

TABLE TALK

FEBRUARY 2024

Christ the King Lutheran Church
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Pastor's Letter



Grace and peace to you. As Lent is approaching, I hope that you will consider participating in a spiritual practice as you journey through Lent.

On Ash Wednesday, 14 February, the season of Lent begins. We will have an Ash Wednesday worship service at 11:30 am at Christ the King Fremont and our sister congregation, Holy Trinity Lutheran Church will have a service at 7:00 pm.

Christian life, our walk with God, is something we do, something that involves active participation and daily practice. Setting aside time and space to practice our Christianity is a helpful way of making it a part of our regular routine. During the season of Lent the universal church is invited to participate in spiritual practices with special emphasis on turning away from sin and growing in faithfulness to the gospel. It is a time of personal reflection and spiritual renewal, fasting, prayer, and almsgiving, meditation, a conversion of heart, of mutual forgiveness and love, of compassion, of peace and reconciliation, of the call to holiness.

In addition, Lent is a time to reflect on the meaning of our Christian human existence. It is a time to shed our false images and notions of who we are and live into whose we are – God's beloved children. It is a time to remind ourselves to place God at the center of our lives. It is a time of self-examination that leads to a change of heart.

The Lenten journey, Ash Wednesday to Easter, is a process of spiritual growth and, as such, presumes movement from one state of being to another. For example, a person may find themselves troubled or anxious at the beginning of Lent as a result of a life choice or unanswered questions. At the end of Lent, after engaging in a spiritual practice, they may experience a sense of conversion, or a sense of peace, or perhaps simply understanding and acceptance. In this sense, Lent can be a movement from one point of view to another or, perhaps, from one interpretation of life to a different interpretation.

I shared several spiritual practices above, e.g. meditation, prayer, daily devotions, but there are a variety of other spiritual practices that may resonate with you including: daily scripture emersion, writing letters to friends or calling loved ones, reading books with a spiritual theme, walks in nature, musical expression (singing, chanting), focused breathing, alms-giving. With your spiritual practice, the goal is not to 'get through Lent' but to live Lent with the awareness and mindfulness of your relationship with God and the constant need to discern the will of God in your daily life.

For more information and examples of spiritual practices for your consideration, I listed below several web sites.

Living life with an attentive, caring heart will demand a measure of personal commitment, perseverance, and discipline. I suggest you find another person, or a group of folks to journey through Lent with you. Each person can select their own spiritual practice. I recommend each person first to do his or her own reading, reflection, and writing in solitude. And then, when you come together, share the insights you have gained from your time alone. Your discussion can focus on any of the elements of your individual journey remembering that your goal is to grow in relation with Christ and his church and in your understanding of God's word. Sharing your experience is a way of encouraging and guiding one another. By all means, pray together. This strengthens the spiritual bonds among those who journey together.

Pastor Raymond

<https://www.elcaalaska.net/spiritual-practices.html>

https://download.elca.org/ELCA%20Resource%20Repository/Lenten_Study_Guide_2020.pdf

<https://www.universitylutheran.church/spiritual-practices.html>

<http://www.ignatianspirituality.com/ignatian-prayer/the-what-how-why-of-prayer/>

<https://www.plts.edu/life-at-plts/spiritual-practice.html>

<https://www.livinglutheran.org/category/spiritual-practices-and-resources/>

<https://www.spiritualityandpractice.com/>

President's Corner

For the past several weeks we have been in the season of Epiphany and will shortly be entering the season of Lent. In the past I have often found this to be kind of a transition period, maybe even a holding pattern between the important celebrations of Christmas (Jesus' birth) and Lent/Easter (Jesus' death and resurrection).

However, upon further reflection, I think I may have missed out on understanding the value of the season. Yes, you could say I have had an epiphany on Epiphany (sorry, I could not resist).

The traditional celebration of Epiphany included two distinct episodes, the coming of the Three Kings (Magi) bringing gifts to the baby Jesus, and the baptism of Jesus, some thirty years later. Both episodes are seen as confirmation of His divinity. These are two important episodes that have special meaning for His followers.

First, the Magi travel far from the East bearing gifts for a child they know will have a profound impact on the world. They come to worship Him. They are Gentiles, most likely people of color, who have come to worship the Jewish Messiah. To me this early recognition confirms that Christ came for all men, not just the Jewish people, and for all races.

The dramatic baptism of Jesus, followed by the Transfiguration, celebrates the revelation that the incarnate Christ was both fully God and fully man.

So, together these episodes tell us that this man who was also God came for all of us. What a concept! What do we do with that knowledge? What does that do for our ministry? What gifts do we bring to Him, and how can we use them for His glory. Our council and other leaders are hard at work on this on-going task. Please help us with your support, ideas, and energy.

Yours in Christ,

Jim Sepeda



Church Service Volunteer Opportunities!



Three fun opportunities to share God’s love at church service are currently open:

Altar Guild: Weekly preparation of the Sanctuary for church services. The Altar Guild team works on a rotational basis and training will be provided.

Lectors/Assistants: Lectors do the readings and Psalms while Assistants help the Pastor to conduct the service. A script is provided.

Coffee Cart: Provide fresh water and check supplies for the coffee cart in the Narthex.

Please contact the office at ctkfremont@sbcglobal.net if you are able to help.



Abode Announces Return to In-Person Journey Home Breakfast!

If you haven't attended in previous years, you've missed out on listening to Abode's client's stories & their positive work.

ABODE's Announcement:

We hope each of you will join us on Friday, March 1!

That is when we'll host our 19th annual Journey Home Breakfast – Abode’s only fundraiser of the year.

Even better – we'll hold the event in person for the first time since 2020!

This year’s breakfast will be held in a new location – the DoubleTree by Hilton Newark-Fremont. Check-in and continental breakfast service begins at 7:30 a.m. The program will run from 8 to 9 a.m. Admission is free. RSVPs are required, and seating is limited.

You can get more information or give online to the breakfast by [clicking here](#).

All donations – received online or at the in-person event – will be matched up to \$50,000, thanks to the generosity of the McMurtry Family Foundation.

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In pre-Covid years, CTK always filled a table of breakfast goers. Let's do the same this year.

Linda Pearson

Stewardship



The stewardship committee has had a busy two months. In December, we hosted CTK's annual Advent wreath workshop. Twelve people participated and everyone went home with a lovely wreath to mark the Sundays of Advent.

In January we opened our parking lot to Fremont's unhoused citizens participating in the City's Safe Parking program. It was a cold month, with a few mornings down to 31 F, and guests were grateful to receive hand and foot warmers, and hot coffee on many mornings. Mid-month we invited everybody in for a pizza dinner. It was nice to offer a warm friendly place to socialize, and who could say no to pizza! This is all made possible thanks to donations and offerings. As money comes in, it circles right back out to fill the needs of our community. Thank You!



Bible Lessons at AbleLight

This past September, CTK re-launched a "new-ish" ministry with our next door neighbors at AbleLight. On a rotating basis Pastor Ray, Bunny Dubel, Kris Adams, Jim Sepeda and Jan Kerbel have presented a Sunday School style Bible lesson. Included are songs, stories, crafts and sometimes even cookies. We usually have about 8 people in the group. They are so appreciative and affectionate, it's hard to say who enjoys the hour more, the residents or the leaders!



Safe Parking at Christ the King January 2024

Christ the King has just finished hosting Safe Parking for the sixth time, providing some people with a safer place to spend the night. Typical overnight participant numbers for January were 7 to 9, up a little from April and August 2023. The cumulative people served over the month were 13 and the maximum over a single night was 11.

A highlight was Pizza Night on Tuesday, January 16, hosted by the CTK Stewardship Committee. Our thanks to Mission Pizza on Washington Blvd. who reduced their prices. Many people commented on the excellent pizza. Twenty people enjoyed it including 9 participants.

More participants have found shelter since we last hosted. Two are in senior housing in Fremont, two are in the City's Winter Relief Program and one moved to Sunrise Village during January.

Gas cards were again given to participants thanks to your generous donations. The City of Fremont handed out blankets and jackets one evening thanks to other donations.

The City of Fremont is working to add host sites. Christ the King has been included in meetings with some churches and hosted a church one evening in January so they could see how the program operates.

If you have questions about the program, please contact Alan, Jim or Bunny. We are thankful for everyone involved and we're always happy to add new volunteers.

The CTK Stewardship Committee: Alan, Cam, Debbie P., Kris, Linda P., Pastor Ray

City of Fremont liaisons: Jim, Alan

Site coordinators, in order through the month: Alan, Bunny, Jim

Check-in/check-out volunteers: Bunny, Cam, Jan H., Kris & Steve, Linda & Bob, Cindy, Alan, plus Holy Trinity people Rene & Neal, Steve C., plus non-Lutheran people coordinated by CityServe's Compassion Network

UPCOMING EVENTS/ANNOUNCEMENTS

CTK COUNCIL MEETING: Tuesday, February 13th at 7:15 pm via CTK Zoom.

LUNCH BUNCH: Since the second Wednesday of February, February 14, is Ash Wednesday and Valentine's Day, Lunch Bunch will meet the first Wednesday, **February 7**, at 1pm at Rose Garden, 348 Alvarado-Niles Rd., Union City. All are welcome; feel free to invite your friends. Plan for at least a 2-hour lunch, as it takes more time with a group. If possible, please bring cash as separate checks are not always doable. Cost will be your order plus tax and tip. Please RSVP to Bonnie Immeker.

SOCIAL JUSTICE MEETING: Wednesday, February 7th, at 10am via CTK Zoom

SOCIAL MINISTRY MEETING: Monday, February 19th, at 6pm via CTK Zoom

STEWARDSHIP COMMITTEE MEETING: Monday, February 12th, at 7pm via CTK Zoom.

TRI-CITY VOLUNTEERS FOOD BANK: Donations may be dropped off Monday to Thursday, 10:00 a.m. to 2:00 p.m. at 37350 Joseph Street, Fremont.

Urgently needed items:

- Bottled Water (16.9 oz. or Smaller)
- Individually Wrapped Beef Sticks/Jerky
- Canned Goods and Packaged Foods (No dented cans and no items past their expiration date)
- Fresh Fruits and Vegetables from your Garden

WORSHIP & MUSIC COMMITTEE MEETING: Tuesday, February 20th, at 7pm via CTK Zoom.

WORSHIP SCHEDULE FOR FEBRUARY:

2/4	5 th Sunday after Epiphany	Rev. Ray Waespi	<i>Music: Barney Tiller, Choir & Praise Ensemble</i>
2/11	Transfiguration of Our Lord	Rev. Ray Waespi	<i>Music: Todd Anderson & Praise Ensemble</i>
2/14	Ash Wednesday, 11:30am	Rev. Ray Waespi	<i>Music: Barney Tiller providing music</i>
2/18	1 st Sunday in Lent	Rev. Paul Theiss	<i>Music: Todd Anderson & Praise Ensemble</i>
2/25	2 nd Sunday in Lent	Rev. Jim Brun	<i>Music: Todd Anderson & Praise Ensemble</i>

*CTK'ers are also welcome to join Holy Trinity for their Ash Wednesday Service at 7pm as well as all Wednesday night Lenten services from 6:30 – 7pm starting February 21.

Reminder about e-mail addresses and your contact list

Remember to double check the email address of any mail you want to send. You may have deleted or changed an e-mail address in your Contacts List but old e-mail addresses can still pop up when you are sending e-mails. If you want to verify a CTK member's address, please contact Dana.

2024 CONGREGATION COUNCIL

Jim Sepeda, *President*

Alan Claassen, *Vice President*

Jan Holbrook, *Council Secretary*

Dana Brambley, *Treasurer*

Debbie Pollak, *Financial Secretary*

Kris Adams

Bunny Dubel

Bill Kemp

Laurel King

Chris O'Halloran

Terry Pearson

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