and a source of great veggies. Our intrepid office manager, market coordinator, and all-around multi-tasker can be seen here typing the e-news while handing out coffee and cookies.

Steve Lambert, council president



Remember, change your clocks and "fall back" one hour on Saturday evening, November 2







Donate by using the QR code

Website: https://inourbackyard-ak.org/

In our Backyard is a 501c3 nonprofit organization Federal Tax ID #93-4915440

Dear Central Lutheran,

Thank you all for a wonderful Open House on October 26th. We had over 200 people from all over the community in attendance. Pastor Andy from St. John United Methodist Church led us in an opening prayer and moderated the guestion and answer session. The support, joy and enthusiasm for In Our Backyard is overwhelmingly wonderful.

Special thanks to Stan Olson, Steve Lambert, Steve Wakeland, Mike Graham, Wes Tonkins, Mark Vandergon, John Bulkow, Steve Hanson, Jeff Sauve and Sally Balchin. Carol Norquist was there everyday documenting the process and posting on Facebook. Shane and Allen Smith from Kodiak Electric dug the trenches and put up posts. These amazing volunteers as well as a crew from St. John United Methodist and neighbors from across the street were able to build the cabins, including steps, railings, sanding, painting, and floors in a week. Over 500 hours of labor were given to In Our Backyard.

Next steps are to get the electric line and transformer installed. Chugach Electric is excited to get started within the next ten days. We are in meetings with Catholic Social Services to set up interviews with potential people for In Our Backyard.

It is just incredible to see an idea become a reality. Support from the Anchorage community was evident during the Open House. We could not have done it without the love and support of members of Central Lutheran Church. Your encouragement, faith and support have kept us going.

Loaves & Fishes, Julie Graham, Chair of In Our Backyard





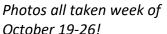












Worship & Study

- † Sundays 9:30 am worship service
- † Central Seniors and friends coffee klatsche every Wednesday at 8:30 am at Kaladi Brothers Coffee on Brayton Drive
- † Ladies Gather Bible study meets at 2 pm on 2nd Mondays, next on November 11, in person & via zoom.us
- † Sarah Southside Circle meets on first Tuesdays, next on November 5, for coffee at 10:30 am at Bells on Specking Road. All are welcome!
- † Men's Breakfast & Bible Study meets first Saturdays at 9 am at Flo's Pancake House, next on November 2
- [†] The Early AM Study continues with weekly meetings via zoom (meeting ID 963 8911 9335 and contact the office if you need the password) at 7 am to study The David Story by Robert Alter.
- † The Divine Drama meets Tuesdays, 6:30-8 pm, and also Wednesdays, Noon-1:30 pm, (same class two times weekly, pick the best time for you!) both in the Community Room and via our regular zoom link
- [†] Coming in Advent, 7 pm Wednesday evening worship services featuring *Holden Evening Prayer*, December 4, 11, and 18

Birthdays

Wish a happy birthday to:

Stephanie Wolanin	11/1	Erik Maurer	11/15	Sharon Jones	11/23
Lorayne Embretson	n 11/1	Elaine Wilson	11/15	Anita Soiseth	11/23
Erik Falskow	11/2	Emma Phillips	11/17	Peri Sanders	11/24
Heather Helgeson	11/7	Elaine Hildahl	11/17	Amanda Lofgren	11/25
Karen Bevolden-No	ordgaard	Birte Eliasen	11/17	Hazel Bryan	11/26
	11/8	Beverly Johnson		Frank Coppa	11/27
Ralph Bagley	11/8	Pierre Nicolet	11/18	Stacy Schmitz Ree	ce 11/30
Caiden Terrill	11/12	Hawken Wanamaker 11/19		Nash Kurzweg	11/30
Keith Padden	11/12	Denise Creager-Smith 11/21		Rebecca Thorsness 11/30	
Rae Elde	11/15	Doug Luiten	11/21	Luke Helgeson	11/30

Anniversaries

Wish a happy anniversary to:

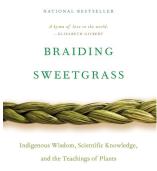
John & Janet Brewer	11/2	Erik & Lisa Maurer 11/13
Patrick & Anne McCormick	11/2	Kjell Nordgaard & Karen Bevolden-Nordgaard
Rev. Jeff & Rev. Lisa Hackler	11/6	11/14
James & Marcia Brown	11/9	

Study:

The Divine Drama continues with the same class offered each week first on Tuesday evening, 6:30 to 8 pm, and again on Wednesday, Noon to 1:30 pm, both in person and via zoom.us.

The **Early AM Study** continues with weekly meetings via zoom at 7 am Tuesdays to study <u>The David Story</u> by Robert Alter.

Book Group is reading
Braiding Sweetgrass:
Indigenous Wisdom,
Scientific Knowledge and
the Teachings of Plants by
Robin Wall Kimmerer.
"Robin Wall Kimmerer has
written an extraordinary
book, showing how the factual, objective approach of
science can be enriched by
the ancient knowledge of the
indigenous people. It is the
way she captures beauty



ROBIN WALL KIMMERER

that I love the most—the images of giant cedars and wild strawberries, a forest in the rain and a meadow of fragrant sweetgrass will stay with you long after you read the last page."—Jane Goodall. Discuss with friends on Monday, November 18, at 4:30 pm.

Confirmation class and kids' and adult faith formation classes will be offered in a multi-congregation format along with an evening meal here at Central Lutheran from 5 - 7 pm Sunday evenings, 11/3, 11/10, and 11/17.

Central Seniors and friends - **coffee klatsche** every Wednesday at 8:30 am at Kaladi Brothers Coffee on Brayton Drive.

Ladies, our monthly *Gather* **Bible study** meets at 2 pm on 2nd Mondays, next on November 14. Bring a *Gather* magazine or share ours.

Gentlemen - **Breakfast & Bible Study** meets first Saturdays, next on November 2, at 9 am at Flo's Pancake House.

Fellowship:

Sarah Southside Circle meets first Tuesdays for fellowship, next on Tuesday, November 5, for coffee at 10:30 am at Bells on Specking Road. All are welcome!

Join our multi-generational group of **pickleball** players. We play most Tuesdays in the Fellowship Hall, often 4:45-6:15 pm. Text Christi at 646.710.0805 for details. All skill levels welcome—invite a friend—need not be a member!

News

News

News

Serve:

Our **Little Free Library** welcomes your gift of used books and magazines, for all age groups.

Year-round, we collect shelf-stable foods for LSSA Food Pantry. Our November focus is canned corn, green beans, boxes of stuffing and packages of gravy for the Thanksgiving Blessing

Thanksgiving Blessing holiday meal distribution.

Our Helping Hands Clothing Closet

continues to welcome visitors about eight days monthly who are in need



of socks, gloves, blankets, backpacks, outdoor gear, and clothing -- the fastest to go are smaller adult sizes. Donations may be new or used but usable, and are welcome during closet hours, office hours, or worship services.

Fourth Thursdays of the month, we provide the **evening meal to the residents of Clare House** women's and children's shelter. In honor of Oktoberfest, the October 24 meal was a Germanthemed feast. THANK YOU to Lisa & John Bulkow, Paula Zawodny, Becky Schaeffer and Gordy Nelson, and Karen Voris! We'll be seeking all the Thanksgiving dinner fixings for November 28.

News:

Scenes from the fantastic **youth road trip** to Seward and the Alaska Sea Life Center on October 18-19, 2024, were shared in the October 20 bulletin and on Central's facebook page. The weather was so, so beautiful for the road trip. We had 64 participants from eight congregations, including three Central youth and one ANLC youth with chaperone Kathy Freeman.

Scenes from the **Pet Blessing** on October 4 were shared in the October 6 bulletin and on Central's facebook page. Vicar Zach blessed thirteen pets and the Alaska SPCA was on hand to offer information and coupons for spaying, neutering and other care for pets.

THANK YOU to all who made Deacon Linda Bender's Service of Ordination and Reception so wonderful!

Women of the ELCA: Central Lutheran

Ladies, our monthly *Gather* Bible study meets at 2 pm on 2nd Mondays, next on November 11, and you're invited! Bring your *Gather* magazine or share ours.

Women of the ELCA

The Women of the ELCA is gathering ideas about what WELCA is and can be! This is a time to reflect and dream and prepare together. Fill out the survey at:





November 2024 - Central Lutheran Church

(Please note: This calendar lists church-related events only. Numerous community-related events take place in the building. To schedule space for an event, please contact the church office.)

Sat	2 9 am Men's Breakfast @ Flo's Pancake House	ത	16 11 am - 2 pm Foot & Wound Clinic open 1 - 3 pm Helping Hands Clothing Closet open	23	90 am Lutheran Women's Advent Brunch
E H	1 2 2 pm Mission Study Small g am Men's Breakfast Group @ Ken Helm's @ Flo's Pancake Hour 7 pm Mission Study Small Group @ Central	Central Lutheran is celebrating 80 years this fall! Let's share a potluck on Sunday 11/17	5.	22 hing Closet open Ministers Meeting Ministers Meeting Ministers Meeting @ Dahna's @ Dahna's hastor Mark out of the office 11/20—11/29	58
Thu		7 2 pm Mission Study Small Group @ Bonnie Kragt's	14 Noon Finance Committee	21 1 - 3 pm Helping Hands Clothing Closet open Pastor Mark out of	28 Thanksgiving Holiday Church office closed by 3 pm Volunteers deliver evening meal to Clare House shelter
Wed		68:30 am Coffee Klatsch 11:30 am - 1:30 pm LSSA Golden Connection Cooking Class @ Central Lutheran Noon-1:30 pm Divine Drama 5:45 pm Bell Choir rehearsal 7 pm Choir rehearsal	13 8:30 am Mission Study Small Noon Finance Committee Group @ Coffee Klatsch Noon-1:30 pm Divine Drama 5:45 pm Bell Choir rehearsal 7 pm Choir rehearsal	8:30 am Coffee Klatsch 10 am Kitchen Cleaning Noon-1:30 pm Divine Drama 5:45 pm Bell Choir rehearsal 7 pm Choir rehearsal	27 8:30 am Coffee Klatsch Noon-1:30 pm Divine Drama
Tue		5 7 am Early AM Study 10:30 am Sarah Southside Circle @ Bells on Specking Road 1 - 3 pm Helping Hands Clothing Closet open 4:45-6:15 pm Pickleball 6:30-8 pm Divine Drama	12 7 am Early AM Study 1 - 3 pm Helping Hands Clothing Closet open 4:45-6:15 pm Pickleball 6:30-8 pm Divine Drama	7 am Early AM Study 1 - 3 pm Helping Hands Clothing Closet open 4:45-6:15 pm Pickleball 6:30-8 pm Divine Drama	26 7 am Early AM Study 1 - 3 pm Helping Hands Clothing Closet open 4:45-6:15 pm Pickleball 6:30-8 pm Divine Drama
Mon		4 11:30 am Staff meeting (off site)	11 1:30 pm Staff meeting 2 pm Women's <i>Gather</i> Bible Study	18 1:30 pm Staff meeting 4:30 pm Book Group discusses Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants by Robin Wall Kimmerer	Thanksgiving Blessing all day @ Central distribution 2—7 pm
Sun		3 9:30 am WORSHIP with Rev. Mark Galbraith and Confirmation 5 - 7 pm Confirmation & Faith Formation meal & classes for all ages	10 9:30 am WORSHIP with Rev. Mark Galbraith 11 am Eucharistic Minister meeting 5 - 7 pm Confirmation & Faith Formation meal & classes for all ages	9:30 am Church Council 9:30 am WORSHIP with Rev. Mark Galbraith 11 am Central's 80th Anniversary Potluck 5 - 7 pm Confirmation & Faith Formation meal & classes for all ages	24 9:30 am WORSHIP with Deacon Linda Bender

Central Lutheran Church

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ADDRESS SERVICE REQUESTED



Central Lutheran Church is here for you. We want to include you in our prayers, arrange for pastoral visits and announce information to the congregation, when appropriate. Please notify the church office (277-1622) as soon as possible when:

- · A member of your family or a friend dies;
- Hospital or home visitation would be a blessing;
- You or someone you know wants to plan a baptism or wedding;
- You or someone you know is ill or grieving;
- You move or change your telephone numbers or email.

Please contact the church office if your address has changed or you no longer wish to be on our mailing list. Thank you!

Central Lutheran Prayer Chain will sincerely pray for your needs, joys and sorrows. Our prayer chain always welcomes new links. If you would like to contact the prayer chain with a prayer request or become a part of the chain, please contact Karen Emmel or the Church office.

