

◆ THE OLIVE PRESS ◆

GETHSEMANE LUTHERAN CHURCH

JANUARY 2022

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Ernie Butenschoen

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Gabriel Sprague

Stewardship: TBD

Fellowship: TBD

Worship:

Brandee Liebrand

STAFF

Interim Pastor:

Elizabeth Durant

CYFM:

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Organist:

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Nursery Attendant

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From the Pastor

"And let the peace of Christ rule in your hearts, to which indeed you were called in the one body." - Colossians 3:15

Beloved,

As winter snow covers our city during this last week of the year, we are invited to

pause for a moment and listen. Listen to the crunch of boots on the sidewalks. Listen to the laughter of children at play. Listen to the muted sounds of the city.

The year ahead - Two Thousand Twenty-Two - will be a transformative one for us as followers of Jesus, as people of Gethsemane Lutheran Church. We will have to slow down and listen - deeply - to the heart-cries of one another and the heart-needs of our neighborhood.

Last Sunday we read from the apostle Paul's letter to the Colossians, Chapter 3: **"Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom."**

In the season of Epiphany, we celebrate that the Word (Logos) became flesh and revealed God's glory among us. Each Sunday morning as we receive Holy Communion, we take into our physical bodies the body and blood of Christ. **We "speak" the word of Christ as we live out the gospel in our everyday lives of devotion, witness and service.**

How might we speak more clearly the Word within us? How might we hear more deeply the Word among us? **Our GLC theme for this year is #RealTalk.**

To be "real" is to be genuine, authentic, honest, transparent, open. To do "real talk" is to engage in the kind of "Sacred Encounter" that we practiced in 1:1 conversations on the first Sunday of Advent. When we practice "real talk," we are courageous, whole-hearted, and honest.

#RealTalk is essential to a healthy church.



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The peace of Christ is not the absence of disagreement or conflict...the early Christians had many disputes; just read Paul's letters! The apostle Paul directs the early Christians to "get rid of all such things—anger, wrath, malice, slander, and abusive language from your mouth. Do not lie to one another..." (Col. 3:8-9). While few of us would directly lie to one another, we sometimes find ourselves telling half-truths - or staying silent - because we are afraid of what honest, direct communication might cost us. We might believe that gossip is "innocent" or justify the actions of others ("that's just the way he is").

The peace of Christ is the presence of whole-hearted connection and accountability in the midst of conflicting views. If we follow Paul's instructions, we speak directly, with respect and kindness. We are honest about our differences of opinion. **We trust in the very real body and blood of Christ to speak through us as we enter in relationship with one another, as individuals, and as a church.** In the real power of Christ's peace, our diversity becomes a source of strength and public witness.

With all that in mind, here are three ways to practice #RealTalk in 2022:

Talk directly. It's tempting to vent and gossip, but talking behind each other's backs is harmful. We might think we are "keeping the peace" by roping in a third party to talk for us (forming a triangle), but we dishonor each other by communicating this way. We need to talk directly and clearly share our thoughts, opinions and concerns with one another.

Show up with your whole self. Instead of holding back, speak your honest thoughts and feelings, even if you sense the other person might disagree with you. Pray before you speak. Frame your words with respect. Then listen deeply, with your whole heart. Practice empathy...putting yourself in the other person's shoes. If what you hear is hurtful, say so. "When I heard you say X, I felt Y."

Take responsibility for (only) yourself. Acknowledge any pain you might have (intentionally or not) caused others. Be open to healing the relationship or finding some degree of peace, reconciliation or justice. Don't expect the other person to take all responsibility for "fixing" the conflict. Don't let them give you all of the responsibility either...hold the boundaries for your part of the relationship.

All of these invitations are easier said than done, I know. The irony is that this newsletter article is a very indirect way of speaking from my heart to yours. Words on a page can't convey my emotion, my tone, my smile, or all the other non-verbal pieces that are part of my pastoral care and concern for you.

So this is just a beginning...a little nudge to lead us. Think of "RealTalk" as a code word that you can use the next time you are talking to someone. If you sense there's something deeper beneath the surface, if you feel nervous about what you need to say next, say "RealTalk." Listen for that code word...it is an invitation to grace, to empathy, and to deeper relationships in faith.

So, beloved, "let the word of Christ dwell in you richly," and may your lives speak out the wisdom, love and understanding that only God can bring. "And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him."

Thanks be to God!
Pr. Elizabeth

From the Council President

Dear Brothers and Sisters in Christ,

Kim and I have been greatly blessed this holiday season. Our Daughter Jenece and her husband Steve blessed us with a grandson (Andrew) on November 20th. Andrew was born approximately 5 to 6 weeks early. Both Jenece and Andrew are doing well. Andrew had to stay in the hospital for almost a month until he passed all his tests. Most of that time spent was to get him to eat well and gain weight. The Greatest Blessing of all was to watch Jenece and Steve love on him and to watch their faces as they looked at Andrew as first time parents. We are coming home right after the New Year and look forward to seeing you at church or on Zoom. Some of you that have been to Montana know what the weather can be like during the winter time. We currently have close to 2 feet of snow in the hills and a current temperature of 15 degrees at almost 4pm today.



Some of you that have been to Montana know what the weather can be like during the winter time. We currently have close to 2 feet of snow in the hills and a current temperature of 15 degrees at almost 4pm today.

I want to thank all of you for doing God's work in and around the church. The decoration crew that worked so hard to make the sanctuary look so festive for Advent Season. The worship team that provided the services that the congregation could participate in. Pastor Elizabeth's leadership with assistance from Brandee and her committee, the cantors, readers, music leaders, zoom service leaders, ushers, Jasmine and her adult helpers and the children who performed a skit on the Fourth Sunday of Advent (December 19). Thanks again for the efforts that are continually going on with our Transition Team and the Covid Team.

We are still working hard to keep our services safe so that many of you can feel good about worshipping in church. Zoom services are still available as well. I will have a more detailed update on what the council is up to after our January 6th meeting. I want to encourage some of you to consider two council positions that are still open that we still need to fill. Stewardship and Fellowship are open to one person each or a two person team. Please put this to prayer and consider it for yourself. Anna, Pastor and I will fill you in with all the details of those positions and answer any and all questions that you might have about them. Please be safe, happy, and healthy.

God Bless,
Ernie

THE YEAR AS A HOUSE

A Blessing by Jan Richardson

Think of the year
as a house:
door flung wide
in welcome,
threshold swept
and waiting,
a graced spaciousness
opening and offering itself
to you.

Let it be blessed
in every room.
Let it be hallowed
in every corner.
Let every nook
be a refuge
and every object
set to holy use.



Let it be here
that safety will rest.
Let it be here
that health will make its home.
Let it be here
that peace will show its face.
Let it be here
that love will find its way.

Here
let the weary come
let the aching come
let the lost come
let the sorrowing come.

Here
let them find their rest
and let them find their soothing
and let them find their place
and let them find their delight.

And may it be
in this house of a year
that the seasons will spin in beauty,
and may it be
in these turning days
that time will spiral with joy.
And may it be
that its rooms will fill
with ordinary grace
and light spill from every window
to welcome the stranger home.



Officers (two-year terms beginning 2021)

President Ernie Butenschoen

Vice President Dick Bemrose

Secretary/Treasurer Shar Giard

Congregation Council (two-year terms)

Community Action: Gabriel Sprague (first two-year-term)

CYFM: Edwina Krubo (continuing through 2022)

Evangelism: Rachel Coughlin (first two-year-term)

Fellowship: TBD

Lutheran Liaison: Mary Karter (first two-year-term)

Properties: Philip Dochow (continuing through 2022)

Stewardship: TBD

Worship: Brandee Liebrand (continuing through 2022)



**Thank you to outgoing councilmembers Paulette Kelley & Mary Starmont
for your service to GLC.**

Gethsemane Youth Happenings

*My soul proclaims your goodness, O God,
and my spirit rejoices in you, my Saviour.
For you have looked with favor
upon your lowly servant,
and from this day forward
all generations will call me blessed.*
Luke 1:46-48 First Egalitarian Version

Christmas. A New Year. Epiphany. Baptism of Our Lord.

It seems as if the odds are ever stacked against us to pause, and actually hear these words Mary sang all those years ago. Last year for Advent the Sunday School kids from Trinity and Gethsemane were still on Zoom and we spent the entire month discussing how **we** can **MAGNIFY** our senses for God. We made special rocks for the kids to pray with, we tasted mints in tins proclaiming God's goodness, we looked through magnifying glasses as Steph took us on a guided tour of the Holy Land online, we smelled the smells of a bazaar in Bethlehem, and we yelled and screamed our prayers to magnify our voices. Together as one Sunday School body we proclaimed God's goodness and wholeness as we magnified our senses and intentionally focused on how we can use our everyday doings to thank God for our blessings.

"For you, the Almighty, have done great things for me."

Working with the kids last year, we used this passage almost every week. Mary's song was picked apart and printed onto the worry rocks and the mint tins. We discussed Mary being a 14 (probably) year old girl, Jewish, betrothed to a man older than her. We watched "The Star", a movie about the birth of Jesus - from the donkey's perspective - which shows the often skipped over storyline where Joseph didn't know Mary was pregnant on their wedding day, and the angel visiting him. Mary's song is so deep and the emotion is so raw, and real...

*"You have shown mercy with your arm;
you have scattered the proud in their conceit;
you have deposed the mighty from their thrones
and raised the lowly to high places."*

What we know and understand about human beings now - that we are whole beings, brain and body - allows us to believe that Mary, a young Jewish girl, was probably very scared for many reasons. Her body was going to change, she was getting married to a man she didn't really know - or was she? She *was* pregnant now, after all. She was pregnant, carrying a Holy Spirit child - that *had* to be

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weighing on the brain. But through all of that noise in her head she found time to **proclaim God's greatness**. Mary is not praising God with her spirit alone, but with her entire being - mind and body. She used all of those identities; her 14 year old (freshman in High School aged) body, Jewish spirit, and betrothed body, to enact a promise made by God - a promise she carried to term, grew and nourished within her.

I wonder if Jesus ever sang Mary's song with her, or if she ever sang her song to baby Jesus as a lullaby. (KC and Micah got "Puff the Magic Dragon" and "Hallelujah" for a lullaby.) However this song has lived on - it lives on! We hear this song when people march for equal rights. We hear this song when people stand up for what's right. We hear this song when people stand up against unfair treatment of humans, or our planet, in any situation; work camps, ocean clean ups, ICE detention centers, highway trash pick up, prisons, refugee camps, oil spill clean ups, resettlement camps, wildlife preservation efforts, etc. Anytime someone or someones stands up, speaks up, or encourages and implements a change to lift up the lowly we hear Mary's song. The cries and the resistance against oppressive forces is Mary's song - be willing to hear it. Our youth are listening, they are hearing these cries and heeding their call on a scale we've never seen before, and we're losing our kids if we're not caring about their cares.

In 2022 let us ask ourselves for the sake of our children: what serves all of God's children equitably? What leaves the proud scattered? Who is fearing God? Mary's song has already given us and our kids the roadmap to success - and it has been sung out for hundreds of years- let us listen to respond, not react.



Worship Committee

- **Worship Volunteer Position Descriptions:** These are available online on the sign up pages located at <https://signup.com/Group/1125944192029/>, are posted in the Narthex, or can be requested from Anna in the Office.

A BIG thank you to all these wonderful people for the generous gift of their time, coming together on Saturday, December 11, to decorate and bring all the beauty and joy of the Christmas Season into our Sanctuary. The fruits of your hard work have been enjoyed by us all!

Mary Baxter
Laura Britzius
Gage Cota
Troy Cota
Mary Curtis
Amy Deetz
Philip Dochow
Jonathan Herbert
Denise Johnson
Lyle Johnson
Gloria Kelsay
Micah Morton
Patty Olson
Steve Olson
Debbie Pickens
Peggy Sloan
Gabe Sprague
Kim Stoffregen
Barbie Tew
Larry Tew
Dale Van Horn

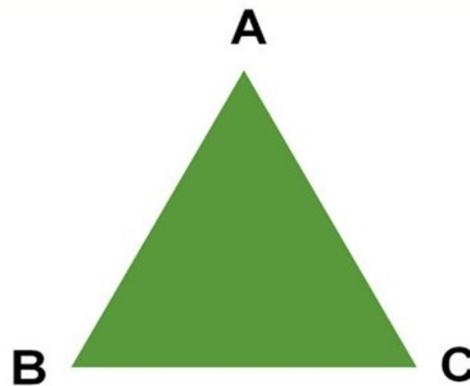


Healthy Communication & Triangles

In November, Pr. Elizabeth led GLC Church Council and Transition Team members in a mini Leadership Retreat. We used the book *How Your Church Family Works* by Peter L. Steinke, based on the work of Edwin Friedman. These pastoral leaders use **family systems theory** to help churches develop healthy ways of being.

One important takeaway from our discussion was an awareness of how **“emotional triangles”** can form within churches. De-triangulation has been called the “universal antibiotic” to improve any system or church family. Here’s what a triangle might look like:

- **A** is at odds with **B**
- **A** goes to **C** with his/her problem in an attempt to change **B**’s behavior
- **C** gets stuck holding the stress, **B** is still clueless and **A** feels better



How do we “de-triangle”?

De-triangulation might include:

- C Saying to A, “I’m sorry. This is a problem between you and the pastor. I hope you will take it to him/her.”
- C Saying to A, “This is a legitimate concern you have. While the pastor may not want to hear it, I think it is important for you to say it.”
- C Saying to A, “If you are nervous about saying this to the pastor, I’d be happy to go with you to see him/her, so that you have some support while doing so. But this is really your issue with the pastor.”
- C Saying to A, “I’d be happy to have you ‘practice’ with me what you intend to say directly to the pastor, and if you like, I’d be happy to give you some feedback.”

Such a strategy leaves the responsibility – and the anxiety – where it belongs (with A) and leaves C much less anxious. The lower the anxiety, the healthier the church family.

What do you think? Have you experienced this dynamic? How might we practice this at Gethsemane Lutheran Church?

WEEK OF PRAYER
FOR CHRISTIAN UNITY
JANUARY 18–25, 2022

**We saw the star in the East,
and we came to worship Him.**
(cf. Mathew 2:2)

The theme for the Week of Prayer for Christian Unity in 2022 was selected by the Middle East Council of Churches and originates from the churches in Lebanon. Present times in Lebanon are extremely difficult and economically disastrous. All this combined with the effects of the COVID-19 pandemic have made the situation quite stressful. The power of prayer in solidarity with those who suffer is a demonstration of Christian unity and a sign of communion.

The theme, taken from the second chapter of the Gospel according to Matthew, is the Epiphany. Each year in January, the Church recalls the visit of the Magi to Bethlehem, highlighting God's invitation to all of humanity to a

new covenant in the Incarnation of Christ. In the Eastern Churches, Epiphany is joined to the mystery of the Baptism of Christ, a baptism all Christians hold in common as testimony to their faith in the Son of God.

Graymoor Ecumenical & Interreligious Institute, continuing the work of Servant of God, Fr. Paul Wattson and Mother Lurana White of Graymoor, is pleased to once again produce materials for the observance of the Week of Prayer for Christian Unity in the United States in English and Spanish. Please check our website, geii.org, for more information soon. We start providing materials in October.

Celebrate the Week of Prayer for Christian Unity in your community from January 18-25, 2022.
That they all may be one.



**Lutheran Immigration
and Refugee Service**

Thank you so much for your donations to provide a Merry Christmas for two refugee families with children matched with us through Lutheran Immigrant Refugee Services. Thank you to Gabe Sprague and Mary Karter (Community Action Team) for coordinating. Your generosity is deeply appreciated!



an invitation for you in the New Year

2022 PERMISSION SLIP

Add your name, check the boxes, print it out!

I, God, Almighty and Ever-living Father, do hereby give my permission for

to:

- Laugh out loud
- Rely on grace
- Try something new
- Make a mistake & be forgiven
- Fail miserably & try again
- Help someone else
- Attempt something important
- Take a chance
- Find a new friend
- Reconnect with an old friend
- Forgive someone despite everything
- Learn a new skill
- Read lots of books
- Rest and breathe
- Walk in the woods
- Be completely, utterly, unconditionally loved

Signed, this first day of January, in the year Two Thousand and Twenty-Two,
YHWH

BIBLE STUDY resumes on Tuesday, January 4th at 10am with the story of Rahab in the Book of Joshua in the Hebrew Testament. Rahab is an ancestor of Boaz and listed in the Genealogy of Jesus in the Gospel of Matthew.

Join us on Tuesday mornings in the conference room or on Zoom: <https://us06web.zoom.us/j/87038575330>



A Prayer for New Year's Eve (ELW)

Eternal God, you have placed us in a world of space and time, and through the events of our lives you bless us with your love. Grant that in the new year we may know your presence, see your love at work, and live in the light of the event that gives us joy forever - the coming of your Son, Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.



Notes

- * Do you know someone in need of food pantry resources this winter? **Oregon Food Bank's "Food Finder"** (foodfinder.oregonfoodbank.org) can help! Enter an address to find all the free local pantries within 15 miles, including open days and hours.
- * **SnowCap's needs** include the following food box items: canned veggies and fruit; hearty soups/chili/stews; canned tuna; peanut butter; dessert mixes (Jello/cake/brownie, etc), returnable cans/bottles, ground coffee, can openers, hot chocolate packets. Full size toiletries and items for care packages including TP/paper towels, deodorant, shaving cream/razors, soap/body wash, shampoo/conditioner, toothpaste/brushes, hand sanitizer/wipes, dish soap/dishwasher detergent, laundry detergent, hats/gloves, handwarmers, face masks for kids and adults. Stocking stuffer items for kids/teens: card games, small toys, journals, small art supplies, activity books, teen hygiene kits, bath/grooming supplies, wrapped candy. The donation drive-through is open Monday -Friday between 9 am - 3 pm at 17788 SE Pine Street. You can also visit SnowCap.org to send a contribution that will be used to bulk-purchase goods.
- * **If you come into the church for any reason, please remember to sign in on the contact-tracing sheet. Multnomah County is asking that everyone wear masks indoors, even if you are vaccinated.**
- * If you'd like to **run a message or announcement about a church event in the Olive Press**, please email Anna at alewis@glcportland.org or mail it in to the office for formatting. Requests must be received in writing no later than mid-month for the next month's issue.



Updated Church Office Hours

The GLC Church Office is now open on **Monday and Tuesday** from 9:00 am to 1:00 pm, **Wednesday and Thursday** from 9:00 am to 4:00 pm. **Please remember to sign in when you come to the church office.** Due to the increase in COVID cases in our county, **masks are again required** when visiting the church office. Disposable masks are available on the counter. Due to her part-time schedule, Anna works from home Monday afternoons and is off on Fridays. Pastor Elizabeth's office hours are Tuesday and Thursday from 9am to 1pm and Saturdays by appointment. Her direct line is 503-465-4113. She is fully vaccinated and available for pastoral visits at church and at home. If you reach voicemail during office hours, we are likely in a meeting. Please leave a message and we will return your call promptly!



January Anniversaries & Birthdays

Anniversaries

David & Theresa Qualheim 1/2

Birthdays

Diane Liefeld	1/3	Alexandria Liebrand	1/17
Kayda Carpenter	1/4	Flodine Loe	1/17
Kim Butenschoen	1/12	Alexandra Riehl	1/17
Sharon Lee	1/15	Thomas Crouse	1/23
Daniel Wong	1/15	Brennan Cumming	1/25
Gary Urbach	1/16	Tonia Lindquist	1/30
Paulette Kelley	1/17		

January Lectionary

Sun. Jan. 2 — 2nd Sunday of Christmas

Jeremiah 31:7-14
 Psalm 144:12-20
 Ephesians 1:3-14
 John 1: [1-9] 10-18

Sun. Jan. 9 — Baptism of Our Lord

Isaiah 43:1-7
 Psalm 29
 Acts 8:14-17
 Luke 3:15-17, 21-22

Sun. Jan. 16 — 2nd Sunday after Epiphany

Isaiah 62:1-5
 Psalm 36:5-10
 1 Corinthians 12:1-11
 John 2:1-11

Sun. Jan. 23 — 3rd Sunday after Epiphany

Nehemiah 8:1-3, 5-6, 8-10
 Psalm 19
 1 Corinthians 12:12-31a
 Luke 4:14-21

Sun. Jan. 30 — 4th Sunday after Epiphany

Jeremiah 1:4-10
 Psalm 71:1-6
 1 Corinthians 13:1-13
 Luke 4:21-30

Financial Update

December 2020 contributions YTD: 236,129.92

December 2021 contributions YTD: 211,583.84

Thank you for your faithful support of Gethsemane through pledges and gifts of time and service. To give online, go to www.glcportland.org/give or scan our Venmo code —>

venmo



School Volunteers Needed!

GLC is planning to partner with Mill Park Elementary next spring to help out with after-school math and reading games. If you would like to help kids from 3:30 to 5:15 a couple of times a week March to May, call Jasmine for more details.



To check out those 9:30 Sunday morning worship services on Zoom, here is the invite information:

To watch on a computer: <https://us06web.zoom.us/j/81476436505>

- * Click on the link highlighted or put in the following numbers – Meeting ID 814 7643 6505 , then wait in the waiting room until Jasmine lets you in.
- * **Using a telephone:** call 1 253 215 8782 (no long distance charges will apply) then put in the meeting ID 814 7643 6505 . After you have done that, you might get a prompt to hit the pound button.
- * You can also find our livestream on **Facebook:** <https://www.facebook.com/gethsemaneportland>



GLC Calendar for January

- January 2 - Epiphany Sunday Worship, 9:30am
- January 3 - Church Office Closed; New Years Holiday
- January 4 - Bible Study, Conference Room, 10am
- January 9 - Sunday Worship, 9:30am
- January 11 - Bible Study, Conference Room, 10am
- January 16 - Sunday Worship, 9:30am
- January 17 - Church Office Closed; Martin Luther King Jr. Holiday
- January 18 - Bible Study, Conference Room, 10am
- January 18 - Church Council, Activity Room, 7pm
- January 23 - Sunday Worship, 9:30am
- January 25 - Bible Study, Conference Room, 10am
- January 26 - Land/Housing Core Team, 6:30pm
- January 30 - Fifth Sunday Worship (Pr. Elizabeth away), 9:30am

An Epiphany Prayer

Lord Jesus
may your Light
shine our way,
as once it guided
the steps of the magi:
that we too may be led
into your presence
and worship you,
the Child of Mary,
the Word of God,
the Savior of All;
to whom be glory forever.
Amen.



We have no date set yet for the **Rummage Sale**, but we do have lots of rummage! Kim Stoffregen (503-351-1913) and Paulette Kelley (503-810-9559) are meeting every Wednesday morning from 10 to 12 to work on pricing, so when the time comes we'll be ahead of the game. We'd love for any help we can get. Give us a call or stop by!

Homebound

Wynn Stafford, Virginia Haacke, Harvey/Carol Steele, Carol Law, Jo Nelson.

Please help us keep our prayer list up to date:

email Anna at alewis@glcportland.org or call 503-256-1835 with prayer requests or changes

Concerns—Ongoing: *Those who are ill, homebound, or in need of other prayers:* Colleen Barnett's friends Liz and Shane and niece Tami, Lois Boro's nephew Jason, Dan Rust & Savanna, Sharon's sister Connie and niece Terri; Jim & Diane Liefeld; Hilary Hietpas's granddaughter Aliyah, Ginger Heater, Cathey Myers' neighbor Gary & his wife Jan, and Cathey's other neighbor Angelica; Jenece Scheer (Butenschoen)'s coworker Kathy; Bob Magnuson; Jan Perkins; Pastor Elizabeth and her family; Kim Stoffregen's sister-in-law, Debbie Johnson; prayers for Kay Brainard's daughter Kim as she navigates cancer treatment; Rachel Coughlin's friends Renee and Anna; Pastor's friends Laura and Jeremy Keith; all the kids ages 5-11 who are now eligible for Covid vaccination and for the peace of mind of their parents; Jenece Scheer (Butenschoen) and her husband Steve and new baby Andrew; Ken & Marilee Hansen; Roseann Libonati; Jared Tadina; Jude Rykken's brother Mark and his family; Bob & Jo Ann Larson's friend Sharon Harrison and her family

Urgent: *Those who are ill or in need of other prayers:* Virginia Haacke; everyone who's ill with Covid

January Olive Press



Gethsemane Lutheran Church, 11560 SE Market, Portland, OR 97216
(503) 256-1835 www.glcportland.org pastor@glcportland.org
Church Office Hours: Tues. 9:00-1:00; Wed. & Thur. 9:00-4:00
Pastor Office Hours: Tues. & Thur. 9:00-1:00