



The Good Word December 2023

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

From the Pastor

*A thrill of hope- the weary world rejoices,
For yonder breaks a new and glorious morn!
Fall on your knees! O hear the angel voices!
O night divine, O night when Christ was born!
O night, O holy night, O night divine!*

I've always loved "O Holy Night." Personally, I'm partial to the version by Mahalia Jackson, but I recently heard Andrea Bocelli sing it, and I still have goosebumps.

Our theme for Advent and Christmas this year comes from a line in this classic hymn. For 6 Sundays, concluding on Epiphany, we'll seek answers to the question, "How does a weary world rejoice?"

We'll seek answers in the beginning of the Gospel according to Luke. There, we hear of angels appearing to Zechariah and Mary and babies being born. We wonder with the shepherds who were visited while they watched their sheep, and share the joy of Simeon and Anna, who had long awaited the arrival of the Messiah.

As we hear these stories once again, we'll find answers to our question as we acknowledge our weariness, find joy in connection, allow ourselves to be amazed, sing stories of hope, make room (for God, for love, for *so many* things), root ourselves in ritual, and let our light shine.

Because of our Advent theme, the texts you hear on Sunday will differ slightly from those listed to the right or those you'll find in the *Christ in Our Home* devotional. And our liturgy will sound a bit different. Advent ought to keep us on our toes, because it's the time of year when we focus on what it means to live in an already-but-not-yet time, preparing to celebrate the birth of Jesus and preparing for his return.

May your Advent be filled with much peace, hope, joy, and love.

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 December:

3: First Sunday of Advent

Texts: Isaiah 64:1-9
Psalm 80:1-7, 17-19
1 Corinthians 1:3-9
Mark 13:24-37

10: Second Sunday of Advent

Texts: Isaiah 40:1-11
Psalm 85:1-2, 8-13
2 Peter 3:8-15a
Mark 1:1-8

17: Third Sunday of Advent

Texts: Isaiah 61:1-4, 8-11
Psalm 126 or Luke 1:46b-55
1 Thessalonians 5:16-24
John 1:6-8, 19-28

24: Fourth Sunday of Advent

Texts: 2 Samuel 7:1-11, 16
Luke 1:46b-55 or
Psalm 89:1-4, 19-26
Romans 16:25-27
Luke 1:26-38

31: First Sunday of Christmas

Texts: Isaiah 61:10-62:3
Psalm 148
Galatians 4:4-7
Luke 2:22-40

Midweek Advent Soup Suppers and Evening Prayer

Join us on the Wednesdays of Advent — December 6, 13, and 20 — for our Midweek Advent Soup Suppers and Evening Prayer. We'll gather in the East Hall at 5:30 for a shared meal (signup sheets are in the East Hall). At 6:30, we'll gather in the sanctuary for Holden Evening Prayer.

The weekly meditations during evening prayer will be offered by Pastor Kate Conolly, Deacon Diane Higgins, and Pastor Sue, pondering how we "Watch, Wait, and Wonder" during Advent.

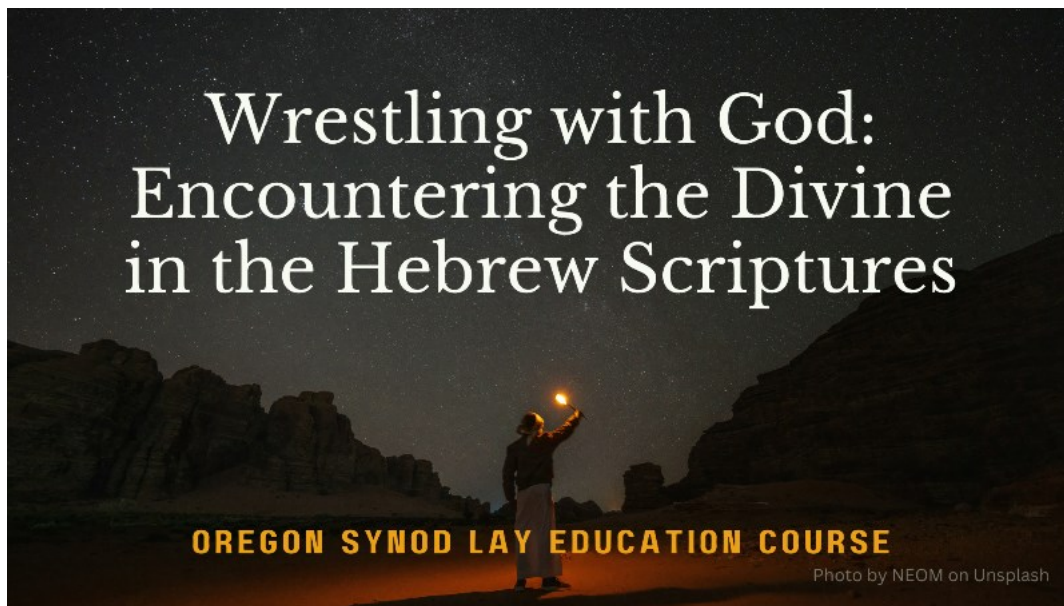
Small Groups

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

Book Group will meet again in January.

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

Girls' Movie Matinee will meet again in January.



Join with others from around the synod for an eight-week course digging into the Hebrew Scriptures!

Like Jacob wrestling with the Divine, we'll wrestle with texts. How do we make sense of difficult stories—God's anger that leads to violence? Genocide in Joshua? How does God make Godself known in the natural world, in events, through other nations? What wisdom can we wrestle from these texts to help us live more faithfully? What might we learn, and what might we need to unlearn? We'll explore names and images for God, including female imagery for the Divine, and offer ways to use this imagery in your spiritual practice.

This course will provide opportunities for relationship-building, critical thinking and spiritual practice. Presented by Sister India Jensen Kerr (St. Andrew's, Beaverton), Pr. Jesse Christopherson (Milwaukie Lutheran) and Pr. Emerson Remmers (Grace, Corvallis). **Eight Thursdays, January 4-February 22, 6:30-8:00 pm on Zoom.** See the Oregon Synod website for registration information.

Nurse Notes

With our rainy season well under way & potential cold frosty weather ahead it is important to think about physical safety. Use caution when out in the elements. Check your shoe soles for good traction surfaces & verify your shoes are not too loose. Always check the surroundings for hazards & watch your step. If the weather is severe consider staying home. Walk through your home looking at items & areas that could be fall hazards. This time of year we can easily be rushed, not being mindful of situations that could cause tripping & falling. A recent study has shown that ground level falls are now the number one safety hazard in adults. Please stay focused, be cautious & safe on your feet inside & outside your home.

This is a good time to consider our bone health as well. There are many natural ways to build & maintain healthy bones. These include:

- Physical activities of weight-bearing exercise, i.e. walking even in the house, along with strength training are two important ways to promote strong bones in all ages & prevent bone loss in older adults. Maintain or improve balance to help reduce fall risk. Stand close to a counter or chair back, hold on as needed, balance on alternating legs several times a day. Your legs & body will gain stability increasing feelings of security in movement.
- Eat lots of vegetables. They are important sources of vitamin C which stimulates production of bone forming cells. Vegetables also can increase bone mineral density, aka bone density. Bone density is the measurement of amount of calcium & other minerals found in our bones. A high intake of yellow & green veggies has been shown to increase bone mineralization during childhood & the maintenance of bone mass in young adults.
- Eat enough protein. 50% of bone is made of protein. Eating up to 100mg of protein daily, balanced with a variety of plant foods & adequate calcium intake prevents leaching of calcium from bones. This can weaken them leading to a higher risk of fractures. In one large study of postmenopausal women, higher protein intake was linked to lower risk of forearm fractures & much higher bone density in the spine, hip and overall body.
- In addition lessen salt (sodium) intake. It can cause loss of calcium in our bones & body. A good guide is to reduce salt to under 2,300mg (1 teaspoon.) Keep this in mind while watching favorite sports teams!
- Eat high Calcium foods. Our bodies absorb Calcium more efficiently if intake is spread throughout the day. Recommended daily intake is 1,000mg per day for most. Teens need 1,300mg & older adults require 1,200mg. There are many varying foods that provide Calcium. Included are broccoli, cooked kale, bok choy, collard & turnip greens; cheese, hard & ricotta; Milks = goat's has more calcium than cow's, rice & almond milks, egg nog, kefir; yogurt, cottage cheese, ice cream; beans= black & white; seeds & nuts= toasted sesame, chia, almonds. The list goes on! If you would like detailed information please let me know. Vitamin D helps the body absorb Calcium. Vitamin K2 also supports bone health & found in eggs, meat & liver.
- Magnesium helps Vitamin D in Calcium absorption.
- Consume foods high in Omega 3 fats
- Including fatty fish, ground flax or chia seeds & walnuts.

Focusing on keeping our bones healthy throughout all stages of life can prevent serious issues as we age.

Continued on next page

Nurse Notes

As the year comes to a close many of us make plans to support others by sharing our gifts of time & money. This season we will once again focus as a congregation on supporting Seaside Middle School students in need. Rob Bjornstad is in frequent contact with a staff member who soon will share the list of the needs which will be shared with all through weekly updates. This is an excellent way to continue supporting those in our community. In addition, a small table in East hall will have information of ELCA donation options.

A few 'elves' are working on Christmas Caroling for residents of Suzanne Elise & Neawanna by the Sea. Please consider joining in regardless of singing ability! Our goal is to share the celebration of Christ's birth with joy & love to the residents. The more the merrier! Some transportation will be available as needed. Info to come in mid-week updates.

Just a reminder...have you gotten your immunizations to help combat winter illness?

Please contact me if questions arise from any information shared. Multiple sources were used to compile these Notes. And as always contact your primary doctor for any specific to you thoughts or concerns.

The holiday season can be a time of high stress. Please remember to take care of YOU first. Strive to have healthy meals/ snacks, drink plenty of water, get purposeful exercise, focus on ways to relax your mind & body to help achieve quality sleep nightly. Prayer, listening to calming music & hot showers help our minds focus away from the unachievable list of must do tasks this time of year. Focusing on YOU will help provide strength, patience, clearer thoughts & good health allowing you to help others during this beautiful season.

Blessings to each of you with prayers for many special moments during these days, as we prepare to celebrate the birth of Christ Jesus! HE is the reason for the season.

Share your light, love and joy! Mitzi

Getting to Know You

Many of you know Michael Barnet by the delicious treats he often brings to Sunday coffee hour. Michael worked in food service management after graduating from Luther Collage in Decorah, Iowa and Marriott Management Service. Upon retiring Michael moved from Portland to Seaside to be near his brother Pastor David Barnet.

When I asked Michael what he would prepare for a dinner guest he told me about spatchcock chicken; a way of cutting a bird so it could lay flat in a roasting pan. He would then rub it down with olive oil, melted butter, lots of lemon juice and mouth watering Greek herb and spices then pile on new potatoes and asparagus with, of course, more butter and spices. IF you haven't exceeded in this gastronomic adventure you may be tempted to indulge in a slice of a multi-layered lemon cake. Thank you Michael, for my next company menu; I'm looking forward to trying it.

This past summer Michael hosted his Iowa family reunion and especially enjoyed a week long road trip with his niece who had never been to the coast. Reminding us again how special it can be to see our state through new eyes.

Karen Y. Tye

Church Council Update

At the November meeting, the Council agreed to begin a long-range planning process. This will include offering the congregation opportunities to provide feedback.

Watch for more information in future bulletins and newsletters.

Sunday School Update

During December, the adult class will use a study from the ELCA's World Hunger program as they discuss what it means to encounter God. All are welcome to join the conversation. We meet at 9 am in the East Hall.

Extra copies of the booklets will be available in the entry.

South County Food Bank

We have a year-round collection for the Food Bank. For December, we are collecting food for Christmas meals: flour, instant potatoes, stuffing mix, cornbread mix, cookie mix, and pie crust mix.

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

Volunteer Needed

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.



Friendly Reminder for the Colder Months



It's that time of year! Help us practice good stewardship of our resources by keeping doors throughout the building closed when rooms are not in use. If you turn a thermostat up, please turn it back down when you leave.

Happy Birthday to:

2 Linda Bjornstad 31 Miranda Olson
16 Jerry O'Neill

Happy Anniversary to:

19 Dave & Judi Nelson
31 Paul & Peggy Heibel





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