

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

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

preschool@stpetersbythesea.org

Joe DeMers, Music Minister

Music.minister@stpetersbythesea.org

Betty Wells, Health Outreach Ministry

Hannah DeMers, Newsletter Editor

2024 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,

This month, I want to talk about **what it's like to be a parent of small children at church today**. What follows is my experience and is not even remotely reflective of the experience of all parents of small children, but I share it to get you thinking about how you might come alongside those who bring their small children to church.

When my family first moved to San Diego, Elijah was 10 months old, crawling, still nursing, and wanting to get into everything. I was packing a fair amount of anxiety—I like to have my act together and showing up with a baby made me feel like a walking tornado of bags and stuff and crying and occasionally smelling like poop or being covered in spit up. I like being self-sufficient and parenting in public made me uncomfortably self-deficient as I struggled to juggle my hymnal and my runaway toddler, who'd just spilled Cheerios all over the pew. I was also mildly nervous about germs (not because I was afraid my kid would get too sick or die but because we weren't sleeping well and if he got sick, we'd get even LESS sleep and then I might die!). I would have loved help, but I had no idea how to ask for it.

Sometimes we'd get home and Marcus would ask me how the sermon was and I'd have to tell him more often than not that I didn't really hear it.

One time during fellowship hour in our first few months at the church, when Elijah had graduated to walking, he wanted to check something out in the far corner of the playground, far from where folks were gathered. I tried to carry him back to where I could socialize but he wouldn't have it and so I followed him off to the hinterlands, where I spent fellowship hour alone with my lukewarm coffee and I quietly wept. **What was even the point of coming to church?** I wasn't hearing the sermon. During coffee hour I wasn't meeting anyone. I was chasing my kid around, just like at home, except now with an audience that made me anxious.

New parents can be hard to come alongside. We can be anxious or protective, and we're sometimes so new at parenting that we don't know what we need. Nevertheless, **let's be a community that makes church**

worth their while. Look around, where is the young mom, the new dad? Are they chasing their kid by themselves? What can you do to make inroads to get to know them? Can you play peekaboo with their kid or carry their plate to the table during coffee hour? If **nothing else, don't let their possibly haphazard state deter you from making an introduction.**

When you meet a parent and aren't sure how best to come alongside them, **ask questions.** Try these:

- Would you prefer if I stay at arm's length? I want to be mindful of germs.
- Is your child shy or afraid to come to strangers? If not, I'd be happy to walk them around the fellowship hall while you get a cup of coffee.
- Would it be helpful to have someone sit with you in the pew? It's tricky juggling a baby and a bulletin.

What I found was that church with baby Elijah was worthwhile even though we felt like a whirlwind; even if it felt uncomfortable and exposed and lonely sometimes. There was a fourth-grade boy who sat in the pew in front of us who would walk Elijah up for the children's sermon, hand in hand and Elijah loved him. There was a man named Dusty who would play peekaboo with him, and a woman named Chin who would come and hold him every chance she got and as a new mom in a new place, those things mattered to me a lot. Despite not always hearing the sermon, on All Saints' Sunday that year, the year that a close friend of mine died of cancer, we sang "For All the Saints" and singing it (baby on hip) was salve for my aching heart. Church provided me with babysitters and provided Elijah with Aunties and Uncles and surrogate grandparents and the other day we were driving home from church and he said, "Mom, do you know that when I was born, God breathed the Holy Breath of God into my lungs and that's what makes me alive?" I didn't teach him that. One of you did. A few weeks ago he had the neighbor boy over and wanted to act out the story of Jonah, which he got during the children's story. Week after week he can't wait to get to church to talk to Steve Silva about airplanes.

So, to our young families who sometimes wonder if it's worth it—I firmly believe that it is. But it's also hard sometimes. Let us come along side you. Shoot me an email or grab a friendly grandma and ask them to hold your hymnal for you. You're not alone and you and your little ones are of immense value to us.

Church is one of the rare places in our world where we get to figure out how to do life together with everyone from our elders to our babies. May it always be so.

Peace,
Pastor Bekki

ST. PETER'S MAILBOX

Dear St. Peter's,

We thank the pastor and all the people of St. Peter's by the Sea Lutheran Church for the March gift of \$680, and for your many years of support.

All of the donation will go toward serving those suffering from food insecurity.

Blessings,
Pat Katka, OBEF Board Member

PARISH COUNCIL NEWS

The Congregation Council held their monthly meeting on April 11th. Below are highlights of the meeting:

- ◇ Gabi Hughes and Greg Lommen were selected to represent St. Peter's at the Synod Assembly.
- ◇ Liz Medina has been named to the Board of Directors for OBEF.
- ◇ Funds approved for gutter replacement.
- ◇ Work continues on fine tuning and assigning tasks for implementation of the three-year plan.

Minutes of Council Meetings are available for members to review; contact the church office to make arrangements.



NEWS FROM THE TREASURER

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

Budget Recap	March Actual	Year-to-Date Actual	Year-to-Date Budget	Difference Actual:Budget
Income	\$28,803.17	\$105,922.27	\$108,749.94	<\$2,827.67>
Expense	\$27,864.64	\$85,829.71	\$108,750.06	<\$22,920.35>
Difference	\$938.53	\$20,092.56		

All Are Welcome – Restoration and Renovation Campaign

	March 2024
Beginning Balance	\$157,736.97
Income	\$250.18
Expense	\$462.10
Ending Balance	\$157,525.05

EDUCATION COMMITTEE

Vacation Bible School

St. Peter’s by the Sea Lutheran and All Souls’ Episcopal are excited to come together this year for “Saints Go Marching In” Vacation Bible School.

Join us for a week of inspiring stories; loads of fun with games, crafts, music, and impactful friendships!

Whether you have a Sunday morning church routine or not, belong to one of our churches or no church at all, this is a week that will give your kids a hands-on place to explore their faith.

We hope to see you there.

To register, use the QR code below or visit our websites: www.stpetersbythesea.org or www.allsoulspointloma.org



PACIFICA SYNOD NEWS

Registration deadline is Tuesday, May 7th, for the 5th annual Lutheran Lobby Day, taking place in-person in Sacramento on Wednesday, May 15th from 8:30 a.m. - 4:00 p.m.

The keynote speaker is Sister Michelle Gorman, the California Senate Chaplain. Folks looking for more information and to register can do so on our website.

**Lutheran
Lobby Day**

Registration now open!
Sign-up by Tuesday, May 7th

**Wednesday
May 15th, 2024
8:30 am - 4 pm
Sacramento, CA**

And what does the Lord
require of you but to **do
justice** and to **love kindness**
and to **walk humbly** with your
God?
-Micah 6:8

lutheranpublicpolicyca.org
Questions? Email sjorgensen.loppca@gmail.com

MUSIC NOTES

Sister Miriam Therese Winter is a Roman Catholic Medical Mission Sister at Hartford Seminary (Hartford, CT), as well as a theologian, professor, writer, and songwriter. Born Gloria Winter in 1938 in Passaic, NJ, she has written award-winning books on biblical women, feminist ritual, and spirituality. Her scholarship is rooted in what she likes to call the “liturgy of life.” While she relishes scholarship and research, Miriam Therese is at heart a singer of songs and a pioneer in introducing folk-style music into Catholic liturgical tradition. Several of her songs have reached across denominational boundaries, including this one, *Wedding Banquet*, aka *I Cannot Come*.

The Parable of the Great Banquet, found in Luke 14:15-24, is like the Parable of the Wedding Feast found in Matthew 22:1-14, though not exactly the same—but this song covers them both. In the banquet parable, a man planned a large banquet and sent out invitations. When the banquet was ready, he sent his servant to contact each of the invited guests, telling them that all was ready and the meal was about to start. One after another, the guests made excuses for not coming. One had just bought a piece of land and said he had to go see it; another had purchased some oxen and said he was on the way to yoke them up and try them out. Another gave the excuse that he was newly married and therefore could not attend.

When the master of the house heard these flimsy excuses, he was angry. He told his servant to forget the guest list and go into the back streets and alleyways of the town and invite “the poor, the crippled, the blind and the lame.” The servant brought in the down-and-out townspeople, and still there was room in the banquet hall. So, the master sent his servant on a broader search: “Go out to the roads and country lanes and make them come in, so that my house will be full.” The master is not satisfied with a partially full banquet hall; he wants every place at the table to be filled. If the elites do not want to attend, he will fill the tables with undesirables. He extends his invitation to ANYONE.

I hope you enjoy *Wedding Banquet*—I learned it in the 1970s (it was published in 1966) and we were forever getting the verses tangled up, i.e., buying wives and marrying cows! You can hear it here:
https://www.youtube.com/watch?v=tW_vdsU_Bb8&ab_channel=slp1973

Joe DeMers, Music Minister

ANNOUNCEMENTS

Membership Directory Updates

There are updates for the 2024 Membership Directory for the following people:

Box, Truver, and Zimmermann

Contact the church office to receive them.

SKIVVY SUNDAYS ARE COMING!

During the month of June, we will be collecting NEW, in the package, underwear of all sizes which will be distributed to unsheltered neighbors through Showers of Blessing. Often places that serve the unhoused don't have underwear because good people like us are too embarrassed to talk about underwear in church.

It's not so at St. Peter's! Bring your NEW, in the package, undies to church in June! Boxers or briefs! Women's, men's and youth sizes! Start looking for sales now! See Jacquelyn Romero or any members of the Homelessness Focus Group for more information.

PRESCHOOL NEWS

Dear St. Peter's Friends and Families,

Well, spring has sprung, we are taking school pictures, headed toward graduation, and truly enjoying the beautiful weather. With the installation of our new air conditioning units, we can officially say "bring on SUMMER!"



We are also really loving our partnership with Miss Sharon. She trains puppies for Canine Companions, and we are so excited to have Miss Sharon and Livi coming by monthly. The children are able to "help" Livi with her training. 😊

We will be celebrating our teachers during Teacher's appreciation week May 6-10. Our staff is so incredible and we look forward to spoiling them and reminding them how grateful we are that they make St. Peter's such a wonderful place for our community's families!

May 10th we will be celebrating MOMS! This event is always so fun. Moms, kiddos, singing, and cookies!

We were the lucky recipient of a couple of amazing donations: You'll see the new "Kitchen" in the play yard, it has been a complete hit! Seeing the kiddos playing and using their imagination is such a joy. We also received some beautiful classroom furniture, these pieces run \$200-\$500 and a generous alumni parent thought of us and donated 3 new pieces.

A huge thank you to the parents past and present for helping St. Peter's be its best!

Another project in the works (to be installed by 2 of our dads) is putting turf on the west side playground. We are so excited to see this come to fruition and grateful to the dads taking the lead!

Blessings!

Dori Hoadley

Director, St. Peter's Preschool

preschool@stpetersbythesea.org

619-224-1689

Instagram: St. Peter's Preschool

PROPERTY COMMITTEE

Spring has sprung, which brings Spring projects. Like many of you, this is the time of year to clean up the yard and fix the many projects around our homes. As Chair of the Property Committee, I can tell you it is no different at St. Peter's.

We are so blessed to be in this beautiful coastal environment, but this comes with the negative effects of the salty corrosive air which takes a toll on our property. Our project list is long and includes the many needs of our Preschool. We are carefully reviewing the needs of our physical property to ensure it is well maintained.

In May you will begin to see a few projects completed, including the new roof/rain gutters on the fellowship hall, sealing the parking lots for preventative maintenance and replacing our 22-year-old dishwasher. You will continue to see other projects completed throughout the year.

Finally, Pastor Bekki and I greatly appreciate our members that assist in getting some of our smaller projects completed and welcome anyone that wishes to help in maintaining our property.

Peace,
Scott Walls



HEALTH AND WELLNESS NEWS

May is Mental Health/Illness Awareness Month

Since its inception in 1949, *Mental Health Awareness Month—May* has been a cornerstone of addressing the challenges faced by millions of Americans living with mental health conditions. Because of misconceptions and the stigmas associated with mental illness, people often suffer in silence and their conditions go untreated.

Mental illness is not something people make up in their heads or just decide when they can get over it. It's a disease just like any other medical disease that anyone can develop. Mental illnesses often involve changes in behavior, mood, or thinking. It is not the same as feeling sad, unhappy, or stressed because of difficult situations. Mental illness can also impact how we see ourselves, how we see the world around us and how we interact with the world. Recognizing the signs of mental health issues allows for timely intervention and treatment. Increased awareness promotes a culture of understanding and empathy. Mental health is important at every stage of life from childhood through adulthood.

Some risk factors that increase the chance for mental illnesses are:

- *Family history of mental illness*
- *Unresolved traumatic or abusive childhood experiences*
- *Stressful life events, such as a loved one's death, financial problems, or divorce*
- *On-going medical problem such as serious illness, physical disability, or chronic pain*
- *Environmental influences on a fetus, such as exposure to drugs or alcohol*
- *Social factors, such as discrimination, poverty or barriers to opportunity*

Top 10 (difficult) mental illnesses:

Severe depression and anxiety disorders, bipolar disorder, schizophrenia and psychosis, borderline personality disorder (BPD), obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD) and Complex PTSD, eating disorders, dissociative disorders.

Because of the shame and blame sometimes associated with mental illness, many people feel like they can't reach out for help. They become withdrawn, isolate themselves, lose interest in social activities or what was previously pleasurable. Mental illness and mental health can adversely affect appetite or sleep habits.

Depression is one of the more common mental illnesses and extends beyond short-term grief or sadness. It is a chronic health condition that requires specialized treatment. Symptoms can vary, generally a person will experience significant distress regularly and may not feel in control of their lives. They may not be able to function over an extended time. Don't blame the person for the depression they are suffering with, it's not their fault.

What Not to Say to Someone With Depression or Anxiety Disorder

- “It's All in Your Head”
- “I Get Anxious/Feel Stress Too”
- “Anxiety Is Just a Trend, It's No Big Deal”
- “Not This Again!”
- “You Need to Get Over It!”
- “You're Not the Only One Who Has Problems”
- “Things Could Be Worse!”
- “Everyone is a Little Down/Moody/OCD Sometimes—It's Normal.”
- “This Too Shall Pass.”

These and other similar comments will only make the depressed person even more withdrawn and reluctant to seek help. Don't blame the person for the depression they experience or think that they are not trying hard enough to get better.

What are some right words to say to a depressed person?

- Ask Them If They Want to Talk.
- Let Them Know You're There for Them, That You Care.
- Ask What You Can Do Now to Help.
- Tell Them They Are Important to You.
- Be Supportive

By letting them know that their feelings are valid, you are letting them know that they are not alone.

If you or a loved one is experiencing mental illness or mental health-related challenges, there are a number of supports you can reach out to.

The *San Diego Access and Crisis Line* (1-888-724-7240) offers free, confidential counseling and community resources to support your mental health. This resource is available 24 hours a day, 7 days a week and in multiple languages.

If someone is in an acute crisis, you might need to seek immediate help. You can offer to help them contact their healthcare or mental health provider or a hotline, or take them to the hospital.

For someone who is experiencing thoughts of suicide you can contact the *National Suicide Prevention Lifeline* at 988.

BIRTHDAYS

May B-days**Day**

- 4 Julia L.
 4 Lilli S.
 5 Margaux N.
 11 Diane S.
 12 Dean B.
 12 Penny O.
 16 Allison C.
 17 Bob F.
 17 Charles L.
 18 Maya S.
 19 Jane C.
 20 Jacob Z.
 24 Gabi H.
 25 Pat H.
 25 Fletcher M.
 28 Steven S.

**IN OUR PRAYERS**

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

Sue & Bob, Lorryne, Elaine

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, Lily, Lora

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

May 6-10	Teacher Appreciation Week
May 10	Preschool Mother's Day Event
May 12	Deacon Sunday
May 31	Preschool Graduation

ONGOING ACTIVITIES

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"
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 (resumes in Sept.)
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
Second Saturday		Bicycling Group (time & location varies)