

---

# The Challenge

A newsletter of Mt. Carmel Evangelical Lutheran Church

August 2010

---

## *Galatians 4:4-7*

*A text for The Feast of Mary, Mother of Our Lord*  
*"But when the fullness of time had come, God sent his Son, born of a woman, born under the law,<sup>5</sup> in order to redeem those who were under the law, so that we might receive adoption as children.<sup>6</sup> And because you are children, God has sent the Spirit of his Son into our\* hearts, crying, 'Abba!\* Father!' <sup>7</sup>So you are no longer a slave but a child, and if a child then also an heir, through God.*

**O**n Sunday August 15th, we have optional texts related to Mary, the mother of Jesus.

Can we Lutherans get excited about Mary? At least on one Sunday and perhaps just a little bit? Or should we leave our interest in Mary to the Catholics and the Orthodox?

Perhaps the most known song of praise/thanksgiving is 'composed' by a woman, Mary.

The official history of the Church is men's history because men have executed power. However women have had a crucial role when the Church has sought for spirituality. In the medieval Church Mary got an emphasized position. People approached God and Jesus through Mary; God was seen as a revenger and Jesus as a distant judge.

Life was hard under cruel masculine pressure. Something inside of a human heart understood that divinity must have also gentle and feminine features.

And because these features did not seem to fit with God the Father, Mary was



needed to help to survive in the hard life. Nobody has strength to live, if God is only stern.

Fortunately, when we read the Bible, we realize that God has also feminine features. For example, according to Isaiah " God cries out, gasps and pants like a woman in childbirth' (Isaiah 42:14) and "As a mother comforts her child, so will God comfort us" (Isaiah 66:13).

Our talk about God as a father or a mother are symbolic, as well as all our words and names with which we describe God. My words are a weak attempt to describe God's different sides. "Father" tells about God's power, and guidance. But we also need to think about God's "motherly" features: gentleness, comfort and eagerness to protect life. These things are not about different sexes but God's essence.

Among the hundreds of symbols in the Bible the most meaningful to me is God's motherly gentleness.

I do not think that we Lutherans should be afraid of Mary, but praise her. We can read in the Bible that she is an example of a trusting faith.

Mary is blessed because she believed in God's promise like Abraham did.

That is why we praise her. Only through faith. Only through grace. Only for the sake of Christ.

**A**ve Maria!

Pastor Nina

### **BAD WEATHER CLOSURE PLAN**

If there is a bad weather situation and a possible closure of Mt. Carmel call the church at 503-244-5143. We will change the greeting to indicate a closure at least two hours before service time. Pastor Nina will also send an email to this list with the closure information. The Lewis & Clark inclement weather line is 503-768-SNOW and would also make a good source of local conditions for Mt. Carmel. Campus Safety posts adverse weather conditions/closures even during winter break and holidays.

**LAST ONE LEAVING THE CHURCH:** Please remember to close all inside doors when leaving Church, double check the front and back doors to be sure that they are locked and secure. Check coffee pot to make sure no red lights are on. Check to make sure that the library and sanctuary thermostats are set at 62 when leaving.

**CALL PROCESS:** If you have any questions or comments don't hesitate to contact any one on the Call Committee:

grieganderson@comcast.net: Grieg Anderson  
geboble@hotmail.com: Bob Brandt  
tskedmd@aol.com: Kelly Doyle  
frenz@lclark.edu: Lisa Frenz  
bghemphill@comcast.net: Barbara Hemphill  
courtherm@gmail.com: Courtney Hermann  
patsup\_5@msn.com: Pat King  
ninatetrim@msn.com: Pastor Nina  
rraihala@msn.com: Kathy Raihala

### **THE CHALLENGE NEWSLETTER DEADLINE:**

Items for THE CHALLENGE are due the 15th of the month: Email them to Lisa Frenz at [frenz@lclark.edu](mailto:frenz@lclark.edu)

### **ANNOUNCEMENTS – DEADLINES:**

In order to shorten the time it takes to do announcements on Sunday morning, we are trying to get most of them into the bulletin. This means it would be best if any announcements for the Sunday bulletin could get to Lisa Frenz ([frenz@lclark.edu](mailto:frenz@lclark.edu)) by Tuesday night.

Announcements for the e-news should get to her by Monday morning, as she tries to get this out sometime between Monday afternoon and Tuesday morning.

**THE CHALLENGE DELIVERY METHOD:** If you would like to receive *The Challenge* via email contact Lisa Frenz at [frenz@lclark.edu](mailto:frenz@lclark.edu).

**WEEKLY UPDATES:** If you want weekly e-updates on the doings at Mt. Carmel contact Lisa Frenz at [frenz@lclark.edu](mailto:frenz@lclark.edu) and get "What's Happening."

**TAKE TIME FOR PRAYER:** Join the *Prayer Circle* at 9:30 a.m. and prepare yourself for worship. We pray specifically for Mt. Carmel's future and other prayer concerns.

**PRAYER BOX:** If you have a prayer concern please write it out on paper and place it in the "prayer box", a wooden chest, on the shelf in the sanctuary. These are not taken out of the box but kept completely confidential. The *Prayer Circle* prays for those concerns at their Sunday meeting.

### **MT. CARMEL MUSIC:**

**Special Music:** Any time you would like to share a special piece of music with us at worship just let us know. Please contact Lisa Frenz.

**NO CHOIR.** Choir will resume in the fall.

**"LIVING INTO THE FUTURE TOGETHER (LIFT):** Renewing the Ecology of the ELCA" is a study of the social and economic changes that have occurred over the 20 years since the formation of the ELCA. A 12-member task force was formed in January 2010 to evaluate the organization, governance and interrelationships among the church's expressions: congregations, synods, and churchwide organizations.

The Task Force is seeking your input, and we are encouraging you strongly to participate - this week. [Www.liftelca.org](http://www.liftelca.org) is the website. Much information is available about the LIFT effort there. Under the "Get Involved" tab you will find both the individual and group means to participate. Click on the individual questionnaire online to complete the survey. If you and others wish to also participate in group discussions and provide feedback to the task force, you will find here instructions on how to proceed.

This is an opportunity for you to share your input to the shape of the ELCA for its future. The reactions to and perceived consequences of the decisions of the 2009 Churchwide Assembly and the subsequent changes to policy and practice in the ELCA are among the factors to be taken into account in that shaping.

<http://liftelca.org/>

**MEN'S PRAYER BREAKFAST:** We will meet Saturday, August 7, 9:00 a.m. at the Golden Touch Restaurant, Barbur Boulevard & 19<sup>th</sup> Avenue. Come join us for a "dutch-treat" breakfast.

**WORSHIP TIME:** The Council decided to keep the 10:00 a.m. worship time.

**WORSHIP:** During the month of August we will use the ACTS liturgy (*Adoration, Confession, Thanksgiving, Supplication*).

**FLOWERS FOR THE ALTAR:** Please sign up! There are lots of dates available.



**SERVERS NEEDED:** Please take a look at the sign up sheet on the hall bulletin board. We need someone to deliver the September and October Burnside meals the first Friday of the month. If you haven't done it before we'll find someone to guide you through. Check with Berneice Funk if you have any questions.

### *Psalm 34*

*a text for The Feast of Mary, Mother of Our Lord*

*Of David, when he feigned madness before Abimelech, so that he drove him out, and he went away.*

*I will bless the Lord at all times;  
his praise shall continually be in my mouth.  
My soul makes its boast in the Lord;  
let the humble hear and be glad.  
O magnify the Lord with me,  
and let us exalt his name together.  
I sought the Lord, and he answered me,  
and delivered me from all my fears.  
Look to him, and be radiant;  
so your\* faces shall never be ashamed.  
This poor soul cried, and was heard by the Lord,  
and was saved from every trouble.  
The angel of the Lord encamps  
around those who fear him, and delivers them.  
O taste and see that the Lord is good;  
happy are those who take refuge in him.  
O fear the Lord, you his holy ones,  
for those who fear him have no want.*

**IN MEMORIAM:** Helen Griffin, long time member of Mt. Carmel, died on July 14, 2010 at the age of 90.

**BEER & BRATS:** On September 5 we will have a special blessing at the end of the worship service for those going to Oberammergau followed by a Beer & Brats lunch after worship.

**GRADUATE CELEBRATION:** We will be sending Schuyler Wong off to college with a special celebration on Sunday, August 15. Come and wish this High School graduate God's blessings on his future.

**CHILDREN'S CHURCH:** After the Sunday morning worship Children's Message, *Children's Church* is now in session! Any child is welcome to participate in a brief lesson. They will return in time for Communion.

✿ Sprout and ✿ Grow

✿ Mukala ✿ Worship ✿

Our *Mukala* Mass will be August 29, 2010, 1:00 p.m. Join us for this very informal, children friendly worship filled with songs, stories, movement and prayer.

### **WOMEN'S RETREAT:**

This year's Women's Retreat is at Mencha, Friday evening October 15, 5:00 p.m. through Sunday morning October 17, 9:00 a.m. If you haven't been before, this is something you should consider: a weekend where all you have to worry about is making conversation with friends, eating five fabulous meals you didn't have to shop for or cook and having fun. This is an incredible setting as well:

<http://www.menucha.org/>.

We are in Beam House again so we are limited to 15 folks.

([http://www.menucha.org/facilities/buildings/beam\\_photos.html](http://www.menucha.org/facilities/buildings/beam_photos.html))

Our theme this year will be *Women's Experience: A New Resurrection*. As usual there will be plenty of time to talk, take a walk or a nap.



The cost is \$140 per person and includes all meals. Scholarships are available, so don't let the lack of money stop you from coming. Contact Lisa (503-543-3145, [frenz@lclark.edu](mailto:frenz@lclark.edu)) or Annal (773-331-6031, [afrenz96@gmail.com](mailto:afrenz96@gmail.com)) if you are interested in joining us.

## WHAT IS A LESSER FESTIVAL AND WHEN AND HOW DO WE CELEBRATE THEM?

<http://www.elca.org/Growing-In-Faith/Worship/Learning-Center/FAQs/Lesser-Festivals.aspx>

The basic Christian festival is Sunday. In addition to this weekly festival of the resurrection of Jesus, which is celebrated with Word and Sacrament, the church also observes other great festivals associated with the life of Jesus and the mystery of our redemption. These principal festivals include: the Nativity of Our Lord (Christmas) and the Epiphany of Our Lord; Ash Wednesday and the days of Holy Week; the Three Days of Maundy Thursday, Good Friday, and the Resurrection of Our Lord (Easter); the Sundays of Easter, the Ascension of Our Lord, and the Day of Pentecost; and The Holy Trinity. These days always have precedence over any other day or observance.

In addition, Evangelical Lutheran Worship identifies days called lesser festivals.

Lesser festivals:

- The Name of Jesus, January 1
- The Presentation of Our Lord, February 2
- The Annunciation of Our Lord, March 25
- The Visitation, May 31
- The Nativity of St. John the Baptist, June 24
- St. Mary Magdalene, July 22
- Mary, Mother of Our Lord, August 15
- Holy Cross Day, September 14
- St. Michael and All Angels, September 29
- Reformation Day, October 31
- All Saints Day, November 1
- St. Stephen, December 26
- The Holy Innocents, December 28
- The Confession of St. Peter, January 18
- The Conversion of St. Paul, January 25

Apostles and evangelists' days:

- St. Matthias, February 24
- St. Mark, April 25
- St. Philip and St. James, May 1
- St. Barnabas, June 11
- St. Peter and St. Paul, June 29
- St. James the Elder, July 25
- St. Bartholomew, August 24
- St. Matthew, September 21
- St. Luke, October 18
- St. Simon and St. Jude, October 28
- St. Andrew, November 30
- St. Thomas, December 21

Lesser festivals are a kind of festival of Jesus Christ. These occasions mark and celebrate events in the life of Christ, Christ's presence in the lives of the saints, and prominent festivals of the church. Observing these lesser festivals is a way of recovering and upholding the sense of the communion of saints that is so important to our understanding of the church: "I believe in the Holy Spirit, the holy catholic church, the communion of saints. . ." (Apostles' Creed, Third Article).

### *Isaiah 61:7-11*

*a text for The Feast of Mary, Mother of Our Lord*

*Because their shame was double, and dishonor was proclaimed as their lot, therefore they shall possess a double portion; everlasting joy shall be theirs.*

*For I the Lord love justice, I hate robbery and wrongdoing; I will faithfully give them their recompense, and I will make an everlasting covenant with them. Their descendants shall be known among the nations, and their offspring among the peoples; all who see them shall acknowledge that they are a people whom the Lord has blessed.*

*I will greatly rejoice in the Lord, my whole being shall exult in my God; for he has clothed me with the garments of salvation, he has covered me with the robe of righteousness, as a bridegroom decks himself with a garland, and as a bride adorns herself with her jewels.*

*For as the earth brings forth its shoots, and as a garden causes what is sown in it to spring up, so the Lord God will cause righteousness and praise to spring up before all the nations.*

**COMMITTEE MEETINGS:** Growth will meet Tuesday, August 3<sup>rd</sup> at 7:00 p.m. Outreach meets Sunday, August 1<sup>st</sup> after worship. Resource meets on Tuesday, August 10<sup>th</sup> at 7:00 p.m. and Council at 8:00 p.m. Call Committee meets: August 2 & 4 at 7:00 p.m.

# August 2010

Pastor Nina is on vacation August 6 - 26.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 10<sup>th</sup> Sunday after Pentecost</b> 9:30 a.m. Prayer 10:00 a.m. Worship 11:15 a.m. Fellowship 11:15 a.m. Outreach 11:30 a.m. Adult	2 <b>7:00 p.m. Call Committee</b>	3 <b>10:00 a.m. Quilting</b>  <b>7:00 p.m. Growth</b>	4 9:00 a.m. - 1:00 p.m. Pastor's Office Hours  <b>7:00 p.m. Call Committee</b>  8:00 p.m. RCPD	5	6 <b>5:00 p.m. Burnside Meals</b>	7 <b>9:00 a.m. Men's Prayer Breakfast @ Golden Touch Restaurant</b>
<b>8 1<sup>st</sup> Sunday after Pentecost</b> 9:30 a.m. Prayer 10:00 a.m. Worship 11:15 a.m. Fellowship 11:30 a.m. Adult	9	10 <b>10:00 a.m. Quilting</b>  <b>7:00 p.m. Resource</b> <b>8:00 p.m. Council</b>	11 8:00 p.m. RCPD	12	13	14
<b>15 12<sup>th</sup> Sunday after Pentecost</b> 9:30 a.m. Prayer 10:00 a.m. Worship 11:15 a.m. Fellowship & Grad Celebration 11:30 a.m. Adult	16	17 <b>10:00 a.m. Quilting</b>	18 8:00 p.m. RCPD	19	20 <b>12:00 p.m. Jean's Meals</b>	21
<b>22 13<sup>th</sup> Sunday after Pentecost</b> 9:30 a.m. Prayer 10:00 a.m. Worship 11:15 a.m. Fellowship 11:30 a.m. Adult	23	24 <b>10:00 a.m. Quilting</b>	25 8:00 p.m. RCPD	26	27 9:00 a.m. - 1:00 p.m. Pastor's Office Hours	28
<b>29 14<sup>th</sup> Sunday after Pentecost</b> 9:30 a.m. Prayer 10:00 a.m. Worship 11:15 a.m. Fellowship 11:30 a.m. Adult	30	31 <b>10:00 a.m. Quilting</b>				

---

## **Mt. Carmel Lutheran Church**

A "Reconciling In Christ" Congregation  
515 S.W. Maplecrest Drive, Portland, Oregon 97219-6417  
(503) 244-5143 ✚ [www.mtcarmellutheran.com](http://www.mtcarmellutheran.com)  
Mt. Carmel shares God's love through worship, service and community.  
We warmly welcome all people regardless of race,  
ethnicity, sexual orientation or identity.



### *Luke 1:46-55*

*A text for The Feast of Mary, Mother of Our Lord  
August 15, 2010*

*And Mary said,*

*'My soul magnifies the Lord, and my spirit rejoices in God my Savior,  
for he has looked with favor on the lowliness of his servant. Surely,  
from now on all generations will call me blessed; for the Mighty One  
has done great things for me, and holy is his name.*

*His mercy is for those who fear him from generation to generation.  
He has shown strength with his arm; he has scattered the proud in  
the thoughts of their hearts. He has brought down the powerful from  
their thrones, and lifted up the lowly; he has filled the hungry with  
good things, and sent the rich away empty.*

*He has helped his servant Israel, in remembrance of his mercy, according to the promise he made  
to our ancestors, to Abraham and to his descendants for ever.'*