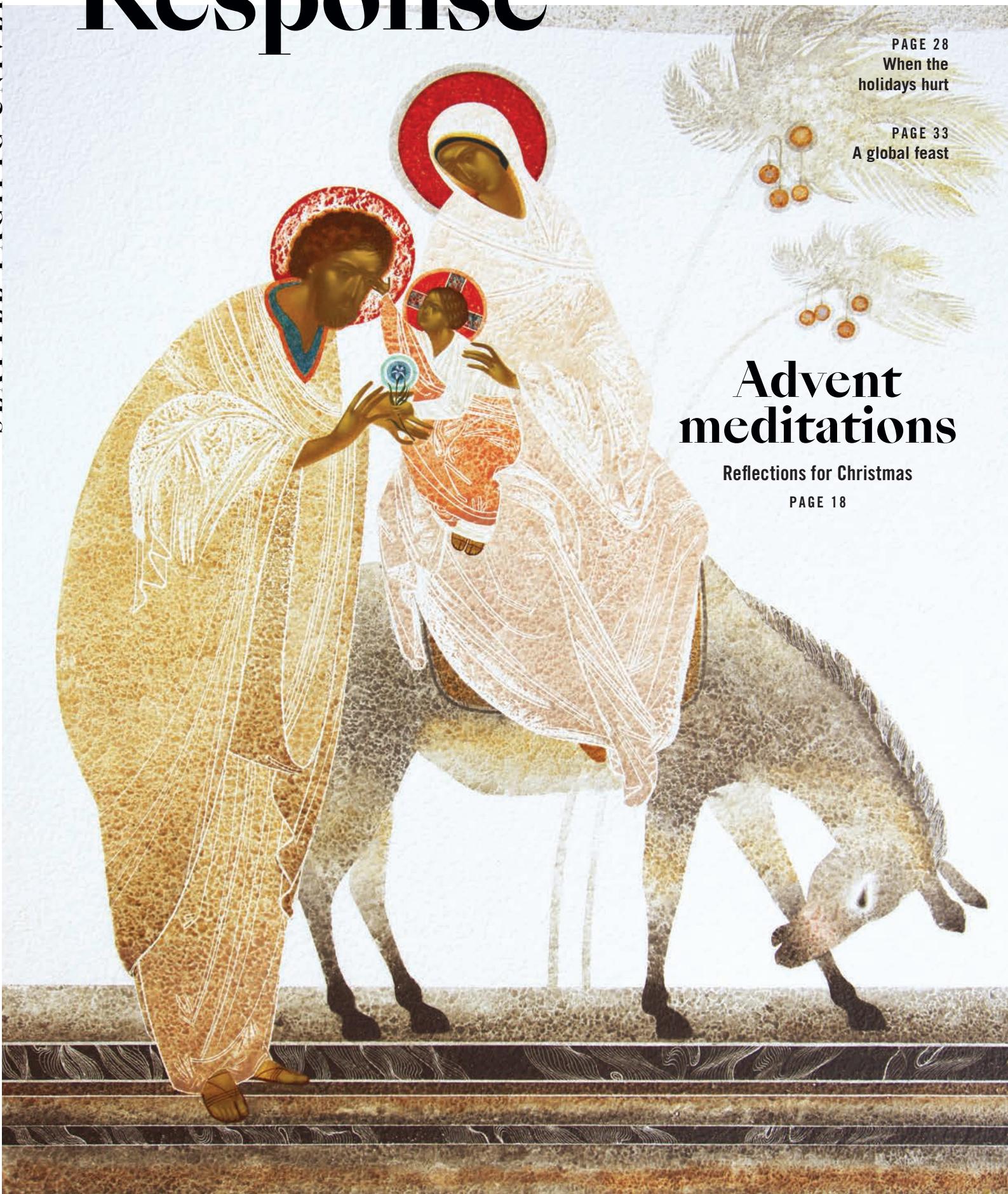


Response



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What love looks like

BY SHELLY NGO

THE NIGHT BEFORE I took my twins to college in August, we stayed with my parents who live a few hours' drive from their university. My mother sat at her kitchen table sorting medicine for my kids and labeling little pill boxes with her Dymo labeler. There were bottles of Tylenol for headaches; vitamin C and zinc to ward off colds; and Sudafed and cough drops in case the vitamins and zinc failed.

My son, Ryan, was finally moving to live on campus, while his sister Paige would spend her sophomore year abroad.

I watched my mother separate boxes of Band-Aids and tubes of Neosporin ointment into bags for each of them and thought, *This is what love looks like — a grandma channeling her devotion for her grandkids into a portable pharmacy.*

There was Benadryl for allergies and Imodium for diarrhea, she told them. Ryan and Paige didn't want to contemplate intestinal troubles as they looked ahead to their sophomore year.

COVID-19 had flushed away their hopes for a normal freshman year on campus. They spent last year at home, listening to their professors lecture over Zoom and attempting to make new friends via texts. Paige rushed a sorority entirely online and turned to Netflix watch parties for movie nights with her sorority big sister.

The pandemic gave me a bonus year of having my kids at home, but my gain was their loss. They were eager to be in-person with people.

May this season be a time of joyful reunions. May love and laughter fill your homes.

The Advent season seems a little like that to me: God sending his son to earth like a parent sending a beloved child off to college, with a bittersweet mixture of pride and sadness and joy. I also picture a son leaving the security of home because he longs to live in community with people and forge face-to-face friendships with them; or a daughter traversing thousands of miles to immerse herself into another culture.

I see my mother assembling medicine bags for her grandkids, and I imagine God desiring to equip his child with an arsenal of remedies to ward off pain ... except Jesus was sent to suffer so that we might live.

This is the paradox of Christmas, that joy to the world came at the cost of sorrow in heaven. I can't think of a more appropriate story for this season than that of **Carina Durkin Taylor '12**, whose son was born with sickle cell disease. Carina's daughter donated her stem cells to give her little brother the chance to be healthy.

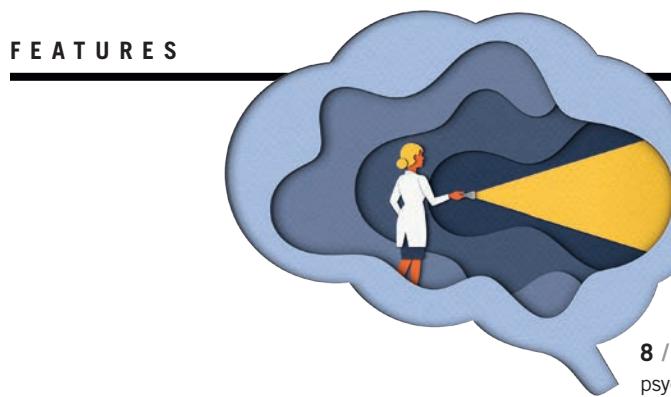
This is the season of Advent, so we've included in this issue weekly meditations and sacred artwork to help us reflect on what it means that God so loved us, that he sent his beloved son to live among us where humanity could meet Christ face-to-face.

For those who long for a taste of another culture, we invited our international faculty and staff to share their favorite holiday recipes and traditions from their native countries. And while we recognize the Christmas season can be filled with food and family, it can also be a difficult time for many. *Response* asked two SPU professors who experienced personal losses to talk about handling grief during the holidays.

I'm counting down the days until I have all my kids under my roof again for Christmas, but I'm also aware there are adjustments to make after this time apart. Jeff Jordan, vice provost for student formation and community engagement, provides advice on how to navigate your child's return in "Home for the holidays."

May this season be a time of joyful reunions. May love and laughter fill your homes. And may the anticipation of Christ's second coming fill you with his hope and peace. ■

FEATURES



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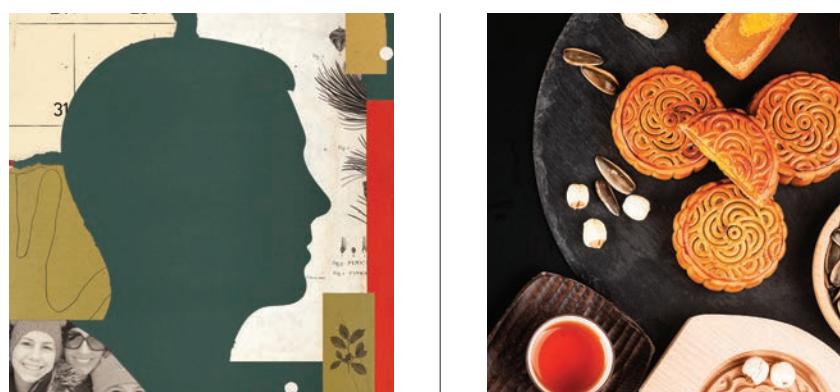
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How much do you know about SPU?

Seattle Pacific University's first *Sacred Sounds of Christmas* concert was held in 2000 in the Nordstrom Recital Hall, the smaller performance space in downtown Seattle's Benaroya Hall. The community response to the concert was so great, the event moved to Benaroya Hall's 2,500-seat main auditorium the next year.

For nearly 20 years, SPU sold out tickets for its annual *Sacred Sounds of Christmas* concerts until the COVID-19 pandemic halted last year's event. Instead, the University produced *Behold!*, a virtual celebration of music and stories from SPU alumni, students, and faculty.

Scheduling conflicts and other challenges necessitated the suspension of this year's *Sacred Sounds* concert, but you can watch 2020's *Behold!* at spu.edu/behold.

Who was the longest serving director of choral music at SPU from 1992 to 2018, who was instrumental in creating the *Sacred Sounds of Christmas* concerts?

Email your answer to response@spu.edu by **Feb. 28, 2022**, to be entered into a drawing to win an SPU sweatshirt.



ARTIFACTS?

If you have Seattle Pacific artifacts, keepsakes, photos, or documents that you would like to contribute to the University Archives, or if you have questions about SPU history, contact **Adrienne Thun Meier '04**, university archivist, at 206-281-2422 or ameier@spu.edu.

LAST ISSUE'S ANSWERS

In the Spring/Summer issue, we asked readers to identify the oldest club on campus that is celebrating its 85th anniversary this year.

Many of you not only provided the correct answer — the Falconettes — but you also shared stories of participating in Falconette service projects for the college and the city; you identified friends, family members, and spouses in the photo we published; and you told us about generations of women who were club members.

"My great aunt, Pauline Higbee

Congratulations to **Ginny Husted '63** who won an SPU sweatshirt for correctly answering our quiz. ■



ILLUSTRATION BY TOMMY PARKER. PHOTO COURTESY OF SPU PHOTO ARCHIVES

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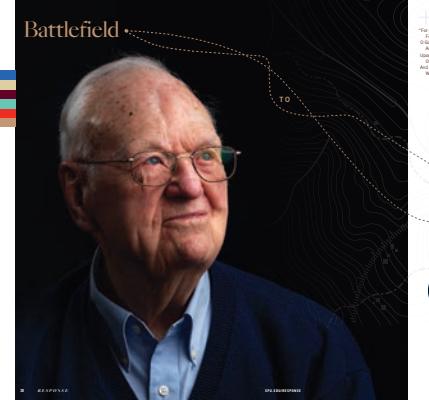
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Tom Cooper's Return

Battlefield
CLASS NOTES
BY RON JAMES '60
PHOTO BY DAVID LEE

Alice O'Grady '75
Everett, Washington

Thank you for the details about Seattle Pacific College during and after WWII in the article, "Tom Cooper's Return." My father, Willard Delwin Aldridge, was also a returning veteran. However, Dad graduated first, then was inducted into the Army. He returned to SPC to teach math or physics.

During much of the war, he was an instructor in the Artillery, teaching courses in electricity among other things. Dad received a Bronze Star for his work in increasing the efficiency of radar.

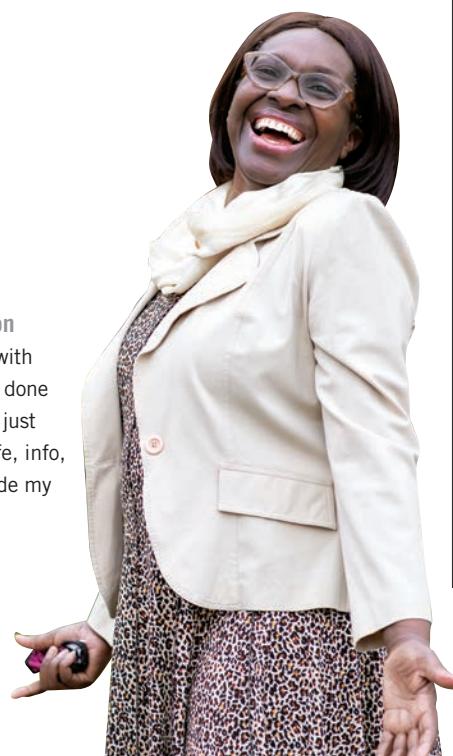
Ron James '60
Washougal, Washington
Just wanted to compliment the article written by Mark Moschetti about Loren Anderson. [Fall/Winter 2020, "Falcons hall of famer Anderson dies at 84."] I enrolled at SPU in 1957, after two years at junior college. I was fortunate to make the team when Loren was a senior. We were the two starting guards.



Loren was a fabulous player who could score from anywhere on the floor. Besides being a great outside shooter, he could handle the ball well and drive past anyone to the basket or stop on a dime and drill in a jump shot. When people would ask me who was the toughest player I had to defend in college, I always said, "Loren Anderson in practice."

Incidentally, most people reading your article probably don't realize there was no such thing as a "three-point shot" back in those days. Can you imagine how many points that could have been? In those days, some of the entire team scores were in the 50s.

After graduation, I was a teacher for 31 years and retired in 1991. I coached basketball, but my forte was teaching band and choir. Loved it! ■



Niki Amarantides
Seattle, Washington

The interview done with Nyaradzo Mvududu, done by Kari Costanza, is just wonderful. Full of life, info, and inspiring. It made my day. Thank you!



The joy of the Lord

BY PETE MENJARES

WE HAVE LOST A LOT in the almost two years since the COVID pandemic began. We lost lives. We lost time with friends and family members. Some students lost academic ground or athletic seasons, while those in the performing arts lost opportunities to engage with their creative endeavors. We need to give each other room to lament — to grieve and to mourn — and then I believe we will go from lament to finding that the “joy of the Lord is our strength.”

I have gravitated to that verse in Nehemiah 8 in my own life. When I was very young, my father was killed from a gunshot wound. My mother was busy working and providing for me and my three younger siblings in Los Angeles where we were born and later raised in the nearby city of Pico Rivera, so in the afternoons after elementary school, I hung out for hours with my great-grandfather who worked at a barbershop down the street from where we lived.

I would sweep the shop. I would shine shoes for a nickel. I would clean his brushes and combs and anything that he needed help with until it was time to lock up the shop and walk home. He would hold my hand as we walked, and what I remember to this day is how soft his hands were from the shaving creams and lotions my great-grandfather would put on his hands. He loved to be with people, to talk with people and make them laugh, and he chose a profession that fit his personality. His soft hands propelled

me to think about a job where I, too, could have soft hands — a career where I could work with my mind and with people to benefit society.

— INTERIM PRESIDENT PETE MENJARES

“The night has been long, but we can be so grateful for the sunlight and the joy that comes in the morning.”

When I graduated high school, I was the first in my family to attend college, and it was terrifying. I wanted to go to college, but I quickly discovered I was academically unprepared. I lacked the family and social networks to support me. I was not ready for a four-year institution, so I went to a local community college where I proceeded to fail my first year. It was so painful that I dropped out for several years. On top of the humiliation of failure, I became an orphan at 19, when my mother passed away from cancer.

It took years for me to build up the courage to go back to community college, where several teachers took the time to mentor and tutor me and provide me with the tools I needed to succeed. From that community college, I transferred to a four-year college where the faculty had the mindset that no matter how raw or undeveloped one was, they were going to invest in these diamonds in the rough.

I earned a bachelor’s degree, then a master’s degree, and finally a doctorate. To this day, my transcripts from my freshman year of college bear the words, “scholastic probation,” but I was also the first Latino faculty to be hired in my academic department where I was promoted and then achieved tenure. I was the first Latino to chair the department, and eventually, I was the first Mexican American president of a college in the Council for Christian Colleges and Universities.

Through it all, God led me through humble situations and taught me how to serve. He has helped me navigate through personal and professional challenges, so I truly believe God has called me at this hour, for this time, to lead Seattle Pacific through complex times.

After this season of losses, we can once again go about the joy of teaching in person and the joy of informing young minds to advance our Christian mission. Despite any divisions among us, we are called to work together with God’s grace and in loving relationships. The night has been long, but we can be so grateful for the sunlight and the joy that comes in the morning. ■

PHOTO BY LYNN ANSELMI



The living legacy of Gary Ames

GARY AMES, Board of Trustees member and one of SPU’s most generous donors, passed away on May 13, 2021. Gary and his wife, Barbara, began supporting SPU in 2001, with an initial \$1 million commitment to fund a Universitywide initiative to support students coming from underrepresented cultural and ethnic communities.

The Ames Scholarship and the Ames Leadership Program have supported more than 130 students. [Read about Ames Scholar Wawa Chege ’07 on page 40.]

Gary often predicted an Ames Scholar would one day serve on SPU’s Board of Trustees. His vision was realized when **Denise Martinez ’03** and **Kevin Johnson ’19** joined the board. In 2015, the Ames Library was dedicated in honor of Gary and Barbara’s significant contributions to Seattle Pacific. And in 2019, they were honored with the President’s Award for Philanthropy. Gary and Barbara have donated nearly \$8 million out of their conviction that Seattle Pacific is a vital Christian presence in the city and to the world. ■

Directors of Oscar-nominated movies visit “Film and Faith” class

BY SHELLY NGO



ILLUSTRATION BY ZARA PICKEN. PHOTOS BY JEFF OVERSTREET

IN MAY, Jeffrey Overstreet's “Film and Faith” class enjoyed a surprise appearance from Tomm Moore, director of the 2009 Oscar-nominated animated feature film *The Secret of Kells*, which the students had just viewed.

Moore, also director of *Song of the Sea* and *Wolfwalkers*, lives in Ireland, so the time difference precluded a live class session. Instead, Overstreet recorded Moore responding to questions Overstreet had sought earlier from students. The director spoke about the creative decisions involved in making a Cartoon Saloon film as well as how Celtic or Irish art are really just interpretations of designs and ornamentation from the Book of Kells, the famous illuminated manuscripts of the four Gospels. Lindsay Marshall, who specializes in Native history with her doctorate from the University of Oklahoma, also joined the discussion.

In June, Overstreet's class watched the Oscar-award winning film *Minari* and then got to meet the movie's writer/director, Lee Isaac Chung, live via Zoom.

“I've known Lee Isaac Chung for years through The Glen Workshop, the annual arts retreat by *Image*,” said Overstreet, assistant professor of English and writing. “It was a joy to have him answer student questions about *Minari* and talk about how much of that film is autobiographical. When I surveyed students about the 15 films we studied, *Minari* was the favorite. I suspect it's because the director gave us such an intimate and personal experience of that beautiful movie.” ■



NEW SPU LIVING EXPERIENCE CHANGES RESIDENCE HALL LIFE

BY BETHANY CUMMINS

SPU INTRODUCED a new residence hall plan this fall. First-year students will live together in one of three residence halls — Arnett, Ashton, or Moyer — where hall events, small groups, individualized mentoring, and on-site support services focus on transitioning to college life, developing academic skills, and building community.

Second-year residential students live in Emerson and Hill halls, where they can explore vocation and calling, connect with job experiences, and develop leadership skills.

The new SPU Living Experience, which integrates support services with residence hall life, is the combined efforts of SPU's offices of Student Life and Residence Life, University Ministries, Center for Learning, and Center for Career and Calling.

In their third and fourth years, students often transition to campus apartments or houses, or live off campus. The SPU Living Experience supports them as they continue to develop as leaders and prepare for life after college. ■

Find out more: spu.edu/livingexperience

“The value of a college education is not the learning of many facts but the training of the mind to think.”

— ALBERT EINSTEIN

MARGARET WATKINS IS NEW DEAN OF THE COLLEGE OF ARTS AND SCIENCES

BY TRACY NORLEN

WHAT'S THE VALUE in a liberal arts degree?

Margaret Watkins is happy to address this frequently asked question.

“This generation of students will change careers many times, so if you think of education as training for a single career, you are narrowing your possibilities for the future,” said Watkins, the new dean of Seattle Pacific University's College of Arts and Sciences. “A liberal arts degree will teach you how to think and how to learn, and that is what students need — to learn how to be resilient.”

Watkins oversees the largest academic unit at SPU, with 16 different disciplines in the arts, humanities, social sciences, and STEM — as well as the MFA in Creative Writing, the Honors Program, and undergraduate general education.

For the past 10 years, the college had separate deans leading two divisions: the Division of Arts and Humanities and the Division of STEM and Social

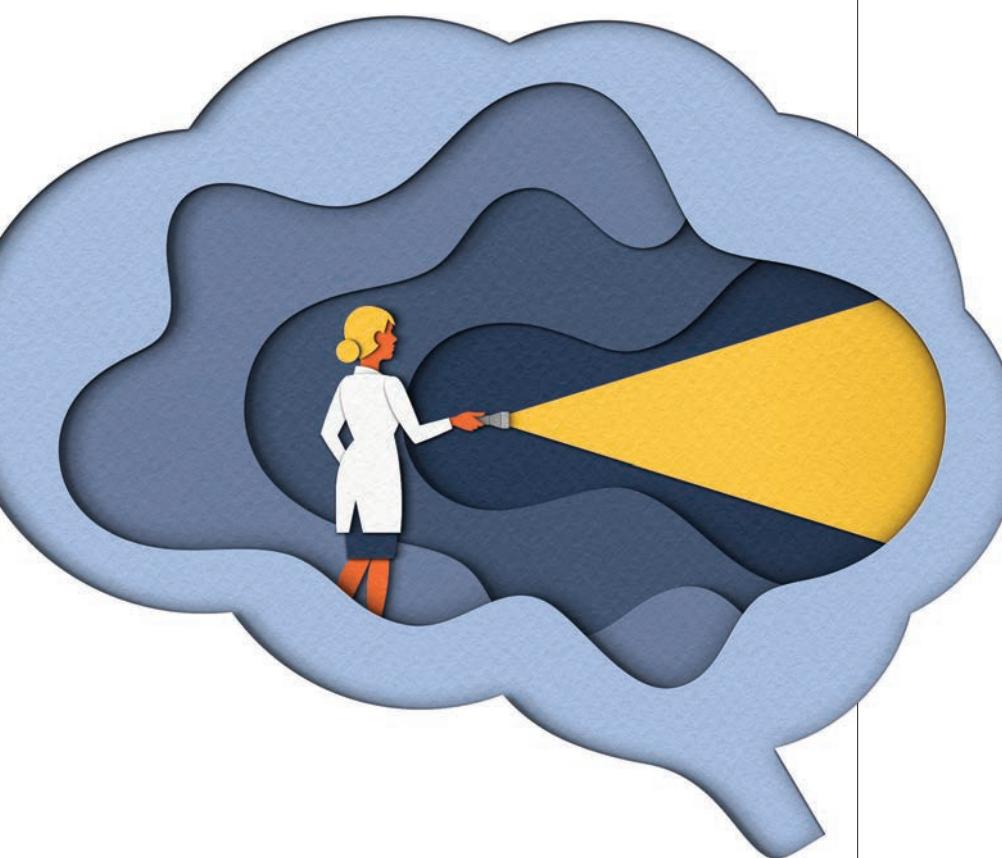
Sciences. The College of Arts and Sciences is unified again under Watkins, who started her new role in July 2021.

As she leads the department and welcomes new students, Watkins is aware of one of the biggest challenges facing universities today. “The system of higher education was created by the privileged for the privileged, and that is not the community we are serving right now,” she said. “There has not been enough thinking on how that will work; how we will adapt and change to serve the community in the 21st century.”

Watkins comes to SPU from Saint Vincent College in Latrobe, Pennsylvania, where she served as dean of the School of Arts, Humanities, and Social Sciences. Having never lived farther west than Texas, she is enjoying her new home. “My husband and I love seafood. We love exploring all the natural beauty and urban development here. Coming to Seattle was a big draw for us.” ■



College of Arts and Sciences Dean Margaret Watkins comes to SPU from Saint Vincent College in Pennsylvania.



New master of science in research psychology program

SPU'S NEW master of science program in research psychology is designed to prepare graduate students for a research-related career or to enter a PhD program.

The accelerated, 11-month program focuses on teaching students how to conduct original research, write grants to fund both applied and research projects, explore issues related to diversity and ethics within research, and gain statistical skills for a range of jobs in the lab or industry.

With the assistance of SPU's collaborative faculty, graduate students will complete a flexible and custom-designed capstone consistent with their graduate school or career goals.

Applications are due Jan. 15, 2022, for the Autumn 2022 quarter. Contact gradadmissions@spu.edu. ■

BY THE NUMBERS

Undergraduate Student Profile (2020–21)

3.58

Average high school GPA for incoming freshmen

41%

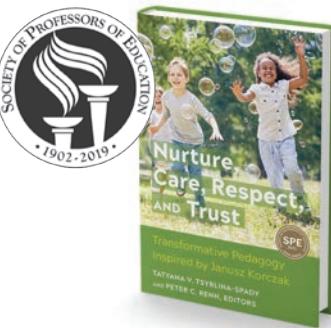
of incoming freshmen are first-generation college students

52%

of incoming freshmen are from historically underrepresented groups

ILLUSTRATION BY ZARA PICKEEN

PHOTO BY LYNN ANSELMI



SPU INSTRUCTORS RECEIVE BOOK AWARD FROM EDUCATION SOCIETY

IN APRIL, the Society of Professors of Education presented an award to Pete Renn, associate professor of curriculum and instruction, and Tatyana Tsyrilina-Spady, adjunct education professor, for their book, *Nurture, Care, Respect, and Trust: Transformative Pedagogy Inspired by Janusz Korczak*. The book received an honorable mention for the society's 2021 Outstanding Book Awards. ■

Senior receives Critical Language Scholarship from the State Department

BY BOB ELMER



SPU SENIOR Claire Conway is one of just 700 students this year to receive a coveted U.S. Department of State Critical Language Scholarship, a program designed to increase

the number of Americans studying and mastering critical foreign languages.

Ordinarily, Conway would have traveled to Turkey to immerse herself in the language. With the COVID-19 pandemic, the program instead offered eight weeks of daily online Turkish classes through Ankara University, conducted over Zoom.

CHICAGO NURSING EDUCATOR NAMED NEW SCHOOL OF HEALTH SCIENCES DEAN

BY BOB ELMER



TYRA DEAN-OUSLEY joined Seattle Pacific University as its dean of the School of Health Sciences in July.

Dean-Ousley brings a rich background in acute and ambulatory care, with a focus on maternal-child and medical surgical nursing. She is a member of the American Nurses Association and serves on the board of directors of the Education and Sustainability Committee with the American Association of Nurse Practitioners. Most recently, she served as interim dean in the College of Health Science at Chicago State University.

"Dr. Dean-Ousley is a dynamic, experienced leader who will bolster our high-quality program offerings in the health sciences and help expand our institutional vision for additional areas of impact in this critical sector of our economy and society," said Provost Laura Hartley.

"It was fun, but intense," Conway said. "I was a total beginner in a class where we were not allowed to use any English."

Conway's French professor at SPU had no doubts about her aptitude.

"Claire is the finest student of French that I have had in my nearly 30-plus years of teaching French at the college level," said Michelle Beauclair. "She had not taken French before being placed in a Belgian high school for Rotary. She came to campus more advanced and proficient than any student I have had who was not raised in France."

Prior to the Department of State scholarship, Conway worked with a Turkish refugee group seeking asylum in France to help craft their application letters to French authorities, whetting her interest in learning Turkish.

Conway — also a singer, guitarist, and songwriter who released an album this past spring — applied for a Fulbright English Teaching Assistantship for the 2022–23 school year, either in France or in Turkey, to pursue her passions for teaching and cultural exchange. ■

Initially, Dean-Ousley did not anticipate accepting a job in Seattle.

"I never thought I would make a move out of the state of Illinois," she said. But conversations with a dying aunt caused her to rethink her assumptions about the future. "During our private talks she would encourage me to be the best me," she said. "It's amazing how circumstances can change your perspective. I look forward to working in an environment that is in alignment with my faith, education, and experience."

Dean-Ousley is a popular speaker and Bible teacher, and the founder of Leap4Joy Ministries, an outreach of encouragement in the Chicago area.

She is a graduate of Northcentral University, where she earned her doctorate in education. Before that, she earned bachelor's and master's degrees in nursing from Olivet Nazarene University. ■



Bringing healing to the table

BY COLLEEN STEELQUIST
PHOTOS BY BRIAN DAVID CASEY

Every Tuesday evening, the fellowship hall in Seattle's St. John United Lutheran Church's basement lives up to its name. That's when the Phinney Neighborhood Association offers a free meal to anyone in need. It's also when a cadre of SPU nursing students practices community health.

The alliance between Seattle Pacific and the PNA began in February 2020, when SPU's Carol McFarland, nursing instructor and assistant dean of strategic and community partnerships, brought a group of nursing students to visit PNA's Hot Meal Program.

"It has blossomed into a regular routine of students staying with us for eight weeks and diving deep into building relationships, practicing community health, and bridging the gap between our diners and health care," said Krissie Dillin, PNA's program director.

"The nursing students enter the program with quite a bit of anxiety and wide-eyed curiosity," she said. "They always seem eager to learn but lack experience and exposure. By the end of their clinical, they are all having meaningful conversations with participants, conducting blood pressure checks, assisting the dental clinic, providing foot care, and creating a positive exposure to health care for our participants."



Every week, SPU nursing students practice community health at a free meal program put on by the Phinney Neighborhood Association at St. John United Lutheran Church.

PNA has hosted these weekly dinners for more than two decades. With funding from the City of Seattle, smaller grants, and individual donations, they provide an average of 150 meals every week. To-go snacks, hygiene supplies, waterproof blankets, new socks and underwear, used clothing and shoes, a weekly medical clinic, and a monthly dental clinic are offered, all free of charge.

"We serve our most marginalized neighbors because we have a sense of responsibility to take care of everyone who lives in our community. We are here to create a safe place for everyone to feel they are worthy," Dillin said.

For Sofia Struksma, a third-year SPU nursing student from Los Angeles, the community health practicum taps into her desire to be hands-on and help people. "I've felt reassurance that nursing is where God is calling me. I've learned to ask, 'For my learning, can I take your blood pressure?' They're usually willing to help," she said.

"This experience has made me more aware of the marginalized [people] in our community. I pass homeless encampments as I walk to work, and I recognize some of the residents from the dinners," Struksma said. "It's also increased my therapeutic communication skills — how to converse with people sensitively, really listen, and let them know I care."

"This clinical has taught me that to be a good nurse you have to listen and show empathy toward others in order to provide good care."

— Sophie Skinner, third-year nursing student

Dillin appreciates the students' ability to engage with the diners in a way that is kind, generous, and genuine. "The diners actually look forward to the weekly visits from the students, because they are so willing to talk with them without judgment," she said. "The students remember the diners' names and details that have been shared."

Sophie Skinner, a third-year nursing student from Temecula, California, has grown close to a mother and son who regularly attend the program. "This parent loves to share about her life and what has led her to where she is now. Talking to her has taught me that a mother will do anything for her child — she would go to any length to protect him and provide for him the best she can. She has faced so much adversity, pain, and trauma in her lifetime, yet she is still such a positive woman."

"This clinical has taught me that to be a good nurse you have to listen and show empathy toward others in order to provide good care. It has shown me that it is not always about providing medicine but being there to listen and provide support for people when they need it," Skinner said. "This community has become so important to me. I have loved engaging with them every week because it has offered me insight on struggles they are facing and humbled me to become a better nurse."



Blood pressure checks and well-rounded meals contribute to better health for the diners.

As the baked chicken, Swiss chard, and mashed potatoes are served to each table, third-year nursing student Carolina Chirinos chats in Spanish with 65-year-old Carlos, who emigrated from Cuba when he was 21. She laughs as he describes being a *mujeriego* ("a womanizer") in his younger days.

Carlos has attended the dinners on and off for nine years. He drove a truck for 35 years until the work took its toll on his body, hurting his back and shoulder. In addition to the meal, he appreciates getting his blood pressure checked and receiving foot care. He rents a room nearby and is on Medicare, but says dental care is hard to access.

Chirinos, a first-generation college student whose father immigrated to the U.S. from South America and whose maternal grandparents are from Mexico, relates to the struggles of the poor and foreign-born.

"I've gotten to know the guys here who speak Spanish. Many are immigrants. Most don't have family nearby. They struggle to advocate for themselves because of the language barrier. It's really touched me. I see a lot of health disparities," she said. "There are also cultural barriers, such as how one defines pain and a distrust of health care providers."



"THE GOAL IS TO LEARN HOW TO CONNECT AND DEVELOP RELATIONSHIPS WITH MARGINALIZED PEOPLE, BECAUSE ONCE YOU [DEVELOP] RAPPORT AND TRUST WITH PEOPLE, YOU ARE ALSO MORE LIKELY TO BE ABLE TO PROVIDE BETTER CARE FOR THEM."

— Tara James

Chirinos is thinking of pursuing a community health career to help improve care. "My brother had chronic asthma. For some of my childhood, my family didn't have health insurance so I spent *hours* at free clinics as a child. We'd have to drive far and wait forever.

"This has also given me a different perspective on the homeless population. Many people think, 'They're all on drugs,' but I know from talking with them, they work hard. Sometimes life doesn't work out. I didn't expect so much conversation and to form relationships," she said.

That's music to the ears of Tara James, adjunct nursing professor at SPU, who coordinates the community health practicum. "The goal is to learn how to connect and develop relationships with marginalized people, because once you [develop] rapport and trust with people, you are also more likely to be able to provide better care for them. Patients are more likely to trust their nurse if they feel they have something in common, or they feel like the nurse cares."

The "soft" skills of communication and empathy are strengthened as the students play checkers with the diners, make small talk over vegetable soup, and pass out books and rolls of toilet paper. Familiarity paves the way for blood pressure checks and blood glucose screenings, as well as encouragement to visit a doctor or dentist for follow-up.

PNA has contracted with Medical Teams International to bring its mobile dental van — a refurbished RV with two dental suites — to the church parking lot monthly. The clinic offers mainly extractions and cleanings while more complex procedures, such as root canals, are referred to brick-and-mortar dental clinics in case of complications and necessary follow-up

Nurses learn "soft" skills of empathy and communication with a community health practicum.



care. Today, the mobile clinic is staffed by two dental hygienists and Christopher Delecki, senior attending dentist at Seattle Children's Odessa Brown Children's Clinic.

"The student nurses do prescreening, which is very helpful," said Delecki. "They take vitals, do COVID screenings, and record health histories. It's good for them to understand the role oral health plays in overall health."

Dillin is grateful for the role the nurses-in-training play in helping her clients know their value. She recalls a younger diner who attends the dinners sporadically due to addiction and homelessness.

"The nursing students were hosting a foot care clinic, and I coaxed him into having his feet cared for," Dillin said. After his toenails were clipped and his feet were carefully washed, soothed with lotion, and covered in clean socks, she saw him leaving. "I asked him about his experience, and he said, 'I've never had anything like that before. I don't deserve it.' I assured him he most definitely deserved it.

"Every person has a story. Each is someone's son, daughter, brother, sister, father, mother. They are real humans with real struggles and real feelings. They may have made bad choices, but that doesn't mean they aren't worthy or deserving of love and respect." ■

Home for the holidays: What to expect when your student comes back from college

BY JEFF JORDAN

MY WIFE AND I might not be the best examples of helping a student transition during their first term in college. We missed Parents' Weekend at our daughter's college, and we didn't realize she had a full week off at Thanksgiving. Our daughter was gracious but took many opportunities to "remind" us of our gaffes. Let's just say the next year we took her to many restaurants in the vicinity of her university in our efforts to make up for the errors.

That's probably not the experience of most parents with their college students. You would think my years of experience as a university administrator would have taught me a thing or two to enrich my own family interactions. But, as we all know, we are human, with many blind spots, and God certainly is not done with us (me!) yet.

For the past 17 years, I've served in a variety of roles at Seattle Pacific. All of them have been centered on the lives of the students at this university, so I've gotten to know our students well. I've also had the great pleasure of writing to SPU parents as their students head home for quarter breaks or holidays.

When I started writing to parents, my own children were in grade school. They have now graduated from college, moved out of the house, married, and embarked



ILLUSTRATION BY ZARA PICKEN

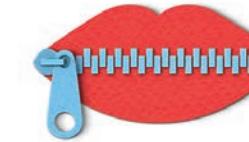
on their own careers. In the beginning, I had some good ideas about how to encourage conversations between parents and their college-aged children. But there is no better teacher than real-life parenting. And, in this case, parenting one's own college students!

Our children had relatively good college experiences, but it was eye-opening when we sat with them as they spoke about their joys and sorrows, their accomplishments and failures, or their relationships with friends and faculty. My wife and I listened to them wrestle through ongoing decisions about a major, their dreams of summer fun versus the reality of the summer job, and many other aspects of their journeys. Listening in real time to the stories of loved ones adds a deeper understanding of this transition to adulthood. And there is a richness to the experience that comes from the connection and love of a child.

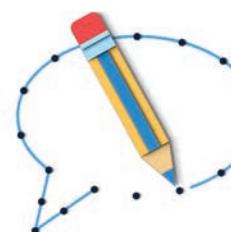
Amid all the challenges of this past year, the professional journal *Leadership Exchange* invited me to reflect on the work we do in higher education to develop our students. I chose to focus on how we offer encouragement and hope to students — advice that might be helpful to all parents, but perhaps especially to parents of college students as their kids return home for the holidays. Here are my thoughts:



LISTEN CLOSELY. Take the time to hear not only your college student's words, but also their tone, mannerisms, and silence. This past year, many of us appreciated the convenience of virtual communications via Zoom or Teams, but those platforms may not have helped us develop the skills for deep listening, which requires greater energy and focus.



INTERVENE CAREFULLY. There may be times when you and your student are uncomfortable talking about their journey. Questions can seem invasive. Comments can be misconstrued. Taking a step back might be the best option in the moment. Your student has changed and is changing. Difficult subjects may have been discussed prior to college. Regardless, there will be times when you and your student won't have the same opinion or perspective. Be genuine, and work to deepen the relationship now for the times to come.



UNDERSTAND DEEPLY. Your student will be experiencing many new things, meeting new people, learning new concepts, and making decisions. As you have conversations, keep your mind open to understand your student's context. Learn about the internal and external pressures they face. Do your best not to make assumptions, but rather go beneath the surface of the words. Use the wisdom of your years to understand your kids more fully.



ACT GRACIOUSLY. Remember, you and your student are journeying together through unknown terrain. You will most likely be surprised sometime in this journey. For me, it was when my son decided to stop playing basketball for SPU. The conversation struck at a core of his identity; since he was a small child we had seen him as an athlete. A student's many gifts or interests may need to be set aside. That can be difficult for all. Extend a gracious hand to provide assurance and a foundation for your student and you to take the next step — whether it's an easy or a difficult one.



APPRECIATE AUTHENTICALLY. Don't hold back from articulating and showing your appreciation for your student. In the process of listening, understanding, and sharing, there will be a greater knowledge of your student's growth and development. Find tangible and genuine ways to appreciate your student.



CELEBRATE APPROPRIATELY AND FULLY. This may look different for each student. Some may relish public recognition. Others may want a thoughtful, written note that clearly highlights accomplishments and your appreciation. Whatever their preferences, these moments of celebration will inspire, motivate, and set the stage for building a deeper, solid relationship. ■



Jeff Jordan is vice provost for student formation and community engagement.



Pole vaulter Scout Cai is over the top

SEVENTH GRADE. It's a time when many kids try to be part of the "in crowd."

Scout Cai took a different approach. She became part of the up-and-over crowd in middle school — up and over a pole vault bar, that is.

"My friends were doing it, and it was like, 'I don't want feel left out,'" Cai recalled of her introduction to the sport. "So I did it with them."

"It definitely took some time. I think eighth grade was when I realized I was pretty decent at it," she said. "I just rode with it in high school, and here I am in college."

During Cai's college career at SPU which concluded last spring, she vaulted to numerous honors, from conference championships to All-American recognition.

"We knew how special she was in high school, and she certainly has had some moments here that justified that," Track and Field Head Coach Karl Lerum said.

As a junior in 2019, Cai earned All-American in the pole vault with an eighth-place finish at the NCAA Division II Championships, and she also made All-American in the heptathlon by placing seventh in that two-day, seven-event

FALCONS BY THE NUMBERS

1

Seattle Pacific's place at the GNAC women's track & field meet May 2021

2

The Falcons' position in the inaugural GNAC rowing regatta, May 2021

3.90

The cumulative grade-point average for the women's cross country team, setting a GNAC record for highest ever by any team in any sport

5

Final national ranking for the women's soccer team after putting together a 7-0-1 record

endurance test. (In 2018, she placed fifth in the indoor pentathlon for another All-American award.)

After her 2020 outdoor track season was canceled because of the coronavirus, Cai took advantage of the NCAA decision allowing student-athletes to keep that year of eligibility and use it in 2021.

"Honestly, it fit right into my plans to take a gap year and get ready for [physical therapy] school," said Cai, whose collection of honors also includes several for academic achievement.

Pursuing both the heptathlon and the pole vault can pose a significant physical strain, so Cai chose to focus on the pole.

"I do miss the multis sometimes," she said. "But I think over the years, I did what I could in the multis. Pole vaulting is my favorite event, and focusing on that was more important to me than doing other events."

That focus yielded rewards. On April 30 at the Buc Scoring Invitational meet in Spokane, Washington, Cai cleared 13 feet for the first time — 13 feet, 2 1/2 inches — to break the Great Northwest Athletic Conference record of 13 feet, 1 3/4 inches. A few minutes later, she went even higher at 13 feet, 3 inches.

"Everything just clicked that day," Cai said. "The weather was perfect. I was more relaxed at that meet compared to other meets. I felt like, 'Finally! I finally hit 13 feet.'"

Cai went on to win her second straight GNAC pole vault title and again qualified for NCAAs before taking off her uniform for the final time.

"A lot of good memories of Scout are thinking about the first time she did this, or the first time she did that, as well as different things she has qualified for at the national level or scored at the conference level," Lerum said. "Scout is unlike any kid I've ever worked with. I think she's very unique and special." ■

BY MARK MOSCHETTI

COURTESY OF SPU ATHLETICS

SPORTS RETURN TO SPU

A SENSE OF normal gradually returned to the world of athletics.

For Seattle Pacific, that meant getting back to a regular schedule of sports, starting this past fall with the resumption of cross country, men's and women's soccer, and volleyball.

Soccer and volleyball competed with abbreviated, nonconference schedules in the spring of 2021. The women's soccer team was nationally ranked and put together an 8-0-1 record. On the men's side, SPU went 3-2-1. The volleyball squad was 11-7. Just one cross country meet took place, and Seattle Pacific won both the men's and women's races.

For those four fall sports, one of the most significant aspects of getting back into the normal routine was the opportunity to compete for a Great Northwest Athletic Conference championship and to aim for an NCAA postseason spot. No conference competition took place for any of them during the 2020–21 school year, and all of the fall national championships were canceled, as well.

With winter now approaching, SPU's basketball teams, along with the indoor track and field teams, can aim for conference titles and postseason spots once again. The men and women played independent basketball schedules last winter with no playoffs. Indoor track athletes did not have any meet opportunities.

The new basketball season tipped off in mid-November with preseason tournaments. The GNAC schedule gets going in earnest after the holidays.

Indoor track, which always has just a handful of regular-season meets before the conference and national championships, starts in January.

Outdoor track and women's rowing did go off as scheduled last spring, complete with GNAC and NCAA meets. The 2022 seasons for both will resume in March. ■

COURTESY OF SPU ATHLETICS

10

Number of victories by the men's basketball team in its 13 games last winter. The Falcons had a pair of five-game winning streaks

11

Total number of titles won by the Falcon women out of the 21 events on the docket at the GNAC track & field meet

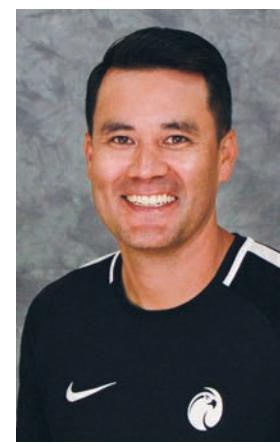
34

Number of Falcon student-athletes who earned GNAC Faculty Athletic Representative Scholar-Athlete Awards for maintaining a 3.85 or higher grade-point average

90

Total blocks by volleyball freshman Hannah Hair in 17 matches last season, 23 more than the second-highest total in the GNAC

SAKUDA HIRED AS MEN'S SOCCER INTERIM HEAD COACH



FOR SEVERAL YEARS, Kevin Sakuda waited for an opportunity to be a head coach. When that opportunity came along, he didn't have to go far to seize it. It was just down the hallway.

This past fall, Sakuda took charge of Seattle Pacific's men's soccer team as the interim head coach. He was appointed to the position in late August after Mark Collings, who guided the Falcons for the previous 13 seasons, resigned to accept a coaching job at the University of Washington.

Sakuda served as the lead assistant coach for Seattle Pacific women's team since 2017. In fact, the women's soccer office, which he shared with head coach Arby Busey, is just a few steps away from the men's soccer office on the third floor of Brougham Pavilion.

"It has been bittersweet in some ways just because I'm joining a new group, which means I'm leaving the women's side," he said. "But it's an opportunity I've been wanting for years, to lead my own team and be a head coach."

Sakuda had a nine-year professional career, including six seasons with United Soccer League's version of the Seattle Sounders before that club made the move to Major League Soccer. He was a volunteer assistant with SPU women's soccer for two years before being elevated to lead assistant.

From the time he was appointed to the interim men's job, Sakuda had just a few weeks to prepare for the start of training camp and the early September season opener. That left him with a full plate of things to get done in a short period of time.

"It is what it is. I don't know if there's ever a perfect time," he said. "In some ways, it forces me to just dive in and do it, and not overthink it. I'm in the process of connecting with all the guys. The first step is get to know them and let them get to know me."

A product of Mission San Jose (California) High School, Sakuda lettered all four years on the Duke University men's soccer squad before graduating in 2002 with a bachelor's degree in psychology and a minor in markets and management.

He was selected by San Jose in the third round, the 39th pick overall, of the 2002 MLS SuperDraft.

Former soccer coach Collings, in his 13 years at the helm, directed the Falcons to a record of 129 wins, 68 losses and 32 ties. They won back-to-back Great Northwest Athletic Conference championships in 2014 and 2015 and reached the NCAA Tournament five straight times from 2011 to 2015. ■



ADVENT A TIME OF ILLUMINATION

ILLUSTRATIONS BY IVANKA DEMCHUK & PETER VOTH

AS EACH YEAR draws to a close, there is often a frenzy of activity. There are holiday parties and Christmas programs to attend. Presents to wrap. Cards to sign. At work, there are year-end tasks to clear. At home, there are rituals of tree trimming and decorating; baking and gift-giving. There are preparations for travel or to receive guests.

It can be almost ironic to hear the words to that most classic of Christmas carols, "Silent Night, holy night. All is calm ..."

But it is in the stillness that Christ breaks through to us and to this world. It is in the quiet places that we can contemplate the miracle of his birth and the majesty of the one who lived on high yet presented himself to us in

the lowliest of circumstances.

In the following pages, we share with you some voices from our SPU campus — meditations of professors Scott Cairns and Rick Steele; the thoughts of Dominique Gilliard, who was a guest speaker on campus this fall; and past reflections of alumnus **Eugene Peterson '54**, who went to his glory in 2018. Their four Advent meditations provide a weekly opportunity to pause and consider how Christ can still break through the noise and clutter to speak to us today through nature, through the mess of humanity, through loss, and through solidarity and longing for a more just world.

For further reflections, Scripture, and music selections for this Advent season, visit spu.edu/Advent2021.



WEEK ONE

A DESICCATED EARTH AWAKENS

BY SCOTT CAIRNS

I RECALL MY FIRST TRIP to the high desert of Southern Utah, where I'd gone to hike among the red stone pillars of Arches National Monument. I had gone only a little way along the trail — marveling at the enormous spaces that dwarfed me, the immense arches and towers of impossibly red rock, the daunting expanse of Utah's unique, pastel blue sky that seemed endless in its reach — and then I looked down. A flash of vivid color caught my eye and held it.

I was startled to see the brilliant, deep magenta of a cactus flower just off the trail. The cactus plant itself was unremarkable, except, perhaps, that it was almost completely brown, sun-cracked, wind-bent, and as far as I could tell, nibbled. The plant itself seemed more dead than alive; still, from the tip of one scarred, paddle-shaped appendage poured a marvel of brilliant color, a renewal of brilliant life.

And then, having noticed that one flower, the one burst of color, my eye was thereby led to another flower just beyond the first, and then, just beyond the second, yet another. As I raised my eyes to take in the foreground, I was startled to realize that these brilliant flowers dotted the landscape as far as the eye could see. They had been there all along, but until I had seen the first, I'd been oblivious to their presence, blind to their broadcast beauty.

In the middle of his prophecy announcing the regeneration of the earth, the holy prophet Isaiah announces, "the wilderness and the dry land shall be glad, the desert shall rejoice and blossom; like the crocus it shall blossom abundantly and rejoice with joy and singing." This image is one of substantial

resurrection; that is, the very stuff of a desiccated earth awakens, quickens, blossoms in new life.

Recall the familiar story of the paralytic, a man whose body had withered into another sort of desert, whose body was itself devoid of life's energies. This story has, of late, come to suggest to me my own intermittent dryness and paralysis, a bland species of despondency, a nagging sense that the evil in the world — and frankly, even the occurrences of evil in my own neighborhood — are not to be overcome. This is the sort of paralysis from which I must pray to be healed. Daily.

When I read again how "the man's friends" struggled to place him before our Lord, and when I read again how Christ, seeing the faith of the *friends*, forgave the *paralytic*, I glimpse again his compassion and his power, and I glimpse as well how corporate a chore this business of healing may turn out to be. One Body. Of many.

Perhaps my own (our own?) habitual torpor might be healed this season; perhaps, at the appearance of the Word and with the faithful assistance of those who love us, this nagging sense of futility and of powerlessness might be replaced with the faith to rise up, the strength to lift our beds, the willingness to walk. And perhaps Isaiah's words propose as well that the barren desert of human generation will also bloom and bring to lush fullness the desiccated hearts of humankind. May we become fonts of his love and mercy, and may we be wells of living water, refreshing those around us, even as we are restored.

Scott Cairns is a professor of English and the director of the MFA program at SPU.



WEEK TWO

GIVING BIRTH TO GOD'S KINGDOM

BY EUGENE PETERSON

BIRTH, ANY BIRTH, is our primary access to the creative work of God. And we birth much more than human babies. Our lives give birth to God's kingdom every day — or, at least, they should.

But the actual birth of Jesus has never been an easy truth for people to swallow. There are always plenty of people around who will have none of this particularity: human ordinariness, body fluid, raw emotions of anger and disgust, fatigue, and loneliness. Birth is painful. Babies are inconvenient and messy.

As it turned out, the ink was barely dry on the stories telling of the birth of Jesus before people were busy putting out alternate stories that were more "spiritual" than those provided in our Gospels.

In these accounts of the Christian life, the hard-edged particularities of Jesus' life are blurred into the sublime divine. "Jesus was not truly flesh and blood but entered a human body temporarily in order to give us the inside story on God and initiate us into the secrets of the spiritual life." And, "Of course he didn't die on the cross, but made his exit at the last minute. The body that was taken from the cross for burial, was not Jesus at all but a kind of costume he used for a few years and then discarded."

If we accept that version of Jesus, we are then free to live the version: We put up with materiality and locale and family for as much and as long as necessary, but only for as much and as long as necessary.

Those of us who take this point of view no longer

have to take seriously either things or people. Anything we can touch, smell, or see is not of God in any direct or immediate way. We save ourselves an enormous amount of inconvenience and aggravation by putting materiality and everydayness at the edge of our lives, at least our spiritual lives. Mountains are nice as long as they inspire lofty thoughts, but if one stands in the way of our convenience, a bulldozer can be called in to get rid of it. Other people are glorious as long as they are good-looking and well-mannered, bolster our self-esteem, and help us fulfill our human potential, but if they somehow bother us, they certainly deserve to be dismissed.

But it's hard to maintain this view of things through the Christmas season. There is too much stuff, too many things. And all of it festively connects up with Jesus and God. Every year Christmas comes around again and forces us to deal with God in the context of demanding and inconvenient children; gatherings of family members, many of whom we spend the rest of the year avoiding; all the crasser forms of greed and commercialized materiality; garish lights and decorations. Or maybe it's the other way around: Christmas forces us to deal with all the mess of our humanity in the context of God who has already entered that mess in the glorious birth of Jesus.

Eugene Peterson '54 was a pastor, professor, biblical scholar, and author of more than 30 books including his paraphrase of the Bible, *The Message: The Bible in Contemporary Language*.





WEEK THREE GRIEVING MOTHERS

BY RICK STEELE

YEARS AGO, while I was serving as an intern pastor at a church in Vermont, the senior pastor sent me to call on a woman who hadn't attended worship for a while. My job was to encourage her to return. But first, I had to understand why she had stopped coming.

When I asked, she said she couldn't stand the pity she received from the congregation. She and her husband had been childless for years and had undergone fertility treatments. Eventually, they conceived. Their son, Chad, was healthy at birth, but at age 3 he contracted a terrible disease, and, after a short illness, died in his mother's arms. After telling me this story, the woman looked at me and asked, "Why did God let my baby die?"

The pious answers she kept getting from her church friends didn't comfort her at all. Indeed, such "comfort" as anyone can give to a grieving parent does not consist in explaining the death of the child, but in remaining faithfully — and often silently — present to the bereaved. We are instructed to "weep with those who weep" (Romans 12:15), not talk them out of their sorrow.

Grieving mothers play a key role in the Christmas story. A group of Persian priests, known as *magi*, saw a bright new star in the sky and understood it to foretell the birth of the "king of the Jews" (Matthew 2:2). They followed the star for hundreds of miles and came to Jerusalem, the capital of the Roman province of Judea. Herod, then reigning as the client king of Judea, sent them to Bethlehem, where the ancient prophecies said the "shepherd of Israel" would be born, and

ordered them to return to him with the details. Herod said that he wanted to pay the child homage, but, in fact, he meant to kill his tiny rival.

The *magi* were warned in a dream *not* to return to Herod and left for Persia by another way. Herod was not deterred. In a rage, he sent his soldiers to slaughter *all* the male children in Bethlehem under 2 years of age to make sure no one would usurp his throne. Here's how Matthew concludes this grim scene: "So the words spoken through Jeremiah the prophet were fulfilled: 'A voice was heard in Rama, wailing and loud laments; it was Rachel weeping for her children, and refusing all consolation, because they were no more'" (Matthew 2:17-18).

To this day, the Roman Catholic and Anglican churches celebrate Holy Innocents' Day on Dec. 28, and the Eastern Orthodox churches on the 29th. It deserves a place on Protestant calendars, too, for it reminds us there are dark forces at work in the world, opposing God's plan and doing great damage to God's people.

We don't know why God didn't rescue the other children from Herod's wrath, just as we don't know why God let little Chad die in his mother's arms. We do know God ultimately triumphs over these hostile forces. Jesus was spared as an infant to make possible his sacrifice for all of us on Good Friday and his defeat of death on Easter Sunday.

Rick Steele is professor of moral and historical theology at SPU.



WEEK FOUR ADVENT AS SOLIDARITY

BY DOMINIQUE GILLIARD

ADVENT REMINDS US that we serve a God who intentionally chose to enter into our world and into our lives.

God did not have to, yet God elected to intervene on our behalf. Compelled by love, Jesus — in selfless abandon — forsook comfort, safety, and heaven's *shalom* to stand in solidarity with humanity.

This costly decision was taken for granted by mankind. In spite of Jesus sacrificially taking on human flesh — becoming Emmanuel — he was rejected by those he came to save.

He was the victim of state-sanctioned violence, torture, and crucifixion. Nevertheless, Jesus remained faithful to his mission, to God, and to his neighbors. This faithfulness, in the face of persecution, is what births our own liberation.

As Christ's followers in the world today, how does this impact how we observe Advent? How is Jesus' solidarity with "the other" prescriptive for us today? As Christians, are our lives not intended to be patterned after Jesus' life?

We are not saviors (nor should we ever attempt to be), but we are co-laborers with Christ. As such, we are summoned to choose to be in solidarity with all the people that Christ loved.

Our choice to sacrificially stand with others who are downtrodden, voiceless, or marginalized can also birth freedom and liberation. We do not have the power to rid the world of sin itself, but we do have the ability to lift people up from the effects of sin in the world.

My heart breaks every time I hear Christians respond to the effects of systemic sin by saying, "That's not my community's issue. We have our own issues to deal with."

Or I hear, "I don't understand what that has to do with me." This self-centered mindset — that immigration is a Hispanic issue; that mass incarceration is a Black or brown issue; or that sexism is a women's issue — is part of what sustains systemic sin.

When I take the incarnation of Christ seriously, I am forced to conclude that Christians — a peculiar people who elect to stand in solidarity with our neighbor — are called to enter in, even when we "do not have to."

When we choose solidarity — especially at the expense of privilege, comfort, and social status — for the good of our neighbor and the furtherance of the kingdom, we become more Christ-like. Choosing solidarity is a spiritual practice that prompts us to look not only to our own interests, but also to the interests of others.

This season reminds us that we live between Christ's two comings. We live in response to Jesus' first Advent, when he inaugurated the rule and reign of the kingdom of God here on earth. As we await his second coming, we are not just idly waiting, twiddling our thumbs and passing time; we are called to wait with expectation and in anticipation.

We are called to active waiting. Our waiting prepares us, and the world, for Christ's return. We wait in the mold of John the Baptist, preparing the way for the Lord. How we wait ultimately dictates how we live, and we are called to wait with purpose. ■

Dominique Gilliard is the director of Racial Righteousness and Reconciliation for the "Love Mercy Do Justice" initiative of the Evangelical Covenant Church.



When the holidays hurt

By Amy Quist
Illustrations by Blake Cale



Christmas is marketed as the happiest season of all, but for those who have lost a loved one, the holidays can be a very painful time. Amy Mezulis, professor of clinical psychology, has a deep professional understanding of grief, along with first-hand experience navigating the complexities of the holiday season in a time of loss.

Her husband, Matt Bencke, died in the fall of 2017 from an aggressive form of pancreatic cancer. Matt had only been diagnosed 12 weeks before his death.

"We have two daughters, and Thanksgiving has always been the most important holiday in our family," Mezulis said. "The focus of Thanksgiving is food and gathering with loved ones. Gratitude is the center, which is a very important life value to me. Without a doubt, Thanksgiving was the hardest without Matt."

For 12 years, the family alternated between trips to Hawaii and celebrating Thanksgiving at home. The year Matt passed away, they had already booked their trip to Maui before Matt was diagnosed.

"The trip was planned for what turned out to be only two weeks after the memorial service," Mezulis said. "That became our first holiday decision after he died. Do we stay home, or do we go? Ultimately — and this became a guiding principle for us — we simply asked ourselves which would feel less bad: Miss this important family tradition, or go without Matt?"

They decided to go. "There's no right or wrong answer in a time of grief," she said. "Some bereaved people feel it's important to maintain the same traditions to honor the person who has died. But others find traditions too painful while grieving and find more comfort in starting new traditions. The girls and I talked it over and decided to go to the same place in Hawaii we'd always gone and be sad there. It was critical for us to feel that we were still a family, even though we were missing a person."

Mezulis was also concerned that if the family stayed home, they'd experience a triple loss — not only the loss of Matt and their sense of family, but also the loss of their beloved holiday tradition, which could lead to additional grief.

"In Hawaii we did all the familiar things," Mezulis said. "We ate in the same restaurants, stayed in the same hotel. It was heartbreakingly awful but also beautiful. We spent the whole weekend with memories, telling stories about Matt."

They also took some of Matt's ashes and distributed them on a familiar stretch of beach.

"It became a new thing, recognizing the day. It was beautiful and sacred. But we were also exhausted from the activity and emotion surrounding Matt's hospice, death, and the overwhelming details that follow the passing of a spouse. We made it to Hawaii, but I remember sleeping 11 hours, four nights in a row."

For those who are grieving, the holiday progression of Thanksgiving, Christmas, and New Year's gatherings can feel like a triple blow.

"We went through another big decision at Christmastime," Mezulis said. "We always go to Cle Elum and spend Christmas with my parents, and we host a big New Year's Eve party with family friends. We discovered a way of following a

"It's a human instinct, when things are hard, to avoid or escape.

In the wake of grieving, many people make quick decisions like selling their houses or skipping gatherings to avoid any kind of reminders." — Amy Mezulis

tradition similar to what we'd done before but making it new by adding different people — using it as an opportunity to celebrate and remember. That was the one thing Matt asked for. He knew he was dying, and he asked to simply be remembered, to remain part of the family."

Mezulis and her daughters found other ways to mark his passing throughout the year. On Matt's birthday, they celebrate him with his favorite foods and a cake. On the anniversary of his death, they take time to feel sad and remember. But despite new traditions, the holidays are the time they miss Matt the most.

"We keep our traditions," Mezulis says. "Since our girls were small, we've kept doing the same Thanksgiving craft they did in preschool: We trace our hands on colored paper to look like turkeys and write notes of gratitude. Every year at least one of the notes says, 'I'm grateful that Dad is in heaven, and he's not in pain anymore.' He's still part of our table, and we still feel that he's there."

One of the challenges for Mezulis has been facing other losses that bring up fresh grief. In 2020, much-anticipated family gatherings were canceled because of COVID-19. Then a close family friend died on Christmas night, in a situation much like what Matt suffered. She had a short battle with a rare, aggressive cancer and died without much warning.

"It was really hard for the group of friends who normally gather at the holidays," Mezulis said. "It was like replaying Matt's death all over again. It's going to be very hard this year to have two people missing. The normal holiday parties and New Year's event will be when it is most obvious that they're not with us. So we enter another round of grieving."

As a professional psychologist, Mezulis specializes in depression and adolescent development, which gave her some skills to help her daughters through the loss of their father.

"I'm grateful for my training," she said. "My daughters were 12 and 15 when Matt died. In addition to my concern as a mother, I had professional expertise to fall back on. I knew the importance of getting them into counseling, a place where they could talk about their feelings. But still, I can't separate the human part and the professional parts of myself. Even though I'm a trained psychologist, my own grief journey was sometimes mystifying."

On the first anniversary of Matt's death, Mezulis remembers feeling very disheartened about her progress. It had been a year, and she imagined she would feel better than she did.



"I thought something magical would happen at the one-year mark," she said. "What I missed seeing — and this is ironic, since I'm a psychologist — was that we actually weren't even grieving yet. There was so much shock around Matt's diagnosis and rapid death that I realized even after a year, we were still experiencing a trauma response instead of grief. There are big chunks of time I don't remember. We were in survival mode."

She recalls the many decisions and details a surviving spouse must handle: insurance, public records, notifying friends, canceling contracts, settlements.

"Somehow it all got done," she said. "The girls made it to school, and we kept going. But I don't remember feeling sad. I just remember numbness. It took a long time to move from that survival response into grieving."

According to Mezulis, it's helpful to recognize the difference between shock and grief. Grief, she says, typically has emotion attached to it — anger or sadness — while shock can leave a person with little feeling at all.

"I'm sure I cried," she said, "but inside I felt pretty empty. I was going through the motions. When Matt got sick, things happened very quickly. From the time of his diagnosis, he was hospitalized four times in six weeks, then spent just six weeks on home hospice. It felt like I didn't have time to grieve, to even sit down long enough to be sad or angry. That would have been a luxury. There was so much to do. The kids were in school, and I had a job to maintain, along with graduate students to train. I was so busy keeping us from drowning under the to-do list that all I could do was put one foot in front of the other."

Once life settled down, Mezulis thought she'd experience closure, or at least progress. "But I was only beginning to know the emotional reality," she said. "Grief is not linear. Everyone has their own trajectory."

Mezulis is clear there are no "best practices" to navigate the holiday season.

"The idea of 'best' practices sounds like judgment," she said. "My suggestion is do whatever you need to in order to get through it."

Still, Mezulis shared some principles that might help. Communication is first on the list.

"A loss impacts many people," Mezulis said, "though each may have had a different relationship with the departed person. And though not all losses are 'equal' in impact, losses are shared. I recommend talking with others who were also affected by the loss. In our family, we communicated about what we each needed, putting all the needs on the table. It's a time to come close to one another. Losses teach us how important our relationships truly are."

If one danger of grief is getting stuck in remembrance, Mezulis says, the other danger is avoidance.

"It's a human instinct, when things are hard, to avoid or escape. In the wake of grieving, many people make quick decisions like selling their houses or skipping gatherings to avoid any kind of reminders. While that may be the right thing to do, we need to be aware of our instinct for avoidance. A break from things that trigger grief might get you through the day — and that's OK — but ultimately we can't avoid our losses forever."

Mezulis offered a few ideas for how to help people struggling through the holidays. First, combat the temptation to avoid hard topics. A grieving person can feel even worse if no one is willing to bring up the name of the departed loved one. One of the best things a friend can do is open the door to communication.

"It's OK to ask, 'How are the holidays for you?' 'How can I support you?' Say the name of the lost loved one. Tell a story. Share a remembrance, even long after the person has died. Bring the lost person back into the event."

People care about our pain, Mezulis said, but they may not want to upset us by mentioning something hard. On the other hand, the grieving person doesn't want to burden others with their sadness.

"We all end up dancing around the painful issue, which becomes the elephant in the room," she said. "In my case, I talk about my husband, and I don't want people to be afraid to talk about him, too. He's a huge part of my life, and I try to make it normal to talk about him."

Mezulis identifies herself as someone who lives in the gray. Life is messy with few absolutes, she says, but one way to turn that to our advantage in a time of grief is the principle of both/and.

"We can move forward and enjoy life, and we can honor and remember," she said. "Grief is a balance of those two things. We don't pretend the loss didn't happen. In our family, we remember Matt is gone, but we don't want to get so drawn into missing him that we're miserable. He wanted us to remember him and to continue living life and enjoying the holidays." ■



Unwrapping grief

In 2017, Professor of Moral and Historical Theology Rick Steele lost his daughter Sarah to complications from fibrodysplasia ossificans progressiva. For 32 years, Sarah Steele '07 struggled with the rare genetic muscular-skeletal disease before she passed away just before Thanksgiving and her birthday on Dec. 23.

Rick spoke to *Response* about holiday traditions, grief, and thoughts about how friends can help someone in loss.

How does your family celebrate the holidays, while at the same time honoring Sarah's memory?

We reminisce a lot while opening presents around the Christmas tree. This always brings tears and laughter, in about equal measure. Both responses are part of the ongoing, never-ending healing process. During Christmas dinner, we toast Sarah with a tall glass of chocolate milk. Sarah loved chocolate milk. It was, in fact, the last thing that passed her lips before her death.

Are there other traditions you do throughout the year to remember her?

We make an annual contribution in Sarah's memory to the International FOP Association. Participating in the IFOPA has been a major part of our family's life since we learned about the organization when Sarah was 6 years old.

You've spoken about the difficult balance between cherishing a loved one's memory versus fetishizing. Can you say more about that?

That's one of the most emotionally delicate and spiritually difficult challenges that grief presents. To me, cherishing someone's memory entails the stark recognition of death's finality and the imperative of allowing the treasured past to be the past, while also recognizing the power of memory to shape the identity and life of the survivors. In contrast, fetishizing the memory of the dead involves a kind of elaborate self-deception, whereby the past is somehow desperately projected into the present and futilely clutched at, as if the family clock had stopped. Cherishing is the kind of letting go that allows the survivors both to hold on and yet also to move on. Fetishizing is refusing to let go, and thus holding on prevents moving on.

How can concerned friends and family help someone who is grieving?

Remember that each person grieves in their own way, and at their own pace. Avoid giving them advice on how to "get over it," and set aside all expectations about when they will "get over it."

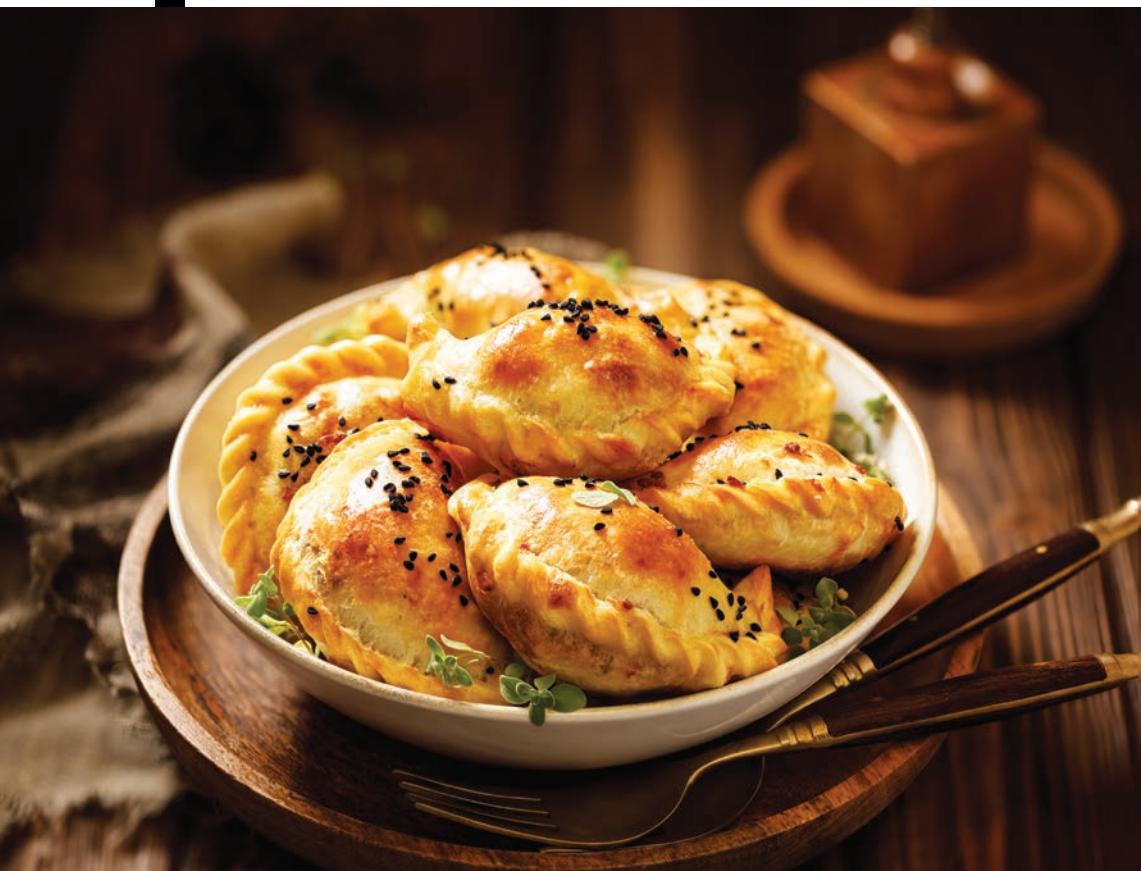
Pray for the bereaved. If it seems appropriate, inform the person you are praying for them. If it doesn't seem appropriate to tell them, pray for them anyway. Intercessory prayer is first and foremost an objectively powerful, if profoundly subtle and mysterious, act in and of the Spirit. Its efficacy is not that of a psychic tonic for the person being prayed for, although people of faith may indeed experience emotional relief from knowing they are being held in the divine Presence.

Share with the bereaved a favorite story about how the deceased touched your own life. Keep the story short, and don't worry about making it moving or edifying. The most comforting thing is the reminder that the deceased lived a genuinely human life, and that the filaments of that life extended in all directions, many of which may be unknown to the bereaved. One of the most moving sympathy emails we got after Sarah's death was from a family in India, whom we had never met. They had read the booklet that Sarah and her mother, Marilyn, had written for children with FOP and their families. This family told us that booklet enabled them to explain their own son's condition to relatives and neighbors in plain words and had demystified their son's condition and helped people interact with him more naturally.

Do something practical. Take over a casserole or cake or flowers. It's fine to do this shortly after the death, but it's even better, I think, to do it a month or two later. The bereaved often feel overwhelmed with attention the first two weeks after a death but might feel forgotten or abandoned thereafter.

Donate to the family's church or favorite charity in memory of the deceased. You needn't tell them that you have done so. If the church or charity is well-administered, it will inform the family. ■

SHUTTERSTOCK



A global feast

BY AMY QUIST

International faculty and staff share favorite foods and traditions from their native countries.

THE HOLIDAY SEASON USHERS in many time-honored traditions — wrapping gifts, sending out greeting cards with the latest family photos, unpacking beloved tree ornaments we haven't seen for a year. But what many most anticipate is gathering around the table with those special dishes that truly mark the arrival of the season.

The celebrations might include turkey and stuffing, but in our multiethnic Seattle Pacific University family, other culinary traditions abound. We're delighted to feature recipes from our international faculty and staff, along with the holiday memories that accompany these wonderful dishes. In addition to the recipes shared on these pages, you can find additional ones at spu.edu/globalfeast.



Dried Mushroom Soup

Joanna Poznanska

Professor of International Business

POLAND

CHRISTMAS CELEBRATIONS IN POLAND center around *Wigilia*, or Christmas Eve. Although women have been preparing food for days, the holiday officially begins with the appearance of the first star in the evening sky, reminiscent of the star over Bethlehem. Eager children search for the twinkling light of that first star, which signals the beginning of the festivities.

The Christmas Eve meal must include 12 dishes to represent the 12 apostles of Christ. In Poland, the *karp królewski*, or royal carp, is the central feature of the meal. Other holiday fare includes herring, cabbage, sauerkraut, beets, potato and walnut salad, and dishes with dried mushrooms picked in summertime and saved for Christmas.

The meal commonly begins with borscht served with very small dumplings — the smaller the dumpling, the more admired the baker! During the meal, each person takes a Christmas wafer and shares a piece with family members, exchanging wishes and blessings for a happy year and good health.

JOANNA: When I was a child, the Christmas season was absolutely magical. Winters in Poland are dark and severely cold, and I remember the warmth of carolers coming to our door to sing and receive small offerings of food from the family. Though I may be biased, Polish Christmas carols are some of the most beautiful and original in the world.

When I close my eyes, I can recall the rich smell of vanilla all through the house, as my mother and grandmother made compote

from white cherries and peeled pears. The children made paper chains and ginger cookies to decorate the tree.

I remember how busy the women were, preparing food for both Christmas Eve and Christmas Day — which everyone looks forward to because the Advent fast [observed with no eating on Christmas Eve until the sun sets] is finally ended — and how the women didn't want men in the kitchen putting their fingers into the dishes! Christmas was a season for friends and family, and we'd go from house to house visiting and eating too much delicious food at every place.

RECIPE:

Dried Mushroom Soup

Servings: 6 - 8

Ingredients

4 ounces dried mushrooms, such as Polish borowiki or Italian porcini
3 1/2 cups hot water
3 quarts beef, chicken, or vegetable stock
1 cup rinsed and drained pearl barley, optional
2 cups sour cream, plus more for garnish
2 tablespoons all-purpose flour
Salt, to taste
Freshly ground black pepper, to taste
1 cup cooked kluski (egg) noodles, optional
1 tablespoon coarsely chopped parsley or dill, for garnish

Preparation

Combine mushrooms and hot water in a large bowl. Let stand for 1 hour.
With your fingers, work mushrooms to release any grit. Let soak until very pliable, about 1 hour longer.
Lift mushrooms from the liquid. Cut mushrooms into large pieces and set aside. Reserve bowl of soaking liquid.
In a 5- to 6-quart pot, combine stock, chopped mushrooms, and pearl barley, if using. Pour the reserved soaking liquid into the pot, taking care not to disturb the grit at the bottom of the bowl.
Cover and bring to a boil. Reduce heat, keep covered, and simmer, stirring occasionally until the mushrooms and pearl barley are tender, 30 to 45 minutes. If making the soup ahead, at this point cool, cover and chill, up to overnight. Reheat to simmering and proceed with the next step.
In a medium bowl, mix the sour cream with flour and temper by whisking a little hot soup into the sour cream mixture.
Pour contents of the bowl into hot soup, whisking constantly on medium-high heat until it comes to a boil. Adjust seasonings with salt and pepper.
Remove from heat and ladle into warm bowls. Serve with kluski (egg) noodles, if using. Garnish with sour cream and parsley or dill, if desired.

SHUTTERSTOCK

Tamales

Mireya Garcia '20

*Director of College Ministries,
First Free Methodist Church*

MEXICO

TAMALES ARE a very old tradition, dating back to 8000 B.C. Mesoamerica. Pre-Columbian people made tamales without fat, but the preparation hasn't changed much — which means tamales are among the oldest recipes still gracing modern tables.

Although tamales can be purchased and eaten year-round, they remain a beloved holiday tradition for many Mexican families. Authentic preparation can involve as many as 100 steps, including grinding the corn from scratch, but here is a simpler recipe to try at home.

MIREYA: In my family, we make tamales on Christmas Eve day. Assembling the tamales is an event for all ages, and it takes hours to prepare. We make around 200 tamales to have enough for Christmas Eve and leftovers. It would be a great cultural faux pas to not send people home with food.

While mostly women put them together, any family member who lives in proximity comes to help — aunts, uncles, cousins, grandparents. We start in the morning. We already have the *masa* (corn meal), the *hojas* (corn husks), meat, the sauces, and the other fillings prepared.

In our family, we normally make tamales of pork and beef, red and green sauce, mozzarella cheese and *rajitas* (grilled jalapeno peppers). We form an assembly line to stuff, fold, cover with sauce, tie, and place the finished tamales in a pot of water to steam.

It's a loud, lively, and interactive process because we catch up on family news and reconnect as we assemble the tamales. It's more than just a holiday tradition; it represents the preservation of our cultural practices. After the wonderful meal, we open our presents at midnight.



RECIPE:
Tamales

Servings: 24 Tamales

Ingredients for the dough

4 cups Masa Harina
3 cups broth (beef, chicken, or vegetable)
2 teaspoons baking powder
1 teaspoon salt
1 teaspoon cumin
1 1/3 cups lard
8 ounce package of dried corn husks

Preparation

Soak the corn husks in a bowl of very hot water for 30 minutes or until softened.

Prepare desired filling. You'll need about 3 1/2 to 4 cups of filling for one batch of tamale dough. Some filling options include:

- Salsa verde chicken: 3 1/2 cups cooked, shredded chicken mixed with salsa verde (10 tomatillos boiled with 3 jalapeños and blended)
- Red chili pork: Shredded, cooked pork shoulder mixed with red sauce (1 package of dried chile guajillo, boiled and blended. Strain and then add salt)

Make the masa dough: In a large bowl, combine the masa flour and lard. Add chicken broth, little by little to form a very soft dough. The dough should spread like creamy peanut butter and be slightly sticky. Cover the mixing bowl with a damp paper towel, to keep the dough from drying out.

Assemble the tamales: Lay a corn husk, glossy side up, on the counter with the wide end at the top. Scoop about 1/4 cup of dough onto the top, center of the corn husk. Use your hands to press and spread the masa into a thin layer, about 1/4 inch thick. Keep the dough spread along the top half of the corn husk to allow plenty of room to fold the bottom husk up, when it's time.

Place 1–2 tablespoons of desired filling in a line down the center of the dough. (You don't want too much filling).

Fold one long side of the husk over the filling. Fold in the other long side, overlapping the first (like folding a letter). Fold the bottom of the husk up. Optional: Tear a long strip from an edge of one of the soaked corn husks and use it to tie the tamale, to hold it together.

Tie the tamales (optional): Tying the tamales can help you differentiate them if making more than one filling. However, you don't have to tie a corn husk string around them to secure them, as they will hold together without it, stacked upright, side-by-side in the pot.

Cook on the stove-top. Add water to the bottom of your stove-top steamer (few cups for a steamer pot—don't fill above the steamer rack). Lay a few extra corn husks on the bottom rack to keep the tamales from falling through and any boiling water from directly touching them.

Place tamales standing upright, with the open end up, just tightly enough to keep them standing. If using a steamer, lay a few soaked corn husks or a wet towel over the top of the tamales before closing the lid.

Steamer: Bring water to a boil. Once boiling, reduce to a simmer and steam for 45 minutes to 1 hour. Check them after 45 minutes.



Kūčiukai with Poppy Seed Milk

SCAN FOR RECIPE

**Dainius Vaičekonis***Assistant Professor of Piano; Director of Keyboard Studies***LITHUANIA**

IN LITHUANIA, CHRISTMAS EVE is the most important holiday celebration of the year. Many people fast from meat and dairy — some for one week before Christmas; others during the whole season of Advent.

The Christmas Eve table is prepared by scattering a bit of straw on top, as a reminder that Christ was born in a manger, and a clean white tablecloth is spread over the straw. Some families set a place to remember a departed loved one.

As in other countries of the region, the Kūčios (Christmas Eve) meal consists of 12 dishes. The dishes may vary depending on the family, but typical ingredients include beans, carrots, peas, cucumbers, mushrooms, potatoes, and herring. Sweet dishes are avoided until Christmas Day, except *kissel* (a fruit soup thickened with potato flour) or stewed fruit compote.

One special tradition involves a basket of *kalėdaicių*, thin wafers reminiscent of the Eucharist. These unleavened, rectangular wafers feature embossed Christmas scenes. The head of the house breaks and shares the wafers with each family member, and they in turn share the wafers with each other. Leftover wafers are sprinkled on each of the 12 Christmas dishes.

There's one dish that no Lithuanian Christmas would be complete without: *kūčiukai*, very small poppy seed biscuits soaked in poppy seed milk.

DAINIUS: Christmas Eve is a deeply meaningful and spiritual time. The whole family gathers to sing, pray, and remember anyone who passed away during the year. At the meal, no one talks about gifts. It's a wonderful time of reflection, hope for the future, and remembering the past year.

I find these traditions lend themselves to a time of cleansing and purification. When the meal is done — which can take quite a while with 12 dishes — we wait until midnight and attend a Mass service. Then, children open their presents. We laugh about small superstitions people no longer believe but still perform, like drawing straws to predict what kind of year lies ahead. But what I recall most is a lot of expectation about the magic and meaning of that night.

Ponche de Crème

Raedene Copeland*Assistant Provost for Inclusive Faculty Excellence; Associate Professor of Apparel Design and Merchandising***TRINIDAD**

CHRISTMAS IS A MAJOR HOLIDAY in Trinidad, marked by warm winds and abundant flowers. Christmas caroling groups, called *parranderos*, go house to house with guitars, wooden blocks called *toc-toc*, maracas, and other instruments, serenading their neighbors with *parang* — an upbeat music derived from the island's Spanish roots.

Trinidadians prepare and eat traditional Christmas foods throughout December and

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Moon Cakes

Xu Bian*Assistant Professor of Chinese
CHINA*

IN CHINA, THE SECOND-MOST IMPORTANT holiday (after New Year) is the mid-autumn festival, which occurs on the 15th day of the eighth lunar month, typically falling in September or October of the Western calendar. On this day, the moon is at its fullest and brightest, symbolizing reunion.

Family members gather to celebrate, appreciate the moon's beauty, and eat moon cakes. Some moon cakes are savory, others are sweet, depending on the region. These round cakes are cut into pieces that equal the number of family members. Fillings might include nuts, red bean paste, egg yolk, meat, or fruit. In some families, making moon cakes is part of the season's tradition, along with fashioning paper lanterns lit with candles to float in rivers or hang from trees.

XU: There are many ethnic groups in China with their own traditions, but in the Han culture, the autumn festival is one of the most important celebrations. Everyone tries to go home to visit family, observe the full moon, hear elders tell fairy tales about the holiday, and eat moon cakes.

Nowadays people often buy moon cakes from the bakery, but in the past they were made at home. Where I grew up in northeastern China, the moon cakes were hard and tasteless, so I didn't care for the autumn festival because I didn't like the cakes! When I moved to southeastern China to attend college, I found a wide variety of delicious moon cakes. I began to like the holiday, and even today, I send my parents a high-quality box of moon cakes to enjoy.

SCAN FOR RECIPE



Even today, I send my parents a box of high-quality moon cakes to enjoy.

— XU BIAN

rum, and cinnamon.

Another feature of the holidays in Trinidad is renovation. Because the island is small and properties are limited, people tend to live in the same houses for many years, and Christmas is a time to upgrade! People change the paint color of the house, add rooms, get new appliances, and purchase new sheets and curtains. And we can always count on family and friends to make the rounds and see what's new.

SCAN FOR RECIPE





Trifle

R. John Robertson

Assistant Dean for Instructional Design and Emerging Technologies
NORTHERN IRELAND

THE HOLIDAYS IN IRELAND provide a happy respite from dark and dreary winters, bringing weeks of cheery festivities, happy family reunions, and musical celebrations. Christmas events stretch from Christmas Eve until Epiphany on Jan. 6. A single candle lights the largest windows of homes, welcoming strangers — along with Mary and Joseph — to warmth and safety. Many Irish families observe Christmas Eve by attending midnight Mass.

The Christmas Day meal might feature smoked salmon, turkey, ham, soup, and a sweet trifle for dessert.

One Irish distinctive is St. Stephen's Day on Dec. 26 (called "Boxing Day" in the United Kingdom), celebrated with horse races and soccer matches (properly known as "football" if you're European).

In some towns, young men and women dress up in costumes

and go from house to house on St. Stephen's Day in the "Wren Boys Procession," carrying a replica of the legendary wren that gave away St. Stephen's hiding place to his pursuers. On Jan. 6, Epiphany is celebrated as Little Christmas or Women's Christmas, when women cease their household labors and let the men do all the work.

JOHN: I remember Christmas as a time of rest, when work and universities closed, and we returned to our parents' home. On Christmas, we had breakfast together and opened stockings and gifts. There was always a debate: presents before church, or after? My mother insisted upon gifts after church,

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Trifle is a popular Irish Christmas dessert made with layers of pudding and cake and fresh fruit.



RECIPE:
Christmas Trifle
Servings: 8 trifles

Ingredients

FOR THE CUSTARD:

1/3 cup/65 grams granulated sugar
2 1/2 tablespoons/20 grams cornstarch
Pinch of fine sea salt
4 egg yolks
1 cup/240 milliliters heavy cream
3/4 cup/180 milliliters whole milk
Optional flavorings: 1 teaspoon orange or lemon zest, 1 cinnamon stick, or 6 cardamom pods
2 teaspoons vanilla extract

FOR THE FRUIT:
1 1/2 cups berries or 3 oranges (a mix of blood oranges and navel oranges is pretty)
1 to 2 teaspoons granulated sugar

FOR ASSEMBLY:

About 6 to 8 ladyfingers (also called *savoiardi* or boudoir biscuits, or use sponge cake or poundcake, if desired)
Berry jam or orange marmalade
1/4 cup sherry, Madeira, dessert wine, brandy or orange juice, plus more as needed
1 cup/240 milliliters heavy cream
1 tablespoon powdered sugar
Sliced almonds, candied citrus peel, crumbled amaretti or berries, for garnish (optional)

Preparation

Make the custard: In a large bowl, combine sugar, cornstarch, and salt. Add egg yolks and whisk until smooth.

In a medium saucepan, heat cream, milk, and any of the optional flavorings over medium heat until simmering.

Slowly whisk 1/2 cup hot cream mixture into yolk mixture until well mixed. Whisking egg mixture constantly, slowly pour in remaining cream. Pour the egg mixture back into the saucepan and place it over medium-low heat.

Cook custard, stirring continuously especially around the bottom and edges of the pot, until the custard has thickened enough to mound on the spoon, five to 10 minutes. Don't let it come to a boil, but a few simmering bubbles is fine. If it starts to curdle at any point, remove pot from the heat and whisk it intensely. It should smooth out.

Once the custard is thick, scrape it into bowl, whisk in vanilla, and press a piece of plastic wrap directly onto its surface. Let the custard cool for at least 30 minutes. At this point, custard can be refrigerated for up to three days, or used to assemble the trifle. Pluck out cinnamon stick or cardamom pods, if using, just before assembling trifle.

Prepare the fruit: If using berries, put them in a bowl, sprinkle with sugar to taste, and use a fork to mash them. If using oranges, supreme them: Cut the tops and bottoms off each one, squeezing the juice from the severed pieces into a bowl. Using a paring knife, cut the peel and all the white pith off the fruit. Working over the bowl to catch the juices, slice the segments away from the membrane, letting fruit fall into the bowl. It's OK if the segments fall apart; you're going

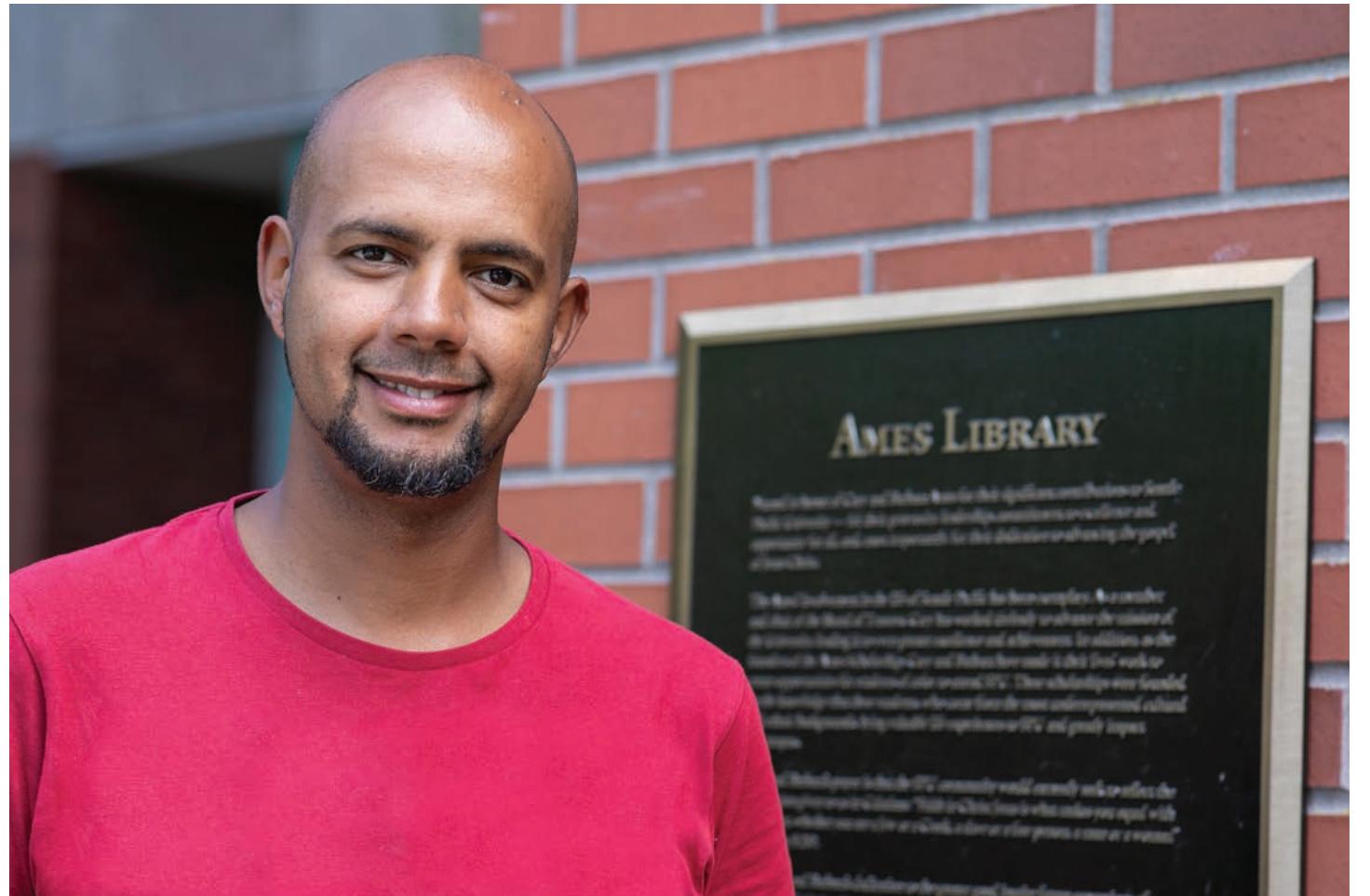
to break them up anyway. When all the segments are cut out of the membranes, squeeze the membranes over the bowl to release as much of the juice as possible. Sprinkle oranges with sugar, to taste, and, using your hands, break the segments up into pieces. You want a pulpy, juicy mix in the bowl. There should be a lot of liquid. Let oranges or the berries macerate for 20 minutes.

To assemble the trifle, spread the ladyfingers on one side with a thick layer of jam or marmalade. Put the ladyfingers, jam-side down, in the bottom of a medium (6- to 8-cup) trifle dish or any other serving bowl or dish (or use individual dishes, cups, or glasses). You want to cover the bottom completely and, if you are using a bowl, go a little bit up the sides; break up the ladyfingers if needed to make them fit.

Sprinkle sherry (or whatever liquid you are using) over the ladyfingers, making sure they are well moistened. Be generous: You don't want any dry bits.

Spoon fruit and all their juices over ladyfingers. Top with custard. If you like a higher cake-to-custard ratio, you can break up a few more ladyfingers and scatter them on top of the custard, then drizzle with more sherry. Press a piece of plastic wrap directly onto the surface and refrigerate for at least 3 hours or up to 24 hours.

When ready to serve, using an electric mixer or a whisk, beat the cream and powdered sugar until fluffy; it should hold a light peak. Spoon whipped cream on top of trifle and garnish as you like. Serve immediately. (Leftovers will keep, covered, in the refrigerator for two or three days.)



Gratitude and wonder

An Ames Scholar reflects on the gift of an education

BY KARI COSTANZA

Mbugua Robert “Wawa” Chege ’07 was the first of the Ames Scholar alumni to reach out to SPU when he heard his friend and benefactor, Gary Ames, had passed away in May 2021.

“I’ve always been so thankful for that feeling of investment and support by people who didn’t know me,” Chege wrote to Jeff Jordan, SPU’s vice provost who has oversight of the Ames Scholars program, which provides scholarships to students from underrepresented cultural and ethnic backgrounds.

“I always felt this sense of gratitude and wonder. Why would they do that?” Chege wrote. Today, Chege, 37, is the East Africa regional director for the Mennonite Central Committee, overseeing six countries in his region. MCC’s projects work to ensure that people have access to health care, education, food, clean water, and jobs.

But the educational path to his profession wasn’t clear for him in the beginning.

Chege was born in Kenya (where he once again lives), but he fell in love with SPU on a trip to Seattle to visit friends when he was a teenager. “I grew up in the church,” he said, so he was eager to attend a Christian university. But Chege was the fifth child of Samuel Mbugua, then a lecturer at the University of Nairobi, and Susan Reno, a lab technician from Pennsylvania with family in Georgia. His parents had already supported four daughters through college in Georgia.

“My parents tried, but they said, ‘You’ll probably need to go to a public school or a community college.’ A private university was out of the question.”

Chege persevered, working with the Admissions team at SPU. Dutifully, he filled out scholarship applications, but without much confidence.

Two weeks after filling out scholarship applications, Chege got a letter. He had been

PHOTOS BY LYNN ANSELMI

accepted as an Ames Scholar to SPU. The scholarship provided him with the exact amount he needed to cover tuition costs.

Being an Ames Scholar also created an instant community for students like Chege. “You were part of a cohort. An Ames minority cohort,” he said. Ames Scholars attended Early Connections, a program that helps first-generation college students and those from culturally diverse backgrounds meet one another and learn to navigate life on campus before the school year begins. Being an Ames Scholar also came with responsibilities.

“You were asked to be part of a leadership team in the community,” he said. The student leadership experiences gave Chege a taste for giving back to a community and helping others. It laid the groundwork for his eventual career in humanitarian work.

Each year, the scholars were invited to a luncheon with Gary and Barbara Ames where the couple spent time with every single student. “As a minority student, you were not sure if you belonged [at SPU],” he said. “It was predominantly white and wealthy. But the Ameses told us, ‘You can do this. We believe in you, and we trust in you. You will more than graduate. You will do well.’”

Those lunchtime conversations left an indelible impression. “They were both warm and engaging,” Chege said, describing the Ameses. “They were very intentional about meeting all of us on a one-on-one basis. They asked very intentional questions about our lives: How is your home life? What are your dreams and hopes? Not the kind of questions everyone asks. They really wanted to know who we were. Not *how* we were but *who* we were.”

Gary and Barbara opened up, too. “They told us about their family. It was a mutual sharing of stories,” he said. “They were very warm and personable. They made the minority population feel safe. You knew you had your fellow Ames scholars and Gary and Barbara cheering for you.”

More than anything, Chege wishes he could have had one last tea with Gary and Barbara. “I’d say, ‘Thank you. Thank you for being so kind and generous, for wanting to make the world a better place.’”

And he’d make sure they knew what the Ames Scholarship meant to him. “It was so effective. It was amazing and brilliant. They may not know it, but I would tell them,” he says. “They may not know how much they’ve changed this world, but they’ve created earthquakes that have shifted the trajectory of hate and injustice toward love and reconciliation.”

When the Ameses established their scholarship in 2001, less than 10% of students at SPU were students of color. By the fall of 2021, more than 50% of the freshman class were students from underrepresented cultural and ethnic backgrounds. To date, the Ameses have supported more than 130 students through their scholarship program.

Chege would tell Gary about his wife, **Kristen Leighter ’05**, whom he met at SPU, and their children: Ella, 8, Benson, 5, Mandela, 3, and Maya, 1. He’d share with Gary about how they’ve used their degrees — Chege’s in political science with a geopolitics minor — to advocate on behalf of the poor.

“You know how God believes in human beings, no matter who they are or what they’ve done? That whole unconditional love?” Chege asked. That’s what the Ameses demonstrated to him. ■

GRATITUDE FROM AMES SCHOLARS

“During my senior year of high school, I remember staying up late at night stressing out about how I was going to pay for college, since I knew my parents would not be able to contribute. To my amazement, God had placed the Ameses in my journey. They believed in me so early on in my profession and invested in me when they didn’t have to. I started my last year of medical school this year, and I can tell you I would not be here without their support.”

Diana Cabrera ’17, biochemistry

Fourth-year medical student applying for a pediatrics residency in the fall

“I knew Gary and Barbara Ames from their founding of the Ames Scholarship program at SPU, which was key in helping me pay for college. I could not be where I am now in my life if it were not for their support, kindness, and generosity. If the measure of our life is based on the positive impact that we have had on others, Gary Ames’ legacy will live on for years and years to come.”

Bree Brinson ’18, political science/international affairs
Program associate at the Social Science Research Council, New York City

“Thank you for all the support that the Ames Scholarship provided to help me reach my goals when I lost my mother and brother. I currently have a family and have been happily married to my wife, Kim, for five years, with a 2-year-old daughter named Adaley. My life has been forever changed by Barbara and Gary’s contribution to my future and family.”

Rodel Doria ’11, communications/political science
Senior technical program manager at Salesforce

“Every year from 2011 to 2015, I had the great pleasure of speaking with the Ameses and sharing my dreams of becoming a physician. I recall Mrs. Ames holding my hand with Mr. Ames right beside us, speaking life into me and encouraging me to keep going. Every year, when I felt out of place, I looked forward to those moments [with the Ameses]. Today, I have a master’s degree and will be attending medical school this fall. In four years, I will be part of the 2% of Black women-physicians in the U.S.”

Shayla Reid ’15, physiology
Medical school student

Her brother's keeper

BY KARI COSTANZA



WISE TAYLOR WAS BORN the day after Christmas 2018. A week later, his mother **Carina Durkin Taylor '12** took him in for a checkup. "I'll never forget that day," she said. "I would have brought my husband with me had I known they were giving those results because we knew there was a possibility."

Like 100,000 other Americans, Wise had sickle cell anemia, an inherited blood disease. Although Carina, 31, and her husband Lloyd, 36, are carriers of the sickle cell trait, their 5-year-old daughter, Londyn, was born with normal red blood cells.

In most people, red blood cells are round and flow easily through blood vessels to carry oxygen throughout the body. Sick cell disease causes red blood cells to change shape, becoming stiff and sticky. They adhere to each other, getting stuck in blood vessels and blocking oxygen flow. People with sickle cell disease have shorter life spans and can experience excruciating pain when their blood cells get stuck in their vessels.

While there are treatments for sickle cell disease, there is only one cure: a stem cell transplant. For such a transplant to work,

blood proteins must be a close match between a donor and a recipient.

"We found out that if Londyn was an exact match for our baby boy, there was a super high chance that he could be cured," Carina said. "We got her tested right away. I said, 'I can't wait.' If it wasn't a match, I had to come up with other options."

Carina and Lloyd prayed. They knew there was only a 20% chance that Londyn would be a perfect match.

"We had to wait two weeks for the results," Carina said. "We found out she was a match. It was the greatest joy. God can do anything."

The couple chose Cincinnati Children's Hospital, two hours away, for the procedure. First, Wise would receive chemotherapy to destroy the bone marrow in his body to make room for Londyn's healthy cells. Then, three weeks later — Day Zero — Wise would receive Londyn's stem cells. Following the procedure, Wise would need to stay in the hospital for six to eight weeks for inpatient care. And three months after Day Zero, doctors would perform a bone marrow test to determine if the procedure worked.

TWO STEPS BACK

And then COVID-19 happened.

"Talk about God's timing," said Carina. "Last year, I was at home with the kids. Lloyd was working a job that wasn't meeting our needs. When the transplant was postponed, I was working the night shift in human resources at an Amazon fulfillment center." (Carina has a master's degree in human resource management from Indiana Wesleyan University.)

She applied for a virtual position with Amazon's human resources department and got the job. "You can just see how God made it work for this moment," she said.

At the same time, Lloyd was looking for a better job with the Indianapolis Fire Department. "Thousands applied, and they accepted 59 people." Lloyd just made the age cutoff, applying at age 35. "You cannot be hired into IFD if you are over the age of 35 at the time of application," she said. "Lloyd was 35 when he applied and turned 36 during training."

PHOTOS COURTESY OF CARINA DURKIN TAYLOR



Their income has more than quadrupled. "Last year, we had some churches that were paying our rent. We could barely keep up," she said. "Now, we are in a position where we have a second apartment in Cincinnati for when Wise is released so we can stay near the hospital while we're still paying for our home in Indianapolis. It can bring you to tears seeing how God made it work when it needed to work."

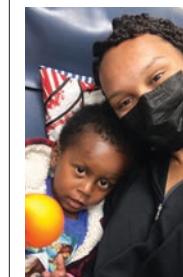
They're in a better place as a couple as well. When money is tight, marriages can fray. "It was us struggling financially and our son being born with sickle cell," Carina said. When people with sickle cell run a fever, they're often rushed to the emergency room to watch for sepsis. There are 75,000 hospitalizations every year due to sickle cell disease.

"It was just hard, because it would be 3 a.m., and he'd have a fever. I would have to take him to the ER and then you have to go to work in the morning," Carina said. "It's 3 in the morning. Who's going to watch Londyn? And we had no sleep, and our poor baby had to go get blood drawn at 3 a.m."

Drained, Carina and Lloyd reached out to Lloyd's uncle who was also the pastor who married them. "He helped guide us through those difficult times, reminding us of the reason we got married and the promise we made to God that we could get through this. We're [now] in a better space than we have ever been in," Carina said.

A NEW PERSPECTIVE

Because of COVID-19, the procedure was rescheduled for August 2021. While they waited, Carina embraced every challenge with the spirit of a warrior.



Editor's note: On Aug. 27, Wise received a stem cell transplant from his sister, Londyn, at Cincinnati Children's Hospital. Weeks later, doctors determined that Wise's new blood cells were completely free of sickle cell disease, and Wise was released from the hospital on Sept. 17.

"A lot of people say, 'I'm so sorry you're going through this.' And we say, 'We're not sorry.' We are just so grateful we can," Carina said. "The Bible talks about life. Life can be wearisome, troublesome, stressful, and scary. We look at our son, and we think, *Yes, he was born with sickle cell disease, but he can be cured. We trust, and we have full faith that he will be cured.*"

As they wait, Carina focuses on the distinct personalities and characteristics of her children. Wise is cuddly and adorable. "He's a momma's boy," Carina said. "He's a homebody. If we are out a little bit too late, like, past 8 p.m., he wants to go home."

His sister is a firecracker. "She's energetic like Lloyd. She's funny like me. And she's empathetic. You can see her little personality, and you can tell she's going to be a star. Whatever she ends up being, we'll encourage her. We say, 'Maybe you'll be a bone marrow doctor.' We aim high with her. She's so smart."

And she's all girl. Londyn likes to go to the grocery store dressed as Snow White.

Most of all, Carina is thankful her children are best friends. She thinks back to that scary time when they took Londyn in for testing.

"We were driving. Lloyd was sitting in the front seat. I was thinking, *Lord, let her be a match. Let her be a match.* I turned around and looked in the back seat, and Wise is asleep in his car seat, and Londyn's asleep, and they're holding hands. He's just this little bitty thing, and so is she, really."

That's when the tears come.

"It was literally in that moment that I knew, regardless of the results, everything will be OK," she said. "They have each other's back. She is her brother's keeper." ■

Everyone's invited: The DRY Botanical Bubbly story

BY BETHANY CUMMINS



IN THE SUMMER OF 2005, Sharelle Klaus '92 stood in the kitchen of her Seattle home, surrounded by spreadsheets, bottles of flavorings, mixing bowls, and measuring apparatuses. She was working on another batch of lavender soda — the 128th test that week. Her two young daughters were completing school assignments at the kitchen table, and her two sons (an infant and a toddler) were about to wake from their naps. She carefully measured out grams of sugar and tested the pH level of her latest brew.

This was the start of DRY Botanical Bubbly, now a multimillion-dollar beverage company selling sparkling, nonalcoholic botanical sodas in restaurants and grocery stores throughout the nation and beyond.

Expanding to a company of this size was a secondary goal to Klaus, the founder and CEO of DRY. Her main motivation? Promote inclusion. During her four pregnancies, she noticed that many events — from New Year's Eve parties to work gatherings to brunch with friends — had alcoholic beverages as a centerpiece. Those who could not or chose not to partake were left with water or a can of soda.

"I'm a big foodie, and during those years, I felt really left out," remembered Klaus. "Why didn't we have an option when we can't or don't want to drink? I'm not anti-alcohol, but I think you should be able to celebrate without it. It became really clear to me: Why don't I create one?"

Botanical flavors and how they might pair with different foods simmered in Klaus's mind: basil soda for pairing with Italian food. Soda infused with juniper berries. A bold drink laced with rhubarb flavors. Excited, Klaus reached out to connections she had in the business world. They almost all told her, "Don't start a beverage company."

PHOTOS COURTESY OF SHARELLE KLAUS

THE FIRST FLAVORS

Any startup off is a major feat, but beverage companies have unique challenges. Moving from initial ideas to a product ready for consumption is extremely challenging.

"In the beverage industry, early profit margins are very low," said Klaus. "Building a brand and distributing are extremely expensive. It's operationally challenging, financially challenging — more so than in other industries."

But Klaus knew a good idea when she saw one. She called a food scientist who gave her a one-hour crash course on creating beverages from scratch. She purchased ingredients, cleared her kitchen counter, and got to work to create the first batches of DRY Botanical Bubbly.

Klaus barely slept in the first months. She frequently worked on the company from 6 a.m. until noon; took over child care from her husband; and then worked again when her kids went to bed, until about 2 a.m.

After seven months, DRY's first four flavors were ready for commercial production: lavender, lemongrass, rhubarb, and kumquat. "I wanted to push the culinary palate envelope and test what people might be willing to try," she said.

Klaus envisioned her beverages served in restaurants with the same ceremony of pouring champagne into flutes. She began calling restaurants throughout the Seattle area. Soon, 30 of Seattle's top restaurants had DRY sodas on their menus.

The Pacific Northwest supermarket chain QFC asked if they could sell DRY. Local upscale supermarket chain Met Market called next. "Within a few months, I was in over my head because we were getting so many orders," Klaus said. Without a distributor in place, she drove to local QFCs to drop off cases of DRY sodas.

"There's no one path to success, but there are few beverage companies that make it to the end [either being acquired or becoming a cash flow-positive company]," she said. "I knew we could change the way people think about drinking."

DETERMINATION TO SUCCEED

At the age of 10, Klaus knew she wanted to start a company and be a CEO. "It never dawned on me to work on someone else's creation. I'm at my happiest when I'm creating my own thing," she said.

Klaus chose Seattle Pacific because the Christian school was in the busy, opportunity-filled city of Seattle. Although she majored in political science, she also took many business courses.

"Those finance and accounting classes are still some of the most valuable learning experiences I've had," she said. "A big portion of my life now is the finances of the company."

As for many business leaders, a low point came with the 2008 recession. "We had hired a bunch more people. We had just received a big commitment of

new financing and a partnership with Starbucks," Klaus said. Two weeks later, the investor backed out, and Klaus was forced to cut staff, going from a team of 20 to six overnight. Shortly after, Starbucks canceled the partnership.

Klaus was discouraged, but not deterred. "I knew the company would survive. I could see where we were going. I just didn't know how we would get there yet. That was really challenging."

THE PEOPLE YOU MEET

Growing a multimillion-dollar company was exhilarating, but Klaus says the best part has been the people she met, hired, and worked with over the past 16 years. "When you get to work with different people, there's so much to learn. Your mind opens up to different ways of doing things."

Klaus avidly supports young entrepreneurs and speaks at conferences, workshops, and universities. She is particularly passionate about empowering women in business.

"I've connected with many incredible women CEOs and founders, who helped me recognize how important it is that we create access for women: access to networks, financial support for their ideas, work experiences," said Klaus.

DRY's current president, Betsy Frost, joined DRY after a successful career at several Fortune 500 companies and startups. "Sharelle's energy brings out



"I just knew we could change the way people think about drinking."

— SHARELLE KLAUS

that confidence and spark she has in life in others,” Frost said. “People want to work with her, because although she can be competitive with herself and in the marketplace — she wants to win — she is also deeply collaborative and gets joy from helping others grow with her. Right now, she is actively helping others who are entering the zero-proof market. She is motivated by a bigger vision, not just her piece of it. Both her vision and the way she gets there are incredible models for all of us.”

At times throughout DRY’s history, the company had an all-female executive team. “Our current financial director is a single dad of a 7-year-old girl,” said Klaus. “[He] has seen how impactful it is for young daughters (and sons) to see examples of successful women.”

Klaus’ own daughter, Willa Konsmo, experienced this firsthand. She sat in on some of DRY’s first company meetings as a child, grew up taste-testing flavors, and recently partnered with Klaus on a zero-proof cocktail recipe book.

“I don’t plan to go into business or start a company, but the biggest lesson that watching my mom taught me is that I don’t have to compromise one area of my life for another,” said Konsmo, who completed her undergraduate degree in journalism and sociology last spring. “She’s always encouraged me to pursue whatever makes me happy careerwise, and that if I meet the right people and work hard, a dream job is never out of reach.”

IT'S ABOUT COMMUNITY

“Oxytocin — the hormone linked to love and building relationships — is released when people open a bottle and drink together,” Klaus said. “It’s not just about the wine, it’s the community connecting together. I want all people to be included in that, whether they drink alcohol or not.”

In September, DRY released the DRY Reserve line, served in full-size champagne-style bottles as alternatives to fine wine. It comes in two flavors: Lavender 75 (a blend of lavender, oak, and lemon flavors), and Pear Spice.

Today, DRY Botanical Bubbly is available in more than 9,000 stores across the United States and Canada, as well as in many restaurants.

Klaus, ever a lover of creating products herself, wanted to empower others to make nonalcoholic cocktails at home.

She teamed up with mixologists in the Seattle area to create alcohol-free cocktail recipes published in the book *The Guide to Zero-Proof Cocktails*. The book also guides readers in craft cocktail techniques and in their understanding of how flavors work together.

WORLDWIDE CHANGE

Klaus is now a leader in the business world, featured by *HuffPost*, *Forbes*, *The Wall Street Journal*, and others. She was named *Seattle Business Magazine*’s CEO of the Year and one of *Puget Sound Business Journal*’s Women of Influence.

At the beginning of her journey, Klaus felt like she was blazing a new trail in her mission of social drinking for all. But the past few years have seen a rise in companies producing alcohol-free beverages and zero-proof spirits, beginning in Great Britain and now gaining traction in the United States. According to the World Health Organization, the number of alcohol drinkers in the world has decreased by nearly 5% since 2000, and both wine and beer consumption have shown declines in recent years leading up to the pandemic.

“People opt out of drinking for lots of reasons, from physical health to mental health,” said Klaus. “Or they want to have one glass of wine and move on to something else. I love that this journey I began solo is now a big, real movement — bigger than any one company. Now everyone can come to the party.” ■

Cranberry Ginger Cider

Ingredients

- 5 fresh cranberries
- 1/2 cup apple cider
- 1/4 cup DRY Ginger Botanical Bubbly
- 1 lemon | Cinnamon

Preparation

Muddle cranberries in a glass.
Add ice, apple cider, DRY Ginger Botanical Bubbly, a squeeze of lemon, and a pinch of cinnamon. Stir gently.
Garnish with extra cranberries (optional) and a lemon wheel.



PHOTOS COURTESY OF SHARELLIE KLAUS

INSTAGRAM AND TWITTER: @OURSHIELDMAIDEN; PINK DRESS: GIRL WITH THE BLUE HAIR PHOTOGRAPHY: BLUE DRESS: PHOTO BY RUSSELL PHOTOGRAPHY PNW



MAKER SEWS TOGETHER CREATIVITY AND HISTORY

BY COLLEEN STEELQUIST

BY DAY, EMILEE MOREHOUSE '10 is a digital copywriter for Wizards of the Coast — a dream gig for fans of the role-playing games Dungeons & Dragons and the digital card game Magic: The Gathering.

After hours, Emilee is a Seattle-area cosplayer (costume player), who competes in her hand-sewn art at comic-cons across the U.S. At these entertainment fandom conventions, Emilee brings to life Hogwarts wizards, Disney princesses, *Bridgerton* debutantes, and more.

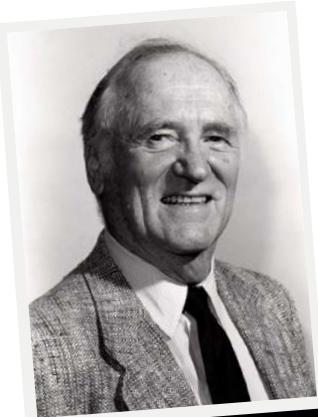
Her costume of *Hamilton*'s Angelica (made from a thrifted sheet) was retweeted by the musical's social media, and *Buzzfeed* named her to their top 10 list of historical costumers.

Emilee spends under \$100 on her creations, using upcycled and recycled materials, while others spend thousands. “I refuse to participate in enabling elitism,” she said. “Cosplay should be for everyone.” ■

News

1940s

HUBERT NEWTON '46 is looking forward to celebrating his 100th birthday in March. His mother was **LOIS T. NEWTON 1915**, a member of Seattle Pacific College's first graduating class. After Huby graduated from SPC (where he was student body president), he attended New York Biblical Seminary and married Marie Brooks, with whom he had three sons. (Marie's brother, **DAVID BROOKS '58**, was an SPU emeritus professor of mathematics). Huby served as a Presbyterian minister in Pennsylvania, Washington, and Oregon. He later became an award-winning life insurance salesman. He was a member of Kiwanis for 50 years and co-founded a Kiwanis program that has raised millions of dollars for physician fellowships at Doernbecher Children's Hospital in Portland, Oregon. In retirement, Huby has served as a guest minister in local churches. He talks with fondness and pride about his college days at SPC. He currently lives in Portland and has eight grandchildren and five great-grandchildren.



1960s

JACK DORSEY '66, a renowned Northwest watercolorist, turned 81 in March. In honor of his birthday, Sunnyshore Studio on Camano Island, Washington, hosted a solo show, titled "No. 81," featuring 81 of his original paintings. Jack sold paintings to pay his way through Seattle Pacific College. His work has been featured at Seattle-area museums and art festivals and in galleries as far away as Tokyo. In addition to watercolor, Jack paints in oil, acrylic, and egg tempura. He and his wife, Ann, live on Camano Island.



Christina Hoyle, integral in developing SPU's Doctor of Nursing Practice program, retires

BY HOPE MCPHERSON

KAREN STRAND WINSLOW '74, professor and chair of the Department of Biblical and Theological Studies at Azusa Pacific University in Azusa, California, received the Rose Liegler Graduate Scholarly Achievement Award for excellence in research. She taught in the SPU School of Theology (then School of Religion) from 1987 to 1999. She and her husband, Dale, call Upland, California, home.

Hoyle joined SPU's School of Health Sciences faculty in January 2015 and became integral in the development and implementation of SPU's Doctor of Nursing Practice program.

Hoyle cultivated faculty members who were clinical experts and devoted to teaching. She also made it her goal to facilitate a rewarding graduate educational journey for her students as they gained knowledge and skills to become the next generation of nursing leaders. Soon after the DNP program welcomed its first students in 2017, the program was considered among the best in the region.

Since completing her tenure with SPU in June 2021, Hoyle practices what she taught by being on call to help underserved patients at the International Communities Health Services clinic in Shoreline, Washington. She also returned to SPU as an adjunct professor for the 2021-22 academic year.

Hoyle has an unsurprising goal for her students: "I hope that they leave SPU having developed their curiosity as innovative systems thinkers, evaluating and improving health care outcomes for their patient populations and communities they will serve." ■

1970s

WHEN CHRISTINE HOYLE, associate professor for nursing and associate dean of graduate programs, began her role at SPU, she brought with her 34 years of experience and expertise in nursing practice. As a family nurse practitioner, she provided primary care to a diverse, multiethnic, low-income, and homeless population with complex medical, mental health, and social needs. Hoyle also served as a nurse educator with 23 years of teaching experience at the University of Washington, where she became an emerita professor of nursing in 2014.

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JIMMY HURD '77 spoke to Seattle's University Sunrise Rotary Club on "Understanding Race and Racism"

PHOTO BY LUKE RUTAN

in April. Jimmy has served as a hospital administrator and as a Churches of Christ minister, serving congregations in Washington, Michigan, and California. He was previously a diversity instructor for the Red Cross and Boeing Co. He and his wife of 42 years, Jacqui, have two children and two grandchildren.

1980s

VIRGINIA FARLEY '80 is a senior civil engineer at California's San Jose-Santa Clara Regional Wastewater Facility, where she manages a

\$153 million construction project to upgrade the solids processing facilities. She resides in San Jose.

VALERIE RADER SCHULTZ '82 received her master's of nursing in clinical leadership and systems management degree from Grand Canyon University in May. She is the director of Emergency Services at St. Mary's Regional Hospital in Enid, Oklahoma. Valeries lives in Enid with her husband, Jerry.

FAROOQ ARJOMAND '84 is chairman of Dubai's Damac Properties after a previous stint as vice chairman of the developer. Damac

has projects in the United Arab Emirates, Lebanon, the United Kingdom, Jordan, Saudi Arabia, and Qatar. Farooq has worked at HSBC Bank for 17 years.

CAROL KELLY '86 is Alumna of the Year for SPU's School of Business, Government, and Economics. Carol had a trailblazing career with major companies, including Honeywell and Cisco, and she retired as a financial executive from Oracle in 2017. She volunteers in SBGE classes, mentors students, and serves on SBGE's Executive Advisory Board. She and her husband, Bill, live in Seattle.

ALI BIN AHMED AL KUWARI MS '87, appointed Qatar's Minister of Commerce and Industry in 2018, was interviewed by *The Business Year* about his ministry's efforts to turn COVID-19 economic challenges into opportunities to bolster Qatar's economy.

ANNMICHELLE HART '87 opened a Federal Way, Washington, law office that provides estate planning and small-business succession planning. She lives in Federal Way.

BRENT SNYDER '89 is a partner and member of the antitrust

Reed Davis retires after 32 years of civic engagement

BY HOPE MCPHERSON



NOT LONG BEFORE the 1989 fall of the Berlin Wall and the end of the Cold War, Reed Davis, professor of political science, joined the Seattle Pacific University faculty. For the next 32 years, Davis underscored the importance of civic engagement to his students in all of his courses — from "Introduction to Politics" to advanced seminars dedicated to political philosophers ranging from Plato to Marx.

Davis, who'd long been interested in French politics and philosophy, launched the Augustinian Fellowship at SPU and a summer study abroad program in Honfleur and St. Maximin, France. He authored *A Politics of Understanding: The International Thought of Raymond Aron*, and he wrote peer-reviewed publications dedicated to the work of that French philosopher. Davis also published in *La Revue Réformée*, a journal associated with the Faculté Jean Calvin in Aix-en-Provence. Davis was one of only two American authors invited to contribute a chapter on Aron to a book published by a new generation of French

scholars, *The International Thinking of Raymond Aron*.

Davis served as department chair from 2006 to 2014 and, popular with students, he was a four-time finalist for Teacher of the Year. He was also named Ivy Honorary Professor of the Year in 2011.

Away from campus, Davis was active in state and local politics, serving as chair of the King County Republican Party from 1994 to 2002; he ran for the U.S. Senate in 2004. He was also a regular commentator on local and national politics for radio stations such as KOMO, KVI, KTTH, and for TV stations KING-5 and Fox. His editorials appeared in *The Seattle Times*, *Seattle Post-Intelligencer*, and *Northwest Progressive*. He currently sits on the board of Solar Solutions, a nonprofit that installs solar power panels in central Peru.

In retirement, Reed said his plans are few: "I plan to do nothing but fun — fly fishing, golf, tennis, grandchildren. I also plan to travel to France. A lot." ■

and competition practice at the law firm Wilson Sonsini in their San Francisco, California, office. Brent was previously the chief executive officer of the Hong Kong Competition Commission and was the Department of Justice's highest-ranking antitrust criminal enforcement attorney.

1990s

XIN LUCY CHEN MED '90, MS '93, vice president of Apple's Claris Filemaker platform engineering, was named one of the "50 Most Powerful Women in Technology"

in 2021 by the National Diversity Council. Xin and her husband, Yanan, live in Palo Alto, California.

KIMBERLY JOHANNESSEN HELLEREN '91 published a children's book *The Day the World Stayed Home*. During the pandemic school shutdown, her students sent pictures and videos about their activities at home, which she turned into paintings for the book. Her second book, *Adventures in the Art Room With Mrs. H.*, was published last summer and is the first in a series teaching art elements to kids. She recently retired after teaching at King's Schools for 14 years. She and her

husband, Leif, served on SPU's Parent Council and live in Edmonds, Washington. They have two sons, Svenn and **LARS HELLEREN '21**, who was SPU's men's soccer team goalkeeper.

STEVE WILLITS '98 is a broadcaster for the Everett AquaSox minor league baseball team. His play-by-play announcing of the Aquasox's

2021 road games was heard on KRKO (AM 1380 and FM 95.3). He is also the on-field emcee for the AquaSox during all home games. Steve lives in Brier, Washington.

DAVID CARNAHAN '99 and his wife, Alise, wrote and released the song "Moving On." They live in Edmonds, Washington.



A life of ministry spanning the globe

BY HOPE MCPHERSON

ONCE A MEMBER of the men's basketball team's "Big Guns of '51," **NORMAN "BUD" BYLSMA '51** died May 12, 2021, at the age of 93.

Born in Lynden, Washington, Bylsma turned down a basketball scholarship from the University of Washington to attend Simpson Bible College, where, as a sophomore, he led its new basketball team in an upset over the Seattle Pacific Falcons. Soon afterward, Bylsma accepted a full basketball scholarship from Seattle Pacific College. After graduating, Bylsma married Patti Barber, whom he had met at Simpson.

Bylsma spent 30 years at Young Life, a Christian ministry to teens, where he had a reputation for developing leaders, including those who became YL presidents in the U.S. and Canada.

In 1981, Bylsma retired from YL and became the executive director of the Christian nonprofit HEED in Dhaka, Bangladesh, which included more than 50 foreign staff from a dozen countries. HEED built hospitals, flood-control systems, and health-education systems. Bylsma determined Western agencies were doing "welfare," and not developing local talent, so he worked to replace all foreign staff with native Bengalis and nationalize the board.

Within seven years, all foreign staff were gone; today,

HEED's national staff continues to serve the needs of the poor across Bangladesh.

Bylsma and his wife returned to the U.S. where he worked at Seattle's Bethany Presbyterian Church, developing urban ministries. He created the Northwest Leadership Foundation, and he worked with Black leaders to create the Coalition for Community Renewal.

After the couple moved to Portland, Bylsma advised organizations and helped to create several nonprofits. He was the catalyst for creating an urban studies major at Warner Pacific University. Over the years, Bylsma served on more than a dozen boards. At age 71, he went to Albania to help resettle nearly 1 million refugees from Yugoslavia. He and Patti also made trips to Cuba to teach local leaders, and they visited other countries on short-term missions. He retired from ministry at age 85, returning to the Seattle area.

Bylsma is survived by Patti, his wife of 70 years; four children; seven grandchildren; four great-grandchildren; and a sister. ■

PHOTO COURTESY OF SPU PHOTO ARCHIVES

SUMMER REYNOLDS KRAUSE '99 is a licensed professional counselor who utilizes Seeking Safety, an evidence-based treatment for PTSD and substance abuse. She adapted its use for adolescents and became a trainer and consultant in the model. Summer also created a Christian faith-based guide to the model so ministry workers can better help people struggling with trauma or addiction with tools that are both biblically and psychologically sound. Summer and her husband, Dale, and two children reside in Camas, Washington.

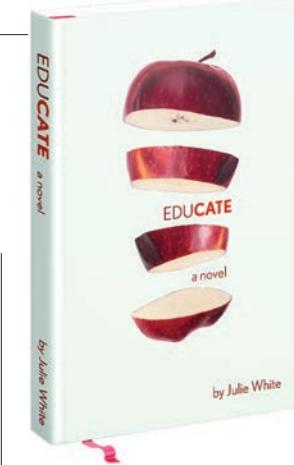
2000s

MIRANDA ALBERTUS POWERS '03 is the associate vice president of Student Life at Bethel University in Arden Hills, Minnesota. She has served in a variety of positions at Bethel since 2004. Miranda's desire to work in a college setting began at SPU, where she was an RA and involved in Student Life. She and her husband, Brian, live in St. Paul, Minnesota, with their two children.

MEGAN MILLAR LUNDGREN '06, a licensed marriage and family therapist, published *Relationship Book for New Couples: Proven Strategies to Nurture Your Connection and Build a Long-Lasting Bond*. Megan owns Relationships for Better, a counseling practice in Monrovia, California. She lives in Monrovia with her spouse, David.

DEBRA HUSS SEXTON '07, who participated in gymnastics at SPU, owns FIT4MOM Carmel, a franchise that offers fitness classes for expectant and new mothers at locations around Carmel, Indiana. Debra lives in Carmel with her husband, Ryan.

PHOTO COURTESY OF SPU PHOTO ARCHIVES



pandemic and systemic racism. She is a high school and middle school language arts teacher and is currently teaching grades six to eight at Englewood Middle School, just south of Denver, Colorado. Julie and her husband, **NATHAN WHITE '03**, (who met, appropriately, in chemistry class) have been married for 16 years and live in Englewood.

TIM SCHEUFFELE '04, a financial advisor with Edward Jones, was featured in "40 under 40" in *South Sound Business* magazine. While an SPU student, Tim began his career in the financial industry at Wachovia Securities in Seattle. He and his wife, Beccy, live in Tacoma, Washington.

JULIE OLSON WHITE '03 authored her first novel, *EduCate*, about a teacher navigating life amidst a

50

J. Duane Magee '51: A coach who lived with enthusiasm

BY HOPE MCPHERSON

FORMER SPU ALUMNI director **J. DUANE MAGEE '51, MED '62** died April 24, 2021, at the age of 91. Born in Orting, Washington, Magee was a physical education major at Seattle Pacific College, receiving the SPC Athletic Inspirational Award in 1951. After graduating, he served in the U.S. Army at Fort Benning, Georgia.

After returning to SPC for a master's degree in education, Magee became a teacher, guidance counselor, and basketball coach at Foster High School in South Seattle and at R.A. Long High School in Longview, Washington. During the summer, he worked for the Fellowship of Christian Athletes, served as camp director at Mt. Adams Leadership Camp, and was a regular member of the coaching collegium for Bob Houbregt's Basketball Camp at Camp Casey.

In 1979, Magee retired from public education. Six years later, he returned to SPU as the University's alumni director, successfully eliciting donations for significant University projects including the addition of the Bach Theatre to the McKinley Auditorium. Magee later became a family crisis counselor with Catholic Community Services.

Although Magee wore many hats during his working life, everyone knew him as "Coach." His life mottos included, "Whatever you do, do it with enthusiasm" and "Capture the moment!" He was also an avid outdoorsman — mountain climbing, camping, boating, and fishing.

Magee is survived by his wife, Gail; daughters **HOLLY MAGEE ISCHE '77** and **DIANE MAGEE HENNINGSGAARD '75**; and son **JAY MAGEE '84**; two step-daughters; two brothers, including **ROBERT MAGEE '58**; seven grandchildren; three great-grandchildren; and thousands of former colleagues, counselees, and athletes — all of whom Magee considered his "kids." ■



Don MacDonald: A holistic, lifelong learner and educator

BY HOPE MCPHERSON



ON MAY 29, 2021, DONALD "DON" MACDONALD, professor emeritus of marriage and family therapy, died due to end-stage liver disease, including liver cancer. He was 71 years old.

A consummate educator, MacDonald taught not only in SPU's School of Psychology, Family, and Community, but also in Seattle elementary schools, at Nanjing University's Beijing Medical School, at Alliance Theological Seminary in the Philippines, and in Michigan migrant camps. He was also a visiting scholar at York St. John University in the United Kingdom. He retired from SPU in 2007 after 40 years.

Born in Dowagiac, Michigan, MacDonald received a bachelor's degree from the University of Texas, a master's degree from Indiana State University, and a doctorate from Michigan State University.

In the mid-1970s, he taught at Shelton Elementary School in Kenmore, Washington. He also worked as an SPU coordinator of residence counseling. In 1980, he joined Seattle Pacific as a faculty member, first as a professor of counseling, and later as a professor of marriage and family therapy.

After the death of his first wife, Connie Kjellberg, MacDonald married GINGER PHILLIPS COLLAR '74, MS '82 in 1981. They each had a son from first marriages and welcomed a third son in 1985.

MacDonald studied and wrote about the intersection of psychology, philosophy, and theology. He brought an understanding of worldviews and systemic thinking to his graduate students, and he mentored and supported their academic, personal, and spiritual growth.

Outside of the classroom, MacDonald enjoyed hiking and sharing adventures with his family. He loved music, including '60s and '70s rock, Celtic ballads, and hymns. A devoted Christian, MacDonald belonged to several evangelical congregations over the years.

MacDonald is survived by his wife, Ginger; three sons, including JEFF BRUMLEY '98; four grandchildren; two great-grandchildren; a sister and brother; and many nieces and nephews. ■

LUKE DAVIES '09, an administrator for Washington state's Chelan-Douglas Health District, was named the Eastmont Foundation 2021 Distinguished Alumnus. Luke attended Eastmont High School in Wenatchee, Washington. With 10 years' experience and work across several countries in the Caribbean, Southeast Asia, and sub-Saharan Africa, he has worked to address and reduce disparities in health through community development, disaster management, medical education, strengthening health systems, implementation science, reducing gender-based and child violence, maternal and child health, national health surveys, and mass vaccinations.

diversity and inclusion efforts at PricewaterhouseCoopers. Joshua is a member of SBGE's Executive Advisory Board, and he also sits on the board of Disability Rights Washington. He is a founding board member of the Diversity, Equity & Inclusion Community of Practice. Joshua lives in Seattle.

LORI PETRAUSKI '13, a field ecologist for the Alaska domain of the National Ecological Observatory Network, is a Community Science Fellow for the Thriving Earth Exchange Program. The cohort of fellows will launch collaborative, co-developed community science projects that produce on-the-ground impact through application of NEON's data and resources. NEON monitors ecosystems across the U.S. to better understand how the environment is changing. Lori calls Fairbanks, Alaska, home and enjoys exploring the trails of interior Alaska in her free time.

2010s

KRISTEN POND OKABAYASHI MA '10 is the new principal of schools for Hope Lutheran School and Seattle Lutheran High School. She has served as Hope Lutheran's principal for the past 12 years. She and her husband Scott make their home in Seattle, and their son, Alex, is a current Falcon.

STEPHANIE MCBETH CURTISS '11 is a recruiter for Northeastern University's Seattle campus. She previously worked in admissions and student services at the University of Washington School of Medicine. Stephanie and her husband, WYATT CURTISS '10, live in Seattle.

CHASE HARMON '14 and MEG GUCHEE HARMON '15 work with international students in Munich, Germany, through Young Life.

JOSHUA COOPER '13 is Young Alum of the Year for SPU's School of Business, Government, and Economics. He is a certified public accountant and manager who leads

Directors Rising Star Award. A former SPU men's basketball player, Josh knows firsthand the impact of philanthropic support on student-athletes. He raises funds for the Cougar Athletic Fund. During the pandemic, he closed a \$4 million planned gift and recorded 16 gifts in excess of \$10,000 in five months. His parents, Jeff Jordan and SUSANNE

DELANEY JORDAN '86, both work at SPU. Josh resides in Spokane. NICK VITELLARO '16 co-launched a successful Kickstarter campaign in 2019 for *The Hero's Journal*, a day planner that helps reimagine days and goals as a quest. For about a year, Nick worked his corporate job by day and fulfilled orders at

night. He shifted his full attention to his side gig in 2020, and despite the pandemic, grew the business to more than \$1 million in revenue. In February, Nick and his business partner launched a companion planner, *The Hero's Journal: Istoria Magic Academy*, with another Kickstarter campaign — fully funded in nine minutes —

exceeding their \$25,000 goal by more than \$275,000. Nick lives in Mukilteo, Washington.

ALI STEENIS '17 is an e-text access specialist for the Disability Resource Center at Bellevue College in Bellevue, Washington. She resides in Seattle.

Rod Stiling: A history and future with SPU

BY HOPE MCPHERSON

ASSOCIATE PROFESSOR OF HISTORY Rod Stiling is living out the advice he regularly gave to students: "Keep going and keep growing. There is no such thing as a static tree. It's either growing or it's dead." Stiling retired June 2021 after more than 30 years in the classroom.

His scholarship focused on the intersection of faith and science throughout history, and he guided students through the sophisticated minds of such scientific giants as Kepler, Galileo, Darwin, and Einstein.

"I was so fortunate to have had the chance to take his 'Faith and Science' class as a young UScholar," said ALISSA WALTER '08, who was part of SPU's honors program. Walter is now an assistant professor of history at SPU. "It was moving for me to learn the history of faith and science in the West through his eyes."

In the early 2000s, Stiling was one of only 30 international scholars selected to explore the relationship between science and faith at the John Templeton Oxford Seminar on Science and Christianity. SPU students chose him as their 2006 Professor of the Year, and he was named the 2010 Top Professor (SPU

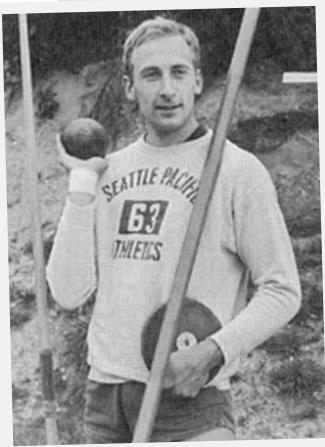


Chapter, Mortar Board National Honor Society).

A retired Navy Reserve captain, Stiling participated in Veterans Day events on campus each year. Stiling encouraged students to think deeply about their Christian faith and consider how their own lives flow out of a historical context.

Former students and colleagues will still see Stiling on campus in the coming years. Stiling and his wife of 49 years, Ruth, plan to be back in the stands cheering on Falcon athletes, and in the audiences at E.E. Bach Theatre and Nickerson Studios, applauding student actors and musicians as the COVID-19 restrictions ease. During Autumn Quarter, he volunteered in a "Faith and Science" honors course. He will teach a course during Spring Quarter as an adjunct professor.

Beyond those objectives, Stiling is keeping his retirement plans loose: Revive rusty piano- and guitar-playing skills; be the best grandfather possible to their seven grandchildren; visit Antarctica. "That's our plan," he said. "Keep living and learning." ■



Steve Gough, charter member of the Falcons Hall of Fame, passes away

BY MARK MOSCHETTI

STEVE GOUGH WAS a two-time NCAA Division II champion for Seattle Pacific, winning the triple jump in 1968 and the decathlon in 1970. The charter member of the Falcons Hall of Fame passed away on May 21, 2021, at the age of 73.

Gough, a graduate of Roosevelt High School just four miles north of campus, originally had basketball in mind when he arrived at then-Seattle Pacific College in the fall of 1966.

Instead, he turned his focus to track under the guidance of legendary head coach Ken Foreman. In 1968, Gough won the NCAA triple jump with a leap of 50 feet, 3 inches.

When Gough was a senior in 1970, the NCAA added the decathlon to its list of events, and Gough won the inaugural title that year, scoring 7,269 points.

By the time his college career was complete, Gough — who played basketball in 1966-67 — had six All-American awards and school records for the high jump, long jump, triple jump, discus, and decathlon.

To this day, his long jump (24 feet, 3 3/4 in 1970, and triple jump (51-0 1/2, also in 1970) records still stand.

"We used to call him a one-man track team because he would score anywhere from 20 to 25 points in one meet," said JOHN GLANCY '70, MED '05, Gough's teammate who has served Seattle Pacific in numerous on-campus positions for 42 years. "He won a lot of track meets for us."

Gough was the SPU Athlete of the Year in 1969 and 1970.

Gough completed in the decathlon at three U.S.

Olympic trials, placing fourth in 1972, and fifth in 1976.

In addition to his four sons — BRYAN GOUGH '97, KYLE GOUGH '98, CHRIS GOUGH '99, and JEFF GOUGH '02 — Gough is survived by his wife, PAULA EVANS GOUGH '70. ■

2020s

JOSEPHINE ESHUN DNP '20 is a family nurse practitioner resident for Community Health Care. She calls Kent, Washington, home.

CAITLIN JOHNSON '20 completed a summer internship with the United States delegation to the United Nations. Caitlin is in her final year of pursuing a master's degree in international affairs in international politics and international management with a regional specialization in China from the University of California San Diego's School of Global Policy and Strategy.

AZEB ZELEKE DNP '20 is a family nurse practitioner resident for International Community Health Services. She lives in Kent, Washington.

ASEDA BEKOE-SAKYI '21 is the worship coordinator for The Inn, a college ministry of University Presbyterian Church in Seattle. During her final quarter at SPU, Bekoe-Sakyi wrote an orchestral arrangement of the worship song "Mile and Miles" by British artist Jonathan Ogden. Her arrangement will be available soon on streaming platforms

EMILY BUSHA '21 is a registered nurse at Mary Bridge Children's Hospital in Tacoma, Washington. Her long history as a patient at Mary Bridge for a rare congenital condition led to her pursuit of a pediatric nursing career. She is thriving today, thanks to the team of experts who cared for her years ago. Emily resides in Port Orchard, Washington.



Marriages

Antonio Mendez to **SKYLAR GINGRICH '09** on April 10, 2021, at Warm Springs Inn and Winery in Wenatchee, Washington. The couple works and lives in Wenatchee.

In Memoriam

MARK ALLEMAN '85 died Dec. 22, 2020, at the age of 63.

LORRAINE ROTTRUP ATKINSON '52 died Dec. 19, 2020, at the age of 90.

PHYLLIS BRANNOCK BARTRAM '60 died Sept. 27, 2020, at the age of 85.

VICTORIA "SUZANNE" BOND, former associate professor of educational leadership, died March 3, 2021, at the age of 70.

COLLEEN FLORIAN BROWN '76 died May 1, 2021, at the age of 70.

JOHN "JACK" BUCKHAM '68 died June 2, 2021, at the age of 78.

BETH HOFFMAN BULLINGTON MA-TESOL '03 died April 21, 2021, at the age of 55.

SARA JACKETS DEYERMOND '04 died Aug. 1, 2021, at the age of 39.

RONALD "RON" EDGBERT '60 died April 29, 2021, at the age of 82.

ARCHIE EDWARDS '54 died July 4, 2021, at the age of 91.

RAYMOND "RAY" EVANS '50 died March 7, 2021, at the age of 95.

BARBARA MOSES GALLAGHER '71 died Nov. 29, 2020, at the age of 71.

RICHARD GOODMAN '65 died May 25, 2021, at the age of 84.

RAYMOND "RAY" JOHNSON MBA '96 died June 21, 2021, at the age of 67.

JOHN KNAPLUND '61 died Oct. 7, 2020, at the age of 83.

SUZANNE GAYLORD KNOPP '61 died June 12, 2021, at the age of 82.

ROBERT "BOB" LIND '60 died April 7, 2021, at the age of 83.

RAYMOND "RAY" JOHNSON MBA '96 died June 21, 2021, at the age of 67.

JAMES "JIM" LINDBLOM '52 died Dec. 28, 2020, at the age of 90.

* Cascade College

Suzanne Bond: A gifted educator and leader

BY HOPE MCPHERSON



FORMER ASSOCIATE PROFESSOR of Educational Leadership **VICTORIA "SUZANNE" BOND** died March 3, 2021, at the age of 70.

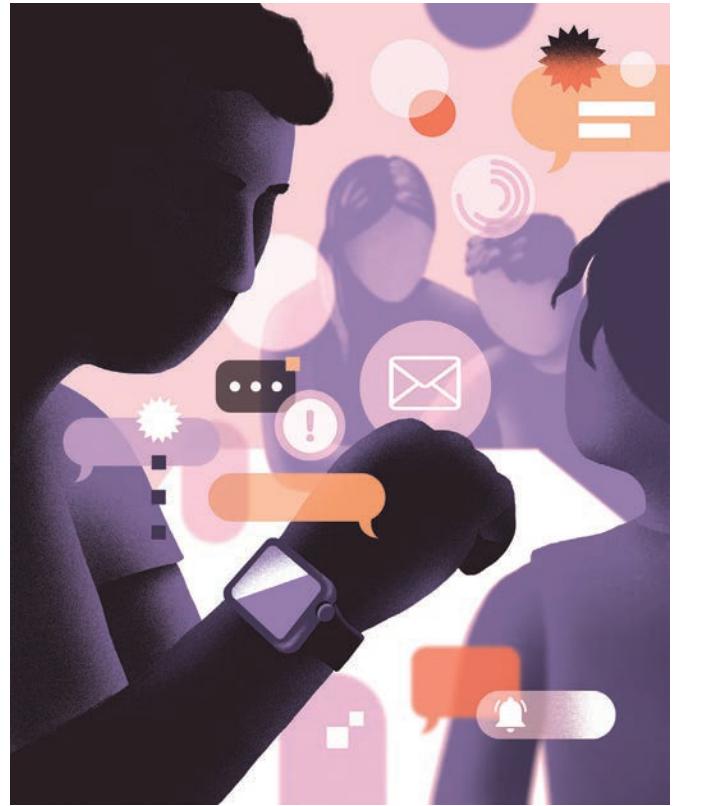
A gifted educator with a thirst for knowledge, Bond was born in Tacoma, Washington. She earned her bachelor's and master of education degrees from Western Washington State College, then a doctorate in education from Seattle University in 1982.

Bond's teaching career began at Juanita High School, where she rose to the assistant principal position. She was principal of Mariner High School in Everett, Washington, for eight years before moving into the Mukilteo (Washington) School District office as director of staff development and special projects.

In 1996, Bond accepted the school superintendent position for Whidbey Island's Coupeville Schools. During the next six years, Bond helped the district's schools and students to blossom. Student scores in the Washington Assessment of Student Learning tests rose under her leadership, and a levy passed with a strong 72% favorable vote.

Bond retired in 2002 but returned to education shortly after as associate professor of educational leadership at Seattle Pacific University. "Suzanne served as my supervisor when I was completing my administrative internship, and she was also my professor for one or two of my admin courses," remembered Robin Hendrickson, assistant professor of teacher education. "She was always so incredibly supportive and encouraging."

Bond is survived by her husband, Dan Bond, and twin sons from her first marriage, Cavan and Zachary Simonson. ■



Surrendering life's complications

BY ED KERR

LAST YEAR, I was given an Apple watch. I'm a longtime Apple enthusiast, so this was an exciting day for me. Now that I've had the watch a while, I still like many things about it. I've also learned something important about myself from having the device.

Maybe you'll relate. On the watch, you can display anything you want when you tap the screen. Your watch face can show you Mickey or Minnie Mouse, the logo of your favorite sports team, or a family photo. Or you can choose one of the many Apple-designed watch faces. Here's where the learning kicks in.

An Apple watch face doesn't just display the time or date. It can check the weather, show emails, or even open your garage door. Do you know what Apple calls these customizations? Complications. I've had fun developing just the specific "complications" I want to easily access — weather, email, text messages, etc. Very helpful.

Very insightful about my life ... and maybe for yours as well. We live in times when we're able to access more information than at any other time in human history. Rather than waiting for weeks or even

Look at your life with open hands. Ask yourself what you can let go of.

months for a loved one's letter, we can text or FaceTime our loved ones the moment a medical test result arrives. Or the moment we find out whether we were accepted into our college of choice. Or the moment we see the cutest puppy video.

Even though I can access an unimaginably wide range of topics in seconds via technology wrapped around my wrist, I find I'm looking for less. Fewer complications. Fewer distractions when sitting with my wife and kids around the dinner table. Fewer intrusions on my thoughts when I'm taking a break from work. The stresses and distractions I often wrestle with don't seem like a very good fleshing out of what Jesus promised us in Matthew 11:28-30 (MSG):

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me — watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me, and you'll learn to live freely and lightly.

I want that kind of life. It's clear our Heavenly Father wants that for his children, too. Just as I get to choose which complications appear on my watch's face, each day I can choose what occupies my mind.

In these days of COVID-19 concerns and social unrest in America, there is plenty of fuel for an anxious mind. I can jump into each day's whirlwinds, or I can take a deep breath and whisper a prayer that the Lord will teach me how to take a real rest. When I do this, I discover the simple delights of God's goodness, and I hear his whispers of affirmation and grace. I am content with less.

Look at your life with open hands. Ask yourself what you can let go of. Sometimes we need only a moment to think of something to release. Sometimes it can take much longer. I'm taking a deep breath as I write these words. I'm surrendering the complications in my life. I don't want busyness to characterize my days. I want to walk in those beautiful unforced rhythms of grace where Jesus invites us to simplify our lives and join him on the path. ■

Ed Kerr is the worship arts director at First Free Methodist and adjunct professor of music at SPU.

ILLUSTRATION BY MATT CHINWORTH



PHOTO BY LYNN ANSELMI

Filling out applications for colleges might seem impersonal, but there are real people reading each essay and application. At SPU, Ineliz Soto-Fuller, assistant vice president for Admissions, is one of those people who sifts through hundreds of applicants to help select future Falcons. (Her dog, Oso, also loves Falcons and sat beside her for many reviews this year!) ■

"Watching students walk across the stage at graduation each year, I feel a little bit like a proud auntie as I remember their time as undergraduates," said Soto-Fuller, who has worked in undergraduate admissions at SPU since 2006. "Over the years, I've had Bible studies with students. I've been a mentor. I've participated in student events. I am always so encouraged by how our students grow and change." ■



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The power of giving and investing



A gift to SPU can provide a guaranteed, fixed income for life as well as tax benefits and deductions.

Ron Worman, founder of The Sage Group® and The Great Conversation™, discovered this with his financial and giving portfolios.

"When I was exposed to the SPU charitable gift annuity, I realized I could invest in a great institution like SPU and receive a future source of income in later years that could support my family, SPU, or other needs in the community," said Ron, an adjunct professor in the MBA program, as well as a student mentor and former board member.

... with SPU charitable gift annuities you *can* have it all.

