



# THE PIPER

FEBRUARY 1, 2008

15003 - 14TH AVE SW SEATTLE 98166 (206) 242-6023  
LAKE BURIEN PRESBYTERIAN CHURCH

## Lenten Series

### *LENT begins...*

**Ash Wednesday, Feb. 6, 2008**

Simple supper 5:30 p.m. - Service in the sanctuary 6:15-7 p.m.

The Rev. Dennie Carcelli leads a service of confession, forgiveness, gratitude and intention with music, liturgy and the imposition of ashes.

### *LENT continues...*

**Wednesdays Feb. 13, 20, 27; March 5 and 12**

Simple supper 5:30 p.m. - children/adult programs 6:15-7 p.m.

After a simple supper (\$4/person; children 12 and under free) the Kaleidoscope children's program continues. In the sanctuary, the program for adults centers on God in sacred places, sacred art and sacred music.

Devotion to God through communion, prayer and quiet contemplation with *Dr. Tobin Wilson*, **Feb. 13 and 20**

Devotion to God through religious art, color and reflection with *Cheryl Stock*, **Feb. 27 and March 5**

Devotion to God through Gregorian chant, harp and meditation with *Peregrine Medieval Vocal Ensemble*, **March 12**

With gratitude and intention, seek the peace, the mystery and the wisdom of God this Lent. Amen.

## Music for the Children

The Children's Ministry Committee would like to enhance the musical experience of our children by using the Orff, rhythm, hand chimes, and hand bells from our church's "musical" closet of instruments. If you are interested in helping with this effort, please contact Lee Weber, 242-6548.

## Rummage Sale

Save the dates of March 31 through April 5. We will set the tables up on March 31. Sorting will take place on April 1 through 3. The rummage sale will take place from 9 a.m. to 5 p.m. on April 4 and from 9 a.m. to 2 p.m. on April 5. Clean-up will take place at 3 p.m. We will inform you later of when items can be placed on the stage. We are looking for helpers. Please contact Gail Lane or Lucille Wheeler.

## From the Music Department

Big things are being planned for upcoming worship services!

In honor of Black History Month, I have invited our friends from the Kenyan Community Church to join us in worship on Feb. 17. This is their third visit to Lake Burien, and it promises to be a lively, uplifting experience.

The following Sunday we will be joined by the internationally acclaimed Total Experience Gospel Choir. This group is a Seattle treasure, and has performed in 38 states, 28 countries and on five continents! They are the featured ensemble in Seattle's annual "Black Nativity" and have performed with a variety of living legends. This is a rare opportunity for our church and the community—don't miss it! Be looking forward to fantastic Lent services in March—right now we are planning another Taizé service, a chant service with Peregrine (Wednesday, March 12), a Good Friday Tenebrae concert (with several guest soloists) featuring selections from famous Requiem masses, and a lively Easter celebration!

—Greg Sojka

*Director of Music*

### Lake • Burien • Presbyterian • Church \ [aka LBPC]

**1** : where all the generations worship together **2** : intentionally growing people deeper into the five G's – Glorifying God, Gathering, Growing, Giving, and Going **3 a** : We value diversity, inclusiveness and multigenerational worship. **b** : We value, wisdom, civility, mercy, integrity, laughter, and striving for excellence. **c** : We are focused outward toward discipleship development, creation care and social justice. **d** : We practice active listening. And to that end we value the awe, wonder and mystery of God **4** : Where ALL are welcome in the name of Jesus Christ **5** : The urban-village Church



## THE PIPER

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Pastor

**Greg Sojka**  
Director of Music Ministries

**PACTO DE PODER**  
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## Continuing Adult Faith Enrichment

Come feed your soul at the

**C.A.F.E.**



Sunday Mornings - In the Lounge

All Classes Are Open to Newcomers Anytime!

## FEBRUARY SUNDAYS

*-notice the pearly, luminous winter sunrises  
and sunsets - beautiful...*

*In a single sentence: Jesus is, for us as Christians, the decisive revelation of what a life full of God looks like. Radically centered in God and filled with the Spirit, he is the decisive disclosure and epiphany of what can be seen of God embodied in a human life. As the Word and Wisdom and Spirit of God become flesh, his life incarnates the character of God, indeed, the passion of God. In him we see God's passion.*

—Marcus Borg

*The Heart of Christianity, Rediscovering a Life of Faith*  
Chapter 5. "Jesus, The Heart of God"

**February:** Again, with a few exceptions, we'll spend time with Philip Yancy's video series, *The Jesus I Never Knew*. With movie snippets, questions, a little Bible work and discussion we'll explore the man, Jesus. This is not about discovering the Jesus Philip Yancy never knew but discovering and maybe rediscovering the Jesus *you* never knew.

Like vinegar to the teeth, and smoke to the eyes,  
So are the lazy to their employers.

—Proverbs 10:26

Okay, okay maybe I'm not as lazy as vinegar to the teeth but there are some projects that need finishing. One of my New Year's resolutions is to tie up loose ends and the peace garden and the northwest room/lounge are two of them. To that end I need a couple of strong people with crowbars and wheelbarrows to meet me at the church one Saturday in February (tbd) to move some rocks and dirt. Thank you to Sandy, Beth, Amy, Linda and Priscilla for ferns, pinks and hostas, etc. I'm still looking for more native plants to attract birds – plants that provide food, shelter, gathering places.

—Melinda Mackey-O'Brien



## From the Pastor's Desk....

In my annual report I wrote about developing “roots and shoots!” I must admit, even though it is a bit eccentric sounding, I like it! We are called to a life that is constantly growing deeper into following Christ and living that love more fully in the world. Not a bad thought and direction for us in the next year.

So what do I mean by driving down roots? The obvious is *roots* that grow deep into the soil, allow a tree to withstand a windstorm in the Northwest and remain lavishly green in the summer. These spiritual roots that we grow are the roots of the Kingdom of God. It is a phrase that appears 38 times in the gospel of Luke, our preferred Scripture for this season in our lives. I challenge us to set aside all of our preconceived

notions and “beliefs” about what it means to be Christian to watch, look and explore how Jesus was God incarnate. I find it interesting that Jesus was not a Christian. He was and is God. We are the followers, the disciples, the ones seeking to understand and live into and out of this great mystery known as the Kingdom of God. So may our growth be deeper into Jesus and his Kingdom.

While we grow deeper, I am confident that Holy Spirit transformations will begin to have their way with us. *Shoots* will grow like the warm sun in early spring. We will become more in the image and in the likeness of the upside down kingdom than the predominate cultural paradigm. I think we will be less concerned with the gospel about Jesus and more concerned with the gospel of Jesus. My guess is that we will realize that everything must change. Because of our new roots, our shoots will look different, too. We will be people who:

- Seek reconciliation and not revenge when we are wronged.
- Can seek creative and transforming non-violent alternatives when violence is done unto us.
- Will welcome outsiders and younger generations to a new *us*, a new *we* and a new *humanity* that celebrates diversity in the context of love, justice and mutual respect for all and not fear or hate the outsider.
- Will trust ourselves to the care of God and have no need for anxiety about finances, security or pleasure.
- Don't need to live for wealth but for God who loves all people, including our enemies—(yes, even the ones who fly airplanes into buildings.)
- Will not have to hate our enemies or competitors, but love them and do to them not as they have done to us—and not before they do it to us—but as we wish they would do for us.
- Will not have to consume the earth as if no one else lived on the planet, but enjoy it as stewards of the theater of God's wonder, majesty and grandeur; striving to leave it in better shape than we received it, for the generations to come.

Yes, the deeper we grow our *roots* into Christ's Kingdom of God the more organic and even unnoticeable will be the springtime grace growths of our wonderful new *shoots* that emerge for the world to gaze upon. May we develop roots and shoots this springtime season....

—Tobin

## Kaleidoscope Update

I am happy to announce that Jennifer Fichamba will be taking my place as the Kaleidoscope meal co-ordinator. I know she will do a great job! It's hard to believe that Kaleidoscope has been active for 2 1/2 years now. I've had a wonderful time helping out in this special ministry. We have some great cooks in our congregation and I'm delighted to have tasted such delicious meals. Thank you to all that have made such wonderful meals, Gerry Flaten, Steve Glass, Cathy Gunstone, Jo and Bill Jury, Priscilla Stephenson, Carol and Darrel Thome, Margaret Boustead and to our meal helpers, Margaret Schindler, Phil and Leona Mathison, Jan Cox, Norma Newby and Nola Sparks.

Jennifer and I have decided that, in order to give our great cooks a break and give our congregation a chance to show their culinary talents, we will have a potluck the first Wednesday of each month. So, for all you cooks out there who would like to see what Kaleidoscope is all about, please bring a dish to share and stay after dinner for a wonderful and insightful hour with Pastor Tobin. Also, if you are interested in being a meal provider or helper, please contact Jennifer Fichamba at (206) 784-8005. We can never have too many cooks in our kitchen!

Serve in Christ,  
Linda Maza-Sparks

## Children's Ministry Notes

I hope this Piper article finds you healthy and in high spirits as this new year has already started to pick up the pace. Things are rolling and I'm happy to say that I'm officially over the after-New Years phase, when people due to 12 months of routine, absentmindedly continue to scribble in the date as, "2007" because they forget it's a new year. Normally, when it takes me two months to drill the new year into my head, I got it down this year in three weeks. I credit this improvement to my brand new little planner I bought at the Barnes and Noble's 50 percent off calendar sale. This is the first year that I have ever used a planner where I have had to pencil in dates. Usually, I rely on my computer organizer to do everything, but for whatever reason, I thought it might be a nice change up to try something new. Now I have and I was right. The satisfaction of opening up a paper bound planner to see and hold 365 days of blankness in your hand is exciting. I'm so energized because I know if someone asks me to do something or to be somewhere, I know without a doubt that I can say, "Yes," because my whole schedule is wide open to do almost anything. And being able to do *almost anything* leaves a lot of space for wonderful hopes and daring goals.

The third through sixth graders who join me on Sunday mornings during the Children in Worship know this to be true. With their wide-open year, they too have made their resolutions and have already started to attempt them whole-heartedly. Here are some of the goals that were made: *I will try to be a better sister. I am going to get good grades. I will be good on the school basketball team. I'm going to learn the order of the books in the bible. I want to memorize 20 bible verses before next year.* Already in the New Year, this has been a highlight to watch. Most weeks, the kids come back and give me an up-date on how they are doing on their goals. My favorite has been working with the kids to help them memorize the order of the books of the Old Testament. They have made up funny little acronyms that help them to memorize the order faster. For example from the books: **G**enesis, **E**xodus, **L**eviticus, **N**umbers, **D**euteronomy, **J**oshua, **J**udges, **R**uth, **1** Samuel, and **2** Samuel—the kids came up a this sentence: **G**ood **E**lephants **L**ove **N**oisy **D**ogs **J**umping **J**oyously **R**ubbing **S**mall **S**nakes. It's quite entertaining for me to watch their minds at work. If you see any of third through sixth grade kids, I'd bet they would recite it for you happily.

As for this month, there are a couple of things on the agenda that are coming up. Like always, Kaleidoscope meets Wednesday evenings from 5:30-7. It is a great time for children and adults alike to be together, share a meal and engage in conversation and fellowship. On Feb. 13 through 16 Gail Lane, Dawn Wilson and I will be in San Diego attending the Association of Presbyterian Church Educators Convention. We will be sitting in on workshops that will hopefully prompt great ideas of how we can better serve LBPC. So, if you could just remember us in your prayers, we'd greatly appreciate it. I also have another prayer request. After the conference I will be leaving on Feb. 17 through 27 to go to Makeni, Sierra Leone, in West Africa on a mission trip. This has been a dream of mine for a long time. I've wanted to go on this trip for over three years, but with school and other jobs, it never worked out until now. God has opened doors and has blessed me with this exciting opportunity, yet there are nervous and anxious feelings stirring, too. If you could just keep this trip and all the people who are involved with it in your prayers, I'd be very grateful.

Well, I think that brings you up to date. Thank you for your prayers and words of encouragement. It continues to be a blessing working here.

Shalom,

Fa'ana



## Union Gospel Mission

The month of January has been an exciting month for the UGM After School program for a couple of reasons. First, it marks our first full month of program after a shortened November and December. The students had a couple days off from school this month, and on these days we held a full day program. These days, although long, gave us a chance to get to know our students on a deeper level.

Secondly, we witnessed a lot of growth in our kids as they became more comfortable with each other and with us. Fa'ana and I were talking one day about how amazing it was to look at the journals the students have written and the conversations we have had with them in the last few weeks. To think about where the kids are with their thoughts, compared to where they were two months ago, is truly exciting.

One journal topic in particular from this month really stands out. We had the students suggest the topics one day, and the topic that was chosen was "If I had three wishes, I would wish for...?" Naturally, like most of us would do if we were being honest, there were responses that included things they would wish for themselves, and things that would benefit them. But, there were several entries that went in a different direction. One student said he would wish for death to be done away with, and for the earth to keep expanding so that we would not overcrowd it. Other students wished for their grandparents to be near by since they really miss them, and for their family to get to be together so that they would all be happy.

The journal entry that hit Fa'ana and me the most however, came from a second grader named Diego who, two months ago, probably would have used his three wishes on wrestling figures, wrestling figures, and more wrestling figures. Instead, Diego's wishes were for foster children and the homeless to have food, money and a home. There were no personal items on Diego's list; nothing that would benefit him. Instead, Diego thought about how to use what he had to benefit others.

This is a small glimpse into the minds of the students we work with. They have big thoughts, big dreams, and even bigger questions. Our hope is that we provide the space and the opportunity for our students to ask their questions, think their thoughts, and pursue their dreams, while at the same time, through it all, pointing them to the One who can answer their questions and guide their future. God is definitely at work in this place.

We have enjoyed a great start to the UGM after-school program here at Lake Burien. However, there definitely is room for improvement in the amount of quality time we can spend working with each student, as well as in the partnership that exists between Lake Burien and UGM. Therefore, we are sending out the invitation for any and all volunteers who might be interested in lending a helping hand with the after-school program. It doesn't matter your age, experience level in working with kids, or amount of time you could commit, we can find a spot for you! Anything from snack preparation and serving, recreation time, reading and homework tutoring, or just spending some time playing a board game with a student—any activity that you could partner with us in would mean more personalized attention for the students.

So, if you have at least an hour or more a week that you would consider spending with the After-School Program, we would love to hear from you! You can call either Alex at (828) 260-1282, or Fa'ana at (206) 280-2725. We thank you, in advance, for considering partnering with us to better serve the students of our neighborhood.



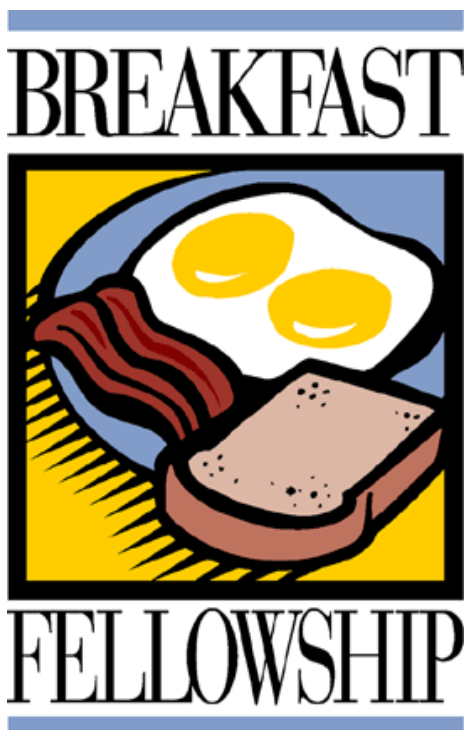
## Alice Winters Silent Auction on March 2

On Sunday, March 2, we will observe the Gifts of Women. During worship, we will present two honorary life memberships to the Presbyterian Women in the Presbyterian Church U.S.A. as thanks for the service these two women have given to Lake Burien Presbyterian Church.

Following worship, our Alice Winters Silent Auction will take place in the Fellowship Hall. All funds raised from the auction go to support the ministry of the Reverend Alice Winters in Barranquilla, Colombia. She teaches Bible and biblical languages in the School of Theology at the Reformed University of Colombia. She has translated several Old and New Testament textbooks into Spanish and has numerous publications in both Spanish and English.

In response to the increasing violence in Colombia, Alice also is involved in the struggle for human rights. She is active in the Ecumenical Network of Churches and Christian Organizations for Human Rights and in the work with displaced persons in Barranquilla. In her newsletter, she writes that the Caribbean coast is one of the regions that has suffered most because of forced displacement, and it is the area where the government has paid the least attention to these internal refugees. These *desplazados* live in cardboard shacks covered with plastic bags. 584,089 have registered, but many others fear to register for aid because they fear that pursuers will find them and kill them.

The Alice Winters Circle requests donations for our silent auction. We are looking for baked goods, homemade artistic creations and crafts, and/or services offered. Examples of services are hours of babysitting, or gardening or home repairs, etc. Some people have also donated entertainment tickets or lodging in timeshares, etc. Our circle enjoys seeing your creativity in your donations each year. Contact Gail Lane or Judy Todd for more information.



## Breakfast and Bible Bunch

On Feb. 10, the Breakfast and Bible Bunch will end the study of the Book of Jonah by studying the fourth chapter of Jonah. Then in March we will begin the study of the Book of Ruth. During our study of Jonah, we learned that God continued offering Jonah grace in many unusual ways. God gave Jonah many chances, way beyond what any of us might have done. Jonah's response to God's call was to run in the opposite direction. Do we also run from God when God calls us or are we willing to be empowered by God to complete tasks given to us? Join us in the Northwest Room at 8 a.m. on Feb. 10 for breakfast, coffee and Bible study.

## Women's Justice Circle at Hospitality House

Gather with women from different economic backgrounds, learn about the justice issues of low-income women, and build relationships to take action for social change. A Women's Justice Circle meets at Hospitality House, housed in Lake Burien Presbyterian Church on 15003 - 14th Avenue SW in Burien on Saturdays from 1-3 p.m. beginning Jan. 19 and running for eight weeks. No fee. Women's Justice Circles are sponsored by Intercommunity Peace and Justice Center. For information call: Melissa Morales-Warming at (206) 223-1138.

## Abdallah Family Fund

Donations are needed and much appreciated to replenish our Abdallah family fund. The Abdallahs are a Christian Palestinian family living in East Jerusalem. Our \$50 per month helps with basic needs. Contributions should be made payable to LBPC, designated Abdallah Family. Oh, and one more thing: pray for the peace process!

--Sally Mackey

# Health Care Team News

## Cold and flu survival guide

Ah-choo! You're bound to hear that sound — along with sniffing, coughing, and nose-blowing — every winter when cold-and-flu season sprinkles its misery on just about everyone. Up to 20% of Americans get the flu every year, and Americans suffer one billion colds. Children get colds and the flu more often than adults. Some kids get as many as 12 colds a year, while adults average 2 to 4.

A cold and the flu are both caused by viruses, tiny infectious agents that can survive only by getting inside the cells of animals or humans. Learning more about the viruses that cause colds and the flu can help doctors figure out how to prevent and treat these illnesses. For most people, however, the most important thing to know is that viruses are to blame for both colds and the flu. This fact has very important implications for treating — and preventing — these illnesses. Because colds and flu are caused by viruses, antibiotics are ineffective as they work only on bacterial infections, not viral infections.

Here are the answers to six commonly asked questions about colds and the flu.

### Why do colds and the flu increase in the winter?

The reason has nothing to do with the temperature, at least not directly. Cold weather itself does not cause these illnesses, but people are more likely to stay indoors and spread germs to one another when it's cold outside.

### When should I stay home from work or keep my child home from school?

It is important to stay home when you are most contagious. For colds, you are contagious the entire time you have symptoms, but you are most contagious right after you contract the cold, before you even have symptoms. For the flu, adults are most infectious from the day before symptoms start until about the fifth day of symptoms.

### When should I see my doctor?

If you experience complications such as high fever, shaking chills, chest pain with each breath, coughing that produces thick, yellow-green mucus, or if your symptoms do not go away as quickly as you would expect them to, see your doctor.

### How can I avoid passing my cold or flu on to my family?

There are many steps you can take to try to avoid spreading germs to the people around you. Always cover your mouth and nose when you sneeze or cough. Throw used tissues away immediately. Wash your hands often, especially after you sneeze, cough, or touch your eyes, nose, or mouth. Keep your distance from others — don't kiss, hug, or stand so close to someone that saliva might get on them when you talk. Make sure someone is disinfecting household surfaces and items frequently, including children's toys.

### Is there any truth to the old saying, "Feed a cold; starve a fever"?

No. When you have a cold or the flu, you should be sure to eat healthful foods and drink plenty of fluids, but there is no need to eat more or less than usual.

### Is it okay to get a flu shot when I have a cold?

Yes, you can get vaccinated when you have a cold as long as you are not feeling very sick and do not have a fever.

--Source: Harvard Health Publications, *Healthbeat*, Dec. 2007

### Why Illness Makes You Sleepy

Have you ever wondered why fighting off a cold or flu makes you sleepy? Scientists say the drowsiness is related to functions of the immune system.

While you're nodding off, your pituitary gland is stepping up production of white blood cells to fight off invading microorganisms. Sleep helps the body manufacture increased number of helper T cells and killer T cells, which trigger an army of antibodies and enzymes that search out and destroy microbes.

Viruses and bacteria themselves are part of the process that makes you drowsy. Proteins in their cell walls can promote sleep, as can immune proteins produced by the body, such as the cytokines interleukin-2 and interferon-a.

--Source: Massachusetts General Hospital, *Mind, Mood & Memory*

**February 3**

*Transfiguration of the Lord*

Exodus 24:12-18  
Psalm 2 or Psalm 99  
Peter 1:16-21  
Matthew: 17:1-9

**February 10**

*First Sunday in Lent*

Genesis 2:15-17; 3:1-7  
Psalm 32  
Romans 5:12-19  
Matthew 4:1-11

**February 17**

*2nd Sunday in Lent*

Genesis 12:1-4a  
Psalm 121  
Romans 4:1-5, 13-17  
John 3:1-17

**\* READINGS \***



**February 24**

*3rd Sunday in Lent*

Exodus 17:1-7  
Psalm 95  
Romans 5:1-11  
John 4:5-42

**Remember in prayer:** 1) Jeanene, Pauline Beebe, Georgia Buckalew, Lucas Campbell, Hirma Hooper, Mary Mettler, Curt Mosier family, Lorraine Sanford, Helen Stevenson; 2) Penny Mosier, Marvis Pedersen, Jan Pitt; 3) Lola, Dianna Ballard; 4) Bridget, Nick, Deane Burnside, Dominic Case, Jim Carpenter, Leanne Durham, Sharon Herman, Arthur Hess, Barbara Hodel, Betty Krogstadt, Kevin O'Boyle, Geri Oas, Amanda Potter, Ben Towne, the youth of LBPC and New Horizons, Boy Scout Troop 360, residents of Hospitality House, and our military troops everywhere.

**And our homebound:** Armilda Dillon, Betty Fairman, Mary Giboney, Betty Hamilton, Grace Haynes, Joyce Kobela, Ike Nelson, Evert Plackard, Venice Stampalia, Virginia Vaupel, Doris Wright.

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