



# The Good Word August 2023

Our Saviour's Lutheran Church 320 1st Avenue, Seaside, Oregon (503) 738-6791

## From the Pastor

I spent some time last month in Phoenix, Arizona, along with 700 or so of my colleagues from the ELCA. It was wonderful to see friends from my years in candidacy for ministry and the intentional 3-year retreats for first call ministers. This was the primary continuing education opportunity for me this year.

Continuing education can look like a lot of different things. Sometimes it looks like the class I took on Zoom September 2022 through May 2023. Sometimes it's a concentrated 2- or 3-day workshop on a particular topic. And sometimes it's a conference-type event, like the Rostered Ministers Gathering.

Each day, we had the opportunity to gather in worship, study, conversation, and fellowship with colleagues is a tremendous gift. We shared stories of how we adapted in 2020. We laughed over nerdy theology jokes. We talked about books and podcasts we found helpful.

Mostly, we relished the opportunity to gather with people who get what it's like to do the work we do. Who understand that awkward silence from strangers when they hear the words, "I'm a pastor." Who have answered the call to serve God by serving God's people, whether as a pastor, deacon, chaplain, bishop, or other specialized ministry. Not just once, but on a daily basis.

As I flew home, I thought about how there is something profoundly satisfying about spending time with people who share a common calling or a common passion. That's one reason why our small groups are so important. While what groups like the quilters or prayer shawl team produce is important, the time spent together in fellowship with people who share an interest is priceless.

Our small groups list, which includes a contact person for each group, can be found in every newsletter. If you don't see a group for your interest, let's talk.

*Pastor Sue*

## Worship Updates

Sunday worship is at 10 am. This service is live-streamed on Facebook. The video, as well as worship materials, can be found on our website, [oslc-seaside.org](http://oslc-seaside.org). You do not need a Facebook account to watch.

Holy Communion is celebrated every Sunday.

### **Texts for August:**

6: Tenth Sunday After Pentecost

Texts: Isaiah 55:1-5  
Psalm 145:8-9, 14-21  
Romans 9:1-5  
Matthew 14:13-21

13: Eleventh Sunday After Pentecost

Texts: 1 Kings 19:9-18  
Psalm 85:8-13  
Romans 10:5-15  
Matthew 14:22-33

20: Twelfth Sunday After Pentecost

Texts: Isaiah 56:1, 6-8  
Psalm 67  
Romans 11:1-2a, 29-32  
Matthew 15:[10-20] 21-28

27: Thirteenth Sunday After Pentecost

Texts: Isaiah 51:1-6  
Psalm 138  
Romans 12:1-8  
Matthew 16:13-20

## Reminder

Please remember, if you unlock a door at the church during the week, please make sure it is locked when you leave.

### Comfort Quilters

The Comfort Quilters will meet on August 9 from 10:00 am to 2:00 pm in the East Hall. See Claudia Halliburton for more information.

I am so grateful for our Church and the Congregation for the love they showered me with as I went through my knee replacement surgery. I'm very fortunate to have our Parish Nurse Mitzi Loukkala stay with me in my home. She is a wonderful caring companion! *Jeanne Nordmark*

### Parking Reminders

Parking on Sunday morning in the church lot (west side of building) is **free** for all attending worship. If you are staying downtown after worship, don't forget to park in a "church parking only" spot and display a church parking tag on your dash.

Spots marked "church parking only" are available for member use anytime. Green tags to hang off your rearview mirror can be picked up in the entry area.

### Small Groups

**Quilters** meet on Thursdays at 9:30 am. See Claudia Halliburton if you are interested. ***NO sewing experience necessary!***

**Book Group** takes a hiatus during the summer. Keep on reading!

**Prayer Shawl** team meets on the **second Thursday**, August 10, at 1 pm, in the West Hall. See Becky Nelson for more information.

**Girls' Movie Matinee** will meet on Friday, August 18 at 1 pm in the East Hall. See Mary Kemhus for more information.



#### **Happy Birthday to:**

- 5 Debbie Walter
- 11 Allie Moorman
- 19 Dave Nelson
- Danielle Thompson -Campbell
- 25 Bruce Johnson

#### **Happy Anniversary to:**

- 7 Rob & Linda Bjornstad



**Love. Grow. Serve.**

# Nurse Notes

## SUN SAFETY

Welcome summer!

Information listed from John Hopkins Medicine Publication states every body requires small amounts of sunshine exposure to produce Vitamin D, to help with absorption of calcium for stronger healthier bones and to feel better overall.

However unprotected sun exposure can cause damage to our skin, eyes and immune system. It also can cause cancers. These issues are caused by Ultraviolet (UV) rays of sun attacking the body. Protection from harmful rays is most important, done with wearing rated sunscreen (rated 50 or higher), rated lip balm, UV rated eye wear, protective clothing including wide rimmed hats, and seeking shade. The sun's rays are strongest between 10 am and 4 pm. Sun damage even occurs through our SeaFog and light cloud cover.

Water, sand, and pavement can reflect damaging rays of the sun. Use extra caution as these increase risks for problems. If the pavement is too hot to hold your hand on the surface for 10 seconds it can burn the soles of your feet. This also applies to the foot pads of our furry friends.

It is recommended & important to have a yearly specific skin assessment by a health care provider. If you notice any skin issues, changes in moles or skin spots, including color change, growth or bleeding, be seen by your PCP as soon as possible.

## BEWARE OF TEMPTING ADVERTISING

While watching television these days it is difficult to avoid drug company adds trying to convince us that their drugs are must haves to live better, longer lives. Please be wary of these adds. Studies from Canada & France showed approximately 2/3rds of 150 top selling prescription drugs, sold in 2020, had "LOW ADDED CLINICAL BENEFIT" compared to already existing drugs. Many claims of improved health are untrue.

Pharmaceutical companies in 2020 spent BIGGER amounts of ad dollars on direct to consumer ads for the DRUGS WITH LOW ADDED BENEFITS than they spent on drugs with HIGHER ADDED BENEFITS. The old saying "buyer beware" comes to mind. Important to not assume that the new & improved medications are your best option.

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# Nurse Notes

*Correction to July's Nurse Notes:* Reading this brought me great frustration at myself for the confusion caused by my poor punctuation. In addition I also realized the omission of important information. I am hopeful the following helps toward understanding more clearly the facts regarding the importance of iron intake & what to consume.

The USDA RDA (Recommended Daily Allowance) of iron intake:

For adult males is 8mg (milligrams) daily;

For adult females is 18mg daily.

Iron comes from both plant based foods and animal based foods. Our bodies absorb more iron from animal based foods. Most common food sources, per the USDA, are: Beans (white & kidney) Lentils, Chickpeas, Tofu, lean Beef, Sardines, Spinach, Cashews, Potatoes, canned Stewed Tomatoes, Oysters, Beef Liver, Fortified Breakfast Cereals, and last but not least, Dark Chocolate!

Eating VITAMIN C food sources helps the body absorb Iron from Iron rich plant foods including: dark green leafy vegetables, nuts, seeds and legumes (beans).

Please ask me or leave a note in my mailbox if you'd like to discuss this further.

As always please discuss questions/concerns with your primary care provider.

Covid infections are on the rise recently. Care for yourself, especially if you have compromised immune systems. Use masks, keep your distance from others, use hand sanitizers.

Your reading of these notes is always appreciated. Please care for yourself and family / loved ones in our hottest month of the year.

As your Parish RN remember I am always available for concerns & questions.

Blessings,  
Mitzi

