



The Good Word September 2023

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

From the Pastor

The sun is setting earlier, and I had my first pumpkin spice flavored thing sighting at the grocery store last week. Fall is just around the corner, so it's time for Sunday School to resume.

We'll be starting classes for children and adults on Sunday, September 10 at 9 am. The adults gather in the East Hall, kids gather in the West Hall.

The adult class will begin with a study called Signs of the Kingdom, which will take a look at the Matthew texts each Sunday through October 22. That will be followed by a dive into a portion of Luther's Small Catechism, and then an Advent study.

The kids will begin their year with stories from Genesis before moving into stories about Deborah, Elijah and Elisha, Esther, Daniel, and Jonah. If you're interested in helping to teach the kids' class, or offering your gifts with a simple craft or project, please see Jay Blake.

In the adult class, we enjoy a good conversation. We come from a variety of backgrounds and perspectives. All are welcome to join us, regardless of how long it's been since you've joined a Sunday School class. Coffee is usually ready by the time we begin class, and sometimes there's something to nibble on, too.

See [page number](#) for information about the Oregon Synod's Day of Learning, a virtual learning event on Saturday, September 23 from 9:30 to 3. Additionally, the Synod's Lay School of Theology will be offering an 8-week class called *Coming Home to Earth: An Evangelical Lutheran Perspective on Faith and Ecology*. See [page number](#) for more information.

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. You do not need a Facebook account to watch.

Holy Communion is celebrated every Sunday.

Texts for September:

3: Fourteenth Sunday After Pentecost

Texts: Jeremiah 15:15-21

Psalm 26:1-8

Romans 12:9-21

Matthew 16:21-28

10: Fifteenth Sunday After Pentecost

Texts: Ezekiel 33:7-11

Psalm 119:33-40

Romans 13:8-14

Matthew 18:15-20

17: Sixteenth Sunday After Pentecost

Texts: Genesis 50:15-21

Psalm 103:[1-7] 8-13

Romans 14:1-12

Matthew 18:21-35

24: Seventeenth Sunday After Pentecost

Texts: Jonah 3:10-4:11

Psalm 145:1-8

Philippians 1:21-30

Matthew 20:1-16

Important Note for Ushers and Worship Assistants

Following worship on **Sunday, October 1**, we will have a brief meeting for Ushers and Worship Assistants. We will gather in the sanctuary. Updated Usher and Worship Assistant instructions will be distributed and this will be a time for questions or concerns you may have about serving in this capacity.

Church Picnic

This year's church picnic will be held **Sunday, September 17**. Following worship, we'll gather at the Cullaby Lake South Picnic Shelter.

Bring a dish to share! Hot dogs, hamburgers, buns, condiments, and paper goods will be provided.

Volunteers are needed for setup, cleanup, provide grills, and grilling hot dogs and burgers. A signup sheet for volunteers will be posted in the East Hall. See Michael Barnet for information.

Note: There is a \$5/car fee to enter the park.

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 will meet on Thursday, September 28 at 7 pm on Zoom to discuss *Women Talking* by Miriam Toews. See Pastor Sue if you're interested.

Prayer Shawl team meets on the **second Thursday**, September 14, at 1 pm, in the West Hall. See Becky Nelson for more information.

Girls' Movie Matinee will meet on Friday, September 15 at 1 pm in the East Hall. See Mary Kemhus for more information.

Happy Birthday to:

3 Sharon Cook
6 Kathy Woerndle
8 Mary Alice Cole
16 Mary Kemhus
24 Gene Halliburton
30 Benny Olson

Happy Anniversary to:

12 Bruce & Terri Johnson
13 Stevie & Jeremy Stevenson
19 Holly & John Baum
26 Steve & Sofie Burke
29 Al & Cathy Peinhardt



Love. Grow. Serve.

Oregon Synod Lay School of Theology Fall Course

Coming Home to Earth: An Evangelical Lutheran Perspective on Faith and Ecology

Thursdays, Sept. 21-Nov. 9, 6:30-8:00 pm

[Live on Zoom](#)



Photo credit: Margot Richard, Unsplash

Join us as we explore our relationship with Earth and find ways to take action, including in our congregations.

It is urgent that we recognize that our well-being as human beings is intimately connected with the well-being of Earth and all its inhabitants. Dr. Mark Brocker, former pastor of St. Andrew Lutheran Church in Beaverton, will lead this eight-week live online course based on his book, *Coming Home to Earth*. Dr. Brocker is especially concerned about what will motivate people of faith to take action. Love of God, love of neighbor, love of creation and love of self are classic core values in our faith tradition that motivate us to act. As always, this course will provide opportunities for relationship-building, critical thinking and spiritual practice. Visit oregonsynod.org to register for the course.

2023 Oregon Synod Day of Learning



Nurturing Authentic Spiritual
Friendship and Healthy, Vital
Faith Communities through
the Gift of Sacred Encounter

September 23
9:30 am to 3:00 pm

Join people from across the Oregon Synod for the 2023 Day of Learning, a rich day of online workshops designed to nurture hearts and minds, churches and communities. This event will be offered through Zoom.

Session topics include tips for faithful church leadership, tools for relational fundraising, spaces for deep listening to others, and much more! All are welcome. September

\$35 for adults over 21. Visit oregonsynod.org for more information and to register.



We're looking for some helping hands for some projects around the church.

Are you handy with a camera, even if it's the one on your phone? Are you comfortable asking people if you can take their picture? Do you know how to go about getting pictures printed, or are willing to learn? We need someone to help take pictures for the church directory, family tree, and Council Corner, and keep them updated as people come and go. See Pastor Sue for information.

Are you a fan of organizing things? Do you like creating displays of information and keeping them updated? We're looking for someone to take on the responsibility of organizing the counter in the front entry by the mailboxes, keeping things up-to-date and easy to find. See Pastor Sue for information.

Are you good at delegating and encouraging people? Are you comfortable asking people to volunteer? We're looking for one or two people to serve as chair of the Christmas Bazaar. There's a whole team already assembled, and lots of information to help you along the way. See Mary Kemhus for information.

Do you enjoy creating order out of chaos? How do you feel about boxes covered in dust, filled with who knows what kinds of paperwork? Does the thought of creating an organizational system sound like the kind of thing you'd enjoy? We're looking for a team of people to help with our church archives and records. Over the course of the next few months, we'll have a few workdays where we spend a few hours digging through the piles of paper that a congregation collects over the decades, and creating a system to properly store our congregation's archives. See Pastor Sue for information.



Parking Lot Cleanup

Jeanne Nordmark gathered an enthusiastic group of volunteers early Friday morning on August 18 to clean up the church grounds around the church and parking lot. It didn't take long for them to get right to work cleaning out weeds, shoveling off sidewalk moss and spreading moss killer to make the church look clean and cared for. Many thanks for their efforts.

Nurse Notes

September is National Immunization Awareness Month

As the year progresses, we may begin to think of our immunization needs. Recently I spoke with staff at Clatsop County Public Health office. The CDC current suggestion is to put off flu and Covid boosters for 1 to 2 months. Some manufacturers are still currently in the process of finalizing their stock, including new strains of viruses. Delivery of vaccine doses could be delayed.

As a reminder, immunizations to consider again this year include:

- ◆ Influenza ("flu") to prevent these infections, and
- ◆ Covid 19 to ward off this ever changing virus.

Other suggested vaccines to consider for prevention of additional illnesses:

- ◆ Shingles: caused by the same virus that causes Chicken Pox. (Varicella-Zoster)

This virus remains in our body after we having Chicken Pox. As we age it can become active again, causing Shingles. It affects nerves. Common symptoms initially are pain, shooting pain, burning, sensitivity to touch, tingling and/or itching. As disease progresses, a red rash can develop with fluid filled blisters appearing. At this stage this becomes very contagious & spreads easily through the fluid excreted. Pain can persist long after the rash/ blisters disappear. Rash usually occurs along one small section & one side of the body. This also can affect an area of the head or face. I recently discovered that one can have the pain of Shingles without the rash & blisters.

- ◆ Pneumococcal (pneumonia): can be caused by viruses, bacteria or fungi.
There are vaccines to protect against all these.

Whooping Cough (Pertussis) infection rates are on the rise over the past several years, per The National Institute on Aging. The vaccine to prevent this is Tdap, includes Tetanus, Diphtheria and Whooping Cough. Whooping Cough is a common, endemic disease in the U.S. This highly contagious respiratory disease spreads easily from person to person. The CDC recommends adults get a booster injection every 10 years.

**** Always consult your physician to discuss your immunization needs. ****

In addition to thinking of vaccines, it is time to refresh the techniques for avoiding pneumonia and other respiratory infections: CDC recommends

- ◆ Wash your hands regularly.
- ◆ Clean & disinfect surfaces that are touched a lot.
- ◆ Cough or sneeze into a tissue or into your elbow or sleeve.
- ◆ Limit contact with cigarette smoke and if you smoke it is time to get help to quit.
- ◆ Take care of medical conditions, such as asthma, diabetes or heart disease.

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Nurse Notes

Another technique I have used for several years, during high risk seasons for infection, is wearing leather (or vinyl) gloves when shopping. This helps keep a barrier between my skin & potentially hazardous surfaces. My illness rates have dropped significantly utilizing this simple method. Also being diligent about keeping my hands away from my face helps greatly.

Again I will emphasize thorough hand washing, hand washing, hand washing!!

Benefits of blueberries

Blueberries are often called a superfood, among the most nutrient dense berries. They are rich in a class of phytochemicals (compounds found in plants) called polyphenols. Studies have shown improvement in cardiovascular risk factors, memory & executive functioning in older adults at risk for cognitive decline.

Information from Nutritional Science, Nutrition Action, Nutrition Education Tufts University.

Health benefits of blueberries:

1. Low in calories, high in nutrients.

A 1-cup serving (148 gm) contains: 3.6gms fiber; 12% of daily value (DV) Vitamin C; 24% of DV Vitamin K; 22% of DV Manganese; 84 calories. Blueberries are about 85% water.

2. One of top antioxidant foods.

Antioxidants protect your body from free radicals, which are unstable molecules that can damage cells, contribute to aging & diseases such as cancer. Blueberries are believed to have one of the highest antioxidant levels of all common fruits & vegetables.

3. Reduce DNA damage, which may help protect against aging & cancers, by neutralizing some free radicals.

4. Protects cholesterol in your blood stream from becoming damaged. Oxidative damage, caused through chemical reactions, can damage cells & DNA & can become a serious problem when bad cholesterol, LDL, is affected. Oxidized LDL can build up on arterial walls & can lead to severe problems.

5. May lower blood pressure. Studies have shown significant benefits for people with high blood pressure (hypertension), a major risk factor for heart disease. One of which showed blood pressure reduction in those eating just 2oz (50gms) freeze dried blueberries daily.

6. May help prevent heart disease. Risk factors for heart disease, including high blood pressure & damaged LDL cholesterol, can be reduced by consuming this superfood.

A study of 90,000+ found that those with the highest intake of anthocyanins - the main antioxidant in blueberries - were at a 32% lower risk of heart attacks compared to others w low consumption. As an observational study it does not prove that these antioxidants alone cause risk reduction.

As an optimist & lover of blueberries, I can not find fault in eating this superfood! 1 cup a day, fresh or frozen, is always on my menu! Bon Appétit.

Congratulate yourselves of getting through another busy summer in our neck of the woods. Thank you for reading! Blessings, Mitzi