

# The Net

February 2024 · Volume 21 · Number 1 · [www.stpetersbythesea.org](http://www.stpetersbythesea.org)

**St. Peter's by the Sea Lutheran Church**

Church Phone: 619-224-2894

Preschool Phone: 619-224-1689

## PASTOR'S MESSAGE

### Worship Services

Sunday Worship: 9:30 a.m. onsite  
& live-streamed

### Staff

Rev. Bekki Lohrmann, pastor

[pastor@stpetersbythesea.org](mailto:pastor@stpetersbythesea.org)

Janine Morrow, Office Administrator

[office@stpetersbythesea.org](mailto:office@stpetersbythesea.org)

Dori Hoadley, Preschool Director

[preschool@stpetersbythesea.org](mailto:preschool@stpetersbythesea.org)

Joe DeMers, Music Minister

[Music.minister@stpetersbythesea.org](mailto:Music.minister@stpetersbythesea.org)

Betty Wells, Health Outreach Ministry

Hannah DeMers, Newsletter Editor

### 2023 Council

Pat Hendrickson, President

John Smart, Vice-President

Richard Nielsen, Secretary

Darlene Morrow-Truver, Treasurer

Sandra Boelter; Solveig Fuentes; Liz

Medina; Jacquelyn Romero; Scott

Walls; Betty Wells

Dear People of St. Peter's,

Recently in worship we heard the gospel where Jesus says, "Follow me. I will make you fish for people."

In my sermon I talked about how so often this feels like Jesus is inviting us into some kind of pyramid scheme to try to get people to join our churches and it feels icky. I don't want to be fished for! Fish get eaten! But what I've been thinking about for quite a while here at our church which is named after St. Peter, the fisherman, is that **when Jesus calls us "fishers of people," he's inviting us to see ourselves as a net, scooping each other up and out of the sea.** The sea in the biblical world is a stand in for chaos and evil. This is not a pyramid scheme or a smarmy marketing strategy to get everybody to assimilate to our ways of thinking, to join our church and be just like us! It's God's rescue mission to haul each and every one of us out from those places where we have gotten caught in a current, or the undertow has taken us too far out into the chaos of this life.

And so I want to invite you in this new year to think about our church. To think about our building, our grounds, our parking lots, our Sunday morning worship and fellowship time, our evening groups, and the ministries that we endeavor to accomplish.

How, in every one of these places, is God calling us to be like a net, scooping each other up and delivering each other back to dry ground? If you look at Jesus' own life and ministry, with the exception of the 12 disciples, he is not soliciting followers. He is not trying to build a membership base. He just walks through the world dropping down nets where people have been dragged out to sea—lepers and hemorrhaging women, paralytics, blind people, deaf people, people who are relegated to poverty and isolation, demon-possessed people, tax collectors, sick people, dying people, and egotistical people—**Jesus drops his net in each case and hauls these folks back to fullness of life.** Back to community. Back to right relationship with themselves and each other. Back into the embrace of a God who looks at them with sheer and utter delight.

When people come onto our campus, **is our campus a net that scoops them into the embrace of God?** I'm not talking about a guilt-inducing sales pitch to join our church, but do they get caught up in the embrace of God? What would that look like? What would need to be in place for that to happen more effectively? How is it already happening?

This month we're hosting Interfaith Shelter Network for two weeks, Feb. 10-24, with our neighbors from All Souls' Episcopal Church. Our goal is to reinforce our nets this year, to make them even bigger and even stronger because homelessness is a force that is ransacking lives and ransacking our community and so **we want to be a net that is lowered and pulls up a serious haul of folks that can be returned to themselves and community!** So this year we're inviting our neighbors—local businesses and new churches, other groups who use our fellowship hall, and friends of the congregation—with the hopes that next year we can expand our impact and host for longer.

Think about this net thing with me, will you? How is this place a net that catches all who come here up in the love of God?

Peace,  
Pastor Bekki

## MUSIC NOTES

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On February 11th, we will once again worship using a Jazz Mass. We did this mass at this same time last year and you all were very enthusiastic in your response to it. By now you may be familiar with parts of the mass as we are using them for portions of our regular service. The Kyrie, Gospel Acclamation, Holy Holy, and Lamb of God will be used in worship through Feb. 11. There are several more parts that the choir is diligently preparing, and there are a couple more parts that you, the congregation, will sing. But don't worry, the instructions will be clear, and the parts will be easy.

Traditionally, the season before Lent is known as Carnival (sometimes spelled Carnaval or Carnevale), which generally goes from Epiphany to Ash Wednesday. It is known for being a time of indulgence (eating, drinking, partying) before the fasting and sacrifice of Lent. The term "Carnival" is traditionally used in areas with a large Catholic presence. In historically Lutheran countries the celebration is known as Fastelavn; areas with high concentration of Anglicans, Methodists, and other Protestants may observe specific dates such as Shrove Tuesday or Pancake Tuesday or Mardi Gras (Fat Tuesday), the last day before Ash Wednesday. Here in the United States, the Carnival is best observed in New Orleans, and is traditionally celebrated with jazz music. Mardi Gras has become its own culture in New Orleans!

February 11th is the last Sunday before Lent begins on Ash Wednesday, Feb. 14—also Valentine's Day (hope you aren't giving up chocolate for Lent!). Thus, it is only fitting that we have a Jazz Mass on this particular Sunday. Carnival is also marked by the wearing of bright colors, hats, masks, and—of course—Mardi Gras beads. So feel free to wear them all on February 11th!

This Jazz Mass was composed in 1978 by Ed Christianson of Fargo, ND. To the best of my knowledge, it has only been performed outside of Fargo here at St. Peter's, and only that once since the 1980s. Ed Christianson was my brother-in-law, husband of my sister, Mary Jo. He was a phenomenal musician and amazing music teacher. Naturally, I have to pay large royalties to my sister to be able to use this work (she has not named her price yet, may include another trip to North Dakota to "negotiate"—oh, darn!)

In addition to the choir—and the congregation—it includes a jazz band consisting of trumpet, trombone, tenor sax, and rhythm section (piano, bass, and drums). So get your hands out and begin practicing snapping your fingers on 2 & 4. This means to accent the 2nd and 4th beats of the measure, which is a definite challenge for Lutherans, but a hallmark of jazz music!

Joe DeMers, Music Minister

## PARISH COUNCIL NEWS

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The Congregation Council held the first meeting of the year on January 11, 2024. The following were elected as Officers:

President – Pat Hendrickson  
Vice-President – John Smart  
Secretary – Richard Nielsen  
Treasurer – Darlene Morrow-Truver

And Committee Chair appointments are:

Christian Service – Liz Medina & Jacquelyn Romero  
Education – Sandra Boelter  
Fellowship – Betty Wells  
Preschool – Darlene Morrow-Truver  
Property – Scott Walls  
Stewardship – Richard Nielsen  
Worship – Solveig Fuentes

## INTERFAITH SHELTER

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### **INTERFAITH SHELTER IS SCHEDULED FOR FEBRUARY 10-24, 2024**

St. Peter's by the Sea Lutheran and All Souls' Episcopal will each take a week to provide meals and overnight stays.

St. Peter's is responsible for February 10-16.

This year St. Peter's is coordinating with the Homelessness Focus Group and will be encouraging community groups to help with the Interfaith Shelter. We will provide breakfast and lunch and community groups to be identified will provide dinner and help with overnight stays.

For the evening meal, we will identify hosts who will assist with the community group to provide set up, meal, serving, and clean-up between 5 p.m. and 7 p.m. The host will provide a dessert for the group and the community group will provide the main meal. A menu of what will be served shall be identified beforehand so as to not duplicate.

We are planning to serve approximately 18 each day but the actual number of guests will be determined by who is referred to us.

We will be asking for volunteers to help set up and break down at the beginning and end of the 2 weeks. If you can help with this, please let Sandie Boelter or Darlene Truver know and we will put you on the list and give more details as they are known.

If you are interested in serving as a host or providing an overnight stay, please contact Sandie Boelter or Darlene Truver.

St. Peter's membership has always been most generous when we host the Interfaith Shelter. Thanks for all your help in advance.

Sandie Boelter, IFS Volunteer Coordinator

## NEWS FROM THE TREASURER

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The Congregation Council held their monthly meeting on January 11, 2024. The following reports are from the treasurer:

Budget Recap	December Actual	Year-to-Date Actual	Year-to-Date Budget	Difference Actual:Budget
Income	\$37,836.91	\$341,445.04	\$387,700.00	<\$46,254.96>
Expense	\$30,351.67	\$312,820.34	\$387,700.00	<\$74,879.66>
Difference	\$7,485.24	\$28,624.70		

### All Are Welcome – Restoration and Renovation Campaign

	December 2023	2023 Year-in-Full
Beginning Balance	\$154,964.48	\$148,903.02
Income	\$140.14	\$8,797.56
Expense	\$0.00	\$2,595.96
Ending Balance	\$155,104.62	\$155,104.62

## PRESCHOOL NEWS

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Dear St. Peter's families and friends,

Wow the month of January just flew by! We have been enjoying the new kitchen furniture and toys in each of our classrooms! We also added 12 new trikes to our bike yard, including the tiniest trikes with no pedals! Now we have trikes that fit all the kiddos big or small. It has been so fun watching them explore these new environments and having so much fun!



February brings us to our 4th annual show your love of St Peter's event. We are accepting donations of Clorox Wipes, Lysol disinfectant spray, bleach, and paper towels. We would appreciate any and all donations!

In the month of February, we will be celebrating love and friendship, America/Presidents, Lunar New Year, and Celebrating Black History month.

Have a wonderful February!

Blessings,  
Dori Hoadley  
Director, St. Peter's Preschool  
[preschool@stpetersbythesea.org](mailto:preschool@stpetersbythesea.org)  
619-224-1689

## ASH WEDNESDAY AND LENTEN SERVICES

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### Ash Wednesday - February 14th

Ash Wednesday service will be at 7:00 p.m. on February 14th and Wednesday Evening Soup Suppers will begin the following Wednesday at 6:00 p.m., followed by worship at 7:00 p.m. (Feb. 21 & 28; March 6, 13, & 20.)

## ANNOUNCEMENTS

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### Membership Directory Updates

Please contact the church office to make the following update to your 2024 Membership Directory:

Johnson, Lorryne  
(corrected phone number)  
Delete email address

## ST. PETER'S MAILBOX

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Dear St. Peter's by the Sea,

From November 17-19, 2023, approximately 1,500 walkers walked 60 miles, and 300 volunteers provided countless hours of support, to make the Susan G. Komen San Diego 3-Day happen.

At our Closing Ceremony on Sunday, November 19<sup>th</sup>, we celebrated the fact that this incredible group of individuals raised over \$5.3 MILLION dollars to fulfill the mission of Susan G. Komen:

*To save lives by meeting the most critical needs in our communities and investing in breakthrough research to prevent and cure breast cancer.*

**3 Days. 60 Miles. \$5.3 million.**

And now it's time to celebrate and thank YOU!

Those 1,500 walkers were inspired by YOU! You and your group made the miles fun by cheering, clapping, handing out candy or playing music, by creating a sign, or driving by and honking to show your support. These are the acts of love and encouragement that stick with our participants.

I'm reminded of poet, Maya Angelou's quote: "I've learned that people *will forget* what *you* said, people *will forget* what *you did*, but people ***will never forget*** how *you made them feel*."

Thank you for your part in making 60 miles fun, memorable, and fulfilling. We truly appreciate you making time, and hope you had fun too.

I'll be back in touch with you next year in hopes you'll do it all over again!

With gratitude,  
Staci Roos  
Susan G. Komen 3-Day Coach

Dear Pastor and Congregation,

Thank you so very much for the gift of \$1,636.40 from the October Food Drive. Your church continues to be a blessing for us and those we serve. May God reward you.

Merry Christmas!

Sincerely,  
Pat Katka, Board Member  
Ocean Beach Emergency Food (OBEF)

Dear members of St. Peter's by the Sea,

What a fabulous surprise! Please accept our sincere thanks for your additional generous gift of \$1,044 to the Peninsula Shepherd Center from your annual Women's Christmas Tea Boutique! (in addition to the \$300 already mailed from ticket sales.) Your support of our Out and About Peninsula Senior Transportation program is greatly appreciated!

Very Truly Yours,

Lisa Nokes  
Executive Director

## HEALTH AND WELLNESS NEWS

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### Talking With Kids About Troubling Current Events

With a seemingly endless news cycle featuring war, school shootings, extreme weather disasters, and other troubling events, children are bound to experience fear, sadness, and confusion. Parents and educators sometimes struggle with knowing just what to say, how much to share, and how they can comfort children during these tragic times.

Children of today are growing up in a much different world, one that includes a rise in school shootings, environmental disasters, war, and even confusion over the changing world of sexuality. Part of our role as adults is to be available to listen to their concerns, validate the emotions that come up, and help them to work through those emotions in a healthy way.

According to a clinical child psychologist, the exposure to a bombardment of negative news stories, discussions, and social media posts can be overwhelming. These can lead to mental health conditions and unhealthy coping behaviors that can affect a young person's quality of life, including depression, anxiety, fear, isolation, poor concentration in school, loss of interest in favorite activities, and maybe even alcohol or drug use.

The adults in their lives at home, at school, and in the community can play a critical role in helping children return to normal routines, regain a sense of security, and cope with the overwhelming emotions they may be feeling.

### 10 tips for parents when addressing troubling events

The *National Association of School Psychologists*, *American Academy of Pediatrics* and *American Psychological Association* encourage parents to make the time to talk to children about such tragedies and present information in a direct manner *appropriate for their age*. They offer the following recommendations for parents and adults looking for ways to start a conversation about challenging topics:

- Filter graphic details of the violence, but allow children to discuss whatever they'd like, as they may need help processing images and information they've already heard or seen.
- Limit exposure to media on TV, online, and in print, and view or read news reports with teens so that you can discuss what they are learning and how it makes them feel.
- Stay up to date on recent reports so that you can be prepared for the information children might be exposed to and need to discuss.
- Let children know that they are safe. Acknowledge that bad things do happen, sometimes at school or in their community, but assure them their teachers, school administrators, the police, firefighters, government representatives, humanitarian workers, and others are working to ensure their safety and help those in need.
- Help to create a safe haven at home, one in which they can find comfort and solitude as needed. It is also helpful to review safety procedures for your home, at school, and out in the community, and point out the "helpers" in each environment they could turn to in an emergency.
- If they are reluctant to talk, offer alternative ways—art, writing, music, physical activity, etc.—that might help them work through their troubling emotions and fear.
- Maintain your normal routine, but allow children to take breaks as needed if they seem distracted or overwhelmed.
- Help them be a part of the solution by providing age-appropriate opportunities, such as making art or writing notes of appreciation for the helpers in the world, volunteering, raising funds to donate, and participating in peaceful demonstrations or vigils.
- Continue to do things you normally do, monitor your health and wellness, and limit your own exposure to media.
- Continue to listen and watch carefully for signs of distress. Changes in a child's sleep, behavior, emotional regulation, appetite and overall health can be signs of anxiety or stress.

The most important tip is to be open and prepared to talk at any time. Kids don't always want to sit down for a formal conversation but may hint they'd like to discuss something important during car rides, while preparing dinner, or just before bedtime. Let them know you are listening and that all of their feelings are legitimate, even if they differ from your own.

Talk with your child's doctor if you think your child may need professional help coping. **Our children are our future!**

## PACIFICA SYNOD NEWS

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### Day of Theological Reflection Peace at the Last; Visitation with the Dying February 22nd

A day of theological exploration, learning, and practice for pastors, end-of-life caregivers and lay persons interested in ministry with the dying.

“Peace at the Last is a liturgy developed to assist the saints who wish to visit the dying but feel ill-prepared to do so. It offers prayer, songs and blessings appropriate for individuals or communities to accompany the dying.

In addition, this liturgy has brought healing for untended grief. Many of us could not be with loved ones when they were dying, nor did we have access to a proper gathering to mark our loss. Due to the pandemic, practically everybody has faced this reality.

We wish to introduce this trustworthy liturgy for your use in these and other settings where the saints accompany the dying.”

9:30 a.m. – 2:30 p.m.  
Shepherd of the Valley Lutheran Church  
10842 Fury Lane, La Mesa, CA 91941

Cost is \$20 per person; contact the Pacifica Synod office to RSVP or speak with Pastor Bekki for more information.

## BIRTHDAYS

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### February B-days

#### Day

- 4 Richard Nielsen
- 4 Jennifer O'Brien
- 8 Patty Sleeter
- 9 Ade Christensen
- 13 Scott Walls
- 15 Madeline O'Brien
- 15 Paul Rasmussen
- 18 Dee Evenson
- 19 Sue Fode
- 19 Isaak Lohrmann
- 20 Amanda Nielsen
- 21 Kendra Thompson
- 27 Duane Beck
- 27 Barbara Haas
- 29 Evan Smart



## IN OUR PRAYERS

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**We keep the following members of St. Peter's in our prayers:**

Sue, Lorraine, Duane, Elaine, Lily

**Our homebound members and those in care facilities:**

Keith, Dolores, Janet, Jane H., Carolyn, Dante, Diane B.

**Our members with on-going concerns:**

Ann Z., Babette

**Our military, police, fire fighters, first responders, healthcare providers, and all who work for peace.**

To request prayer, please contact the church office or write your request on a Welcome Card on Sunday. Names of loved ones require regular updates to remain on our prayer list. Thank you.





**ST. PETER'S BY THE SEA LUTHERAN CHURCH**  
**1371 SUNSET CLIFFS BLVD.**  
**SAN DIEGO, CA 92107-3845**

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## EVENTS OF INTEREST

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February 10-24    Interfaith Shelter  
 February 14        Ash Wednesday 7 p.m.  
 February 18        Valentine Dinner

## ONGOING ACTIVITIES

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Sundays	8:30 a.m.	Choir Rehearsal
	9:30 a.m.	Worship Service, live-streamed
	7:00 p.m.	Al-Anon Meeting "Courage to Change"
First Sunday	10:30 a.m.	Homelessness Focus Group
Third Monday	10:30 a.m.	Walking Group meets
Tuesdays	9:30 a.m.	Church Mice/Christian Service
	12:30 p.m.	Ta'i Chi Class
	4:00 p.m.	AA Meeting "Sobriety Seekers"
Third Tuesday	6:30 p.m.	Women's Book Study
Thursdays	5:30 p.m.	NA Meeting "Eleven-11"
First Friday	8:15 a.m.	St. Peter's serves at TACO
Second Friday	6:00 p.m.	Hand & Foot Card Game
First Saturday		Hiking Group (time & location varies)
Second Saturday		Bicycling Group (time & location varies)