



## Life of Faith

MARCH 2026

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### *From our pastor...*

This winter, I've been spending my free time downhill skiing.

On my snow pants, there's still a lift ticket from the last time I went skiing: 2016, at Buck Hill in Minneapolis. My body remembers how the skiing movements work, but it's been almost a decade and I've grown a lot since I learned how to ski in middle school and high school. Re-learning has been like riding a bike.

I had friends in college who were on the ski team and I only skied a couple times with them before feeling insignificant and inadequate – not very good at skiing compared to them. So this year, as I've been getting more into skiing, I've been thinking about my technique. I've been working on improving. Every time I went down the mountain, I'd be so focused on getting better – thinking critically about myself, judging myself, trying to form myself into the person I want to be.

But one Friday night, I met someone on the lift, and we agreed to ski for part of the night together. He had grown up around mountains his whole life. He was very comfortable on skis, and he flew down the mountain with a kind of carefree joy that I had never seen before. At one point, his arms were directly above his head, and he looked like one of those inflatable tube men that help sell cars. He was just free and joyful.

And I realized that I needed to let go of some of the tightness about perfection that I had slipped into as I've been relearning how to ski and remember why it's important to me in the first place: the chance to spend time in wintry nature, to feel the briskness of the day, and to feel the joy of creation around me and through me.

To feel that joy, I needed to let someone else go ahead of me and follow their lead.

In the same sort of way, our season of Lent is about watching where Jesus goes: on a self-reflective journey through a wilderness, starting at dust and ending at an empty tomb. We might not feel like we have the courage to go forward. But to witness another person go ahead of us in joy and in love can remind us of the love of a creative God and the hope of the resurrection.

May you receive courageous trust from Jesus Christ, who goes before you.  
Perhaps on skis.

*From our president...*

## Why not?

Since becoming a septuagenarian at risk of becoming set in my ways, I've been employing this simple interrogatory phrase and the results have been very interesting. Answers to the simple query *Why not?* are usually based either on an outside condition or an internal barrier and sometimes the answer becomes a Faith exercise of listening for the small quiet voice inside.

For example, if I asked myself the simple question "Should I ride a dirt bike from the US Border to Fairbanks Alaska?" some quick answers would be "I don't own a dirt bike nor do I know how to ride one, I don't have the time, it could be dangerous, dirt bikes are not environmentally friendly and I don't like motorcycles."

The deeper examination of the same question is the interesting part. Those answers may be more pertinent if I asked *Why not?* "I don't want to acquire the skills and fitness needed to do this, I don't want to be away from my family and community that long, I might be scared, I still don't like motorcycles!"

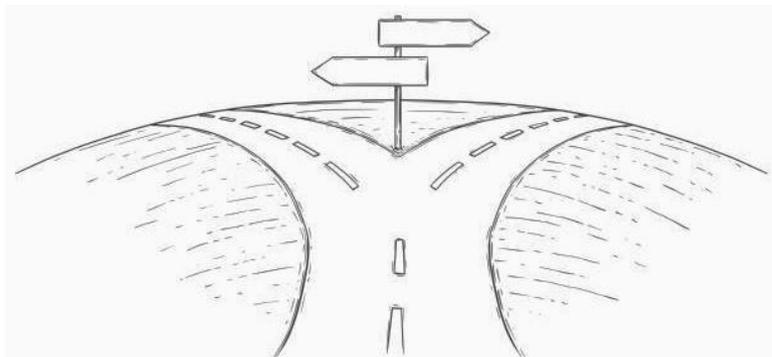
*Why not?* has been a vital part of my work with Faith Lutheran since trying it on. Change threatens, and then there is that knee jerk response, that quick reply "Oh no, we can't do that? it's different, we've never done that, I don't like it!" Instead, a reply of *Why not?* provides an open space in which to breathe and listen and converse. *Why not?* generates new ideas; we could try that, who can I ask that might know more, what are the true risks, have we tried this before and a new look at the possible benefits.

We can't change the weather but we can be agile and adjust our attitude. "Shall I go skiing today?" Knee jerk answers would be "It didn't snow, nobody I know is up there, it's a crummy winter". Considering *Why not go skiing?* "Well, it is good exercise, I do like to ski and I could meet a new friend or old friend on the mountain. Plus, I already bought my pass and the weather man misses the mark sometimes."

I am finding that the simple response of *Why not?* can open new neural pathways in my brain, improve my day and allows me to hear other people more clearly.

Should we try it?

Karl Kranz  
President, Faith Lutheran  
Church Council

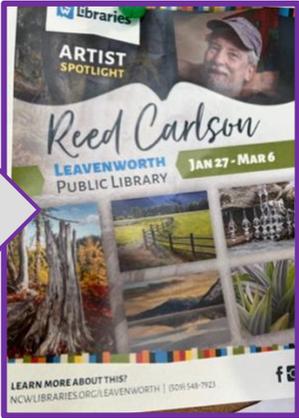


# EVENTS

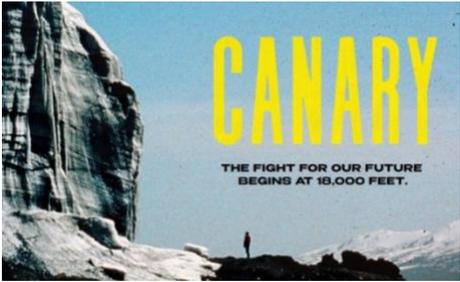
Click here for weekly and other March events  
<https://mailchi.mp/faithleavenworth/happenings-20260221?e=08f44d7e8b>

## ENDS MARCH 6

Don't miss Reed Carlson's exhibit at Leavenworth Public Library!



## MARCH 7



The Earth Stewardship Group presents the movie *Canary*, 6:30 pm, Fellowship Hall, snacks and drinks provided! More details on page 7.

## MARCH 15

Marleen Farrell from *Sustainable North Central Washington* (SNCW) will present an Adult Forum after worship. SNCW is a non-profit organization “promoting a culture of environmental stewardship and social sustainability in North Central Washington though educating and inspiring our community to live more sustainably”.



## MARCH 21

### Spring Fling



Mark your calendars for the beginning of Spring on Saturday, March 21, at 7:00 p.m. and get ready to grab your honey or swing a friend. Ambient lighting, DJ with dancing music CDs, lots of floor space, salty snacks and punch will be provided. Easy Foxtrot, Waltz, Two-step, etc., will be taught. Or, just move to the rhythm as you please. Our Valentine's Day dancers of 2025 had a glorious time.

Let's do it again. Bring your neighbors and a favorite CD or two.  
Contact: Dawn Kranz

Save the date....

**APRIL 18:** Lisa Therrell Memorial at Wenatchee River Institute, Pastor Aaron officiating. Lisa's partner Rich Haydon writes:

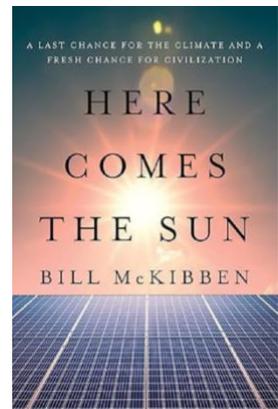
*I've appreciated the cards, texts, and messages people have sent but, needless to say, when we do gather together a way to honor Lisa would be not cards nor flowers, but a donation to Wenatchee River Institute, or another cause dear to Lisa's heart. The main thing is to participate either here or from a distance on April 18 in remembering Lisa and her too-short life which she spent sincerely thinking that we can all make the world a better place, simply by caring and by taking care of each other and the planet.*



## ***Here Comes the Sun - Bill McKibben Connects with Lutherans (who are) Restoring Creation***

On February 24, the Eco-Faith Action Network of the Northwest Intermountain Synod and Lutherans Restoring Creation co-sponsored a webinar with Bill McKibben, author of *Here Comes the Sun*. Listen to his great presentation here starting at minute 8:07:

<https://m.youtube.com/watch?v=DfM9G1znn4I&pp=0gcJCY4Bo7VqN5tD>



Solar, wind and battery storage are the cheapest way to generate electricity, giving us new hope for saving the climate and vulnerable communities. Bishop [Shelley Bryan Wee](#) led the opening prayer. [Regina Q. Banks](#) led the closing prayer and [Lutherans Restoring Creation](#) staff [Phoebe Congalton Morad](#) gave the Land Acknowledgement.

## **Changing by Choice**



*Texas Impact* (the Texas equivalent of Faith Action Network) has produced a Lenten curriculum from videos they filmed at the international climate summit in Brazil. Faith member Barbara Rossing is in the first two sessions. Learn more here:

<https://texasimpact.org/changing-by-choice-curriculum-units/>

## Church Council February 2026



### Pastor's Report:

- Joined clergy from around the country in Minneapolis to protest the brutality shown by ICE in that city.
- Met with the ELCA Multiethnic Intersectional Network in Tacoma. This is a group promoting diversity in our Lutheran, mostly Scandinavian/German, identity. There will be another meeting again in the fall in D.C. to which he and a lay person have been invited to attend.
- Joined the Faith Action Network for Advocacy Day in Olympia.
- Took part in the Indivisible gathering at Canyon Wren and joined Alex Schmidt to talk about immigration concerns.
- Tended pastoral visits, led song circle, planned / led worship and attended meetings.
- Starting a LGBTQ+ Pride Group with Heidi, Pete, Stacey, Rosalyn and Carl F. First step will be to update the Reconciling in Christ statement.
- Planning to attend the Chamber of Commerce Annual Banquet on March 5.

### Treasurer's Report

- Transferred more funds into CDs and paid off more of the bridge loan on the parsonage. Endowment funds are up. There was a suggestion to designate some funds for 'disaster relief'.
- After December's abundant giving, January slid back to below monthly budget level. Other income includes rent, CD interest and capital campaign funds. Expenses remained normal except for bookkeeping time which ramps up during tax season and end of year tasks.
- Council approved moving CDs to new longer term (11 month) CDs as they mature.

### Property Committee

- Trees, trees, trees. There is slow process in getting the logs off the neighbor's property. Also, the irrigation system was damaged by the tree fall and will need to be repaired.
- Pastor's office: Met with Alison, the architect, who presented three drawings of possible plans. Drawings will be available for congregation to view. More discussion will ensue.
- Garish lighting in parish hall: replacement is on the docket of projects.
- Narthex improvement: Mary Steeber, Pat Thirlby and Greg Harris are taking this on. Plans to be presented to Council as developed.

### Worship Committee

- Need more awareness of online participants (Werner Janssen "attends" every Sunday.) Camera angle? More mics? Different mics? Announcements need to be made with a microphone.
- Volunteers are needed for various roles during Holy Week.
- Wednesday night service tried 'Mountain Vespers' (Gustavson), another service written for the Holden community. Went well. Will be alternating with Holden Evening Prayer (Haugen). Thank you to Nadine, Patty and John for soup!!

### Earth Stewardship Committee

- Suggestion to sponsor the upcoming Bird Fest.
- Resolution on climate change will move forward to Synod Assembly.
- Sponsoring movie night on March 7, planning garden tour for early summer and organizing an adult forum with Marlene Farrell (Sustainable NCW) on March 15.
- Claire Seaman's movie on the (Wenatchi Tribe) P'Squosa's relationship to Icicle Creek will be showing in Snowy Owl. TBA
- *What can I do?* series in the newsletter continues to help individuals combat climate change

**Stewardship and Finance Committee:** This new committee will meet quarterly.

**Elections:** Karl Kranz (Pres.), Rosalyn Francis (VP), Amy Carlson (Sec.), Greg Steeber (Treas.)

**Nominating Committee:** Leesa Broker, Barb Rossing, Don Haven

**Old Business**

- Dinners for 5 or 6 have been organized and hosts are identifying dates. Continue making announcements to invite others to join this venture.
- Our printing needs exceed the capacity of our little printer. We are researching rental options.

**New Business**

- Need for Endowment Committee members- Greg Steeber working on this.
- As per our constitution, we need to review membership rosters. In progress.
- Nonalcoholic communion wine? Tabled for now. Pastor Aaron suggests the need for a larger conversation on the meaning of the sacraments of communion and baptism.
- MEND Free Clinic Foot clinic – Rebecca, a nurse volunteer, will hold a once-a-month foot clinic in the parish hall starting on Saturday, March 7, from 10-12:30.
- Spring Fling dance on March 21. Details to come.

**Next Meeting:** Thursday, March 19



Evangelical  
**Lutheran**  
Church in America

**We will not grow weary | Lutheran bishops condemn aggressive immigration activity | Jan. 27, 2026**

The Rev. Yehiel Curry, presiding bishop of the Evangelical Lutheran Church in America and ELCA synod bishops from Minnesota offer a joint pastoral video message addressing immigration activity. The bishops acknowledge the uncertainty being experienced by many in Minnesota and in other parts of God’s kingdom and they remind this church that in our lament we still hold fast to the promises of Christ and the assurance that we are not alone. The Rev. Regina Hassanally, bishop of the Southeastern Minnesota Synod, The Rev. Patricia Lull, bishop of the Saint Paul Area Synod, The Rev. Jen Nagel, bishop of the Minneapolis Area Synod, The Rev. Amy Odgren, bishop of the Northeastern Minnesota Synod, The Rev. Dee Pederson, bishop of the Southwestern Minnesota Synod, The Rev. William “Bill” Tesch, bishop of the Northwestern Minnesota Synod. Click here to hear statements:

<https://www.youtube.com/watch?v=GX5LsIgUyI0>



## Earth Stewardship Group

February 2026

1) **Resolution to Synod Assembly:** At the 2026 Annual Meeting, Faith approved forwarding a resolution to participate in the World Council of Churches' Ecumenical Decade of Climate Justice Action to the Northwest Intermountain Synod for approval.

2) **Earth Stewardship Movie Night:** *Canary* is a 2023 documentary about climate

scientist Dr. Lonnie Thompson who studies earth's history preserved in glaciers on the world's tallest mountains before they melt. Glaciers serve as the proverbial "canary in the coal mine" relative to global climate change. The movie is praised "for its stunning visuals, emotional storytelling and ability to make complex science accessible, making it a timely call to action". Please join us for the evening of March 7.

All are welcome!  
Earth Stewardship Movie Night  
Saturday March 7, 6:30 PM  
Fellowship Hall  
Snacks and drinks provided!

3) **Garden Tour 2026:** We are in early planning stages for our next FLC Garden Tour (Spring may be here sooner than we think!). There will be 3 or 4 gardens to show on a Saturday in early summer. If you are interested in including your garden or if you know of someone who we should contact, contact Greg Harris or Karl Kranz.

4) **Compostables/recycling/sustainability:** Marleen Farrell from *Sustainable North Central Washington (SNCW)* will present an Adult Forum on March 15. SNCW is a non-profit organization "promoting a culture of environmental stewardship and social sustainability in North Central Washington through educating and inspiring our community to live more sustainably".

5) **The Icicle Calls Us Back: 11 P'Squosa Descendants' Wishes for Icicle Creek**

This film lifts the voices of P'Squosa Descendants as they share their hopes and connections to Icicle Creek, a place that continues to call their people home. It was directed by Clair Seaman who was a recipient of a Faith Lutheran Endowment grant. A showing is being arranged at the Snowy Owl Theater for some time this Spring and hopefully a showing at FLC can be arranged. Stay tuned for more details to come!

6) **What can I do as an individual to help address Climate Change:** The Earth Stewardship Group continues to help people answer this question by presenting one or two action ideas each month in the FLC Newsletter. We will draw on the experience of people from our congregation and our community at large to describe real actions that can make real impacts. See pages 8 and 9 for this month's ideas.

7) **Next Meeting:** March 24, 6:30 pm, Fellowship Hall.

## What can I do?.....

### FROM GLACIERS TO GARDEN TAPS by Heather Murphy

In 2023, I was one of 40 glacier artists for *Terminus: A Glacier Memorial Project* with the Olympic National Park. "What can I do to help" immediately became the overarching theme to document the loss of glaciers. I spent 500 hours creating art, writing stories, videotaping habitat, documenting in my journal and listening to others. My husband, Pat, put in 100 hours as support team...video splicer, hiking companion, driving companion, lodging companion, listening companion, a Lower Elwha Klallam Museum studier and a reviewer of all of my work.

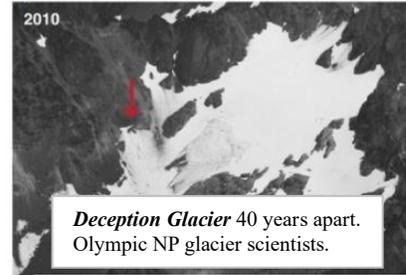
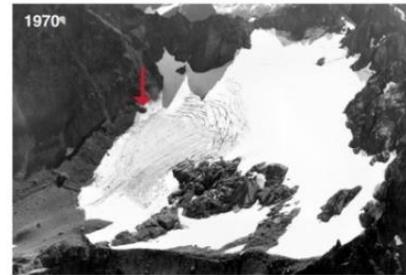
Glacier scientists were beyond the question "what can we do to help?" They seemed discouraged to think that we, the general public, do not easily register how the effect of our daily actions may contribute to glacier loss. Our actions throughout the year may eventually trickle their way down and impact our own garden waters.

It is an abstract theory to grasp. So to best emphasize this concept, I painted my assigned glacier, Deception Glacier and its flora and fauna, as abstract geometric shapes.

While working on *Terminus*, I kept thinking "What can I do to reduce my carbon footprint, to help keep these glaciers, these wildflowers, these animals, these food webs (and us!) healthy throughout time immemorial?" I tried to keep ideas in my head of what I can do to help the earth, the glaciers, the birds and our gardens.

- I can Listen. Create. Change. Speak. Then create, change, speak and listen some more.
- Walk, bicycle, choose electric vehicles, use public transportation, carpool.
- Tend green spaces around me selecting native plants species for sustainable habitats.
- Think about what I acquire, how and where it was made.
- Support climate conscious companies and products. Check to see if clothing companies accept donations to upcycle or recycle worn-out polyester clothing. Get to know and learn from the people who live and have lived on the land. Do more "walk and talks".
- Engage politically (vote for climate-conscious leaders, advocate locally).

#### Olympic National Park Glacier Repeat Photographs Deception Glacier



*Deception Glacier Wildflowers in 2023*  
(left) *Solifugus: Deception Glacier*  
(right) Heather Wallis Murphy © 2023  
<https://www.nps.gov/olym/terminus-deception-glacier-by-heather-wallis-murphy.htm>

Click here for better image and detail

#### FROM PETROLEUM TO POLLUTION

There are unintended consequences of our use of petroleum products such as gasoline or plastic water bottles, or polyester fleece jackets. Once discarded, plastics, if not recycled and reused, will likely be put into a landfill (becoming microplastics, possibly leaching into the ground water) or are burned (emitting greenhouse gases and harmful chemicals). Carbon dioxide emissions released into the atmosphere cause layering of black onto glaciers, the sun warms up dark particulate matter, the snow and ice melts. *Please see the United Nations data and solutions:* <https://www.un.org/en/actnow/ten-actions> and <https://unric.org/en/from-petroleum-to-pollution-the-cost-of-polyester/>

## *What can I do?.....*

There must be 50 ways to leave your gas guzzling single person transporter at home while you commute to work. Let's look at the habits of some local earth-friendly heroes here in the Upper Valley.

I often see a local grocery store employee walking to her shift and back in all kinds of weather. Her fuel consumption is zero and she gets fit!

Kelly never drives to work at the church. It's a bike or walk commute for her.

Reed has developed a smooth system for commuting to Wenatchee High School. He straps his bike on his car, drives to the Park and Ride in Leavenworth, puts the bike on the bus and goes to work. He uses gasoline for 3 miles of his commute and then shares the bus fuel consumption with a load of other riders. Additionally, he earns exercise points and has time to prepare for his teaching day on the way down and recover on the way back up.

Adam lives here and commutes to his job in Wenatchee in his fully electric vehicle. He can recharge with clean electric power while at work for his return trip home as well as travel to Quincy and beyond when work requires the distance. He hasn't burned 10 gallons of commuting gas in the entire past year.

Amy has the Amtrak trip to Seattle and back dialed in. She shares a ride to the local train station, is picked up by friends in Seattle and returns the same way. Rail travel is one of the most energy efficient means of transport per person.

Mara bikes to the hospital almost every day for her commute, 12 months a year.

Barbara drives the electric car to Mission Ridge to ski and sometimes parks it in Wenatchee and takes the Link ski bus shuttle up the hill to the mountain.

The Mayor has used an electric vehicle since they were first sold- you can see it regularly at City Hall.

There are 7 or more families at our church now that own fully electric vehicles and there are countless hybrid vehicles owned by folks in the congregation. Judy traded in her beautiful diesel pickup for an even more lovely Rivian, a fully electric powered truck. In the summer our bike racks are well used at church, and Zeke bicycles in all weather. Ask him about studded bike tires! I (Karl) have walked to work, biked to work, once skied to the road and hitchhiked to town.

Muscle powered commutes are great, trains and community buses are highly energy efficient means of travel, particularly when powered by electricity. Electric bicycles have improved the range for cyclist commuters. Carpools and vans use commuting energy wisely and hybrids and electric vehicles move the resources used for travel from petroleum-based products towards locally clean resources. Hydroelectric power generation is about as clean as it gets.

Hats off to all of you ecologically minded commuters!

## **Immigration/Race Justice Group (I/RJG)** as received from Alex Schmidt

*Summary, February 16th, at a private home*

**Present:** Four of eight members were present. **Guests:** Four interested guests were present.

**Mutual Support:** *The focus this month centered on two questions: “What most concerns you?” And, “How do you take care of yourself?”*

### **1. Administration/Education:**

- a. Our current account balance was reviewed. This does include the \$1,400 recently given to a community family for Driver’s Ed., rent, and other necessities.
- b. **A Local Restaurant’s** owners and managers met with I/RJG to identify ways in which to keep their staff safe in the event of an ICE raid. Rehearsals have been planned. And one of the owners will contact the Chamber to see if they are planning any info and/or workshops for business owners.
- c. **A former member** invited I/RJG to her first Grief session to explain our work. Donations would be given to the I/RJG.
- d. **Self-Awareness/Anti-Racism training** one day workshop will be held at Cascade United Universalist Fellowship on Saturday, March 21<sup>st</sup>.
- e. **Upper Valley Indivisible** has invited the I/RJG to present at their first meeting, Feb. 18<sup>th</sup>. Pr. Aaron and Alex will present and others of our group are planning to attend.

### **2. Direct Support:**

- a. **The Mom and her two daughters** have returned from Mexico, visiting their deported father, and have been visited. They hope to come to the March 16 meeting as her daughter was ill and couldn’t come to our Feb. meeting.
- b. One of our members has recruited several I/RJG folks to assist with scholarship application tutoring in mid February for a Cascade School District teacher for her **AVID** (Advancement Via Individual Determination) class.
- c. Currently our weekly **English class** has appx. 20 students. **Citizenship** has 4 but attendance has dropped in this past month, uncertain the reasons, perhaps the cancelation of many future ceremonies.

### **3. Advocacy:**

- a. Visitors to our meeting were encouraged to sign up for Know Your Rights, Accompaniment, and Rapid Response trainings through WA Immigrant Solidarity Network <https://www.waisn.org> and/or Wenatchee for Immigrant Justice <https://www.wenatcheeformigrantjustice.org> Several already have.
- b. Saturday’s **Signal Group test** had two people respond within one half hour. More would be preferable.
- c. **Big Y ICE** sighting proved to be inaccurate. One of our members went to go verify and found no ICE presence. Signal group not notified.

**Next meetings: Third Monday of each month: March 16<sup>th</sup>, and on April 20<sup>th</sup> (where?)**

Thank you.....



Big thanks to David Nierman for providing newly printed brochures about our murals. If you have not seen these, please pick one up in the narthex!



## Remembering Antje.....



Longtime Faith member Antje Prey's journey of life gracefully ended on January 24, 2026 at the age of 90. Anje's ashes were sent to Germany and a service was held there where she was buried in a family plot.

### Antje's obituary:

*Once upon a time there was a German girl and she grew into a kind, generous and noble woman. She worked very hard for many years and loved her family well. She loved them with her devotion, her presence, her food and simple thoughtful gifts. The Lord was good to share her with us for all these years. She was our mom, our Oma. She was a friend and blessing to many. She was beloved by all. Antje Prey was born Nov. 15, 1925 in Imschenhagn, Kiel in Germany to Heinrich and Adele Arp. She immigrated to Peshastin in 1975 with her husband, Rudolf and three of their four children to become orchardists. Together they opened Prey's Fruit Barn in 1979. Antje is survived by her four children and five great grandchildren.*





**Mission Statement**

As disciples in Christ, we are called to incarnate the gracious, healing and reconciling presence of God through sacramental worship, congregational nurture and ministries of peace, mercy and justice for all Creation.



**Vision Statement**

Living in God’s amazing grace, we envision Faith Lutheran Church as a diverse beacon of hope, healing and reconciliation in a broken world.

**Faith Lutheran Church is a Reconciling In Christ (RIC) congregation**

We provide a safe and healing environment where people of any race, sexual orientation, gender identity, social or economic status can be nourished in their journey of faith.



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Thanks to all who contributed articles and general interest information for this newsletter! Please forward contributions to Mary Steeber at [mary.steeber@gmail.com](mailto:mary.steeber@gmail.com) by March 26 for the April issue.