



## Pastor's Column



### Effortless Power

We are halfway through Lent. Did you choose to do anything special for your spiritual practice this season? Did you give up something or adopt a new habit? If so, why? If not, why not? And how are things working out for you so far?

I have been rather disappointed with myself and with my lack of discipline and willpower. And I have had some talks with myself about that. Then I heard a presentation on “powerful effort” versus “effortless power” which took me back to my first ever golf lesson last fall. My baby steps approach to golf were all about powerful effort: I wacked at the ball with all my might, only to see my ball barely move a few yards. The instructor, on the other hand, simply raised the club with his arms, then let his arms drop toward the ball and the ball just flew and flew and flew—effortless power!

“Powerful effort” and “effortless power”—what a helpful comparison! And a comparison which applies not only to athletic performance, but many other areas of life, including spiritual

struggles. Because here, too, it seems that the harder I try, the more I tend to get stuck. And whenever I get out of the way and let God do the struggle in me and for me, things become easy and effortless.

But my ability to “let go and let God” tends to last only so long before I catch myself making a “powerful effort” once more. And so, halfway through Lent my focus has shifted a bit. I continue to struggle with my Lenten discipline, but now I also try to pay attention to my “powerful efforts.” I notice how I lose balance, and how balance is restored once I hand the struggle back to God. I find myself strangely blessed by these discoveries. It turns out that the Lenten discipline was a stepping stone to this deeper discovery about effortless power. And who knows, perhaps, this has been the point of having a discipline all along?

May you have a holy Lent, and may you be at ease in your struggles.

*Pastor Bea Chun*

## 2015 Kirsten Havrehed Award

At the St. Francis Annual Congregation Meeting held on February 8<sup>th</sup>, the Kirsten Havrehed Award for 2015 was given to Paul Johnson, currently serving as treasurer, among his many contributions to the life of this church. The Kirsten Havrehed Award was first given in 1997 and has evolved to recognizing service to the congregation.

Paul is a lifelong Lutheran and advocate for equality in employment, social justice and inclusion. He was born in Sioux Falls, South Dakota in 1945, and baptized at First Lutheran Church in Colton, South Dakota. As an infant his parents reunited in San Francisco after his father returned from Iwo Jima. Paul went to Sunday school at Calvary Lutheran in San Bruno. His parents and others started a mission congregation in a former dress shop in South City - subsequently building Our Redeemer's Lutheran Church on El Camino Real and Orange Avenue. When he was 11, Paul's father died of cancer and his family moved back to Sioux Falls and joined First Lutheran Church, a congregation of about 5,000 members at the time. Paul was confirmed there.

After high school Paul went to the University of the Americas in Mexico City and joined la Iglesia Luterana del Buen Pastor (Good Shepherd Lutheran Church) in Mexico City. After college he moved to Ketchikan, Alaska, where he taught junior high school Spanish. Paul came back to San Francisco in 1969 and for the next 30+ years taught, worked on the development of numerous programs and volunteered on several committees surrounding and promoting opportunities and learning for students with disabilities.

During his third decade at City College, Paul was the Department Chair of the Disabled Students Programs and Services until his retirement in 2012.

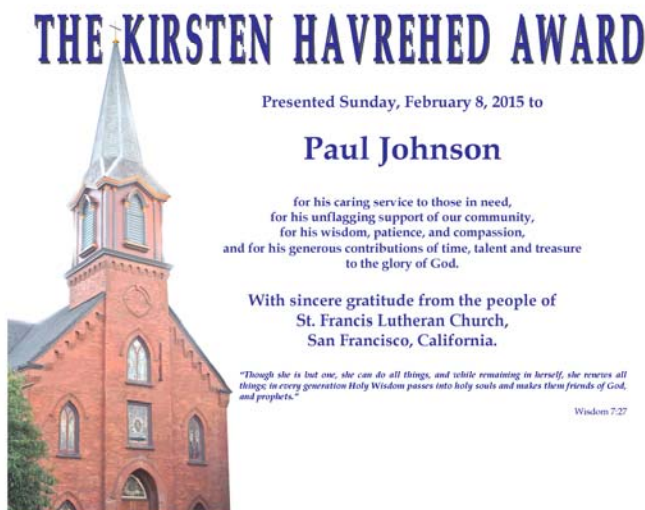
From 1969 to 1987, Paul was a member at St. Mark's where he was active with Lutherans Concerned. Paul's partner William E. (Bill) Carr was a good friend of our Pastor Jim Lokken and this friendship led to their joining St. Francis in 1987.

Paul embodies service to our congregation and to God. He is quiet, unassuming and has participated selflessly in perhaps every aspect of congregational life. If there is a church clean up – Paul is there. Hanging of the greens, or unhang-

ing of the greens – Paul is there. He is regularly Assisting Minister and his topical prayers are heartfelt. He has been known to fill in at a moment's notice as Lector, Usher and Sacristan. Paul is a Deacon and became Harry Eckhart's good friend over the course of many visits, bringing Harry news of St. Francis and communion.

Paul actively sits on the Board of the Friends of St. Francis Child Care Center. Paul was elected to Council and served five years and then last year became our Treasurer. In addition to all the responsibilities and hours of time that the work of congregation Treasurer entails, Paul willingly attends many of the meetings of the Property Committee, the Senior Center, St. Vincent DePaul Committee and Endowment Committee.

Each month he attends Council and keeps the Council up to date on every detail of our budget and that of the Endowment. And every second Sunday of the month, at 7:30 am, Paul is our reliable doorman at Sunday morning's Hospitality



**2015 Kirsten Havrehed Award** *continued*

Hour dressed impeccably in pressed shirt, colorful necktie and sporting a dapper hat.

This award was inspired by Kirsten Havrehed, a member of St. Francis since 1948. She has been a member of St. Francis far longer than anyone else - with her first Sunday attending worship right after she disembarked from the Swedish "Viking" cargo ship that delivered her to the shores of San Francisco from Denmark in November 1948. Involved in so many aspects of the life of the congregation, Kirsten never complains, and she

always looks forward to the future. Her thoughtfulness and care are apparent immediately upon meeting her. She is a model of how to live for many of us. We see the love of Christ in her actions, her words and her care.

In 1997, Kirsten was the very first recipient of the Kirsten Havrehed Award, designed to recognize outstanding service by a caregiver, and to uplift and bless service to others. This award has been given since to quite a number of persons who are members of St. Francis.



From left to right: Kirsten Havrehed; Randy Thueme, Congregation President; Paul Johnson

## Meet Our Community Food Programs Administrator

Stephen Camarota was recently hired as the St. Francis *Community Food Programs Administrator*. This is a new part-time position, developed to take up the responsibilities that *Welcome* fulfilled at St. Francis while under contract, which ended at the end of February this year.

Welcome, under the direction of Pr. Megan Rohrer, was originally hired to manage the Hospitality Program, Thanksgiving annual dinner, and the Senior Center chefs, food procurement, and recruitment of volunteers. Additional programs were added under the advisement of Pr. Rohrer: hosting the weekly Food Pantry (under the San Francisco Food Bank) when the prior location was no longer available; and the HIV+ Grocery Project, making available food for HIV+ persons from the weekly surplus donated food received on Saturdays through Food Runners.

St. Francis has been very fortunate to have had Welcome manage these programs. Pr. Rohrer implemented procedures and policies aimed at improving food safety and handling, screening and management of volunteers, and training volunteers and others who come in contact with the persons

that make use of the programs. *Thank you, Pastor Megan, for all you accomplished at St. Francis.*

Stephen is already familiar with the St. Francis programs since he has been working with many of them for Welcome on a part-time basis. With Stephen hired directly by St. Francis, he will report to the Pastor, and attend the meetings of the St. Vincent dePaul Committee and the Senior Center Committee.

Stephen will also be responsible to shop for supplies and additional food needed for both the Hospitality and Senior Programs. He will be working with the Senior Center chefs who are responsible for providing the menu for each week's meal.

Stephen is a transplant from back east with over 15 years experience in hospitality, food service and entertainment. He grew up in New Jersey, attended New York University, and has been a San Francisco resident for over 20 years. You can often find him performing with Dustin Hart at Martuni's with the Camarota/Hart songbook. Stephen is thrilled to be part of the Saint Francis team.

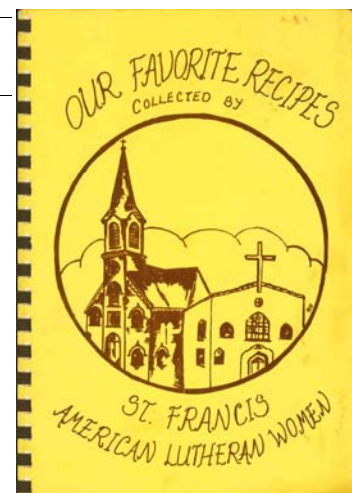


## Recipe From the Archives

### Parsley Dip

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|-------------------------|--|
| 1 cup plain yogurt      | Mix all ingredients.                   |
| 1/3 cup chopped parsley | Chill covered three to five hours      |
| 2 Tbsp. sour cream      | Serve with vegetables as an appetizer. |
| 2 tsp. grated onion     |  |

From *Our Favorite Recipes*, collected and compiled by St. Francis American Lutheran Women  
Submitted by Kirsten Havrehed



## Highlights from the February Council Meeting

The Congregation Council meets regularly at 6:00PM on the third Tuesday evening of each month. At our meeting in February, we decided that we will begin publishing a few highlights in the bulletin and newsletter, as a way of keeping members and friends fully informed about actions taken and issues that might be of either interest or concern. Reports regarding congregational finances will be provided quarterly.

Here are some of the highlights from our meeting on February 17<sup>th</sup>:

- Marsha White led devotions on doing ministry in an urban setting, asking the question, *“What does it mean to be the Body of Christ in the city?”*
- Sustenance (a lite meal) was provided by Tom Tragardh and Pastor Bea
- As part of her report in January, Pastor Bea invited the Council to spend a few minutes each month reflecting on different aspects of the St. Francis Covenant. This month’s conversation was on the petition: *“...we promise, with God’s help and mutual respect, to participate actively in the life of the congregation...”*
- We expressed thanks for all of the musicians who enriched our worship experience during the holiday season, and to members of the Nominating Committee for their assistance at the annual meeting
- We discussed the idea of recruiting more members to serve as deacons in order to expand the pastoral care team



## Church Council Highlights

- We discussed the need to amend our governing documents so that the Council and congregation committees can vote by e-mail. Elaine Whitney will convene a taskforce to begin working on a proposal and timeline for bringing that and perhaps other recommendations to the congregation for consideration later in the year.
- We approved two funding requests endorsed by the Endowment Committee: a \$2000 grant to Reconciling Works for an anti-bullying workshop, and \$2500 grant to LYRIC for their Allies in Faith Initiative.
- We set Sunday, March 15, as a tentative date to honor Nancy Record upon her retirement from the Friends of St. Francis Childcare Center

- We referred the idea of designating May 17 as *“Bike to Church Sunday”* to the Outreach Committee for consideration

- We approved the following appointments to committees and taskforces of the congregation:

Endowment: Adam Maass and David Bernstein

Memorial Terrace: Janet Theusen and Lawrence Mortensen

Personnel: Lynne Olesen

Property: Gabriel Proo and Elaine Whitney

Constitution & Bylaws Taskforce: Elaine Whitney as Convener

We adjourned at 8:52PM with the Prayer of Jesus

*Respectfully submitted by Greg Egertson, Vice President*



Every Wednesday in Lent  
at 6:30 PM

Soup Supper is followed by Table Talks and Prayers  
Wednesday March 4 2015 6:30 PM in the Annex  
We begin with soup supper, followed by discussion and  
prayer. For the discussion part please bring a  
newspaper clip of a current event which you wish to  
discuss and lift up in prayer.

Other Wednesdays: March 11, 18, & 25.

## **Congratulations, Pastor Bea!**



### **Sunday, March 8**

Please join us for a festive coffee hour after worship on  
March 8<sup>th</sup> as we celebrate Pastor Bea's first year at St.  
Francis. Cake and sparkling beverages will be provided.  
No gifts please. Members and friends of St. Francis are  
invited to bring a card, prepare a toast or just come and  
join in the fun. There's no program – we just want to  
mark the occasion with cheer and warm wishes. See  
you there!



## Cottage Soup Suppers

During the months of March and April, the “Healthy Start” committee will be sponsoring a number of small group gatherings over a simple meal. Pastor Bea will attend each of these ‘soup suppers.’ The only agenda is to have fellowship time together and become better acquainted. All members, friends and visitors are welcome and encouraged to attend! Sign-up sheets for March are available at coffee hour today.

If you would like to be a host for one of these gatherings, we will be offering more suppers in April. For more information, please contact Greg Egertson at 415-722-4224 or by e-mail at [gegertson@ggu.edu](mailto:gegertson@ggu.edu).

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We're on the web!

[sflcsf.org](http://sflcsf.org)



*A Reconciling In Christ  
Congregation, where all  
are welcome*



Passion Sunday March 29 11 AM

Maundy Thursday, April 2 7 PM

Good Friday April 3 1 PM & 7 PM

Easter Egg Coloring & Egg Decorating for all ages  
Saturday Apr 4 2 PM

Children & Grown-Up Easter Service  
Saturday Apr 4 3 PM

Easter Egg Hunt Saturday Apr 4 3:45 PM

Easter Sunday April 5 11 AM



**ST. FRANCIS LUTHERAN CHURCH**

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Evangelical Lutheran Church in America