

The Net

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St. Peter's by the Sea Lutheran Church

Church Phone: 619-224-2894

Preschool Phone: 619-224-1689

PASTOR'S MESSAGE

Dear People of St. Peter's,

The topic of this letter is a little out of place. I should have written about this in November! That said, in November I took a Sunday off and one of our deacons presided over communion (which had not been previously blessed) and I wanted to write and explain this decision and do a bit of teaching about the Lutheran theology around communion.

In the Lutheran church, the only people who are currently authorized to preside over communion are ministers of Word and Sacrament (pastors) and the reason for this is not that we have magic hands. Pastors are not (get ready for a big church word) *ontologically* different from lay people (meaning we do not possess differences in the structure of our being that would make us more capable of turning ordinary bread and wine into Jesus' own body and blood). I am just like you in every single way except that the church (you all) have set me aside for the purpose of making sure that this meal happens in a way that is in accordance with the teachings of the church and the heart of Jesus Christ, the true host of the meal. Got that? The only thing that gives me the authority to preside over communion is that the church set me aside to make sure it happens and that it happens well.

The reasons for this go all the way back to the early church. In the book of 1 Corinthians 11:17-34, Paul writes to the church in Corinth and implores them to get their act together when it comes to hosting the Holy Meal. Apparently some members of the community were gathering early, consuming the meal and not leaving any for the other members of the community. In other words, they were leaving people out of the meal and hoarding it for themselves. So the church put pastors and priests in charge to make sure that this does not happen—to make sure that this table is one that is open to all who desire to partake in the Lord's supper.

However, nowadays, when not every church can afford a pastor, this rule that insists that the Lord's Supper be presided over by a pastor can be a road block to participating in the meal. It is almost as if the rule has backfired—if you don't have a pastor to make sure that communion is done in good order, available to all who come to eat, then you cannot have communion at all!

Worship Services

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

Staff

Rev. Bekki Lohrmann, pastor

pastor@stpetersbythesea.org

Janine Morrow, Office Administrator

office@stpetersbythesea.org

Dori Hoadley, Preschool Director

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Joe DeMers, Music Minister

Music.minister@stpetersbythesea.org

Betty Wells, Hospitality Coordinator

Hannah DeMers, Newsletter Editor

2025 Council

Pat Hendrickson, President

Ellen Schmeding, Vice-President

Allison Crews, Secretary

Richard Nielsen, Treasurer

Sandra Boelter; Greg Lommen; Liz

Medina; Jacquelyn Romero; Betty

Wells

Therefore, a debate is taking place across the church and across denominations about whether or not it is necessary for a pastor to preside over communion or whether or not it might be appropriate for bishops to give special permission for trained lay people to preside over communion in the absence of a pastor.

In the past at St. Peter's, when a pastor has not been present for communion and the deacons have led worship, the pastor has blessed the bread and the wine prior to the service. I have done this on one or two occasions. In preparation for my most recent absence last November, I reached out to the bishop and he and I agreed that this practice of pre-consecrating the bread and wine communicates that the thing that makes the meal holy is *my hands*, which I've already told you is NOT how this works. We believe that what makes a sacrament a sacrament is the command and subsequent promise of Jesus (Do this in remembrance of me) along with ordinary elements (bread, wine, or water in the case of baptism) done in the context of *community*.

So in November, Bishop Dave gave special permission to Deacon Greg Lommen to preside over communion for only that one Sunday, in my absence. Greg and I got together, we walked through the entire communion service, we practiced and talked about what everything means and why we do it and I felt perfectly comfortable entrusting this ministry to him that day.

This may not have been the most riveting newsletter article I've ever written, but I want you to know why I do what I do, and why the church does what it does the way it does.

God's peace,
Pastor Bekki

PARISH COUNCIL NEWS

Welcome New Members

On December 15, we welcomed seven new members to St. Peter's by the Sea: Brent & Lara Alvar, Valerie Zucker, and Damon Goldstein & Sabrina Bochen with their daughters, Avelia and Alexis.



Welcome New Council

The Church Council met on January 9; officers were elected and committee assignments were made for 2025:

Executive Committee:

Pastor Bekki Lohrmann
President: Pat Hendrickson
Vice-President: Ellen Schmeding
Secretary: Allison Crews
Treasurer: Richard Nielsen

Committee Assignments:

Property: Richard Nielsen
Worship: Greg Lommen
Preschool: Sandie Boelter
Fellowship: Betty Wells
Stewardship: Ellen Schmeding
Christian Education: Sandie Boelter
Christian Service: Liz Medina & Jacquelyn Romero



NEWS FROM THE TREASURER

The Congregation Council held their monthly meeting on January 9, 2025. The following reports are from the treasurer:

| Budget Recap | December Actual | Year-to-Date Actual | Year-to-Date Budget | Difference Actual:Budget |
|--------------|-----------------|---------------------|---------------------|--------------------------|
| Income | \$34,066.92 | \$390,095.33 | \$435,000.00 | <\$44,904.67> |
| Expense | \$35,340.25 | \$385,272.72 | \$435,000.00 | <\$49,727.28> |
| Difference | \$1,273.33 | \$4,822.61 | | |

All Are Welcome – Restoration and Renovation Campaign

| | December 2024 | 2024 Year-in-Full |
|-------------------|---------------|----------------------|
| Beginning Balance | \$138,056.95 | \$155,104.62 |
| Income | \$130.25 | \$20,929.64 |
| Expense | \$3,905.48 | \$41,752.54 |
| Ending Balance | \$134,281.72 | \$134,281.72 |

PRESCHOOL NEWS

Hello St. Peter's Friends and Families,

In the words of Ella Fitzgerald, "Where there is love and inspiration, I don't think you can go wrong." We are looking forward to Valentine's Day parties, learning about love and kindness, the weather, Black History Month, and dental health. We will be having a visit from Point Loma Children's Dentistry too.



We are also starting our annual "SHOW YOUR LOVE EVENT." We are asking all to show their love for St. Peter's Preschool by donating cleaning supplies to keep our school healthy and clean! If you are interested in donating we would LOVE the following: Clorox Wipes, bleach, dish soap, paper towels, Lysol spray, laundry detergent. As always, thank you for your support.

Lastly, we want to Congratulate Miss Josey and her husband on the birth of their baby Abigail. Abby was 8.2 lbs and 21 inches long. Miss Josey and Abby are both doing well.

Kindly,
 Dori Hoadley
 Director, St. Peter's Preschool
preschool@stpetersbythesea.org
 619-224-1689
 Instagram: St. Peter's Preschool

"Educating the mind without educating the heart is no education at all." ~Aristotle

MUSIC NOTES

How Firm a Foundation

If you are like me—and my family—you may be feeling somewhat anxious about the future. Not just the long-term future, but the short term one as well. Perhaps the election did not turn out the way you hoped and now you are worried about all the changes that are being threatened. Perhaps it is the economy that has you worried—I mean, just look at the price of eggs! Perhaps it's the job market. When times are uncertain, when we can't predict what will happen, or when it will happen, or who it will happen to, we can easily be fearful.

The hymn *How Firm a Foundation* is just the antidote we need. It is full of the promises of God, which is what we need to focus on at such times. The first stanza begins with the reminder that God's Word is our sure and firm foundation that we build our lives upon. As we run to Jesus for refuge, His Word is fully sufficient to help us in time of need.

In the second stanza, the first promise the song mentions is the promise that God is with us. Because God is with us, we are not to fear. God may not deliver us from our suffering, but He promises to help us through it. He will give us aid, He will strengthen us, and His powerful hand will cause us to stand. What a great reminder that we are not alone in our struggles!

The second promise mentioned in the hymn is that God will comfort us. The third stanza reminds us that God may take us through the valley of the shadow of death, through the deep waters, but He will comfort us in our sorrows and deepest distress. He is the Father of mercies and God of all comfort, who comforts us in all our affliction.

The fourth stanza assures us that God is sovereign over our lives. He provides the grace we need as we go through fiery trials. He protects us and provides for us. When we begin to slip, He is right there to help us. The last promise "How Firm a Foundation" gives us is that God will never leave us. What a promise from God! He will never leave us. He will never forsake us. Even though hell may shake our souls, God will never leave us. He will never allow the enemy to snatch us out of His hands.

*That soul, though all hell should endeavor to shake
I'll never, no never, no never forsake.*

Let us keep reminding ourselves of God's promises and stand firm on them—singing *How Firm a Foundation*.

Joe DeMers, Music Minister

TACO NEWS

St. Peter's helps to serve a meal the first Friday of the month and your help is needed. You don't have to serve every month, but we'd love to have you on our list of volunteers for when you're available.

We meet downtown, at First Lutheran Church, at 8:30 a.m. and are generally done by 10:30 a.m.

This is a heart-warming experience and you are encouraged to give it a try!

To be on the volunteer list, or to learn more, contact the church office at:
office@stpetersbythesea.org

ANNOUNCEMENTS

St. Peter's Directory

A 2025 Photo Directory has been printed. If you haven't already picked yours up, please get one on Sunday. We kindly ask that you only take one per household; thank you.

Jazz Mass

Save the Date: Sunday, March 2

We will celebrate Transfiguration Sunday with St. Peter's annual Jazz Mass and a special Fellowship Hour afterward.

INTERFAITH SHELTER NETWORK

FEBRUARY 1 THROUGH 22, 2025

This year we are hosting three weeks of Interfaith Shelter. We will provide volunteers from February 1 through 14. That means 14 overnights and 14 dinners. At St. Peter's, Darlene Truver and Sandie Boelter are coordinators. All Souls' will provide volunteers from February 14 (at noon) through 22. Maria Pina and Mary Brown are their coordinators.

This is our time to give back to the community by helping those who have recently become homeless and need time to get back on their feet. This means time to find a job, housing, and other needs that come up when they have lost that ability.

The church is in the process of renovating the upstairs Sunday school rooms to accommodate our guests. There are volunteers with great skills to update the space so it can be used for Interfaith Shelter and for small groups during the year.

WE STILL NEED VOLUNTEERS TO SPEND THE NIGHT AND PROVIDE EVENING MEALS. We hope to have both confirmed before the rotation begins. Please check in with Sandie Boelter or talk with her on Sunday. There is also a [sign-up list on the bulletin board](#) in the Fellowship Hall. If you haven't already signed up, now is the time to get in on the project. There will be further instructions coming soon.

Here is the general information to help you make that decision: if you are spending the night, you are expected to be at the church no later than 6:00 p.m. and be gone by 7:30 in the morning. Dinner will be provided. If you help with a meal, you are expected to arrive by 5:00 p.m. and set up, serve, and clean up by 7:00 p.m. Your help in these tasks will be greatly appreciated.

Sandie Boelter and Darlene Truver

PACIFICA SYNOD NEWS

From the Bishop **Dancing as a Spiritual Practice**

Rick Steeves makes distinctions between tourists, travelers, and pilgrims. Tourists want the Instagram moments, checking off the key sites from the guidebook, and bringing back a souvenir. Travelers want to experience the culture more deeply. They avoid the places that cruise ships visit. The goal is to know more about the culture, the land, and the food. Pilgrims want to go beyond what travelers experience. They want to be changed. They want to return home with a new understanding of themselves and the place they call home.



The Bishop's Academy this year was in Puerto Rico. Our location, our worship experiences, and our presenters pushed us toward becoming pilgrims. We learned about the colonial history of Puerto Rico and the injustices that they endure even as the people are citizens of the United States. I learned how much I didn't know about this place or its history. We also learned how to dance! . . .

. . . After watching the dancers and learning about the elements of Bomba, we were invited to join in. A few simple steps were taught and then we were off to the races. It was good for our overly intellectual leaders to get into their bodies and move. I'm not saying that many of us were any good, but that wasn't the point. It was feeling the rhythm and letting it flow through our bodies that mattered. For me, that was when I felt a shift from traveler to pilgrim. I came back home changed.

To read the article in full, click the link below:

<https://www.pacificasynod.org/dancing-as-a-spiritual-practice/>

HEALTH AND WELLNESS NEWS

February: **American Heart Month/Black History Month/Valentine's Day**

In 1964, President Lyndon B. Johnson issued the first proclamation declaring *February American Heart Month*. According to the American Heart Association, heart disease is a leading cause of death in the United States for both men and women. Each year, this is a time to spotlight heart disease by bringing awareness and sharing how to take steps to prevent this deadly disease.

Here are some ways to take part in American Heart Month:

Wear red: On the first Friday of February, wear red to raise awareness about heart disease as the nation celebrates *National Wear Red Day* to bring greater attention to heart disease as a leading cause of death for Americans

Commit to walking/Be physically active: Walk briskly at least 30 minutes a day either alone or with a friend or family member. Ride a bike if you can.

Eat a healthy diet: Vegetables, fruits, whole grains, and fat-free or low-fat dairy products are important for a healthy heart. Limit foods high in sugar and other sweeteners.

Manage weight if necessary, and quit smoking.

Check your blood pressure and cholesterol: These are two main risk factors for heart disease.

Know your risk: Knowing your risk can help you make lifestyle changes.

It's also the perfect time to take training on how to perform *Cardiopulmonary Resuscitation* (CPR) and how to use an Automated External Defibrillator (AED) to help save lives. Cardiac arrest claims thousands of lives every year. If you don't need to be certified in CPR, be on the lookout for an AED refresher course coming up soon at our church.

It is also important to know that February is also known as **Black History Month** which began in 1926 as *Negro History Week*. It is in February because it coincides with the birthdays of two important figures in the abolitionist movement: President Abraham Lincoln and Frederick Douglass.

February 1, 1865, U.S. President Abraham Lincoln signed the Thirteenth Amendment to the Constitution. The Thirteenth Amendment outlawed slavery in the United States. February 1 is known as *National Freedom Day* in its honor. On February 3, 1870 The Fifteenth Amendment to the Constitution was ratified.

Martin Luther King, Jr., Malcolm X, and Rosa Parks are uplifted and honored with good reason for their contributions to Black history, and by extension, American history that cannot be overstated.

Let us not forget **Valentine's Day on Feb 14th!**

Valentine's Day is named after Saint Valentine, a Catholic priest who lived in Rome in the 3rd Century. The true origins of Saint Valentine are debated, but it is written that he was a Roman saint who is said to have secretly married couples in defiance of Emperor Claudius II's ban on marriage. He also ministered to persecuted Christians and carried messages between imprisoned Christians. He was executed by gruesome beheading on Feb. 14, 270 AD.

Whatever your reason is to celebrate Valentine's Day, celebrate with fun and love! ♥

BIRTHDAYS

February B-days

Day

| | |
|----|-------------------------|
| 4 | Richard Nielsen |
| 4 | Jennifer O'Brien |
| 8 | Patty Sleeter |
| 10 | Mark Truver |
| 9 | Ade Christensen |
| 11 | Avelia Bochen Goldstein |
| 13 | Scott Walls |
| 15 | Madeline O'Brien |
| 15 | Paul Rasmussen |
| 19 | Sue Fode |
| 19 | Isaak Lohrmann |
| 20 | Amanda Nielsen |
| 21 | Kendra Thompson |
| 26 | Lily Catlin |
| 27 | Duane Beck |
| 27 | Barbara Haas |
| 29 | Evan Smart |



IN OUR PRAYERS

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

Lora, Carlos, Delfino

Our homebound members and those in care facilities:

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

Our members with on-going concerns:

Ann Z., Babette, Lily

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**

EVENTS OF INTEREST

| | |
|---------------|--------------------------|
| February 1-22 | Interfaith Shelter |
| February 9 | Thrivent Presentation |
| February 20 | OBMA Marketing Breakfast |

ONGOING ACTIVITIES

| | | |
|-----------------|-----------|---|
| Sundays | 8:30 a.m. | Choir Rehearsal |
| | 9:30 a.m. | Worship Service, live-streamed |
| | 9:30 a.m. | Sunday School (except the last Sunday of the month) |
| | 7:00 p.m. | Al-Anon Meeting "Courage to Change" |
| Tuesdays | 9:30 a.m. | Church Mice/Christian Service |
| | 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 | 8:30 a.m. | St. Peter's serves at TACO |
| Second Friday | 6:00 p.m. | Hand & Foot Card Game (rescheduled for Feb. 7 this month) |
| Second Saturday | | Bicycling Group (time & location varies) |
| Third Saturday | | Hiking Group (time & location varies) |