

The Net

October 2024 · Volume 21 · Number 9 · www.stpetersbythesea.org

St. Peter's by the Sea Lutheran Church

Church Phone: 619-224-2894

Preschool Phone: 619-224-1689

PASTOR'S MESSAGE

Dear Friends in Christ,

This past summer I had two experiences of being new. First, I joined a climbing gym—I am a complete novice when it comes to rock climbing. The second experience: signing my kid up for a fall sports team—also something I have zero experience with.

When I walked into the climbing gym for the first time I thought to myself, “Oh! This must be what a non-Lutheran feels like when they step into our church!” I wasn’t sure if I was wearing the right clothes, I didn’t have the right shoes, I didn’t know where the locker room was or that I needed chalk for my hands and I felt like I stuck out like a sore thumb!

The gym though, is designed to integrate newcomers. They anticipate that there will be people who come, who do not know what they are doing. There was a class that I had to take before I could do certain things not because the gym was interested in gatekeeping but because without the class, I wouldn’t know how to participate safely and fully. The instructor was calm, clear, and kind and gave us ample opportunities to practice. We were given a tour of the gym and were taught how to use all of the equipment. We were instructed on what to do if we showed up and needed a climbing partner.

As a millennial church goer, I’ve always been resistant to anything that smacks of salesmanship when it comes to how we welcome people at church. If a dear soul decides to spend their Sunday morning with us, I don’t want to come at them like the sales guy that stands in the aisle at Target trying to get me to sign up for something I don’t want! I confess that I’ve often judged churches who have an overly welcoming kind of welcome, as if the only reason they might be that way is to try to “make a sale” and get a new member.

But as I joined the gym, I realize that **explicit clear, kind orientation is a gift not a gate**. Anything understated would have left me lingering in the uncomfortable fog of my own disorientation.

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

Maybe having a clear and overt way of welcoming people isn't about us trying to get something from newcomers, but dignifying the time and effort that people have made to come and try something new by worshipping with us!

Which brings me to my second experience of being new—signing my kid up for sports. Elijah was excited, Marcus did the research. There was a form to fill out and a \$100 fee to pay. They did not tell us when the practices or the games took place. Weeks passed with no communication.

A few weeks later, Marcus got an informal group message about the first game taking place on the upcoming Sunday. It turned out that all games take place on Sundays and since “that’s when games have always been,” the coach didn’t think it was information worthy of clarifying to newcomers. Not because we’re taking a principled stance, but because we happen to work at that time, Elijah won’t be playing that sport.

I thought to myself, “I hope this isn’t ever what anyone experiences at our church!”

The council set a goal this year to give some intentional thought to how we welcome newcomers and in the coming months, we will be rolling out a new three-class orientation for those considering joining our church with the intention of giving these good folks the information they need to participate fully, the tools they need to dive more deeply into the Lutheran faith and spirituality, and a depth of relationship with each other and existing members of the church.

This congregation does a wonderful job of welcoming folks. I’ve seen you go out of your way to greet a newcomer, to make sure visitors have what they need, inviting them to sit with you or to join you for fellowship time. **It’s a vulnerable thing that newcomers do—coming to a new place for worship! Let’s continue to honor the risk they take with a welcome that is clear and kind!**

Peace,
Pastor Bekki

PARISH COUNCIL NEWS

Council reviewed progress on the goals developed at our retreat held earlier this year:

1. Update and consolidate trust fund accounts to align with current practices and needs	Complete
2. Formalize onboarding process for new members	Will be implemented with new members this year
3. Create pictorial membership directory	In process now
4. Establish evaluation process for Pastor	Complete
5. Congregational Life Calendar	Nearly complete
6. Develop written Space Use Policy	Deferred to 2025
7. Determine our niche with children and families	Deferred to 2025
8. Create a strategic maintenance plan for our property	Deferred to 2025
9. Building up community relationships	Ongoing: Pastor has taken the lead in organizing the OB Clergy Group, financial commitment made to OBEF for 2024
10. Strengthening communication to the congregation	Ongoing: referred to Stewardship Committee
11. Sanctuary remodel/HVAC	Long term project: will begin during Stewardship Campaign with a listening session on Sunday, October 13 after worship.

3
NEWS FROM THE TREASURER

The Congregation Council held their monthly meeting on September 12, 2024. The following reports are from the treasurer

Budget Recap	August Actual	Year-to-Date Actual	Year-to-Date Budget	Difference Actual:Budget
Income	\$27,836.57	\$280,147.56	\$289,999.84	<\$9,852.28>
Expense	\$29,315.51	\$264,881.32	\$290,000.16	<\$25,118.84>
Difference	<\$1,478.94>	\$15,266.24		

All Are Welcome – Restoration and Renovation Campaign

	August 2024
Beginning Balance	\$139,253.53
Income	\$208.86
Expense	\$1,852.85
Ending Balance	\$137,609.54

MUSIC NOTES

O sing to the Lord a new song, for he has done marvelous things.

We know that music is an integral part of worship. It serves many purposes such as teaching the gospel, focusing prayer, expressing love, and connecting with God. It also helps the congregation connect with each other through doing the same thing at the same time, like teamwork. But music also helps us connect with ourselves, our inner selves and our former selves. Research is showing more and more how music provides continuity not just from population to population, or from generation to generation, but from our own birth to our death.

Music is deeply rooted in our conscious and unconscious brains. This becomes even more important when the functioning of the brain is deteriorating, as occurs in dementia and other types of cognitive and physical loss. But it turns out that music can awaken the brain and with it, a wealth of memories associated with familiar songs or beloved pieces. Most of us have experienced this to some degree—the sudden feeling of nostalgia upon hearing a specific song, the awakening of a memory that has been slumbering in our brain for years, or the rush of an emotional response to that not quite grasped memory.

Currently there is research focused on the link between music and memory, especially in the elderly with diminished mental functioning. The findings are fascinating, including the improvement of mental status, reduction of the needs for medication, reduction of depression and physical pain. But the music is different for each person; it needs to be that which they learned earlier in their lives, so that it serves as a bridge to who they used to be.

So be sure you surround yourself with music all your life. Link events and people with music in your mind, so that years from now, you can reach back and connect with them, and with yourself.

Joe DeMers, Music Minister

Join us this winter at Luther Glen Farm!

- Feb 7-9, HS/MS Youth Retreat @ Luther Glen Farm
- Feb 15-17 Family Winterfest @ Luther Glen

Winter fun for all ages!

Winter Retreats at Luther Glen are a wonderful opportunity for families and youth groups to come together in the spirit of community and connection. These weekends allow participants a chance to foster deeper relationships, not only with one another but also with their faith, as they engage in meaningful activities and reflections. Don't miss out on these retreats this winter!

Click [HERE](#) to learn more.

Questions? Contact office@lrcchome.com;
909-797-2513

**ST. PETER'S MAILBOX**

Dear St. Peter's by the Sea Lutheran Church,

Thank you for choosing to make a difference through Lutheran Social Services of Southern California.

Your gift of non-perishable food is a lifeline for our neighbors who are struggling with homelessness, mental health, or putting food on the table.

Thank you for holding a food drive to support our Project Hand site (at St. Mark's Lutheran)!

With sincere gratitude,

Dr. LaSharnda Beckwith
President and CEO
Lutheran Social Services of Southern California

BEACH CLEAN UP**THANK YOUs****School Kits**

Thank you to everyone who assisted with this year's School Kits!

Our final count was 80 School Kits for Lutheran World Relief and 32 School Kits for Lutheran Border Concerns Ministry.

Good work to volunteers who stuffed the bags and to those who set up, supervised, stored the finished bags in the meeting room.

Remember that Good has to be better than great! Just read the first two chapters of Genesis.

Thank you to Greg Lommen, Betty Wells, Jan Blanco, Grace Hesse, Darlene Morrow Truver, Jacquelyn Romero, Janine and Shawn Morrow, Savannah and Joselin Silva, Lyle Beller, Joe DeMers, Jim Grutkowski, Carole Otterstad, Jeff Cours, Darlene Thygerson, Joan Alton, and Elaine Lauger for volunteering or singing at the Sunset Cliffs Auto Show!

Thank you to Scott Walls for changing out the lights in the Sanctuary and the Conference Room as well as demo-ing the under-the-stairs cupboards at the preschool!

Thank you to Pat Hendrickson and the Council for coordinating the God's Work, Our Hands potluck!

Thank you to Elaine Lauger, Barbara Nielsen, Lora Thompson, and Betty Wells for their work preparing the school kit project!

FALL STEWARDSHIP SUNDAYS

Save the Dates

St. Peter's Fall Stewardship Sundays are coming!

Oct. 6th - Stewarding Our Encounters with God
Worship and Stories of Encounters told by church members

Oct. 13th - Making a Place for Encounter
Worship, **Sanctuary Remodel Listening Session** after worship (Come to dream together about remodeling our Sanctuary!)

Oct. 20th - Celebrating God's Encounter
Worship, **Celebratory Catered Luncheon**, Pledge Cards Collected

PRESCHOOL NEWS

Dear St. Peter's Friends and Families,

This month is full of fun, starting with the Blessing of the Animals and pet adoption on October 5th here at St. Peter's! Then we will have our 1st field trip to the pumpkin patch! We are headed south this year to another of the Pinery farms. We'll have hay rides, petting zoo, corn maze, and a train to ride. We will also have our Fall photos taken and celebrate Halloween with our 3rd annual Trunk or Treat on October 31, 4:30-6:30 p.m. Stop by, bring the family, and enjoy music, treats, and a great family friendly spooky good time! There will also be the addition of our Día de los Muertos Altar. This has become such a beautiful tradition and we are so grateful to Miss Diana and Miss Paola for their insight to this beautiful celebration. We are looking forward to some fall weather and enjoying celebrations together.



Thank you so much to all those that came out to the Classics Malt Shop fundraiser. We appreciate your support and we are able to support our scholarship fund.

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

EVANGELISM COMMITTEE

Blessing of the Animals

St. Peter's will host its annual "Blessing of the Animals," on Saturday, October 5, with a service at 10:00 a.m., honoring the life of St. Francis of Assisi, commonly regarded as the patron saint of animals. All who love their animals are welcome to bring their furry, feathered, or scaled friends to the north parking lot of the church to receive God's blessing.



ANNOUNCEMENTS

We're preparing a photo directory for our members and regular visitors. If you participate in the life of the church, we want to have you included!

Please contact Gail Bennett as soon as possible to schedule your photo.

CHRISTIAN SERVICE

Loaves and Fishes

Food Drive & Fundraiser

October is Loaves & Fishes month at St Peter's. There will also be a Wine Tasting Fundraiser for Loaves & Fishes on October 17, 2024. For tickets and more info see Liz Medina.



Loaves & Fishes Food Pantry is a non-profit organization officially founded in 1978, responding to food insecurity within the community, alleviating hunger and extending kindness for all in need.

WINE TASTING

Thursday, October 17 / 5-7pm
All Souls Episcopal Church
1475 Catalina Blvd
Gooden Hall

HALLOWEEN FUN!

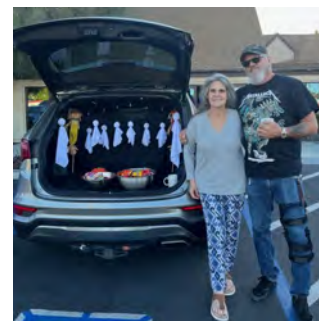


We are hosting Trunk or Treat on Thursday, October 31, in St. Peter's parking lot for our Preschoolers & friends, neighbors, and children & friends from our church. This is a wonderful outreach to our community in which we are located.

We need you to make this happen!

We would like to fill our front parking lot with cars from our members/visitors who are willing to decorate their trunk and bring treats to hand out to our Trick or Treaters. We will set up between 4:00 p.m. and 4:30 p.m. and then let the Trick or Treaters fun begin from 4:30 p.m. to 6:30 p.m.

Please sign up with Darlene Truver for this fun event or see sign-up sheet on the bulletin board.



6 EDUCATION COMMITTEE

We have started a new curriculum in Sunday School for the 2024/2025 year.

We would like you to know that:

- We are changing the curriculum to use the Whirl for the 3rd and 4th grades. Our children are growing and using the 1st and 2nd grade materials are no longer needed.
- We welcome children from preschool to 5th grade (or sixth?).
- We host Sunday school each week except the last Sunday of the month so that the children can experience the full service with their parents.
- We engage students of all ages who benefit from exposure to the bible (those children who are younger are encouraged to attend and every effort will be made to make the lesson relevant to them).
- Our lessons coincide with the scripture being shared in church that Sunday.
- We have a strong curriculum, and it allows for a variety of activities (video message, bible story, and use of leaflets and crafts to reinforce learning).
- We have time for students to ask and answer questions.
- We have an aide with us to help the students along with a seasoned teacher. There are five teachers who are long standing as members of St Peters.
- The children return to church in time for communion each week

A big thank you to our teachers: Darlene Truver, Colleen Doering, Ellen Schmeding, Grace Hesse, and John Smart. If you are considering joining the team please let Sandra know. We welcome new members to enrich the children's knowledge of God's word.

Sandie
Education Chair

HEALTH AND WELLNESS NEWS

In October of 1985, there was a partnership between the American Cancer Society and the pharmaceutical division of Imperial Chemical Industries, a British company, to promote mammograms as the most effective tool to fight breast cancer. This week-long awareness campaign started the *National Breast Cancer Awareness Month* (NBCAM) an international health campaign held every October that aims to promote screening and detection of the disease affecting 2.3 million women worldwide. Best known for its pink theme color, the month features a number of campaigns and programs aimed at:

- ◆ Supporting those diagnosed with breast cancer including those with metastatic breast cancer.
- ◆ Educating people about breast cancer risk factors.
- ◆ Encouraging women to get regular breast cancer screenings starting at the age of 40 (earlier if necessary/ family history).
- ◆ Fundraising for breast cancer research.



A woman today has a *one in eight* chance of developing breast cancer in her lifetime, and a *one in thirty-nine* chance of dying from breast cancer. Nearly 30% of women diagnosed with early stage breast cancer later develop metastatic breast cancer—cancer that has spread to other parts of the body. Currently about 168,000 women are estimated to have metastatic breast cancer.

The percentage of breast cancer has gone down in recent decades. Currently there are four million breast cancer survivors in the U.S. including women who are still in treatment. Black women however, remain more likely to die from breast cancer than any other racial or ethnic group. Although much more common in women, it affects men too. According to the American Cancer Society, 2,790 men will be diagnosed with breast cancer in 2024. Lack of awareness and stigma can be barriers to detection and care in men, trans-men, and non-binary people.

Mammography is a lifesaving screening tool that can help detect breast cancer early. The *American College of Radiology* recommends annual screening starting at age 40 or earlier if they are at high risk, as determined by your physician. *There is no cut-off age*. Medicare will cover screening mammograms every year and diagnostic mammograms as needed. Almost all senior insurance plans follow Medicare guidelines. *Be proactive*. If you have not had your annual mammogram yet this year, let this special designated month be a reminder to you. Get yourself tested and stay protected!

Save the Date!

November 16, 9:30-11:30 a.m., the Point Loma High School Cheer Team will be in St. Peter's parking lot, cheering on the Susan G. Komen 3-Day Walk participants as they pass by our campus. You're welcome to come and join in the cheering!

BIRTHDAYS

October B-days

Day

- 1 Martha D.
- 2 Janet H.
- 2 Karen M.
- 7 Barbara N.
- 7 John S.
- 8 Celia S.
- 9 Kathy R.
- 14 Keith H.
- 14 Lora Th.
- 28 Elijah L.
- 29 Betty W.
- 29 Charlotte Y.



IN MEMORIAM

We remember those who have recently died and keep their families in our prayers. Christian sympathy is offered to the family and friends of:

✦ Lorraine J.

Lorraine was a long-time, seasonal attendee of St. Peter's by the Sea. While she spent much of the year in her beloved Minnesota, she loved coming to St. Peter's when visiting her daughter, Brenda, during the winter months, although the past few years found her staying in the warmth of San Diego year-round. A memorial service will be held in MN.



IN OUR PRAYERS

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

Carmell, Joan, Sue

Our homebound members and those in care facilities:

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

Our members with on-going concerns:

Ann Z., Babette, Lily, Lora, Charles

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.



TACO NEWS

TACO's Mission Statement:

"Third Avenue Charitable Organization (TACO) is a community drawn together to support the dignity, health and well-being of people among us experiencing homelessness and poverty."

TACO serves everyone, regardless of race, gender, faith, age, or sexual orientation. A large number of those served are without permanent homes or are living on the streets. Many others are of retirement age, living in the surrounding senior citizen residential towers on low fixed incomes. Still others are physically disabled living on relatively little income from sources such as state disability and Federal SSI.

TACO, provides a safe and welcoming place for any and all who come. In operation every week of the year, it welcomes all people in need for free meals, use of mailing address, cell phone charging and services provided by a social worker. Medical and dental services are provided, to those who qualify, provided by UCSD Student-Run Medical Clinic.

TACO's current programs, are made possible by the support of grants, individual donations and volunteers.

St. Peter's by the Sea helps to serve a meal at TACO the first Friday of every month. Contact the church office to learn how you can help.

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

EVENTS OF INTEREST

October 5	Blessing of the Animals
October 6, 13, 20	Stewardship Sundays
October 20	Catered Luncheon

ONGOING ACTIVITIES

Sundays	8:30 a.m.	Choir
	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/Christmas Crafters
	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
Second Saturday		Bicycling Group (time & location varies)
Third Saturday		Hiking/Walking Group (time & location varies)