

2025 Synod Assembly Elections – Final Nominee Packet

- We will be electing people to serve on the Consultation Committee, the Committee on Discipline, and the Synod Council
- Below you will find position descriptions and the names of those nominated for those positions
- Short bios of nominees (in alphabetical order) are found on the following pages

Committee on Discipline

Electing 2 Rostered Ministers and 2 Lay Persons, six-year terms ending 2031

The Committee on Discipline of this Synod consists of 12 persons, of whom six shall be Rostered Ministers (pastors or deacons) and six shall be laypersons, who are elected by the Synod Assembly for a term of six* years without consecutive re-election. Members of this committee may be called to participate in a hearing when charges are brought against governing officers, ministers of Word and Sacrament, ministers of Word and Service, congregations, and/or members of a congregation. (Full description in Chapter 20 of the Constitution, Bylaws, and Continuing Resolutions of the ELCA.)

COMMITTEE ON DISCIPLINE NOMINEES:

Electing Two Rostered Ministers

Rev. John LaMunyon
Deacon Marie Preftes Arenz
Rev. Pam Russell

Electing Two Lay Persons

Karen Klemetson
John Koch

Consultation Committee

Electing 2 Rostered Ministers and 2 Lay Persons, six-year terms ending 2031

The Consultation Committee consists of 12 persons, of whom half shall be Rostered Ministers and half shall be laypersons. These members are elected by the Synod Assembly for a term of 6* years without consecutive reelection. When there is disagreement among factions within a congregation on a substantive issue that cannot be resolved by the parties, members of a congregation shall have access to the synod bishop for consultation after informing the chair of the Congregation Council of their intent. If the consultation fails to resolve the issue(s), the Consultation Committee of this synod shall consider the matter. (Full description in Chapter 20 of the ELCA Constitution and Chapter 17 of the Synod Constitution.)

CONSULTATION COMMITTEE NOMINEES:

Electing Two Rostered Minsters

Rev. Mary Lindberg
Rev. John O’Neal

Electing Two Lay Persons

Jennifer Satterfield
Janet St. Clair

Synod Council

Electing

1 Lay Man PC/L (person of color or whose primary language is other than English)

1 Lay Man; 1 Lay Woman; 1 Rostered Minister (either deacon or pastor)

The council typically meets every 2 months. The Synod Council is the board of directors of this synod, serving as the legislative authority between meetings of the Synod Assembly. Additional leadership functions include trusteeship responsibilities on behalf of this synod; recommending program goals and budgets; carrying out resolutions of the Synod Assembly; etc. (See Chapter 10 of the Synod Constitution for full definition of Council.) These are each three-year terms.

SYNOD COUNCIL NOMINEES:

Electing 1 Rostered Minister – Deacon or Pastor

Rev. Sara Funkhouser

Electing 1 Lay Man

Shane Lambing

Electing 1 Lay Woman

Cindy Shultz

Electing 1 Lay Man (PCL/L)

Salvador Cossio

Please review the Nominee Biographical Information on the following pages.

Nominee Biographical Information

KEY: **M** = Man; **F** = Woman; **NB** = Non-binary, gender fluid, other gender | **Youth** = Under 18 years old; **YA** = Young Adult age 18-30
PC/L = Person of color or person whose primary language is not English

Salvador Cossio (nominated for Synod Council)

Grace Lutheran Church, Des Moines + Lay Person | M | PC/L | Over 30
Roles/Activities in Local Congregation: Pastoral Care, youth and family, Latino Ministry
Roles/Activities in the Synod/Churchwide/Wider Community: Current member of synod council
Gifts/Skills: Careful listener, creative, compassionate, bilingual (English-Spanish)

Rev. Sara Funkhouser (nominated for Synod Council)

Luther Memorial Lutheran Church, Seattle + Rostered Minister | F | YA
Roles/Activities in Local Congregation: Pastor
Roles/Activities in the Synod/Churchwide/Wider Community: Board President for Lutheran Campus Ministry at the University of Washington, previously Vice President, Synod trained coach
Gifts/Skills: Sara is passionate about serving the church and helping us to envision the future of the church. She is a coach in the synod and values curiosity, empathy, and active listening. She wants to continue to push the church in its call to love God and neighbor, focus on justice, and create inclusive spaces that value and respect diverse identities and experiences.

Karen Klemetson (nominated for Committee on Discipline)

Grace Lutheran Church, Des Moines + Lay Person | F | Over 30
Roles/Activities in Local Congregation: Active member of the church's handbell ministry
Roles/Activities in the Synod/Churchwide/Wider Community: Staff therapist at Lutheran Counseling Network for 28 years, and bookkeeper at Lutheran Counseling Network for 26 years.
Gifts/Skills: Karen holds a Ph.D. in Marital and Family Therapy and is a WA State licensed therapist with 34 years of clinical experience (28 years with Lutheran Counseling Network). She is skilled in the ministry of presence with clients navigating difficult life events and mental health concerns. She is also well-experienced at remaining open and objective with all individuals involved with parties experiencing relationship disruption.

John Koch (nominated for Committee on Discipline)

Holy Spirit Lutheran Church, Kirkland + Lay Person | M | Over 30
Roles/Activities in Local Congregation: Confirmation leader, Usher
Roles/Activities in the Synod/Churchwide/Wider Community: Volunteer umpire for local youth sports organization
Gifts/Skills: The nominee brings a well-rounded world view shaped by a wide variety of life experiences that would support a sense of kindness and compassion within a foundation of professional ethics.

Shane Lambing (nominated for Synod Council)

Pointe of Grace Lutheran Church, Mukilteo + Lay Person | M | Over 30
Roles/Activities in Local Congregation: Former Council President, Mutual Ministry Team, Facility Team member
Roles/Activities in the Synod/Churchwide/Wider Community: Currently on Synod Council; HSA board member; Royal Robotics Coach
Gifts/Skills: Shane would continue to bring discernment and good listening skills to the council. He has the ability to navigate conflict and is passionate about fairness and the minority voice being heard. He brings the skills he has acquired not only in his job as a paralegal but as a chaplain and robotics coach working with deaf and hard of hearing students.

Rev. John LaMunyon (nominated for Committee on Discipline)

Salt House Church, Kirkland + Rostered Minister | M | Over 30
Roles/Activities in Local Congregation: John is new to Salt House but previously served as Lead Pastor, Sammamish Hills Lutheran Church 2002-2018.
Roles/Activities in the Synod/Churchwide/Wider Community: 1) PROJECT HOPE - connecting five diverse congregations, three high schools, and two middle schools in Sammamish to combat Teen suicide. 2) Served as an advisor to the Sammamish City Council on Disaster Relief. 3) With a very dedicated and talented lay team from Sammamish Hills Lutheran Church established the annual Day of Service.
Gifts/Skills: John will bring a strong spirit of discernment and years of wisdom acquired through thirty-five years experience working with congregations in conflict. He is also currently connected as a coach in these ways:
*Professional Certified Coach; *International Coaching Federation; *Owner, Headwaters Coaching working with individuals and Teams, specializing in Conflict, Communications and Transitions; *Lead Faculty Member, SeattleCoach, Seattle, WA, *Advanced Mentor Coach, Fluxify, Cleveland, OH.

Rev. Mary Lindberg (Nominated for Consultation Committee)

St. John United Lutheran Church, Seattle + Rostered Minister | M | Over 30
Roles/Activities in Local Congregation: Pastor, committee member, volunteer
Roles/Activities in the Synod/Churchwide/Wider Community: Pastor, Editor, Writer, Chaplain
Gifts/Skills: Wide experience lends to an ability to collaborate with the bishop on essential issues.

Rev. John O’Neal (nominated for Consultation Committee)

Grace Lutheran Church, Des Moines + Rostered Minister | M | Over 30

Roles/Activities in Local Congregation: Lead Pastor, now retired

Roles/Activities in the Synod/Churchwide/Wider Community: Previous work with synod committee helping pastors in smaller congregations, mission grants, ELCA Large Church Conference Board member; SeaTac Cluster Dean

Gifts/Skills: Thirty-seven years in parish ministry, from Assoc Pastor to Co-Pastor to Lead Pastor; even-handed working with staff and volunteers alike; completed Pastoral Leadership Program through Seattle University, post MDiv; Coursework in Negotiation Strategy; desire to encourage clergy, staff and congregation to have a healthy working relationship

Deacon Marie Preftes Arenz (nominated for Committee on Discipline)

Faith of North Lakewood, Marysville + Rostered Minister | F | Over 30

Roles/Activities in Local Congregation: Marie serves on the Lay Work Group for the Stillaguamish Conference. She preaches once monthly at Faith and is the Clinical Supervisor and a counselor at LINC-NW, a Family Resource Center housed at Faith. From 2007 until 2019, Marie was the coordinator of the Children's Ministry programs at Faith.

Roles/Activities in the Synod/Churchwide/Wider Community: Marie currently serves on the NW WA Synod Candidacy Committee and is completing a partial term on the Committee on Discipline. She is a Licensed Mental Health Counselor and Substance Use Disorder Professional and has worked in the child welfare system for 15 years. From 2021-2023, Marie ran a co-occurring substance abuse/mental health inpatient treatment program.

Gifts/Skills: Marie has served on the Committee on Discipline for the past year. As a counselor, Marie is passionate about building relationships based on trust and respect and journeying with individuals and families as they navigate life’s joys and challenges. She has a strong ability to encourage individuals to work toward goals and better relationships and to connect with others and community resources. She is able to create and maintain boundaries and to see multiple sides of an issue. She quickly builds rapport with individuals and meets people where they are. She advocates for individuals' needs, especially those who are experiencing addiction and/or mental health issues and individuals with developmental disabilities.

Rev. Pam Russell (nominated for Committee on Discipline)

Faith Lutheran Church, Seattle + Rostered Minister | M | Over 30

Roles/Activities in Local Congregation: Retired Pastor, Now a Bible Study Leader, Supply Preacher Choir

Roles/Activities in the Synod/Churchwide/Wider Community: Synod Council, Synod Personnel Committee, Synod Worship, Synod Assembly Volunteer

Gifts/Skills: Pam is thoughtful, educated, and compassionate. She has a strong skill set for looking at facts, patterns, and insights without judgement while offering thoughtful insight. She is a person of high integrity. Pam holds strong leadership skills and has extensive experience in the dynamics of congregations, individuals, and communities.

Jennifer Satterfield (nominated for Consultation Committee)

Camano Lutheran Church, Camano Island + Lay Person | F | Over 30

Roles/Activities in Local Congregation: Chair, Youth/Ed Ministry Team & At-Large Council Member & Church Treasurer

Roles/Activities in the Synod/Churchwide/Wider Community:

Gifts/Skills: As an engineer by education with a passion for processes, management, and governance; I feel like I am a good fit for this position. Our pastor, Scott Brents, contacted me and asked if I would be interested in serving in this capacity. I have worked this last year as treasurer helping to bring our church procedures up to date and have helped with several HR type events (as I have had years of experience in the work place handling these). I look forward to using my gifts to help the synod.

Cindy Shultz (nominated for Synod Council)

Emmaus Table, Seattle + Lay Person | F | Over 30

Roles/Activities in Local Congregation: Member of the leadership team, Secretary/Treasurer, Kitchen Manager, Worship Leader

Roles/Activities in the Synod/Churchwide/Wider Community: Current Synod Council member, LiVE Board Member (2020-2024), Sacred Spaces Workshop Leader, Community Loaves Hub Leader and Freezer Bank Manager

Gifts/Skills: I take my call to follow Jesus seriously. I get along well with most folks, and am a good listener and storyteller. Organization, collaboration, and hospitality are foundational skills. I get things done.

Janet St. Clair (nominated for Consultation Committee)

Camano Lutheran Church, Camano Island + Lay Person | F | Over 30

Roles/Activities in Local Congregation: Council member, Council President, Benevolence Committee

Roles/Activities in the Synod/Churchwide/Wider Community: County Commissioner, Nonprofit Board Member and President, Area Director LCSNW

Gifts/Skills: Discernment, leadership and compassion are gifts she brings to her community and work. She is strong as an advocate and speaks out when needed. She has a Masters in Social Work and was a licensed mental health professional.