

Our Savior Lutheran Church

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GROWING
TO SERVE



October 2026

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

The Most Basic Christian Discipline: Compassion

By Rev. Olaf Baumann

Nichts bessres weiß ich mir an Sonn- und Feiertagen,
Als ein Gespräch von Krieg und Kriegsgeschrei,
Wenn hinten, weit, in der Türkei,
Die Völker auf einander schlagen.
Man steht am Fenster, trinkt sein Gläschen aus
Und sieht den Fluss hinab die bunten Schiffe gleiten;
Dann kehrt man Abends froh nach Haus,
Und segnet Fried' und Friedenszeiten.

On Sundays and holidays I know nothing better
Than a conversation about war and the clamor of war,
When far away, back there in Turkey,
The peoples are fighting one another.
You stand at the window, finish your glass,
And watch the colorful ships glide down the river;
Then you return home happy in the evening,
And bless peace and peaceful times.

The German poet Johann Wolfgang von Goethe wrote this passage in his play *Faust*. There is a lot of war going on far away in Turkey and the Middle East right now. The highest number of displaced people are on the move since World War II. They are displaced by war, crime, ethnic cleansing, or by the effects of the climate crisis. The Sahara constantly moves south and destroys once fertile areas. Despots and dictators plunder their countries and aggressively defend their grift against anyone who dares to oppose them. Authoritarian regimes of every shade and persuasion trample personal liberty into the dust and dream of a future that is built solely on bayonets.

In this country we deal with racial tensions, economic inequality, and a media environment that fuels the flames of hate and mistrust. And no matter where

people find themselves on the political divide, the most vocal voices on both sides claim that they are not heard.

It seems that we as a people are unwilling or unable to put ourselves into the shoes of another person and to listen to them. In conversation, we often do not listen, but just pause our own speech, already composing an answer to arguments the other side hasn't even made yet. However, the social skill of opening our eyes and ears is one of the most fundamental abilities that creates civilization and especially faith communities.

The human mind has a mechanism that protects it from emotional overload. Seeing all the hurt and pain in the world can be overwhelming. It can lead to despair and cynicism. We convince ourselves that we are mere objects of history that have no agency, no ability to influence the world. Depending on our character, we might retreat into complacency, give ourselves over to illusions, or numb ourselves by chasing the consumerist thrills of modern life.

But the most powerful moments in Jesus' ministry happen when Jesus sees (and hears) those who are usually invisible: lepers, women, blind people. Often the text says that Jesus turned toward those people and loved them. God in Christ experiences life through the lens of those who find themselves on the receiving end of our social systems. The ability to feel for and with them, we call that compassion.

Compassion is not an emotion that overcomes us or not. Compassion is a spiritual discipline. It is a skill that can be trained. It is important not to indulge and/or get swept away by emotions that come when the veil of indifference is lifted from the pain of our neighbors. That is called empathic distress. The pain of others drives us to do something, anything to alleviate our own emotions, and not to alleviate the suffering of our neighbors.

However, empathic concern sees the suffering around us and directs our action toward relieving the suffering of others. We want to turn toward the other, like Jesus did. We overcome our emotional distress and focus on the world and circumstances in which other people live. What are they feeling? What are they experiencing? What is it like to pack your family on a flimsy rubber boat and try to cross the Mediterranean from Libya to Italy, when you know that a sizable number of people drown every day in the attempt? What is life like for people who escape reality by abusing drugs? How does it feel to work in a sweatshop so we can buy cheap t-shirts?

Sad news fills newspapers and online news sites without end. Pick one person or event and set your imagination free. Try to stand in that person's shoes. Listen to what God's voice is calling you to do about that experience. Not always can we actively help, but we can always pray for that person in need.

Connect with friends and family and discuss. Journal, paint, or compose music. Research creative solutions to the world's problems on a multitude of internet sites. Check out the sustainable development goals here: for example at <https://sdgs.un.org/goals>. There are good things happening in the world as well! Extreme poverty levels are sinking around the world. Clean energy markets are soaring all over the world. Global education has seen unprecedented growth in enrollment and completion rates. And then ask yourself, if you were a suffering person on the other side of the world or right here in Issaquah, what would you hope you would do?

Loving our neighbors starts with putting ourselves in their shoes. And when we do that, there is no limit in what we can do because God will guide us, support us, and keep us, so that we can be agents of grace. God works through people. God works through us.

Our Savior Community

Launching OSLC's New Helping Hands Program

By Ken Konigsmark

OSLC is introducing a new program called Helping Hands that seeks to match members with specific skills or expertise to those needing such assistance. Through informal efforts to date, there seems to be a clear need and opportunity for volunteers at OSLC to assist others who struggle with issues that might easily be addressed by fellow members who are willing and able to help.

What help might be offered? Well, to date such help has included fixing a broken drawer slide, a leaky toilet, a leaking water heater tank, and a leaking kitchen sink pipe; replacing a fixed showerhead with a hand-held one; installing support bars along steps; helping move one's furnishings to their new assisted living facility; moving donated items to Value Village; and helping a single mother with twins move their furnishings to a new apartment.

OSLC has members who possess a variety of skills or resources that may benefit other members: handyman and home maintenance skills and tools; expertise with phones, computers, or other technology; auto maintenance; trucks to help move items; or other expertise that may be shared to benefit others. Our Helping Hands program intends to match those willing to offer assistance with those needing such help. We are not seeking to replace professional services, but rather to help out with things like changing light bulbs or wall hangings, or showing how to watch OSLC's services online.

On October 18, we will host a Coffee Fellowship presentation about this new program. We ask that you consider what abilities you may have that you would be willing to offer to others as part of this program and/or what assistance you may need as we launch this effort. Together, Helping Hands can build connections while providing helpful support.



Our Savior Community

Vine Maple Place Donation Drive on Sunday, October 18

OSLC members, it is once again time to support Vine Maple Place (VMP) clients with donations of personal care products. VMP's Care Closet Essential Hygiene Item List was inserted into the October 4 bulletin.

On October 12, a table will be set up in the narthex for your donations. The main donation drive will be on Sunday, October 18. When you go grocery shopping, or to Costco, Target, or the Dollar Store, please pick up a few items to share.

We strive to help those in need, and VMP is a Christian organization since 2000! They have no government grants and depend on donations to operate. VMP is a safe place for mothers (now some fathers too!) and their children to escape from homelessness or abuse. They can stay for two years while getting counseling for budgeting, parenting, school, internships, or jobs while training for advancement.

We are blessed to be a blessing and give thanks for all and everything God has provided in life. We are our brothers' keepers.

Submitted by Dianne Tanner



heal
restore
transform

Care Closet-Essential Hygiene Item List

The most vulnerable local families cannot afford the rising costs of hygiene essentials. The ability to shower and keep a clean and safe home is the first step on the path out of homelessness.

Here is the list of essential items **most needed at this time.**

- Laundry detergent (Liquid- 45 oz size is ideal to supply more families)
- Shampoo & Conditioner (*Especially product for curly hair. Brands like Cantu, Shea Moisture, etc.*)
- Deodorant
- Paper towels
- Tall kitchen trash bags (unscented)
- Toilet Paper
- Dish washing liquid
- Body wash/bar soap
- Toothpaste (adult and children's)
- Toothbrushes (adult and children's)
- Floss
- Body Lotion
- Shaving cream
- Razors
- Tampons/ Feminine hygiene pads
- Liquid hand soap

(Please no travel/sample sizes)

Our Savior Community

The Spirituality of Journaling

By Rev. Dr. Randall E. Webb

I have found the practice of writing in a journal very beneficial. A journal is not a diary, since it doesn't need to be written every day. For me, journaling is best hand written. Using a computer makes it too easy for me to correct, rewrite, or try to perfect what I'm writing. Getting caught in those details, I sometimes miss the essence of what I wanted to write about. The main thing is to get down in the journal what it was that struck me. Rewriting can come later, if at all. Write what's important to you.

I have journaled at happy times in my life, but more often what inspired me to journal was dark times of lostness, longing, depression, and desperation. I have many, many journals. Looking back at those I started at Yale Divinity School and through my years in ministry, I can see the hand of God, though often I could not see it at the time. Thank God people who experienced God in their lives chose to write it down, or we wouldn't have a Bible!

Based on what I found most beneficial, I'd like to share some thoughts for reading and journaling that may also be helpful for you. Perhaps it will benefit us as we attend to God's Holy Spirit living in each of us through our focus on *Tending the Wild Garden*.

1. First, reading this book is for YOU. You are not reading this to find what your teacher thinks is most important. You should not speed read this book. But perhaps you could skim over things that don't "catch" you, in order to spend more time with things that do connect with you. There will be no exams.
2. Keep a journal of your questions, reflections, emotions, insights, etc. This journal is only for YOUR benefit. Be honest with yourself. Do not write thinking about how this will read to others. Do not think you have to create a masterpiece. This private journal is a tool to help you with your spiritual growth. Write exactly what you are feeling and thinking. Nothing more. Nothing less.
3. Pay attention to what grabs your interest, or jumps out at you in some way. This is an indication that something you have read or heard is resonating with something inside of you. Pay attention to it! What excites you? What frustrates you? What upsets you? What inspires you? What engages you? What repulses you? What confuses you? What will not let go of you until you spend time with it?

I have experienced all of these things and more. Unless I spend some time reflecting on these things, exploring them and writing them in a journal, I may miss the benefit of what God is trying to bring to my attention. It has been my experience that my faith relationship with God grows most in and through the most difficult times in my life.

1. Everything has the potential to help you grow. [Reflect, Explore, Write]
2. If you agree with or can identify with something, record the words that describe your experience. How do you feel about that? Write any sentence and see where that leads you.

3. If you disagree or read something that just doesn't seem to "fit"—you, write about why it doesn't fit, and maybe write what you think would fit better. Again, pay attention to what you are feeling. As you write in negative response to what you have read, also write what **your** experience has been, or perhaps what you **wish** it had been instead. It may still be able to be what you have been seeking.

I once wrote a journal entry that I later titled "Dialogue in Solitude." But how can you have a dialogue when you are alone? Exactly. I can't explain it. All I can do is share my experience. It was a dark time in my life, and I was trying to find direction. I was alone, but the entry took the shape of a dialogue. First, I wrote as honestly as I could my frustrations, anger, and lostness. Then I could "step away" from it. Reflecting on what I had written, I then wrote a direct response to my words, the kind of response that might come from a loving God, or a compassionate Jesus, although neither seemed to be with me there. No matter. I would respond again as honestly as I could, and then repeat the pattern. The experience filled an entire evening, and journaling it took several pages.

When it came to its natural end, I had some new insights! I was amazed! Where did those insights come from? I had not been able to see them before. It was my hand that wrote both parts of that dialogue, but somehow it led me to things I hadn't been able to see before. It felt as if they had come from beyond me somehow. In short, I felt that God's Holy Spirit had been with me and led me to new understandings that I had not been able to see on my own. God had shown me a new direction.

I believe that the Spirit of God will be with you in this process as well, in your reading, your reflecting, and your journal writing.

In my life, I have found nothing more exciting, energizing, inspiring, and profoundly satisfying as the experience of the presence of God. For each person at Our Savior Lutheran Church, and especially for those who have committed to the journey of tending to the Holy Spirit living within each of us, I pray that you may find a deeper connection with the living God in your life. The Lord be with you now and always.

"One of the problems that humans face is that we live in a state of forgetfulness. . . . We forget our own identity as God's beloved children, so we don't treat ourselves or others as sacred vessels in which God dwells. Spirit reawakens us to what is actually real and true, in and through us."

—*Tending the Wild Garden*, p. 19



Northwest Washington Synod



During the Bishop's sabbatical we are lifting up guest writers from the synod staff. Thank you to our Director for Evangelical Mission, Pastor Judy Brennan, our featured writer for October 2026.

"See, I am doing a new thing! Now it springs up; do you not perceive it?" (Isaiah 43:19)

God IS up to something - what is it?

How do we perceive, recognize, notice whatever "it" is - and then respond?

As both individuals and faith communities, isn't this part of our regular reflection all the time? We know God is active in the world. We know God is continually moving to bring love, grace, healing, and wholeness to a world that desperately needs it. And we believe that as members of God's body, however small we are, we get to be a part of that big "Good News" mission.

The congregations and ministries in our synod are mission centers - where God's beloved people are embraced, inspired, strengthened, and equipped to be participants in God's work in the world. I am humbled to listen as so many people share with me profound stories about how God is working through them - both individually and through their communities of faith. Of course, I don't have enough space here to share with you all these stories, but I will tell you one:

Pastor Wendy Cheung serves as the Mission Developer for two of our Synod Authorized Worshipping Communities (SAWCs). One of them, called Jesus Loves Me Lutheran Church, is a unique community serving special needs children, adults, and their families. Pastor Wendy told me:

"There have been many times when I have struggled with this ministry because I know how complex and demanding it is. The greatest challenge is not designing programs. The deeper challenge is how to walk faithfully with children with special needs and with their families.

Children with special needs may experience sudden emotional, behavioral, or sensory challenges, and their parents and caregivers often carry long-term stress, anxiety, exhaustion, and pain. I often ask myself: How can we truly care for these families? How can we accompany them without simply trying to solve their problems? How can we help bring them into the presence of God so that they themselves may receive strength, comfort, and hope from Him?

"This ministry requires more than good programs. It requires patience, training, pastoral care, wisdom, and a community willing to learn how to walk together. . . . My hope is that Jesus Loves Me will continue to be a community where these families experience love and belonging, and where they are also empowered to share that love with other families who live with similar realities. I hope it will become a place where every person has meaningful opportunities to participate, serve, and use the gifts God has given them."

God is at work in and through this beautiful ministry – and I am so grateful that this community is part of who we are as people of faith in the Northwest Washington Synod.

I am honored to serve as a connector, supporter, and advocate for all the congregations and ministries throughout our Synod. I am grateful for you, and for all our many mission centers, active in both perceiving and participating in what God is up to in our amazing corner of the world. Let's stay connected!

Your partner in ministry,
Rev. Judy Brennan, Director for Evangelical Mission |
Northwest Washington Synod |
dem@lutheransnw.org



JESUS LOVES ME

SERVING CHILDREN WITH SPECIAL NEEDS AND THEIR FAMILIES

SUNDAY WORSHIP & MUSIC PROGRAM

STARTING SEPTEMBER 13

ADDRESS 411 156th Ave NE Bellevue, WA 98007	SUNDAY SCHEDULE <table border="0"><tr><td> 11:15 AM – 12:00 PM Music or Art Program</td><td rowspan="3"> PASTOR WENDY pastorwendycheung@gmail.com </td></tr><tr><td> 12:00 PM – 1:00 PM Lunch and Fellowship</td></tr><tr><td> 1:00 PM – 1:30 PM Worship</td></tr></table>	11:15 AM – 12:00 PM Music or Art Program	PASTOR WENDY pastorwendycheung@gmail.com	12:00 PM – 1:00 PM Lunch and Fellowship	1:00 PM – 1:30 PM Worship
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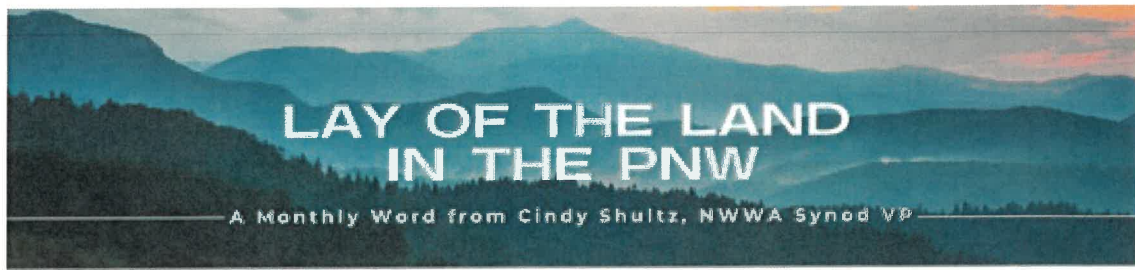
ALL ARE WELCOME!

LOVED BY CHRIST • ACCEPTED AS YOU ARE • KNOWN BY GOD

MUSIC	ART	WORSHIP
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For more info about congregations and ministries in our synod, please visit our website: <https://www.lutheransnw.org/pages/congregations-mission-starts-ministry-sites> or invite me to tell you some more stories.

To financially support Jesus Loves Me and other Emerging and Strategic Ministries of our synod, please donate here (select New & Strategic Ministries in the dropdown menu) <https://www.lutheransnw.org/give>.



We travel to the northern tip of our synod and the other side of the globe for Volume 1, Issue 2 of "The Lay of the Land." This is the story of two ordinary women with an extraordinary idea.

Dawn-Marie Hanrahan attended Zion Lutheran Church in Ferndale for the first time with her 6- and 8-year-old children 36 years ago. After Sunday school that first Sunday, her 6-year-old pleaded, "Mommy, Mommy, can we please stay?" They did.

In 2013, Shilla Adyero, a Ugandan woman studying at the Fairhaven School at Western Washington University, arrived at Zion Lutheran Church for Easter morning worship service.

A Custer, Washington couple who had visited Uganda previously had heard Shilla speaking about sustainable development opportunities and were so impressed they invited her to continue her studies in the United States, at their expense. She was living with them and attending Fairhaven School. Homesick and missing her village community, Shilla wanted to connect with a Christian congregation.

Shilla and Dawn-Marie met that Easter morning and became instant friends. Zion felt "like home" to Shilla, so she continued to attend services and welcomed the invitation to join our congregation officially. Soon after, they were working together to support the Slum Doctor Programme, a non-profit that focuses on health care, public health, food supplies, education, and aid for communities affected by HIV/Aids in Kenya and Uganda.

When Shilla's term with her host family was complete, she was suddenly in need of new housing. Dawn-Marie was aware of an alternative housing possibility with another Zion family. Robin and Bob Ogmundson had lost their 27-year-old daughter, Amy, to juvenile cancer just a few months earlier. After prayerful consideration, Dawn-Marie approached the Ogmundsons with Shilla's housing need and they, in turn, generously agreed to host Shilla as their contribution to her philanthropic work and studies. Both the Ogmundsons and Shilla found great solace and healing in giving of themselves and their resources.

One afternoon, while sitting together in Shilla's new home, Shilla shared with Dawn-Marie that because the Ogmundsons had taken her in as their own daughter, she wanted to do something special for them, in Amy's honor. Shilla wanted to bring books to her home village in Gulu; she wanted to build the first public library. When Dawn-Marie asked, "So where do we start?", the seed for Lutino Adunu was planted. Lutino Adunu means "children loved" in Shilla's native Acholi language and is now a registered Ugandan children's educational non-profit. It is the only organization in the region that serves the needs of children and has grown to become so much more serving the greater communities.

Dawn-Marie stated that realizing the dream and expansion of Lutino Adunu has been a long and winding journey, full of twists and unexpected challenges. But then, aren't a lot of the journeys God takes us on that way?

Dawn-Marie recalled story after story of how the Holy Spirit has worked in and through them along this journey.

- A \$20,000 P.E.O. International Scholarship award given to Shilla to continue her graduate studies in sustainable development at the School for International Training, in Brattleboro, VT.
- Ogmundson family connections additionally provided Shilla's housing while a student at S.I.T.
- Many fundraisers, donations, and grants that, much like the Bible story of the 5 loaves and 3 fish, continued to sustain Lutino Adunu.
- The airline agent who so kindly waived the overweight costs of Shilla's suitcases returning to Gulu, because Shilla had filled her suitcases with the first library books rather than return home with her personal clothing and belongings.
- The generosity of the Catholic dioceses to allow use of an outbuilding as the temporary community library.
- The challenges overcome when the temporary library was immediately closed due to termite infestation causing damage to the structure, furniture, books and administration documents.
- The life-saving assistance Lutino Adunu offered during the Covid-19 shutdown: masks for law enforcement and medical personnel, hospital and clinic supplies, emergency transportation, providing infant formula for orphaned babies, which saved their lives, and so much more.
- The MicroLoan Program established to assist start-up businesses.
- The Atek Pad Project, training sewers in making reuseable feminine hygiene kits. Adequate hygiene supplies for young girls and women significantly reduce school drop-out rates. To date, Lutino Adunu has trained 57 schools and multiple communities throughout the region.
- Development of the Community Demonstration Farm on Lutino Adunu land in partnership with the Pangora Demonstration Farm. Includes hands-on youth-group training for sustainable agriculture, education, and community empowerment; Crop and Seedling Production; and School Feeding and Gardening Projects. More information can be made found at: [Global Opportunity Fund \(GO Fund\)](#).
- Initiated a cooperative relationship with the local prison to begin a prisoner reading program and women's empowerment groups
- October 2023, Dawn-Marie coordinated a local "Fun-raiser" Dinner and Live Auction in Ferndale in support of building the permanent labrary. The single even raised or \$47,000 and the cost to host the event was generously supplemented by several Lutheran member's Thrivent Action Team Grants.

And the list goes on with too many to include here!

Of course, there are countless stories of challenges along the way, too.

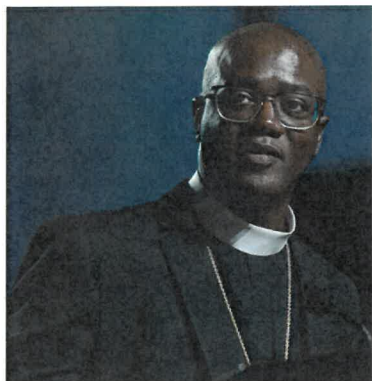
- Lack of adequate funding
- Unreliable internet connection for corresponding
- Lack of adequate devices: phone, laptop, computers
- Political unrest within Uganda
- Lack of transportation
- Covid pandemic
- Critical medical and survival needs of the community utilizing Lutino Adunu resources
- Government lockdown
- Supply shortages
- Misunderstandings due to cultural differences
- Funding withdrawals
- Rising costs of building materials
- Inclement weather conditions

With Shilla living in and operating Lutino Adunu in Uganda and Dawn-Marie living in and assisting from the Pacific Northwest, the distance alone has been sometimes overwhelming. But anytime another challenge arises, Dawn-Marie and Shilla turn to prayer for guidance and discernment. Their dream of building a public library in Shilla's home village has expanded into a resource center with Administration Offices, public Conference Room, and so many more programs and projects now serving the wider community. These ordinary women with an extraordinary idea have never lost sight of the facility's completion. Grace happens. And God completes good works begun.

The new Lutino Adunu Community Library and Resource Center is nearing completion. Additional funding is still very much needed. If you would like to find out more information about Lutino Adunu, you can Follow them on their Facebook page at <https://www.facebook.com/lutino.org/> They also have a GoFundMe online donation site, if you wish to help them finish the building and fill the library with books. <https://www.gofundme.com/f/help-build-lutino-adunuresource-center>.

Joyfully,

Cindy Shultz, NW WA Synod Vice President | veep@lutheransnw.org



All Together in One Place

ELCA Presiding Bishop
Monthly Message

Celebrating Our Diversity

September 28, 2026

Dear beloved children of God,

As a church, we collectively continue to celebrate the diversity with which God has created the world. Scripture tells us that, from the very beginning, we were made in the image of God (Genesis 1:26-27). In the book of Acts, many were gathered in one place when the Holy Spirit came upon them. Each was given the power to witness to the resurrection of Jesus Christ and the promise of the Holy Spirit (Acts 2:32-33). In 1 Corinthians 12:12-14, the human body serves as a metaphor, demonstrating that a healthy Christian community relies on the many distinct gifts and qualities of each unique member — emphasizing unity through continuing to be a connected church.

I am thankful to serve this church in the office of presiding bishop. I am also grateful for my experience as an activist and leader in communities and congregations that are at the margins. Whatever our role and wherever our place in the church, God calls us to develop trusting relationships with our neighbors. In the service of Affirmation of Baptism, the presiding minister asks, “Do you intend to continue in the covenant God made with you in holy baptism . . . to serve all people, following the example of Jesus, and to strive for justice and peace in all the earth?” (*Evangelical Lutheran Worship*, p. 236). Striving for justice involves learning about underlying causes of division and inequity. It is a commitment our church makes because of baptism.

Celebrating diversity and striving for equity, inclusion, and accessibility for all reflect this baptismal call. The words “diversity, equity, inclusion, and accessibility” and the initialism “DEIA” mean different things to different people. For the ELCA, as church together, these terms reflect our “delight in the fact that the people called, gathered, and enlightened” by God represent such a wide array of identities, backgrounds, and life stories (ELCA social statement “Freed in Christ: Race, Ethnicity, and Culture,” 1993, p. 3). The terms remind us of the gospel vision of community, in which all are truly welcome. They are terms this church has chosen to include in its teachings and constitutions as reflections of our faith in God, who creates, redeems, and sustains all people.

Everyone matters in this church. I have celebrated with synods and congregations as they build communities that reflect the people and neighborhoods around them. I have worshiped in places where many languages are spoken and people from different backgrounds feel welcome. Together

companion churches around the world and through relationships between congregations in rural, urban and suburban settings here in the United States. We are joined together through holy baptism, through which God calls us to strive for justice and peace in all the earth. "Diversity," "equity," "inclusion," and "accessibility" are reflections of justice when it is fulfilled. Like many saints before us have said, justice is the form love takes in society.

The road is long, but we go forth in faith, trusting in the risen Christ and inspired by one another for the work ahead. Let us continue in the covenant God has made with us, to serve all people in love.

In Christ,

A handwritten signature in black ink, appearing to read 'Yehiel Curry', with a large, flowing loop at the end.

The Rev. Yehiel Curry
Presiding Bishop
Evangelical Lutheran Church in America

A colorful rainbow arching over the text, with colors transitioning from red on the left to purple on the right.

"All are welcome
in this place."

Lutheran Counseling Network

October Faith and Everyday Life

“I wait for the Lord; my whole being waits, and in his word I hope” (Psalm 130:5).

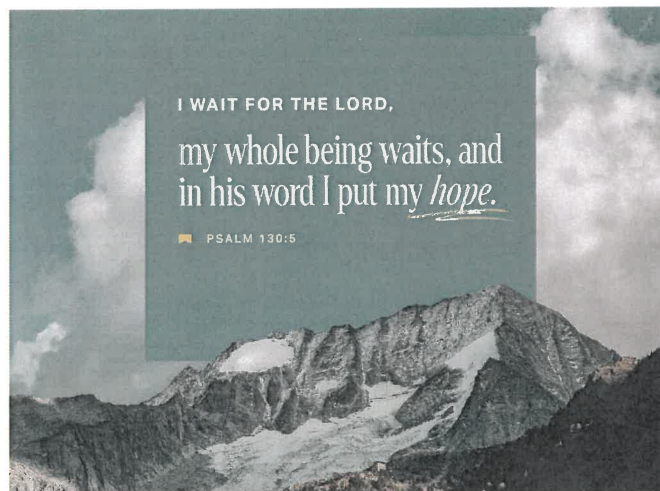
The psalmist in Psalm 130 cries from “out from the depths (v. 1)” of pain, anguish, alienation. Despairing over his own sin. Many of us know what that’s like. We look inside and all we find is emptiness, brokenness, failure. Focusing inward this way can lead to hopelessness, despair, depression. It’s easy to get stuck there. No way out, no hope, no escape.

But God meets us in this place of hopelessness. In fact, God is the answer to this hopelessness. The Psalmist understood this. In the Psalmist’s view, God is coming as surely as the morning (v. 6). The Psalmist waits for God in faith, with his whole being (v. 5) – body and soul.

And what does the Psalmist do while he waits? He reflects on God’s promises: to be in Covenant relationship with us (Leviticus 26:12-13); to love us no matter what (1 Chronicles 16:34); to be near whenever we pray (Deuteronomy 4:7); to give us comfort in our trials (2 Corinthians 1:3-4); to give us new life in Christ (Ephesians 1:3). And these are just a few of the many promises of God recorded in Scripture!

When we wait for the Lord and trust in God’s promises the way we trust in the coming of morning, we regain our focus. Instead of getting stuck focusing on the ways we don’t measure up, we refocus on God’s love for us. The transforming power of God’s love fills up our emptiness and takes us out of ourselves. We can’t stay stuck. Our cup overflowing with God’s love and grace, we shift out of ourselves to share this love and grace with others.

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, worship services, music lessons, rehearsals, recitals, art events, and/or trainings:



BOY SCOUTS
OF AMERICA



Spirit of Peace
UNITED CHURCH OF CHRIST


MASTER CHORUS
EASTSIDE
Feed Your Soul



New Creation Church
(Messenger Evangelistic
Ministries Int'l.)



ISSAQUAH
ARTS

 **AMERICAN
PARKINSON DISEASE
ASSOCIATION**
NORTHWEST CHAPTER
Strength in optimism. Hope in progress.



We remember in prayer . . .

Debby B., for good healing from a recent outpatient surgical procedure; **Alice L.**, for healing the torn meniscus in her right knee; **Peter S.**, for healing from health issues; **Corinne**, for peace of mind (daughter of Sandy A.); **Cheryl N.**, for health concerns; **Doug T.**, thanksgiving and prayers for continued healing (husband of Dianne T.); **Dianne T.**, for healing and pain relief; **Judy K.**, who's recovering from back surgery (second cousin of Dianne T.); **Bobbie M.**, for a strong heart and successful cancer treatment (grandmother of Holly H.); **Hannelore M.**, for her heart issues (wife of Peter M.); **Christine W.**, may she feel God's love and guidance as her life moves on without Richard (friend of Anne E. and Mike A.); **Rita H.**, who is undergoing aggressive chemo treatment for cancer (dear friend of Dianne T. and former OSLC member); **Dean V.**, in thanksgiving for a successful surgery and for continued healing (son-in-law of Doug and Dianne T.); **Mary F.**, for healing and comfort; **Guests of the Community Meals Program.**

Mourning the death of loved ones: Marlice Gilmore.

Healing and peace of mind: John & Helen N.; Lena S.; Peter R.; Shelley H.; Diane M.; Lyle L.; Henrik & Patty C.; Vern L.; Katie M.; Margot I.; Dorothy S.; Jeanne K.; Larry P.

Undergoing cancer treatment: Rowan H.; Dianne T.; Melinda N. (daughter of Cheryl & Lou N.); Suzanne L. (daughter-in-law of Lyle & Alice L.); Mary F.; Lou L. (Dianne T.); Baby Jack (nephew of Bill S.); Treasure H. (daughter of Rowan and Barbara H.); John H. (Marilyn C.); Jim F. (son of Mary F.); Kirsten O.; Scott P. (Rowan H.); Kip H. (father of Cheryl H.).

Living with cancer: Guy M.; Gene C. (cousin of Duane J.); Chris H. (brother of Mark H.); Peggy S. (cousin of Mark H.); Eileen L. (cousin of Mark H.); Sonja (Dianne T.); Duane J.; Mary L. (sister-in-law of Lyle and Alice L.); Suzanne L. (daughter-in-law of Lyle & Alice L.).

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





Worship Assistants for Sunday Services at 10:00 a.m.

Date	Assisting Minister	Ushers	Altar Guild	Sound & Videography
October 4	Jen W.	Bill S. and Lois D.	Jane W.	Jon S.
October 11	Jen W.	Barbara F-S. and Tom K.	Barbara F-S.	Jon S.
October 18	Joan F.	Rob G. and Bill S.	Stacy S.	Jon S.
October 25	Connie F. (Jen W.: back-up)	Don R. and Larry T.	Jean P.	Jon S.
November 1	Jen W.	Bill S. and Lois D.	TBD	Jon S.

Sunday worship services are in person and livestreamed at 10:00 a.m. A link to the service is published in the weekly email, or you can go to the **Our Savior Lutheran Church Issaquah YouTube** channel.

Please note: This schedule reflects information known as of October 6. It is subject to last-minute changes.

October Birthdays and Anniversaries

Birthdays

10/1 Bill L.
10/3 Peggy C.
10/4 Candy B.
10/7 Cynthia D.
10/12 Dianne T.
Lisa T.
10/13 Nora T.
10/16 Hannelore M.
10/20 Jan H.
10/22 Vicky J.
10/24 Dick F.
10/25 Elaine S.
10/28 Peter S.
10/29 Thomas Z.-S.
10/30 Sandy S.

Anniversaries

10/5 Michael & Joan F.
10/25 Michael A. & Anne E.
10/26 Lyle & Alice L.



October 2026

October 2026						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2026						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

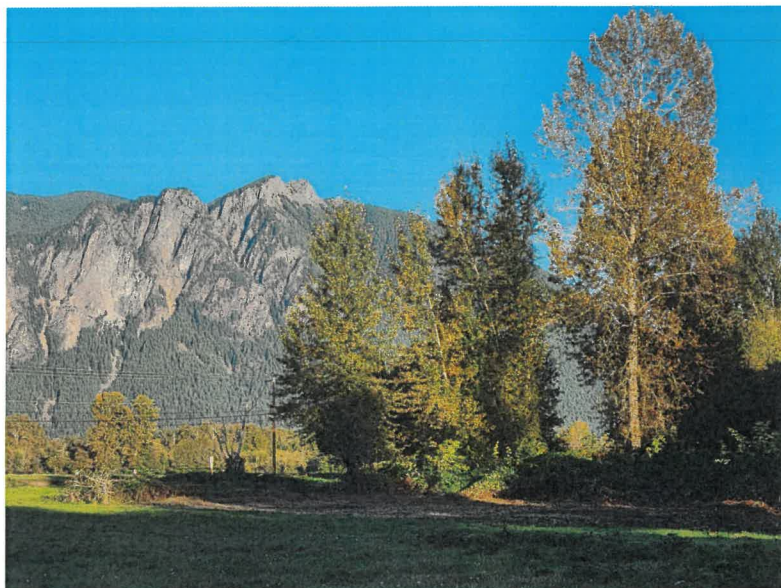
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sep 27	28	29	30	Oct 1	2	3
9:10am OSLC Choir 9:30am Spirit of Peace 10:00am Worship 11:00am Coffee 12:30pm New Creation	3:00pm Companions Bible Study (online) 7:00pm Master Chorus Eastside (Sanctuary) 7:00pm Boy Scout Troop	7:45pm AA (Anderson Hall)	6:00pm AA Meeting (Education Room and Children's Classroom)	9:30am Mission Quilters 10:00am AI-Anon (Ed) 12:15pm Tending the 2:00pm Timber Ridge 6:00pm New Creation	9:30am ELCC Comunion Class (Sammamish Hills Lutheran Church)	9:30am ELCC Comunion Class (Sammamish Hills Lutheran Church)
4	5	6	7	8	9	10
9:10am OSLC Choir 9:30am Spirit of Peace 10:00am Worship 11:00am Coffee 12:30pm New Creation	3:00pm Companions Bible Study (online) 7:00pm Master Chorus Eastside (Sanctuary) 7:00pm Boy Scout Troop	7:45pm AA (Anderson Hall)	6:00pm AA Meeting (Education Room and Children's Classroom)	9:30am Mission Quilters (Anderson Hall) 10:00am AI-Anon (Ed Room) 6:00pm New Creation	9:00am Master Chorus Eastside Retreat 10:00am Altar Guild Meeting (Library and 5:00pm Issaquah Suzuki	9:00am Master Chorus Eastside Retreat 10:00am Altar Guild Meeting (Library and 5:00pm Issaquah Suzuki
11	12	13	14	15	16	17
9:30am Spirit of Peace Worship (SOP) 10:00am Worship 11:00am Oktoberfest at 12:30pm New Creation	3:00pm Companions Bible Study (online) 7:00pm Master Chorus Eastside (Sanctuary) 7:00pm Boy Scout Troop	1:00pm Community Meal Prep (Kitchen) 7:45pm AA (Anderson Hall)	9:30am Issaquah Garden Club (Anderson Hall) 6:00pm AA Meeting (Education Room and 7:00pm Men's Group	9:30am Mission Quilters 10:00am AI-Anon (Ed) 12:15pm Tending the 1:00pm Community 6:00pm New Creation	3:00pm New Creation Church Prayer Service (Sanctuary)	8:00am New Creation Church Prayer Service 3:00pm New Creation Church Prayer Service 4:00pm Dr. Ivona
18	19	20	21	22	23	24
8:30am Repeat Book 9:30am Spirit of Peace 10:00am Worship--Vine 11:00am Coffee 12:30pm New Creation	3:00pm Companions Bible Study (online) 7:00pm Master Chorus Eastside (Sanctuary) 7:00pm Boy Scout Troop	7:00pm Council Executive Committee (online) (Zoom) 7:45pm AA (Anderson Hall)	6:00pm AA Meeting (Education Room and Children's Classroom) 7:00pm Boy Scout Troop 676 PLC (Anderson	9:30am Mission Quilters (Anderson Hall) 10:00am AI-Anon (Ed) 12:15pm Tending the 6:00pm New Creation		
25	26	27	28	29	30	31
8:30am Repeat Book 9:30am Spirit of Peace 10:00am Quilt 11:00am Coffee 12:00pm Zadinsky	10:30am Congregational Care Ministry (Library) 3:00pm Companions 7:00pm Master Chorus 7:00pm Boy Scout Troop	7:00pm Church Council (online) (Zoom) 7:45pm AA (Anderson Hall)	6:00pm AA Meeting (Education Room and Children's Classroom)	9:30am Mission Quilters (Anderson Hall) 10:00am AI-Anon (Ed) 12:15pm Tending the 6:00pm New Creation		

Our Savior Lutheran Church

745 Front Street South

Issaquah, WA 98027

425-392-4169



Mount Si with Fall Leaves, by Cynthia Delaney

Stay connected!
www.oslcissaquah.org

The deadline for the November Focus is Monday, October 26.
Please email items to office@oslcissaquah.org.

OSLC STAFF DIRECTORY

Pr. Kristin-Luana Baumann.....	Pastor
360-912-1245 (cell)	Pr.KL@oslcissaquah.org
Pr. Olaf Baumann.....	Pastor
360-912-1830 (cell)	Pr.O@oslcissaquah.org
Cynthia Delaney.....	Parish Administrator
425-392-4169 (office)	office@oslcissaquah.org
David Liu.....	Parish Musician
	davidliusmic@gmail.com

Emergency Pastoral Care

For emergency pastoral care, please contact Pr. Olaf Baumann at 360-912-1830
or Pr. Kristin-Luana Baumann at 360-912-1245.