



The Good Word November 2023

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

From the Pastor

In *Wholehearted Faith*, the book she was writing before she died unexpectedly in 2019, Rachel Held Evans wrote, "For better or for worse, there are seasons when we hold our faith, and then there are seasons when our faith holds us." She wrote about how she learned to rely on the faith of those surrounding her during worship on the days when she struggled with doubt, days when she was filled with questions.

She said she had come to see that wholehearted faith wasn't just about her. It was about the woman two pews in front of her, the wiggly child across the aisle. It was about "seeing and comprehending" her place "a bigger family of faith."

She learned to trust in the communion of saints.

We Lutherans believe that we are simultaneously sinner and saint. We are sinful beings made holy by the grace of our God.

But what do you do when you don't feel particularly saintly? During the seasons when you need your faith to hold you?

Now and then, I stop singing, and just soak up the sound of the assembled saints, lifting up their voices in praise or prayer. It is like a balm for my soul to be still in that moment and just listen.

One of the blessings of a community of faith is that there is always someone whose faith will hold us when our own feels insufficient. Thanks be to God for this wonderful gift.

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 November:

5: All Saints Sunday

Texts: Revelation 7:9-17
Psalm 34:1-10, 22
1 John 3:1-3
Matthew 5:1-12

12: Twenty-fourth Sunday

After Pentecost

Texts: Amos 5:18-24
Psalm 70
1 Thessalonians 4:13-18
Matthew 25:1-13

19: Twenty-fifth Sunday After Pentecost

Texts: Zephaniah 1:7, 12-18
Psalm 90:1-12
1 Thessalonians 5:1-11
Matthew 25:14-30

26: Christ the King Sunday

Texts: Ezekial 34:11-16, 20-24
Psalm 95:1-7a
Ephesians 1:15-23
Matthew 25:31-46

2024 is Coming!

The Stewardship Team will be mailing packets to each household in the congregation during the last week of October. These will contain a Time and Talent Survey and a Pledge Card. Members are asked to complete both and return to the church via the offering plate or mail as soon as possible. Watch for it!

Getting to Know You

October is a busy month for Linda Sugano. She is the chairperson of the acquisition committee of the Cannon Beach Library, teaches Spanish-English lessons, volunteers with Food For Kids, makes Halloween costumes for her grandchildren, and, I hope, finds some time to celebrate her birthday.

Linda and her husband Doug, otherwise known as the former president of our congregation, fell in love with Cannon Beach as they drove to and from California, where they had lived and spent their college years. Before moving to Oregon, Linda taught in Los Angeles, and for ten years as bilingual instructor near LAX. Then moving to Spokane, Washington, she taught 5th and 6th graders for 29 years before retiring five and a half years ago to Cannon Beach.

Karen Tye

OSLC Financial Results

The Stewardship Team would like members to know that our Treasurer, Debbie Walter, posts monthly summaries of the congregation's financial position on the Church Council bulletin board in the east parish hall. For the nine months ended September 30, receipts have covered expenditures. We thank the members of the congregation for the support that has made this possible.

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, November 16 at 7 pm on Zoom to discuss. They will be reading *Together* by Dr. Vivek H. Murthy. See Pastor Sue if you're interested.

Prayer Shawl team meets on the **second Thursday**, November 9, at 1 pm, in the West Hall. See Becky Nelson for more information.

Girls' Movie Matinee will meet on Friday, November 17 at 1 pm in the East Hall. See Mary Kemhus for more information.

Happy Birthday to:

2 Tim Flynn 20 Linda Barnet
13 Emmy Moorman 28 Don Beck

Happy Anniversary to:

1 Our Saviour's Lutheran Church
15 Sue & Jerry Olson



Love. Grow. Serve.

Kids' Bazaar

This year the Kids' Bazaar will once again be part of the Christmas Bazaar. For those of you unfamiliar with the Kids' Bazaar, it is part of our church's community outreach by offering children the opportunity to buy Christmas gifts for their loved ones for fifty cents per item and we wrap them for free. All items for the bazaar are donated. If you would like to donate items for this event, please place your items in the bin labeled "Kids' Bazaar" by the church mailboxes in the entry way. Suggested items include, but are not limited to, new or gently used stuffed animals, craft kits, games, candles, mugs and jewelry. If you have any questions or require more information, please contact Julia Fanning.

Volunteer Needed

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.

South County Food Bank

We have a year-round collection for the Food Bank. For November, we are collecting canned pumpkin, canned yams, cranberry sauce, cookie mix, pie crust mix, applesauce stuffing mix, evaporated milk, and toothbrushes (individually packaged).

Please leave your donations in the bin in the front entry hall.

November Nurse Notes

Saying goodbye to sunny weather can be a happy time for some & frustrating for others. As days grow shorter & with our autumn rains, our bodies take in less Vitamin D which causes our systems to have declining levels of D.

If you find you are becoming affected by less sunshine exposure you might notice several issues developing. These can include feeling increasingly tired, less motivated to participate in usually enjoyable activities, sleeping more, &/or feeling depressed. Several publications have recommended yearly blood test to check the body's Vitamin D level. Please check in with your medical provider if you have any of these changes or concerns.

With changing weather & the possibility of decreasing activity levels one can begin to experience beginning issues with constipation in our Gastrointestinal system. Nutritional experts have suggested eating prunes to preemptively help our body avoid constipation. With the relabeling to "dried plums" many find these to be more palatable! Dried plums are very helpful as they contain soluble & insoluble fiber as well as a natural sugar Sorbitol. This draws H₂O into the colon, mixes with soluble fiber making stool easier to pass. Insoluble fiber stimulates movement in the intestines. It is recommended to begin with 5 to 10 dried plums daily to ease constipation, adjusting amount eaten every day as the issue improves. One could also just eat Prune Tarts instead!! Again check with your primary care provider.

As holiday baking & enjoying the tastes of the season increases remember that Cinnamon can & should be used to increase our health. One of the oldest spices, Cinnamon is known to provide anti-inflammatory, antioxidant, anti-diabetic, antimicrobial and anticancer effects. Many studies have shown Cinnamon's potentially beneficial effects in diabetes, arthritis, arteriosclerosis (damage to arteries in the heart), & Alzheimer's disease. Additionally research is exploring evidence for Cinnamon consumption to help the body against cancers, inflammation, heart disease and neurological disorders. Celebrate the coming season with Cinnamon!

Blessings to each of you for a safe, joyous Thanksgiving, Mitzi



CHRISTMAS BAZAAR & CAFÉ

**SATURDAY, DEC. 2nd
10:00 am - 3:00 pm**

**Holiday Crafts / Handmade needle-
work**

**Sweet Breads, Cookies, Pies, Candy
Scandinavian baked goods**

Christmas Quilt Raffle / Cookie Bar

AT THE CAFÉ

★ **Homemade Soup, Bread & Pie** ★

AT THE KID'S BAZAAR

50¢ gifts for parents and siblings

includes gift-wrapping

(Hours 10:00-2:00)

Our Saviour's Lutheran Church

320 First Ave, Seaside

Across from the Seaside Convention Center