

The Celebration of the Life
and Resurrection of
Paul A. Anderson
March 4, 2023



First Lutheran Church
BOTHELL

FIRST LUTHERAN CHURCH

STATEMENT OF WELCOME

We, the community of First Lutheran Church of Bothell, proclaim the message that the grace of our Lord is infinitely inclusive and that everyone is welcome. We believe that Christ calls us to reconciliation and wholeness in a world of alienation and brokenness.

As a Reconciling in Christ congregation and as disciples of Christ seeking justice and reconciliation among all peoples, we at First Lutheran Church welcome all into the fullness of God's love. **We welcome everyone, without exception and regardless of sex, race, ethnicity, sexual orientation, gender identity, physical and mental ability, age, or station in life.** We recognize that each person is a unique creation of God, and through grace, a child of God.

All are welcome at First Lutheran.

All are welcome to worship, to hear the Good News, to receive the sacraments, and to share in fellowship and service. As members of First Lutheran Church, we pledge ourselves and our congregation to exercise our faith in Christ, treasuring one another's similarities while embracing our God-given differences. We pledge that we will strive to live as a reconciling people, in our life together and in our outreach to the world.

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GATHERING

The Holy Spirit, the comforter, gathers us in worship.

PRELUDE: *Children of the Heavenly Father; Jesu, Joy of Man's Desiring; How Great Thou Art*

PROCESSIONAL: *Thine Is the Glory (ELW 376)*



1 Thine is the glo - ry, ris - en, con-qu'ring Son; end - less is the
2 Lo, Je - sus meets thee, ris - en from the tomb! Lov - ing - ly he
3 No more we doubt thee, glo - rious Prince of life; life is naught with-



vic - t'ry thou o'er death hast won! An - gels in bright rai - ment
greet thee, scat - ters fear and gloom; let his church with glad - ness
out thee; aid us in our strife; make us more than con-qu'rors,



rolled the stone a - way, kept the fold - ed grave - clothes
hymns of tri - umph sing, for the Lord now liv - eth;
through thy death - less love; bring us safe through Jor - dan



where thy bod - y lay.
death hath lost its sting! Thine is the glo - ry, ris - en, con-qu'ring
to thy home a - bove.



Son; end - less is the vic - t'ry thou o'er death hast won!

WELCOME

INTRODUCTION

Welcome in the name of Jesus, the Savior of the world. We are gathered to worship, to proclaim Christ crucified and risen, to remember before God our brother Paul, to give thanks for his life, to commend him to our merciful redeemer, and to comfort one another in our grief.

GREETING

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.

And also with you.

THANKSGIVING FOR BAPTISM

When we were baptized in Christ Jesus, we were baptized into his death. We were buried therefore with him by baptism into death, so that as Christ was raised from the dead by the glory of the Father, we too might live a new life. For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his.

To you, O blessed Trinity, be glory and honor, forever and ever.

Amen.

PRAYER OF THE DAY

Let us pray.

Almighty God, source of all mercy and giver of comfort, graciously tend those who mourn, that, casting all their sorrow on you, they may know the consolation of your love; through your Son, Jesus Christ our Lord.

Amen.

TIME OF REMEMBRANCE: *We take time to tell the story of Paul. Story telling is an important part of our lives. It keeps the memory of our loved ones alive.*

Paul Shoup, Bob Hansen, Joe Siebert

POEM: *Who Am I, by Dietrich Bonhoeffer*

Read by Burke Anderson

HYMN OF PRAISE: *Lord of the Dance* (Sydney Carter)



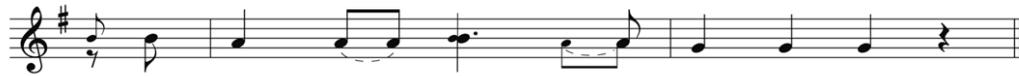
1. I danced in the morn - ing when the world was be - gun,
 2. I danced for the scribe and the phar - i - see,
 3. I danced on the Sab - bath and I cured the lame:
 4. I danced on a Fri - day when the sky turned black;
 5. They cut me down and I leapt up high;



And I danced in the moon and the stars and the sun,
 But they would not dance, and they would-n't fol - low me;
 The ho - ly peo - ple said it was a shame.
 It's hard to dance with the dev - il on your back.
 I am the life that - 'll nev - er, nev - er die;



And I came down from heav - en and I danced on the earth;
 I danced for the fish - er - men, for James and John;
 They whipped and they stripped and they hung me high,
 They bur - ied my bod - y and they thought I'd gone;
 I'll live in you if you'll live in me:



At Beth - le - hem I had my birth.
 They came with me and the dance went on.
 And left me there on a Cross to die.
 But I am the dance and I still go on.
 I am the Lord of the Dance, said he.



Dance, then, wher - ev - er you may be; I am the Lord of the



Dance, said he, And I'll lead you all, wher - ev - er you may be, And I'll



lead you all in the Dance, said he. Dance, said he.

WORD

God speaks to us in scripture reading, preaching, and song.

FIRST READING: Isaiah 30:20-21; 40:31

²⁰Though the LORD may give you the bread of adversity and the water of affliction, yet your Teacher will not hide himself any more, but your eyes shall see your Teacher. ²¹And when you turn to the right or when you turn to the left, your ears shall hear a word behind you, "This is the way; walk in it."

³¹but those who wait for the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

Word of God.

Word of life.

SECOND READING: 1 Corinthians 15:51-55

⁵¹Listen, I will tell you a mystery! We will not all die, but we will all be changed, ⁵²in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised imperishable, and we will be changed. ⁵³For this perishable body must put on imperishability, and this mortal body must put on immortality. ⁵⁴When this perishable body puts on imperishability, and this mortal body puts on immortality, then the saying that is written will be fulfilled:

"Death has been swallowed up in victory."

⁵⁵"Where, O death, is your victory?
Where, O death, is your sting?"

Word of God.

Word of life.

GOSPEL READING: Matthew 6:25-34

[Jesus said:] ²⁵"Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? ²⁶Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷And can any of you by worrying add a single hour to your span of life? ²⁸And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, ²⁹yet I tell you, even Solomon in all his glory was not clothed like one of these. ³⁰But if God so clothes the grass of the field, which

is alive today and tomorrow is thrown into the oven, will he not much more clothe you – you of little faith? ³¹Therefore do not worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' ³²For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. ³³But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. ³⁴So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.

Word of God.

Word of life.

SERMON: Rev. Larry Thomas

ANTHEM: *Borning Cry* (John Ylvisaker)

Richard Edmonds, Soloist

APOSTLES' CREED

**I believe in God, the Father almighty,
creator of heaven and earth.**

**I believe in Jesus Christ, God's only Son, our Lord,
who was conceived by the Holy Spirit,
born of the virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.**

**I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.**

PRAYERS OF INTERCESSION

Let us pray.

Almighty God, in holy baptism you have knit your chosen people together into one communion of saints in the body of Christ. Give to your whole church in heaven and on earth your light and your peace. God of mercy,
hear our prayer.

Grant that all who have been baptized into Christ's death and resurrection may die to sin and rise to share the new life in Christ. God of mercy,
hear our prayer.

Give courage and faith to all who mourn, and a sure and certain hope in your loving care, that, casting all their sorrow on you, they may have strength for the days ahead. God of mercy,
hear our prayer.

Grant to us who are still in our pilgrimage, and who walk as yet by faith, that, where this world groans in grief and pain, your Holy Spirit may lead us to bear witness to your light and life. God of mercy,
hear our prayer.

Help us, in the midst of things we cannot understand, to believe and trust in the communion of saints, the forgiveness of sins, and the resurrection to life everlasting. God of mercy,
hear our prayer.

God of all grace, we give you thanks because by his death our Savior Jesus Christ destroyed the power of death and by his resurrection he opened the kingdom of heaven to all believers. Make us certain that because he lives we shall live also, and that neither death nor life, nor things present nor things to come, will be able to separate us from your love in Christ Jesus our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.
Amen.

LORD'S PRAYER

Lord, remember us in your kingdom and teach us to pray.

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done, on earth as in heaven.

Give us today our daily bread.

Forgive us our sins
as we forgive those who sin against us.

Save us from the time of trial
and deliver us from evil.

For the kingdom, the power,
and the glory are yours,
now and forever. Amen.

SENDING

God blesses us and sends us out in peace.

COMMENDATION

Let us commend Paul to the mercy of God, our maker and redeemer.

Silence for Reflection

Into your hands, O merciful Savior, we commend your servant Paul.
Acknowledge, we humbly beseech you, a sheep of your own fold, a lamb of
your own flock, a sinner of your own redeeming. Receive *her/him* into the
arms of your mercy, into the blessed rest of everlasting peace, and into the
glorious company of the saints in light.

Amen.

BLESSING

May the silence of the hills,
the joy of the winds,
the peace of the fields,
the music of the birds,
the fire of the sun,
the strength of the trees,
and the faith of a little child,
in all of which is God,
go with you and be with you today and always. Amen

ANTHEM: *Deilig Er Jorden*

Olivia Gunn, Soloist

Deilig er jorden / Lovely is the world

prektig er Guds himmel / Magnificent is God's heaven

skjønn er sjelens pilegrimsgang! / Sublime is the pilgrimage of the soul

Gjennom de fagre riker på jorden / Through the beautiful realms on earth

går vi til paradys med sang. / We go to paradise with song

SENDING HYMN: *Beautiful Savior*



1 Beau - ti - ful Sav - ior, King of cre - a - tion,
2 Fair are the mead - ows, fair are the wood - lands,
3 Fair is the sun - shine, fair is the moon - light,
4 Beau - ti - ful Sav - ior, Lord of the na - tions,



Son of God and Son of Man!
robed in flow'rs of bloom - ing spring;
bright the spar - kling stars on high;
Son of God and Son of Man!



Tru - ly I'd love thee, tru - ly I'd serve thee,
Je - sus is fair - er, Je - sus is pur - er,
Je - sus shines bright - er, Je - sus shines pur - er
Glo - ry and hon - or, praise, ad - o - ra - tion,



light of my soul, my joy, my crown.
he makes our sor - rowing spir - it sing.
than all the an - gels in the sky.
now and for - ev - er - more be thine!

POSTLUDE: *Moonshadow, Beautiful Savior*

Who Am I?

by Dietrich Bonhoeffer

Who am I? They often tell me
I stepped from my cell's confinement
Calmly, cheerfully, firmly,
Like a Squire from his country house.

Who am I? They often tell me
I used to speak to my warders
Freely and friendly and clearly,
As though it were mine to command.

Who am I? They also tell me
I bore the days of misfortune
Equably, smilingly, proudly,
like one accustomed to win.

Am I then really that which other men tell of?
Or am I only what I myself know of myself?
Restless and longing and sick, like a bird in a cage,
Struggling for breath, as though hands were compressing my throat,
Yearning for colors, for flowers, for the voices of birds,
Thirsting for words of kindness, for neighborliness,
Tossing in expectations of great events,
Powerlessly trembling for friends at an infinite distance,
Weary and empty at praying, at thinking, at making,
Faint, and ready to say farewell to it all.

Who am I? This or the Other?
Am I one person today and tomorrow another?
Am I both at once? A hypocrite before others,
And before myself a contemptible woebegone weakling?
Or is something within me still like a beaten army
Fleeing in disorder from victory already achieved?

Who am I? They mock me, these lonely questions of mine.
Whoever I am, Thou knowest, O God, I am thine!

Paul Arnold Anderson September 11, 1949—January 23, 2023

It is with profound gratitude for life and great sadness for loss that we mourn our husband, father, friend and fellow adventurer, Paul Arnold Anderson, 73, of Bothell, WA, who passed away on January 28, 2023, after suffering a heart attack.

Paul was born on September 11, 1949 to Rev. Arnold and Caroline Anderson and the community of Ballard First Lutheran Church in Seattle, WA. In 1956, Paul moved with his parents and younger sister, JoMarie, to Portland, OR when his father took a call to Portsmouth Trinity Lutheran Church. There he spent his formative years, building lifelong friendships and cherished memories of a home filled with music and founded in deep faith and unconditional love. After Paul graduated from Roosevelt High School in 1967, he went on to study Secondary Education and Psychology at Pacific Lutheran University.

After graduating from PLU in 1971, Paul loaded up his bicycle for a two-week road trip from Renton, WA down the Pacific coast to begin graduate study at Pacific Lutheran Theological Seminary in Berkeley, CA. There, he served in many local ministries, the most influential to him being the San Francisco Night Ministry under Rev. Don Stuart. During his service, he answered crisis lines and walked the streets in a clerical collar, building relationships with people living and working near Polk Street and the Tenderloin. It was there he began to clarify his desire to serve, not as the leader of a parish, but rather within the mental health field.

With this insight, Paul left seminary and returned to Washington State. He took two roles as youth director at Gloria Dei Lutheran in Olympia, WA in 1973, and two years later in 1975, at Phinney Ridge Lutheran Church in Seattle, WA. There he met and fell in love with Jan, who was working as the church receptionist. After Paul made far more photocopies than necessary in his pursuit of Jan's attention, the two married just over a year later on February 7, 1976.

In 1978, after building many happy memories among Lutheran youth communities, Paul returned to graduate study at Seattle University to pursue his Masters in Counseling. In his second year, first daughter Siri was born; he cared for her during the day, while Jan worked, and took classes at night to complete his degree. At the end of his study, he took an internship with Lutheran Social Services of Washington, which eventually became Lutheran

Counseling Network, where he would spend the majority of his career as a marriage and family therapist.

Soon followed two more children, Leah and Burke, to complete the family. Paul delighted in fatherhood, sharing his love of adventure – biking, running, canoeing, hiking and camping – through many fantastical trips into the beauty of the Pacific Northwest, searching for eagles, whales, waterfalls, and pursuing high peaks. He also enjoyed building projects, including the design of three treehouses and one zip line at family homes. To the frequent groans of his kids, he would often repeat, “Remember your 4B’s: You’re beautiful, bright, beloved, and the best!”

Biking, running, and reading were his most-loved pastimes throughout life. He reveled in the biographies of presidents and others who lived inspiring lives rooted in justice, service and faith. He set and reached goals of running and biking the equivalent of the circumference of the earth (24,901 miles). It took him 25 years to achieve this running, never giving up despite setbacks due to MS and days when he might only be able to complete one mile. After losing the use of his legs in 2008, he attempted to complete that goal a third time on his hand-bike, getting nearly 90% there before his passing. Throughout his life, he completed 5 marathons and 5 Seattle to Portland Bike rides, plus two more STP attempts on his hand-bike.

Diagnosed with MS in 1986, at a time when very little was known about the disease, Paul bravely met its challenges with abiding faith. He wrestled fiercely with the disease’s often devastating toll, with Jan by his side. Each day he chose to meet devastation and loss with a posture of hope and gratitude, never giving up on his goals or his belief that it was possible to achieve them.

Deeply committed to the Lutheran church and his community within it, Paul was a relentless thinker and questioner in earnest pursuit of living a life in alignment with the word of God. He was unabashedly vocal on politics, advocating for social justice and non-judgment. He believed adamantly that all people could know God’s love, regardless of their knowledge of the Bible, trusting that God creates infinite and unique paths for His children to be found.

Paul held enormous gratitude for the blessings in his life of family, friends, community, and the support he felt from everyone who knew, loved, and journeyed with him in times of both laughter and hardship. He was never alone.

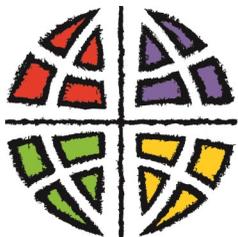
Paul is survived by his wife, Jan; children Siri, Leah, and Burke; son-in-law, Marty; sister, JoMarie; brother-in-law, Lowell; as well as his many deeply loved friends, colleagues, and extended family members, too many to name. Undoubtedly, his love remains steadfast and with us all, as he rides his bike unhindered and with joy on the other side of life's mysterious veil. (Most likely on his hand-bike until he hits his goal on that 24,901st mile.)

Donations can be made to Lutheran World Relief, an organization Paul admired throughout his life. We also invite anyone who is interested to join our team in Paul's memory for the MS Bike event in September, either through riding with us or through donation.

Memorials may be made in Paul's name to:
First Lutheran Church Endowment Fund or to Lutheran World Relief
(<https://lwr.org/ways-to-give>)

Assisting with Today's Service:

Presiding Pastor:	Rev. Tor K. Berg
Organ / Piano:	Lucy Kay Osborne
Violin:	Alexia Payne
Funeral Coordinator:	Donna Hillard
Sound Tech:	Ann Bormann
Camera Tech:	David Osborne
Reception Coordinators:	Nora Strothman and Susan Berg



Evangelical Lutheran Church in America

God's work. Our hands.