

Our Savior Lutheran Church

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GROWING
TO SERVE

From the Desk of Pastor Vaswig

JUNE

2021

**Our Savior
Lutheran Church**
745 Front Street S.
Issaquah, WA

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To the people of God at Our Savior grace and peace,

I have been pondering as of late thanksgiving, not the holiday, but the attitude or response of gratitude in our lives. I have been wondering what it means to live a life of gratitude, specifically in response to the Gospel. For many years fighting uphill battles with Lutherans surrounding the issues of stewardship and what it means for us to respond to the grace and mercy of God I have witnessed reluctant hearts. Oh not always, there are great stories I can tell of transformed lives with regard to a spirit of thanksgiving but generally I can say, creating or fostering a spirit of gratitude with accompanying actions, is very challenging. Is gratitude taught or caught? Does a prevailing attitude of gratitude come from a family of origin? Can we be schooled in gratitude? All of these questions are in play as we ponder together what it simply means to live into a grateful heart.

Henri Nouwen in an article entitled All is Grace said the following, which I think is so pertinent to the current moment at Our Savior and Shepherd of the Hills. "I am gradually learning that the call to gratitude asks us to say everything is grace. When our gratitude for the past is only partial, our hope for a new future can never be full, As long as we remain resentful about things that we wish had not happened, part of our hearts remain isolated, unable to bear fruit in the new life ahead of us." What Nouwen is suggesting of course is gratitude or the discipline of gratitude encompasses the good and the bad, the joy filled moment and the unexpected sadness. Gratitude is not about taking our pulse in the current moment to see if I am happy therefore grateful. Gratitude rather is to say "everything is grace." The fact that I woke up this morning is grace; the fact I turned on the shower head and hot water came out is grace; the encounter I had with the homeless man is grace; the dinner I had with family and friends is grace; the look of knowing of the child/grandchild is grace. All is grace and grace begets gratitude.

Continued on page 2...



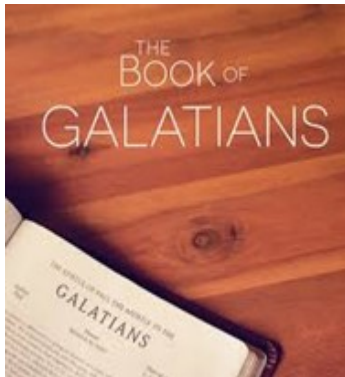
From the Desk of the Pastor

Continued from page 1...

So may I say how grateful I am for you the people of God at Our Savior and Shepherd of the Hills. Yes, I see your struggle in the current moment. I see your perplexity alongside your questions of what is next. Simultaneously I would remind you, as I would remind myself, God's grace is sufficient for the current moment, and such grace suggests gratitude.

With a grateful heart in the ministry we conduct together,

Pastor John L. Vaswig



Sunday Morning Education Hour: A Study of Galatians Ends Sunday, June 13th

Join Pastor Vaswig for Adult Education Hour on Sundays at 9:00am through June 13th.

The book of Galatians is thought to be the first of Paul's letters, an astonishing text written to a community who had forgotten or simply neglected the very message of freedom the Apostle had originally proclaimed. The book remains ever so pertinent to our lives as Christians living in the 21st century. So join us in-person in the fellowship hall, or via Zoom through June 13th.

Sundays at 9:00 AM through June 13th

Zoom Link: <https://zoom.us/j/97225570244?pwd=ZXQyRTlwVkVKSjg2Rk51UEhRSHQrZz09>

*If you have trouble connecting, please call Dave Carlson at 206-660-8009.

Missed last week's Bible Study? Links to the audio for each gathering can be found on our website at www.oslcissaquah.org.

Our Savior Church Council

From the Council President



It was kind of wonderful attending a live church service. We have plenty more room for others who wish to attend. I had done the two drive- thru communions, but having others witness your faith adds to it. Hopefully, as our vaccine rate continues to go up, more members will come back to live services. Encourage your friends and neighbors to get the vaccine. It is a good lesson of loving your neighbor as yourself. If you have questions about the vaccine, ask your doctor, not social media.

I was looking thru my notes of the last council meeting and a sentence I wrote, jumped out at me, "Rick West out of big closet". We've been clearing out the downstairs to make room for possible non-profit tenants. We had to make some room in the big closet upstairs for some of the Scout stuff moved out from downstairs. Rick and his group on the Site Planning Team have been hard at work. Studies have shown that new generations of members don't give at the same higher rate as our seasoned folks. We need to look for ways to generate income to pay for this big building.

The council also approved grants for OSLC and Shepherd of the Hills kids to go to summer church camp. Lutherwood is in Bellingham and the church will cover the cost. It's for 3rd to 9th grade depending on the week. Look online and get in a reservation. Holden Village on Lake Chelan has family camps. Take your kids and we will cover the \$475 for youth for a five day stay which includes the boat trip up the lake. Holden requires everybody above 12 years old to have covid vaccinations. Get your reservations in pronto. We've had money sitting in a youth account for mission trips for quite some time. Additional questions contact me at bachmancj@aol.com or my cell 206-550-0172.

We've scheduled our annual congregational meeting for June 27th after the church service. This will be in-person. Budget hearings will be in the library on June 6th and 13th after the church service also.

The council is also looking into using the lake property of the Flintoffs again for Wednesday night food and fellowship. We're hoping it will be a good time for members of each church to get to know each other.

Peace,
Chuck bachman

Church Buildings & Grounds



Early Summer Garden Landscape Clean up

At Our Savior

Saturday June 5th

9:00 am — 12 noon

Come when you can, stay as long as you like

We will be outside and socially distanced. No experience required!

Questions? Please contact anneellett@yahoo.com



Worshipping Together in June



Join Us Each Sunday!

In-Person or Live On-Line at 10:00am

You can choose to join us for worship in-person in the sanctuary, or view our service live-streamed on our YouTube channel.

In-Person: For those who feel comfortable attending worship in person, we're excited to see you again! A few things have changed for the safety of all. Please read the guidelines on the following page so that you know what to expect. Per Phase 3 guidelines, the sanctuary seating limit during worship is 227 people.

On-line: Worship services are broadcast live from our sanctuary at 10:00 am, with the prelude preceding. A link to the service is published weekly, or you can click here: [Worship Live](#). If you try the link prior to 10:00 am each Sunday, you may see a message "video unavailable."

Unable to attend in-person or watch live? Services will be recorded and posted to the [Our Savior YouTube Channel](#). If needed, pull down the menu under "Uploads," then click on "Past Live Streams." You can also find links on our website www.oslcissaquah.org

Thank you for your patience as we continue to navigate this new phase of worship life.

Our Savior Re-Opening Committee



Guidelines for In-Person Worship

Our Savior Lutheran Church has re-opened our building for small group gatherings and in-person worship.

What does in-person worship look like now? When you're ready to return to worship in-person, here's some information to help you:

When you arrive: starting at 9:45am, you will be asked to enter through the main doors and speak with the greeter for a Covid protocol check-in. Note that masks must be worn when inside the building, and physical distancing maintained. Hand sanitizer stations are located throughout the facility. The main level restrooms are open.

During the worship service: Bulletins will be provided. Seating has been arranged to maintain physical distancing; thank you for not moving any of the markers or chairs. Masks must be worn. Per State/Synod guidelines: worship leaders (Pastor Vaswig, Lectors/Assisting Ministers) will unmask at the time of speaking. One unmasked, physically-distanced Cantor will lead the singing. Congregation members are welcome to sing if they are wearing triple-layered masks per State/Synod guidelines, or otherwise hum the service music.

Will there be Holy Communion? Yes, but it will look a little different. Masks must continue to be worn, except for the moment the wine/juice and bread are consumed. Instructions will be shared during the service.

Following the service: please exit the building directly and continue all conversations outside. There will be no coffee hour for the foreseeable future, and Anderson Hall will remain closed following the service.

Live-streaming of our services will continue. Not ready to gather or away from Issaquah? We will continue to live stream our services at 10:00am on OSLC's YouTube Channel, including recordings available for later viewing.

Thank you in advance for your patience as we learn about worshipping together in this next chapter of the story of our life together in these challenging times.

Church Council



Budget Hearings Sunday, June 6th & 13th In the Library

Following worship on Sunday, June 6th and Sunday, June 13th, join us in the library as we exercise our democratic process to set the course for next year. On the agenda: OSLC's 2021-2022 Mission & Ministry Budget. All active members should attend this meeting. Friends and visitors are invited and encouraged to participate. Copies of the proposed budget will be provided.

ANNUAL MEETING

Join us on Sunday, June 27th at 11:00 am Our Savior Annual Congregational Meeting

Following the service on Sunday, June 27th, we will gather in the fellowship hall to celebrate the end of the program year and review our plans together for next year. On the agenda: OSLC's 2021-2022 Mission & Ministry Budget. All active members should attend this meeting. Friends and visitors are invited and encouraged to participate (but may not vote). Look for more information in the weekly announcements.

Small Group Ministries



Congratulations to OSLC's 2021 High School Graduates!

**Maria Kampf
Anna Montague
Lilly Steffan
Laura Veevaert**



Summer Campfire Worship Returns this August

*Location:
4405 E. Lake Sammamish Parkway S.E.
Issaquah, WA 98029*

This beloved OSLC tradition on Lake Sammamish is being planned for August. We're looking for individuals and families to coordinate site set up, and be food and beverage hosts. Tasks include transporting supplies from Our Savior to the Flintoft property, unlocking and re-locking the gate, starting the campfire, and putting out the water, hot dogs, condiments and paper goods.

If you are interested in helping to host, please contact Connie Fletcher at Connie Fletcher at fletch501c@comcast.net.

Together, we can celebrate the good gifts of our Creator and nurture God's hope-filled promises in our lives. Summer is a time to celebrate and a time to grow. We hope you choose to participate, and we hope you invite others.

Small Group Ministries



Holden Village - Registration is Open!

Holden is planning to welcome guests for a modified summer season! Join them this summer for the healing power of community and a celebration of our shared journey as we explore "The Samaritan Traveler." If you are unable to join us in person, we look forward to connecting via virtual programming.

Learn more here: www.holdenvillage.org/



Powerful Giving with Your Smartphone

Apps make life easier. With GivePlus Church, you can use your smartphone to give anytime, anywhere!

- ⇒ Download the FREE app on your Apple or Android phone
- ⇒ Make a one-time or recurring donation using your debit/credit card or checking/savings account
- ⇒ Log in or donate as a guest
- ⇒ Securely and conveniently manage donations using Touch ID/Fingerprint, PIN or password

Stewardship Committee

Considering Our Bodies Holy

Honoring your body and worshipping God

Tending the holy temple of your body:

I invite you to recognize that your body is a holy place where the sacred dwells, so treat it like someone you love. Here are some places to start:

KNOW: Wake up in the morning knowing anything you accomplish is icing on the cake because **you are already beloved.**

BREATHE: Set an alarm on your phone or watch to do a body scan and breath check. Our minds may lie to us, yet our breath never does. Take a moment to literally catch your breath.

SLOW DOWN: Breathe before you make that hard decision. Take a holy pause when you receive critical feedback that encourages your defensiveness. You do not need to respond in the moment. You have permission to give yourself time to process. Many of us are constantly in fight, flight or freeze mode. Give yourself permission to breathe yourself into a fuller, more loving narrative. Move from your primitive brain into the frontal lobe cortex where you can actually process and think logically.

FEED: What would feed your soul today? Your spirit? Your body? Ask yourself and see what answer emerges. Is it prayer, taking time to make a favorite home-cooked meal or the ritual of pouring a cup of tea? What would feed you today? Lean into that.

REST: We can either choose when to rest or our bodies can choose for us. This moment has asked so much of our bodies. The amount of cortisol in our blood right now has us constantly ready to pounce, move or fight. The body's response to this much cortisol in the blood is to crash, to shut down into depression. Our bodies cannot maintain that frantic space for too long. Therefore, its way of *helping* us—protecting us—is to shut us down. Instead of frustration, how could we meet ourselves with compassion in those moments?

MOVE: Instead of cursing your body for betraying you, maybe try leaning into your body. Take a breath...take another one. In fact take a moment, stop reading and just breathe. What is your breath trying to tell you? Do you hear that? Can you feel it? Your body is trying to communicate with you. Take a holy pause and listen.

From Rev. Jenny Sung who serves at St. Andrews Lutheran Church in Mahtomedi as Pastor of Outreach and Missions. Rev. Sung is the founder and co-director of One Dance Company in St. Paul. The above excerpt from the faith+leader

Newsletter is used with permission and comes to you with warmest greetings by your OSLC Stewardship Team. Find it online at <https://faithlead.luthersem.edu/considering-our-bodies-holy/>.

Small Group Ministries



Mission Quilters

Join the Fun & Fellowship

No quilting experience? Don't know how to sew? No problem! Mission Quilters welcomes new members. It's not necessary to know how to sew or quilt to participate.

Join us on Thursday mornings 9:30 am until 12:00 noon in the fellowship hall, and assist us in making quilts. We make simple patchwork quilts that are donated to people in need.

Quilts made by OSLC Mission Quilters are donated to Lutheran World Relief, and are then sent all over the world, frequently to countries following natural disasters such as earthquakes and hurricanes. Quilts are also given to OSLC graduating seniors, to Compass Housing Alliance, and our neighbors at the Issaquah Nursing & Rehabilitation Center.

The group welcomes donations of fabric (preferably cotton) and clean used sheets. Donations to help with the cost of shipping and to buy supplies are also greatly appreciated.



Prayer Shawl Ministry

The prayer shawl ministry provides knitted or crocheted shawls to those who are hospitalized, sick or just need a hug! If you are interested in participating in this ministry, or, learning how to knit or crochet, contact Wendy Winslow at wendywinslow@hotmail.com. Yarn and patterns are available.

Our Savior Re-Opening Committee

Building Use Guidelines for Group Gatherings During Phase 3

****Should King County change Phase levels,
revised guidelines will be distributed.**



General Use Protocols:

- Only gatherings of **15 or less** are permitted until we reach Phase 4.
- Everyone must enter and exit the building through the main entrance or the Anderson Hall entrance. All other exit doors may not be used.
- Covid-19 information signage have been posted at these two entrances, including one that can be read from the outside, that lists the symptoms of Covid-19. Anyone exhibiting any of the following symptoms must go home, stay safe, and recover.
 - * Fever greater than 100° F
 - * New cough
 - * Shortness of breath, Sore throat
 - * New muscle pain/achy sore muscles (myalgias)
 - * New fatigue or sudden onset of discomfort/illness (malaise)
 - * New loss of sense of smell/taste (anosmia)
 - * New GI (gastrointestinal) symptoms including diarrhea
 - * Chills
 - * Runny nose
- Everyone must wear a mask while in the building. Masks will be available at the check-in station.
- Touchless gel hand sanitizer stations are located at the entrance.
- A check-in station is provided at the entrance for people to write their names and contact information. Alternatively: One person may hold contact information for the whole group.
- 6-foot social distancing must be maintained.
- Only one person may use the restroom at a time.
- No food or drinks may be consumed in the building during group gatherings.
- The kitchen may not be used for group gatherings. [Exception: The kitchen may be utilized for food preparation in support of the Issaquah community meals program.]

Northwest Washington Synod

From the Bishop:

I began my Bishop's Report for the 2021 Synod Assembly on May 15, 2021 by quoting Paul in his letter to the Romans, "I thank my God through Jesus Christ for all of you, because your faith is proclaimed throughout the world."

I am so glad to be the Northwest Washington Synod with you – as we walk, journey, travel together. We are connected as the body of Christ – as siblings in Christ – together. We are the Northwest Washington Synod in the Evangelical Lutheran Church in America. Together in Jesus Christ we are freed by grace to live faithfully, witness boldly, and serve joyfully. As people forgiven and redeemed, beloved and welcomed, we are called to embody God's grace in speech, action, and relationships. I am reminded daily that it is Jesus Christ who loves, welcomes, and forgives. As baptized children of God, we are called to participate in this love, hospitality, and forgiveness. I am thankful for all of you for your love, your welcome, and your forgiveness.



Bishop Shelley Bryan Wee

We on the synod staff have agreed to embrace the following statement as we work together with the congregations and ministry sites of this synod: *"Trusting in the Spirit, we are journeying together with God's people so that all may discover and participate in what God is doing among us through Jesus."*

Further, there are five focus areas interwoven in the work that we are doing as we journey together in Christ:

1. Faithful Innovation
2. Youth and Young Adults
3. Leadership
4. Connection
5. Racial Justice

I'd like to lift up a few of the actions from the 2021 NW WA Synod Assembly:

We had our first online assembly with 332 voting members in attendance on Zoom and over 200 following along on our Facebook Livestream.

We approved the Recommended Changes to the Constitution that were forwarded from the 2019 ELCA Churchwide Assembly.

We approved the changes to the Constitution proposed by the Synod Council (with a minor amendment to have the Nominating Committee changed to 5 persons).

Continued on the following page...

Northwest Washington Synod of the ELCA

Continued from the previous page...

We elected persons to the following:

Synod Council

Committee on Discipline

Consultation Committee

Voting Members to the 2022 ELCA Churchwide Assembly

Approved budget.

We shared videos from our ministry partners and synod committees/teams.

Announced Grace Grants recipients.

As we do the work of this synod, I am reminded that it is not us but the Spirit that leads and guides. Trusting God's promises and participating in the Holy Spirit, we have reached places beyond what I thought possible. We have exceeded priorities and we are moving forward towards God's preferred future. I am grateful to be on this journey with you.

+ Bishop Shelley Bryan Wee



Lutheran Counseling Network

Lutheran Counseling Network

Faith and Everyday Life

June 2021



Which one of you, having a hundred sheep and losing one of them, does not leave the ninety-nine in the wilderness and go after the one that is lost until he finds it? When he has found it, he lays it on his shoulders and rejoices. And when he comes home, he calls together his friends and neighbors, saying to them, 'Rejoice with me, for I have found my sheep that was lost.' (Luke 15:4-6)

Let's back up a chapter. Jesus has been talking to the scribes and Pharisees, who criticized Jesus for receiving and eating with sinners. How interesting that sinners were drawn to Jesus, and were comfortable in his presence.

In the above parable, there is no criticism of the one who became lost, no chiding of a sheep whose own foolish choice may have caused the disconnect from its shepherd. The focus and clear emphasis is on the determination of the shepherd to find even one that becomes lost.

Jesus said elsewhere, "If you have seen me, you have seen the Father." What a Father, who is so devoted to his creation that he cares that not even one be lost.

Consider that whatever lost-ness you may have experienced, whether in the past or right now, the heart of the Father is pursuit and finding. It is not a calloused, flippant attitude. Nor is it shaming. Once found, the shepherd is ecstatic and calls his friends and neighbors to share his joy. Connection is restored. As image-bearers of our Father, this longing for deep connection and restoration is in us also. What a Great Shepherd who cares for the many and the one!

Written by a staff member of Lutheran Counseling Network

Pastoral Care & Visitation



Emergency Pastoral Care

For emergency pastoral care, please contact
OSLC Transition Pastor John Vaswig at:
253-677-4515 (mobile)
JLVaswig@gmail.com

Pastor John's Office Hours:
Tuesday 10:00 am – 12:00 pm
Thursday 10:00 am – 12:00 pm



Pr. John Vaswig



Lay Visitation Ministry

Do you know of someone who may be home-bound, in senior care, or otherwise would like a phone call from our Visitation Ministry, and is not currently receiving visits? If so, please pass their name along to Kate Gagnon, OSLC's Lay Visitation Minister at kjgagnon@yahoo.com, or 425-200-0481.



June Worship Readings

Sunday, June 6 — Second Sunday after Pentecost

First Reading: Genesis 3:8-15
Second Reading 2 Corinthians 4:13--5:1
Gospel: Mark 3:20-35

Sunday, June 13 — Third Sunday after Pentecost

First Reading: Ezekiel 17:22-24
Second Reading 2 Corinthians 5:6-10 [11-13] 14-17
Gospel: Mark 4:26-34

Sunday, June 20 — Fourth Sunday after Pentecost

First Reading: Job 38:1-11
Second Reading 2 Corinthians 6:1-13
Gospel: Mark 4:35-41

Sunday, June 27 — Fifth Sunday after Pentecost

First Reading: Lamentations 3:22-33
Second Reading 2 Corinthians 8:7-15
Gospel: Mark 5:21-43



We remember in prayer...

We remember in prayer:

Ryan Steffen, Patty Gerde, Clay Anderson, Marge Schaper, Edith, Mary Fricke, Jerry & Linda Nack, Rowan & Barb Hinds, Meghan, Safety and peace for communities, Guests of the Community Meals Program, All affected by COVID, Lil, Sonja, Lucy Acker, Nicole De-Camp, Doug Patur, Scott Hafso, Jeanne Kuipers, John Pass, Emily & Steve Gacek, Ray Harbolt, Margot Inman, Duane Jacobson, Marian James, Bernice Jensen, Josee Jordan, Florence Kinnune, Jeannie Lindquist, Vern Lindquist, Dorothy Soland, Randi Strom, Margit Welch.

We ask for peace and comfort for those mourning the death of loved ones:

Jake Schaper (brother to Lena Schaper); **Gregory** (nephew to Bill & Joanne Suttmeier); **Marc Montague** (husband to Kimberly Montague, father of Ashley & Anna); **Julie Engebrect** (Shelley Howe)

We pray for expectant mothers:

Marian Martin (Stacy Smith); **Alyssa Saavedra** (Cheryl Neeb); **Shawna McIntyre** (Cheryl Neeb); **Jessica Murguia** (Cheryl Hauser)

We pray for members and friends serving in the Military; Fire and Police Department personnel; Emergency Room personnel.

We prayer for safety and strength to those living in the wake of all disasters, and all who serve as first responders.

We pray for our missionaries and global missions:

Henrik & Patty Christopherson. For the congregations in Chiclayo, Peru: **Pepe** at Las Brisas, **Merci** in San Antonio and **Harold** at Las Lomas. **Alexandra, Miriam, and Kati**, the three recipients of our Global Missions Peru Scholarships. **MaaSae Girls Lutheran Secondary School** in Monduli, Tanzania.

June

Birthdays & Anniversaries



6/3	Merrily Gottner	6/15	Linda Baseler
	Shannon Small	6/18	Barbara Hinds
6/4	Kelsey Small		Connie Fletcher
	Tom Gardner		Lilly Steffen
6/5	Sharon Mantei	6/20	Olivia Hanson
6/8	John Pass	6/22	Cheryl Neeb
6/9	Jeanette Patterson	6/24	Drew Fletcher
	Paul Swanson	6/25	Vicki LeFever
6/10	Cheryl Landers	6/26	Lena Diaz
	Jeannie Lindquist	6/28	Bob Beck
6/11	Lorna Robertson		Libby FitzGerald
6/13	John Diaz	6/30	Tim FitzGerald
6/14	Jane Wuest		



6/2	Gary & Marilyn Kneepkens
6/5	Ken DeCamp & Cheryl Leiter
6/11	Paul & Nilvane Swanson
6/13	Ron & Sharon Mantei
6/14	Bruce & Norma Byrkett
	Michael & Debbie Sladek
6/17	Ray & Carol Harbolt
6/18	David & Marilyn Carlson
6/28	Chuck Bachman & Wendy Winslow



Our Savior Lutheran Church

745 Front Street South
Issaquah, WA 98027
(425) 392-4169

Stay connected!
www.oslcissaquah.org

All information for the *Focus* newsletter is **due by the 15th of each month**, unless noted otherwise. Please email items to office@oslcissaquah.org.

OSLC STAFF DIRECTORY

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