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TABLE TALK



PASTOR'S LETTER

Congratulations to us all! Tomorrow, March 2nd, will mark our 1-year-anniversary with me as your called pastor. Time to celebrate! And yet, I am so tired after this past crazy year. No, it's not you all who tire me out. Don't worry. It's this looong pandemic. The uncertainty. And it's the hope. Seriously, I feel like the light at the end of the tunnel, the vaccine so many of you by now already got, suddenly stopped my adrenaline refill. Like when you get sick on your first day of vacation because your body just knows it's ok. That's how I feel these days. Not sick, but tired out in the face of hope that soon life will be more social again, more personal, less fearful.

The other day, someone gifted me bean bag refill material. Eagerly, I unpacked our older bean bag to refill it. I turned it and turned it, but there was



no zipper to find. I turned it more, just because I couldn't believe it. Then, I got a scissor and cut parts of the thread. This should be easy, I thought, put the opening

of the refill bag into our bean bag – and made a huge mess. Beads spilled everywhere. It took me 15 minutes, burning thighs from standing in that position “my” body-workout-trainer on YouTube usually finishes and a lot more spilling, until the bean bag was refilled. Then, I stitched the hole up and put it back into its cover. It looks the same as before. But it's so much more comfortable again!

Being a good pastor, I couldn't but help to think of this refill like something we need these days. After a year of change and anxieties due to uncertainty and more change in our world and country. During this second season of Lent during Covid. And I started thinking of myself like an old bean bag that needs a refill (which is really not the worst thing to be; it's comfy, everyone loves it.) And maybe I need to cut something open to have the Holy Spirit access my soul and heart like a waterfall of white polystyrene beads. And probably, it will be a mess. And to most people I will look just like I always did. But inside, I will be renewed, refilled, refreshed.

That's what I wish you all this season: to cut your soul open to be refilled with the Holy Spirit.

Through prayer, through walks, through breathing and letting go and taking on and whatever it is for you. The Holy Spirit will know what to do!

Your *Pastor Tia!*

Council President's Corner

March is a month marked with change. We get to move our clocks forward to Daylight Savings Time. We see Winter exit and Spring arrive. Our favorite baseball teams are in Spring training getting ready for the season to start, and our basketball teams are moving toward the playoffs (hopefully). We even think of March weather as “changeable”.

However, there are some things that are constants in life (besides death and taxes). The love of God doesn't change. He is with us always. And we all have an opportunity to serve others; in our church, our communities, and in our world. I am constantly amazed at how so many in our congregation, contribute so much to our congregation and the world we live in. And like our favorite teams, we can accomplish more as a group, working together, than we can as individuals. Get involved with one of our many committees, or an organization in the community. If you are unsure where you can help out, please contact me or Pastor Tia to discuss those opportunities. As John C. Maxwell said,

“The truth is that teamwork is at the heart of great achievement.”

Yours in Christ,

Jim Sepeda, Council President

jrsepeda@comcast.net

Midweek Lenten Services

It's Lent – again. And this year, we continue a cherished tradition of the 4 local ELCA churches by holding midweek services together again. We began on **February 24th** and will continue until **March 24th**. Join us via on Good Shepherd Ministry's Zoom (see link below) for 30 minutes of music by our virtual choir, prayer, and readings. And if you'd like to, hang out a little bit in a breakout room to meet some new people afterwards. On **March 17th**, our dramatic readers Mimi, Bonnie, Kris and Jim will perform for Christ the King. And on **March 24th**, “Pastor's” Friday kids from Good Shepherd will read.



Sign in and cheer for all of them using the following link:

<https://us02web.zoom.us/j/85922153671?pwd=aGVEbUQ0eENHcUk1NjVsR200eDFwUT09>

Meeting ID 859 2215 3671, Password 284821



PIANIST-

FREDERIC ZIMMERMAN

Virtual Lenten Choir

Our choir has resumed some activity and it's been a lot of fun as well as sounding great. Thanks to Pastor Barbara Caine's lead and hard work, CTK choir members were able to participate in a virtual choir along with choir members from the four local ELCA churches. Check out parts of the Holden Evening Prayer (by Marty Haugen) under: <https://youtu.be/glrV1D4v6IQ> and <https://youtu.be/UfSULRpNils>. Or, even better, come to our midweek services on Wednesdays during Lent at 6:30 pm and hear us sing!

Thanks to all for taking the time. And for not being too shy to record yourselves!

We hope to do something similar for Easter. If you are interested in joining, let us know.

– *Pastor Tia*



Kris Adams, Christina Blevins, Sheela Boddu, Pr. Barbara Caine, Peggy Claassen, Pat Cote, Laurie Gratz, Keith Hillesland, Bonnie Immecker, Bob Kufeld, Karen Narveson, Veronica Pang, Pr. Tia Pelz, Jim Sepeda, Jason Tiller, Dot Westerhoff, Lin Zuidema

A New Look at Stewardship, Currency of Wellness

Wellness, what a timely topic as many have struggled to be emotionally, physically, spiritually and financially well during the pandemic. Most of us have been separated from friends and loved ones while many are with those they live with 24/7. Jobs have been lost or hours reduced while others work

in fields that increase their exposure to Covid-19. Gyms and fitness classes have been mostly unavailable and while many have looked to walking, hiking and biking, others aren't comfortable doing so. Medical and dental appointments are being delayed. Media is plentiful so it's way too easy to sit for hours. There are the baking shows that send us to the kitchen to whip up something that we eat more than we should leading to "COVID Curves" and the "Quarantine 15". And then there is distance learning... Baby boomers are thankful to have dodged that bullet but worry about families and educators who struggle daily to engage

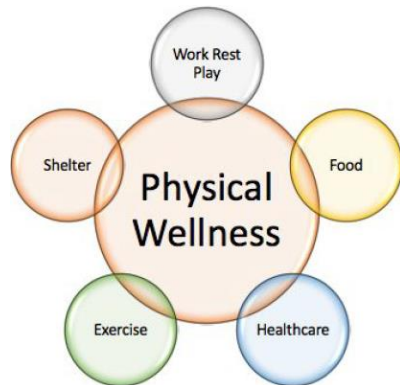
students, many while working from home. *We are living in a time of compromised wellness.*

The state of being healthy physically, socially, economically, ecologically, and spiritually within a church, the neighborhood, the city, nation or the earth, especially as the result of deliberate effort. Sustainable wellness requires regenerative and recirculatory flow of material, human, financial and natural resources. In his book, *Holy Currencies*, Eric Law, author and founder of the Kaleidoscope Institute writes,

Developing the currency of wellness means creating opportunities for people to rest, play, celebrate, give thanks, and encounter each other across class, workplace roles, societal roles, family roles, political differences. These opportunities for "Sabbath" are wellness events. A wellness event is a gathering of two or more persons to focus on one or more aspects of wellness. Here are some examples of internal wellness events: annual church community retreat focusing on at least one aspect of wellness, one-on-one pastoral counseling and spiritual directions, ongoing group spiritual direction, sabbatical plans for paid staff and volunteers, and periodic celebrations focusing on at least one aspect of wellness.

Externally, the church can mobilize its resources to provide wellness events for the wider community. Invite people in the neighborhood, town/city to take a "Sabbath"—to rest, to celebrate the gifts they have, to explore how they can work together to ensure the flow of resources in their community achieving wellness for all. When the community is well spiritually, socially, economically and ecologically, the other currencies will flow and the church that take parts in fostering wellness will missional and sustainable.

Historically, many of our past and current ministries and actions address wellness. The Center of Well Being, prayer chain, masks, phone tree, Pilates, Al-Anon, and supporting those in need with food, personal care products, socks, prayer shawls, pillowcases, chemo/dialysis bags, backpacks, Christmas gifts, and our partnership with Abode to help



people previously unhoused settle into new housing come to mind. We installed solar lighting and replaced thirsty grass and plants with those needing less water. Recently, breakout rooms during worship services have provided opportunities to connect with others creating or strengthening relationships. We have many opportunities to focus on wellness as we implement our Stewardship365 learnings later in the year.

Stay tuned and be well, your Stewardship Committee

Melinda Kufeld (Chair), Kris Adams, Cam Bauer, Alan Claassen, Linda Paschal, Pr. Pelz, and Debbie Pollak

CONGRATULATIONS!

As many of you know, CTK has sponsored Boy Scouts Troop 447 for many years. In 2019, we had the pleasure to add Troop 2447 to our sponsorship: an all-girls troop with the historic change that the Boy Scouts of America (now known as Scouts BSA) made to provide girls the same opportunity as boys in benefiting from Scouting.

It is with great pleasure to announce **Emily Kamalnathan** of our own Troop 2447 has achieved the prestigious honor of becoming an Eagle Scout – one of the first females in the Mission Peak Scouts to do so. This is especially notable because of the rank of Eagle Scout must be achieved prior to their 18th birthday and it typically takes several years to complete the requirements. Emily achieved (and far exceeded) this in just two years since joining Troop 2447 in 2019 – an amazing feat. Emily, a founding member of Troop 2447, plans to continue with Scouting in the role of a Junior Scoutmaster and possibly a Merit Badge Counselor.

For more on Emily and her fellow ground breakers, please follow this link to the Mission Peak Scouts Newsletter: https://missionpeakscouts.com/four-mission-peak-female-eagle-scouts-make-history-as-part-of-inaugural-class/?utm_source=mailpoet&utm_medium=email&utm_campaign=blank-news-flash-template_98

UPCOMING/ANNOUNCEMENTS

BACKPACK PROJECT: Social Ministry continues to work with Compassion Network to identify needs where CTK can help in this extraordinary year of coronavirus and distance learning. Financial donations will be needed throughout the year. Please send checks to CTK 1301 Mowry, Fremont, CA 94538. We hope to have an online donation option soon.

BETHESDA GET TOGETHER AND DEVOTIONS: Join on Zoom **Fridays from 2:30 – 3:00 pm.** for a lively half an hour. We continue to have a lot of fun on Fridays with our members and friends who live at Bethesda. Catch up with our friends, sing, dance, listen to a biblical story and pray. All are welcome! Pastor Tia to facilitate.

BOOK CLUB: **Thursdays, 10:30 am – 12:00 pm** via Zoom. We continue with: "**For All Who Hunger**" by **Emily M. D. Scott.** If you have any questions about the Book Club or would like to be added to the email distribution, please contact Pastor Tia or Debbie Pollak, 510-825-4816 or bartpollak@gmail.com .

CTK COUNCIL MEETING: Tuesday, March 9th at 7:15 pm via Zoom.

DAYLIGHT SAVINGS TIME BEGINS: March 14th – Set your clocks forward 1 hour.

DEVOTIONS: Pastor Tia, Pastor Barbara (Holy Redeemer Lutheran Church, Newark), Pastor Tim (Holy Trinity Lutheran Church, Fremont) and Vicar Anand (Good Shepherd, Fremont) will continue sharing devotional messages on Tuesdays and Thursdays via e-mail.

EASTER SERVICE: Sunday, April 4th at 10:15 am. Stay tuned for Holy Week details.

LENTEN SERVICES: Wednesdays, February 24th, March 3rd, March 10th, March 17, and March 24th. Joint services with local ELCA churches, Wednesdays, March 3rd, March 10th, March 17th, and March 24th at 6:30 pm. Use the following link for the Zoom service hosted by Vicar Anand of Good Shepherd Asian Ministry (not CTK's):

<https://us02web.zoom.us/j/85922153671?pwd=aGVEbUQ0eENHcUk1NjVsR200eDFwUT09>
Meeting ID 859 2215 3671, Password 284821

LUNCH BUNCH: Wednesday, March 10th, at 1:00 pm via Zoom. BYOLB! (Bring you own lunch and beverage!)

SEWING BEES: Donations of material, money and vounteers are still needed and welcome as the demands for masks continues. Our Social Ministry's Sewing Bees continue to buzz along. There are about six active folks sewing at this time. Incredibly, we have reached **6,205 masks** made and delivered during these eleven months. Over this month, we have delivered 290 masks going to Hillside Senior Care, Fremont's Health & Human Services, and HERS. We thank all those who continue to support Christ the King's community outreach program. We are blessed. Bee well and Wear your mask! - *Linda Pearson*

SOCIAL HOUR: Bring your own beverage of choice, snacks or dinner, sign in to Zoom and join us for a relaxing social hour in your own home on **Wednesdays at 7:15 pm**. Attendance numbers vary up to 12 people – very informal. Visitors from as far away as Pennsylvania! All are welcome!

SOCIAL MINISTRY MEETING: Monday, March 1st, at 6:00 pm via Zoom.

STEWARDSHIP MEETING: Monday, March 22, at 7:00 pm.

SYNOD ASSEMBLY: May 6th - 8th (virtual -details to be announced at a later date).

TRI-CITY VOLUNTEERS FOOD BANK: Tuesday – Friday, 9:00–3:00 pm, drop-off times for urgently needed brown paper grocery bags used for food distribution., and the following items: **cereal, fruit cups, small applesauce, packaged cupcakes and individually wrapped snack food** (not expired) @ 37350 Joseph Street, Fremont. No canned goods are needed at this time. Financial donations always welcome! For more information: <http://tri-cityvolunteers.org>

ZOOM WORSHIP: Total attendance for the respective **Sundays** in February were: **37, 39, 48, and 57** attendees. **Ash Wednesday** attendance was **29**. Zoom service will continue to be **10:15 am on Sundays**. Reach out to friends and neighbors as a safe and easy way to share in worship, separate but together.

MEMBERSHIP DIRECTORY- Update

We are in the process of updating the Membership Directory with plans to distribute by e-mail to members only. If you do **not** want to receive the Directory by e-mail or if you do not want your information to be listed in the Directory, please leave Patricia a message (ctkfremont@sbcglobal.net or 510-797-3724).

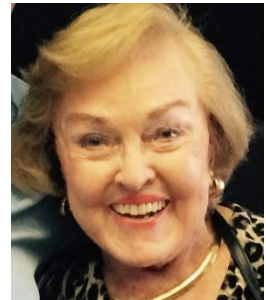
IN OUR THOUGHTS & PRAYERS

Eli Adams, Austin Alaniz, Rose Archibald, Roxie Banks, Ruth Carpizo, Judy Castro, Randy and Sheila Cooper, Hank Cote, Bob Dubel (brother of Dave recovering from surgery), Cori, Roger Fajman, Hank & Sylvia Hanson, the Huff family, Renee Johnson, Fred Kemp, Jan Kerbel, Don D. Ketcham III, Bob Lawrence, Christi Loveland, America Manspeaker, Jacob Montoya, Clare Nielsen, Doug Sepeda and **Richard Wightman** (recovering from heart surgery and stroke).

Continued prayers for all victims of Covid-19 and of natural disasters as well as victims of violence, hatred and oppression throughout the world.

Funeral of Naomi Glasson Kline (Keith's mom)

On February 11th I was honored to hold the funeral for Keith's mom Naomi at Skylawn Funeral home in San Mateo. Together with Keith's siblings, Lisa and Gordon, and with their families we prayed and paused, sharing beautiful memories of a beautiful life and blessed the remains of Naomi's earthly body for a last time. Being a dancer, she now probably rocks the heavens, bringing joy and love and beauty to the cloud of witnesses. – **Pastor Tia**



THANK YOU

A huge thank you to Pastor Tia and members of Christ the King for all the support and prayers during my recent illness. A reaction to a cholesterol drug in December resulted in me needing to be hospitalized for severe muscle weakness and acute kidney damage. It has been quite a journey, but I'm happy to report that I'm well on my road to recovery. I'm off dialysis and able to walk independently again and recently started driving. I'm so appreciative for the assistance with transportation, the texts, emails, calls, the beautiful Care bag, and especially the prayers. Those prayers are being answered! One of the biggest blessings has been my friend, Carol Lowe (a fairly new CTK member), who has been by my side through it all, and continues to help. Thanks to those responsible for posting the Sunday church services on the website. Those have helped keep me stay connected.

Love & blessings to everyone, Jan **Kerbel**

MARCH BIRTHDAYS

- 3/09 Bill Kemp
- 3/16 Julie Adams
- 3/22 Danielle Vis
- 3/25 Megan Kufeld



MARCH ANNIVERSARIES

- 3/02 Pastor Tia (1)
- 3/22 Patricia & Kevin Bauer (35)

Sanctuary/Office Repairs - Update



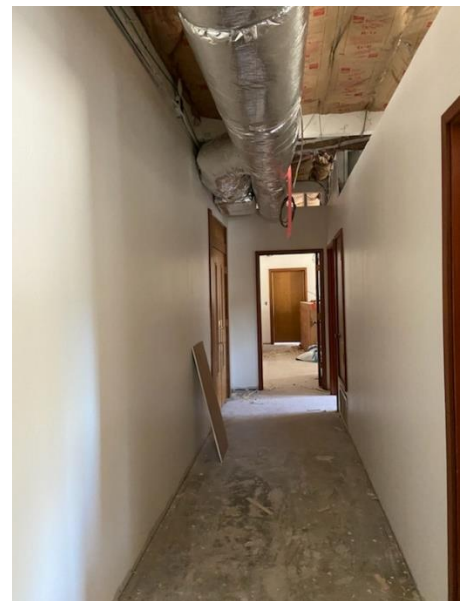
THE CHURCH OFFICE



PASTOR'S OFFICE



NEWLY SEALED & PAINTED SANCTUARY



HALLWAY

The walls in the hallways and offices have been finished and painted; doors have been rehung. There have been delays with approval from the City for the mechanical ductwork that we are hoping will be resolved soon. Finishing of the ceilings (offices, hallway and library) are scheduled to start this next week. The ceiling in the narthex has been completed with the exception of lighting. The final electrical work will follow. Carpet replacement will occur once other construction has been completed. In addition to new carpet in the sanctuary, the chairs will be cleaned. Completion: end of March/early April. If you have questions, please call or e-mail me. - *Peggy Claassen*

2021 CONGREGATION COUNCIL

Jim Sepeda, President
Peggy Claassen, Vice-President
Patricia Bauer, Secretary
Jay Graham, Treasurer
Kris Adams
Joe Allen
Laurel King, *Financial Secretary*
Terry Pearson
Debbie Ward

CTK STAFF

Pastor Dr. Tia Pelz (510) 859-5672
pelztia@gmail.com

Barney Tiller, *Music Director*
Patricia Bauer, *Interim Office Administrator*
Christina Bauer, *Webmaster/Designer*
Tori Valcarcel, *Ministry in Context*

CTK OFFICE HOURS:

Monday thru Thursday 8:30 am – 12:30 pm

CTK WEB-SITE:

ctkfremont.squarespace.com

Table Talk Articles – Contributor Deadlines

The Table Talk Newsletter will continue to be published and distributed on the first of every month via e-mail. If you have an article or information that you would like to have included in the Table Talk, please send it directly to me no later than two days prior to the end of the month. Pictures are welcome as well!

Peggy Claassen pclaassen@aol.com