

Our Savior Lutheran Church

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GROWING
TO SERVE

FEBRUARY

2023

**Our Savior
Lutheran Church**
745 Front Street S
Issaquah, WA 98027

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From the Desk of Pastor Vaswig

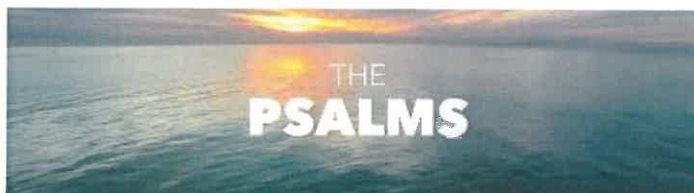
Yes, believe it or not, Lent will soon be upon us. On February 22, we will begin the forty days with Ash Wednesday services both at noon and 7:00 p.m. for everyone's convenience. This year for the evening worship we will be joined by the people of God from Spirit of Peace as Pastor Jenn Hagedorn and myself will co-preside at the evening worship.

In addition to the Ash Wednesday worship, we will be conducting five mid-week services on Wednesdays during the Lenten season, each at 7:00 p.m. preceded by a soup supper. The theme for the five mid-week services will be Pondering the Psalms, the prayer book of the church. We will examine five different Psalms during the five weeks, applying the same Psalms to our daily lives. Lent is considered a season of renewal but also a season in which we examine our own lives of faith and consider deeply what it means to be a person of faith.

The Psalms are very helpful in this examination as the Psalmist struggles to tell the truth at whatever stage of the journey. While the Psalmist can indicate sheer joy coupled with profound gratitude, he also can lament the absence of God and cry out from a place of despondency. The Psalms in their prayerful tone speak profoundly to our lives and are a wonderful tool to enable us to keep Lent, if you will. So I hope you will keep Lent.

I hope you will mark your calendars for February 22, Ash Wednesday, followed by five successive Wednesdays where we will live into the Psalms as we embark on the journey of Lent. A most blessed Lenten journey.

Pastor John L. Vaswig

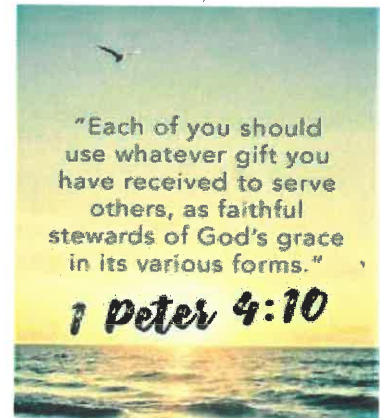


Our Savior Community

From the Council Presidents

Chuck Bachman & Bob Johnson

Volunteers Needed



Our Savior Lutheran has some critical needs:

- **Audio/Visual:** We need a person to occasionally give Jonathan Smith and David Hershey a break from doing the audio/visuals for the worship services. This is an "any age" young position. We have reached the stage where we might have to hire someone for this long-held volunteer position. Talk to Jon about your questions at jsmith1099@hotmail.com.



- **Altar Guild and Bread Bakers:** Bread bakers for Communion are needed; we just need one or two people for a once-a-month commitment. Altar Guild also needs at least one person or couple to prepare the Communion cups and clean afterwards once a month. Contact Jane Wuest at jnewuest@hotmail.com.



- **Worship Assistants:** Worship assistants are needed. We need at least one more person to add to the rotation. This is once a month. Contact Jen Winslow at jenwinmv@outlook.com.



Our Savior Community

Women's Retreat Rescheduled!

The retreat planned for early March has been rescheduled to November 10-12, 2023. Mark your calendars! We will still be at the lovely Rainbow Lodge in North Bend, and will continue to partner with other congregations to put together a great weekend event.



Why in the world reschedule, you may ask? The last few months have been a perfect storm of trouble for the organizers and, most importantly, for the speaker. Please keep everyone in prayer as we heal, reset, and refresh this event.

The planned theme is "GRATEFUL: Cultivating an Attitude of Gratitude" in the midst of the challenges life can throw at us. We feel strongly that the Holy Spirit is in the midst of this theme, that our speaker will be amazing, and that we'll be able to come into the holiday season refreshed and ready to enjoy it fully after the retreat.

Want to help? We'd love it!

Please reach out to Marilyn Carlson at auntmare@carlsonsnw.com
or Sherry Grindeland at sherry@salc.church or sherry.grindeland@gmail.com.

GRATEFUL

Call Committee Corner

Please continue to hold the Call Committee in prayer:

Barbara Fetty-Solders
John McDowell

Phil Griffin
LaRue Nelson

Gary Hanson
Jen Winslow

Marilyn Jewell



Worship with Us
Sunday Mornings @ 10:00 a.m.
Ash Wednesday @ 12:00 & 7:00 p.m.

Heading from Epiphany into Lent:
February 5: Fifth Sunday after Epiphany
February 12: Sixth Sunday after Epiphany
February 19: Transfiguration Sunday
February 22: Ash Wednesday
February 26: First Sunday in Lent

In-Person: Our Savior's Executive Committee strongly suggests attendees continue to wear masks in worship, principally because of singing. Please continue to stay home if feeling sick, and receive Holy Communion in a safe manner

Online: Worship services are live-streamed at 10:00 a.m. A link to the service is published in the weekly email (sent with the bulletin), or you can click here: **Worship Live**. If you try the link prior to 10:00 a.m. each Sunday, you may see the message "video unavailable."

Services are recorded and posted to the **Our Savior YouTube Channel**. If needed, pull down the menu under "Uploads," then click on "Past Live Streams," or go to our website at www.oslcissaquah.org.

Gather with us for fellowship and coffee hour each Sunday following worship.

Coffee hour hosts are needed. You can sign up to bake/bring treats only, help with coffee, or sign up for both.



The sign-up sheet is located in Anderson Hall next to the kitchen pass-through window, and there are several folks happy to partner with you or walk you through the kitchen and teach you how it all works.

Thanks for your participation in making our time of fellowship truly wonderful.

Northwest Washington Synod

The Spirit



Bishop Shelley Bryan Wee

From the Bishop:

When I was in sixth grade, my teacher decided that we were going to build chicken skeletons. From real chickens. So, the teacher divided us into groups. A local farmer donated the chickens. Each group had to boil and boil and boil their chicken. When all the flesh and tendons, etc. were boiled off, and the bones were clean, then we had to build the chicken back up so that it formed a complete bird.

When I think back on this project, I wonder what we were learning. Anatomy? Names of bones? I'm not sure. But what I did learn was community, relationship, and collaboration. Without the people in my group – and the different skills and gifts that they had – we would not have been able to put this chicken back together. We had to make sure that the bones were sorted into the right boxes (the feet bones, the leg bones, the wing bones, the beak, etc.) We had to make sure the bones weren't wet and that there wasn't anything left on the bones so it didn't stink. (My mom claimed it did stink. Side note, I was elected to bring home the completed chicken. My mom was not pleased and at some point, it disappeared from the living room bookcase).

Anyway, getting back to community, relationship, and collaboration . . . as I think of our synod, and what God is calling us to do and to be together, I think that these three things are key. I know that many of you are already in relationship and collaboration with other ELCA congregations around you. Perhaps you share your building with other ministries. Perhaps you share a food bank or work with a school. Perhaps affordable housing is part of your collaborative work. Many of you have preschools. All of these are wonderful ways to collaborate.

I'm wondering if we can think even bigger and more relationally than that. What if people from geographically close congregations met and talked about who they are. What their hopes are. What their fears are. What they need from others. What they have to offer others. What might come out of these conversations and relationships? Perhaps a way to share staff? Perhaps a way to be more impactful in the community? Perhaps new ways of using property? I'm not sure. It would be interesting and exciting to find out.

As I have mentioned before, study after study indicates that pastors today are lonely and feel isolated and anxious about the future. As my staff and I travel around the synod, we hear that many congregations also feel lonely and isolated and anxious about the future.

Northwest Washington Synod

Hearing stories and knowing some of the difficulties, doesn't it seem that it would be better to build relationship with one another and collaborate rather than every congregation trying to figure it out on their own?

Here are three ways that we are encouraging congregations to be in community, build relationships, and collaborate.

First, we continue to expand the LiVE Project (Living into Vocational Engagement). We are excited about the synod's collaboration and building relationship with the Trinity Education Foundation who is contributing funding this year and partnering with us. I encourage you to visit www.lutheransnw.org/ministries/the-live-project and learn more.

Second, in lieu of a Synod Assembly this year, we are hosting two Synod Gatherings in the spring with forums where relationships and collaboration are key. Watch for information in early February on the two Gatherings (May 13 in Mount Vernon and May 20 in Bellevue) via email and on our website here: www.lutheransnw.org/events/synod-gatherings.

Third, the Grace Grant application this year asks applicants with whom they are collaborating on the proposed project. The application process is open February 1-May 31. Read about the focus areas and how to apply for this final year of funding here: www.lutheransnw.org/pages/grace-grants.

You know, I could never have built that chicken alone. Nor would I have wanted to. Truthfully, even with my group, it was messy and hard. In my memory, we had a few bones left over that we quietly threw in the garbage. And yet, I am still in relationship with many of the people in my sixth grade group. And we are bonded from the chicken-building experience.

As the body of Christ, may we build relationship, be in community, and collaborate together. I'd love to hear what you are doing in your congregation towards this. Please email me at bishop@lutheransnw.org.

✚ Bishop Shelley Bryan Wee



with God.
with others.
with what God is doing in the world.

Lutheran Counseling Network

Faith and Everyday Life February 2023

*Uphold me according to your promise, that I may live,
and let me not be put to shame in my hope.
(Psalm 119:116)*



I've been reflecting on the rigidities of habits, thoughts, and behaviors that distract us from keeping the law. . . . From properly giving to God what is God's. So often what I see, both in myself and in my therapy clients, is that when we fail to do the right thing or when we choose to do the wrong thing, it is often not so much a motivation issue as it is a transportation problem. Let me explain.

There are many parts of our Self that help us make decisions, run a life, pursue excellence or joy, and love well and deeply. Perhaps you've noticed that sometimes, when you talk to yourself about how to proceed in a given situation, the internal dialogue will sound something like "Part of me thinks . . . and another part of me wonders . . . and then, another part of me just wants . . . "

In the absence of severe chemical imbalance or mental illness, these parts of Self are a normal, natural part of an adult personality. And different parts of the Self take different roles at different times in different settings. So, for example, normally and naturally, when we're playing a game we love, the part of us that is curious and loves games will take leadership.

One way to look at our challenges in keeping covenant with our God is to think about what part of us takes leadership in what areas of our life. I encourage you to think and pray with me today and in the upcoming days about the part of you that leads you in the Good. Think about the areas of your life where you are performing well: where you are proud of your actions, your ethical stance, and the way you love. Now think about the parts of your life where there are challenges for you in right living, in ethical thinking, and behavior. Perhaps you avoid the pain by choosing an easy path.

What you're experiencing in these places of challenge might be seen as a problem in transporting the part of your Self you need to the situation at hand. This could be a moment to prayerfully ask God: What part of me do I need to take charge in this situation? And then to ask God to strengthen this part, encourage this part to take leadership. And perhaps to ask God to curb the tendencies of a part that tends to take charge and lead you astray. In this way, you pray with the psalmist, "Uphold me according to your promise, that I may live, and let me not be put to shame in my hope."

Written by a staff member of Lutheran Counseling Network

OSLC in Our Community

These are the community organizations that use our church building for meetings, rehearsals, and training:



BOY SCOUTS
OF AMERICA®



Spirit of Peace
UNITED CHURCH OF CHRIST



encompass
Children. Families. Community.

ISSAQUAH
Food & Clothing Bank

ISSAQUAH
Suzuki
STRINGS




MASTER CHORUS
EASTSIDE
Feed Your Soul





We remember in prayer . . .

My mom Elizabeth Bachman, as she enters hospice (Chuck Bachman); **Jim Fricke**, who was recently diagnosed with cancer and will start to receive treatment (son of Mary Fricke); **Anita Calhoun**; **My brother Roger**, who has been re-diagnosed with increasing cancers – he now has spots in both lungs and colon (Alice Lewis); **Jim Jewell** (father of Jeff Jewell); **Justin Canler**, a young man struggling with Multiple Sclerosis (Mike Anderson); **John & Rita Hansen**, for John's successful surgery for back pain, along with wholeness and healing; **Shelley Howe**, as she recovers from labral hip tears (The Howes); **Sara Reid**, as she recovers from tibia and fibula fractures (The Howes); **Marge Armos**, who is struggling with COPD and dementia, and her husband **Joe**, who is caring for her (Helen Nychay); **Dave Carlson**, for healing (Marilyn Carlson); **Connie Hogue**, full recovery following a stroke (Marilyn Carlson); **OSLC Call Committee**, for wisdom and discernment; **Bob Beck**, for healing (Debby Beck); **Guests of the Community Meals Program**; all affected by COVID-19.

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

Arlene Miletich; **Doug McVeedy** (brother-in-law of Helen Nychay); **Claire Howe** (mother/mother-in-law of Mark & Shelley Howe); **Traci Lange** (niece of Connie Fletcher); **Howard Lewis** (cousin of Lyle Lewis); **Pauline Montague**; **Stephen Gacek** (husband of Emily Gacek); **Carol Harbolt** (wife of Ray Harbolt).

Expectant mothers: **Devin Amrine** (The Howes); **Brandi DeIrio** (niece of Shelley Howe).

Healing and peace of mind: **Lyle Lewis**; **Henrik & Patty Christopherson**; **Vern Lindquist**; **Jerry & Linda Nack**; **Marian James**; **Katie Moeller**; **Margot Inman**; **Dorothy Soland**; **Randi Strom**; **Jeanne Kuipers**; **John Pass**; **Florence Kinnune**; **Bernice Jensen**; **Sandy Aldworth**; **Jen Winslow**; **Larry Pruitt**.

Undergoing cancer treatment: **Kirsten Olshausen**; **Scott Paine** (Rowan Hinds); **Kip Hauser** (father of Cheryl Hauser); **Roger Stanley** (Alice Lewis); **Chris Howe** (brother of Mark Howe); **Doug McVety** (Helen Nychay); **Larry Harbolt** (Ray Harbolt); **Richard** (Debby Beck); **Dianne Tanner**; **Marilyn Pro** (sister of Rick West).

Living with cancer: **Peggy Scalise** (cousin of Mark Howe); **Eileen Letts** (cousin of Mark Howe); **Harold Mandt** (brother of Mary Ann Hult/Lorna Robertson); **Sonja** (Dianne Tanner); **Gerald Welch** (Vern and Jeannie Lindquist); **Duane Jacobson**; **Mary Lewis** (sister-in-law of Lyle and Alice Lewis); **Suzanne Lewis** (daughter-in-law of Lyle & Alice Lewis); **Barbara Jones** (mother of Ron Sordahl).

If you have any prayer requests to be included in this list
(or if you or your loved ones no longer need to be included in this list),
please reach out to office@oslcissaquah.org. Thank you.



February Worship Readings

Sunday, February 5 – Fifth Sunday after Epiphany

First Reading: Isaiah 58:1-9a [9b-12]

Psalm: Psalm 112:1-10

Second Reading: 1 Corinthians 2:1-12 [13-16]

Gospel: Matthew 5:13-20

Sunday, February 12 – Sixth Sunday after Epiphany

First Reading: Deuteronomy 30:15-20

Psalm 119:1-8

Second Reading: 1 Corinthians 3:1-9

Gospel: Matthew 5:21-37

Sunday, February 19 – Transfiguration Sunday

First Reading: Exodus 24:12-18

Psalm 2

Second Reading: 2 Peter 1:16-21

Gospel: Matthew 17:1-9

Wednesday, February 22 – Ash Wednesday

First Reading: Joel 2:1-2, 12-17

Psalm 51:1-17

Second Reading: 2 Corinthians 5:20b-6:10

Gospel: Matthew 6:1-6, 16-21

Sunday, February 26 – First Sunday in Lent

First Reading: Genesis 2:15-17; 3:1-7

Psalm 32

Second Reading: Romans 5:12-19

Gospel: Matthew 4:1-11



Worship Assistants for February
Sunday Service Time: 10:00 a.m.
Ash Wednesday @ 12:00 & 7:00 p.m.

Date & Service:	Assisting Minister	Usher	Altar Guild	Sound & Videography
February 5 Fifth Sunday after Epiphany	Lori Downey	Bill Suttmeier	Stacy Smith	Jonathan Smith/David Hersey
February 12 Sixth Sunday after Epiphany	Jen Winslow	Sang Beom-Shim	Jean Pass & Delaney Cash	Jonathan Smith/David Hersey
February 19 Transfiguration Sunday	Joan Friel	Bill Suttmeier	Jane Wuest	Jonathan Smith/David Hersey
February 22 Ash Wednesday	Bob Johnson	Bill Suttmeier	Jane Wuest	Jonathan Smith/David Hersey
February 26 First Sunday in Lent	Bob Johnson	Don Robertson	Barbara Fetty-Solders	Jonathan Smith/David Hersey

Psalm Cantors for February:

February 5: Nora Thomason
 February 12: Jeff Jewell
 February 19: Lori Downey
 February 22: TBD
 February 26: TBD



Volunteer Coordinators

We're so thankful for all our volunteers
and for those who coordinate them!

Assisting Ministers: Jen Winslow
 Altar Guild: Jane Wuest
 Ushers: Bill Suttmeier
 Sound & Videography: Jonathan Smith &
 David Hersey

February Birthdays & Anniversaries

Birthdays

2/3 Nancy Anderson
2/4 Gerald Welch
2/5 Bruce Byrkett
2/7 Susan Ferrarini
Rowan Hinds
2/9 Sue Johnson
Lynne O'Shea
2/10 Bill Suttmeier
2/12 Marilyn Carlson
Cheryl Leiter
2/13 Anne Ellett
2/14 Kate Gagnon
2/22 Bev Price
2/24 Randy Halter
2/28 Myles Cash

Anniversaries

2/23 Margot & Michael Inman



If your name is missing
from the birthday or anniversary list,
please contact the church office
so we can update our records.
We want you to be included!

February 2023

February 2023							March 2023						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
5	6	7	8	9	10	11	5	6	7	8	9	10	11
12	13	14	15	16	17	18	12	13	14	15	16	17	18
19	20	21	22	23	24	25	19	20	21	22	23	24	25
26	27	28					26	27	28	29	30	31	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jan 29	30	31	Feb 1	2	3	4
			12:00pm Life Together Study (Anderson Hall)	9:30am Mission Quilters (Anderson Hall) 10:00am Al-Anon (Ed Room)	12:30pm Companions Bible Study (In Person) (Library)	
5	6	7	8	9	10	11
9:00am New Member Class 9:00am SOP (Encompass Rm) 10:00am Worship	10:30am Congregational Care Ministry 6:30pm Master Chorus Eastside (Sanctuary) 7:00pm Boy Scout Troop	10:00am IF&CB (Ed. Room) 7:45pm AA (Anderson Hall)	12:00pm Life Together Study (Anderson Hall) 2:00pm Issaquah Garden Club (Fellowship)	9:30am Mission Quilters (Anderson Hall) 10:00am Al-Anon (Ed Room)	12:30pm Companions Bible Study (remote) (Zoom)	
12	13	14	15	16	17	18
9:00am SOP (Encompass Rm) 10:00am Worship (Sanctuary) 11:00am Puppet Show	10:30am Congregational Care Ministry (Library) 6:30pm Master Chorus Eastside (Sanctuary) 7:00pm Boy Scout Troop	10:00am IF&CB (Ed. Room) 3:00pm Community 7:00pm Endowment 7:45pm AA (Anderson)	12:00pm Life Together Study (Anderson Hall) 12:00pm Focus Deadline	9:30am Mission Quilters 10:00am Al-Anon (Ed Room) 2:00pm Community 7:00pm Boy Scout Troop 7:00pm Finance	12:30pm Companions Bible Study (remote) (Zoom)	10:00am Master Chorus Eastside Rehearsal (Sanctuary)
19	20	21	22	23	24	25
9:00am SOP (Encompass Rm) 10:00am Worship (Sanctuary)	10:30am Congregational Care Ministry 6:30pm Master Chorus Eastside (Sanctuary) 7:00pm Boy Scout Troop	10:00am IF&CB (Ed. Room) 7:00pm Church Council (remote) (Zoom) 7:45pm AA (Anderson)	12:00pm Ash Wednesday Service (Sanctuary) 7:00pm Ash Wednesday Service (Sanctuary)	9:30am Mission Quilters (Anderson Hall) 10:00am Al-Anon (Ed Room)	12:30pm Companions Bible Study (remote) (Zoom)	
26	27	28	Mar 1	2	3	4
9:00am SOP (Encompass Rm) 10:00am Worship (Sanctuary)	10:30am Congregational Care Ministry (Library) 6:30pm Master Chorus Eastside (Sanctuary) 7:00pm Boy Scout Troop	10:00am IF&CB (Ed. Room) 7:45pm AA (Anderson Hall)				

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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

Rev. John L. Vaswig.....	Transition Pastor
Ext. 106 or 253-677-4515	jlvaswig@gmail.com
Cynthia Delaney.....	Parish Administrator
425-392-4169	office@oslcissaquah.org
Dr. Jiyoung Lee.....	Parish Organist
	jiyounglee23@outlook.com

Emergency Pastoral Care

For emergency pastoral care, please contact
OSLC Transition Pastor John L. Vaswig at
253-677-4515 (cell) or jlvaswig@gmail.com.

