



The Good Word January 2024

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

From the Pastor

Last year, I made a craft resolution to try knitting socks again I'd knitted a sock about 14 years ago, and decided I didn't like it. A friend kindly knitted the second.

I resolved to try again. And then promptly forgot for about 8 months.

As I watched someone knitting a beautiful sock one night at my knitting group, it occurred to me that my issue might not be the process of knitting socks, but the teeny tiny needles required.

So I found thicker yarn, which works on larger needles.

And it turns out...I like knitting socks! I now have 3 pairs of thick, wool socks that keep my feet warm on chilly nights.

Sometimes, we think there are things we don't like, or things we're not good at, but we've only tried them in one way. And what we need to do is figure out what our particular spin on that thing might be.

Maybe you've tried meditation, and it didn't work for you. Perhaps you might prefer a guided devotional practice or a daily candle lighting ritual instead.

Maybe you decided to read the Bible, but fell behind and gave up. Or got bogged down in a "boring part." Maybe you need a different reading plan. I have a new one I'll be trying this year that alternates between the Old Testament and New Testament, for a better balance of familiar and unfamiliar texts.

There's no one right way to practice our faith, or to try to connect with God. There are lots of options available. And what works for you at one point in your life might not work a few months or years later.

I'm happy to help you try to figure out what might work for you.

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 January:

7: Epiphany of Our Lord

Texts: Isaiah 60:1-6

Psalm 72:1-7,10-14

Ephesians 3:1-12

Matthew 2:1-12

14: Second Sunday in Epiphany

Texts: 1 Samuel 3:1-10 [11-20]

Psalm 139:1-6, 13-18

1 Corinthians 6:12-20

John 1:43-51

21: Third Sunday in Epiphany

Texts: Jonah 3:1-5, 10

Psalm 62:5-12

1 Corinthians 7:29-31

Mark 1:14-20

28: Fourth Sunday in Epiphany

Texts: Deuteronomy 18:15-20

Psalm 111

1 Corinthians 8:1-13

Mark 1:21-28

Annual Meeting of the Congregation

The annual meeting will be held Sunday, January 28, following worship. We'll gather in the East Hall. Materials should be available by Sunday, January 21.

South County Food Bank

We have a year-round collection for the Food Bank. For January, we are collecting toothbrushes, individually wrapped bars of soap, and canned soup (preferably with pop top lids). 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 Tami Olson
- 11 John Nicolazzi, Craig Walter
- 12 Jillian D'Amelio
- 18 Lacy Brown
- 23 Pat Lende
- 24 Jean Walker, Ashley Bassett,
Sofie Burke
- 30 Julia Fanning

Happy Anniversary to:

- 3 Jerry O'Neill & Carol Gannaway
- 17 Ben & Tami Olson
- 18 Jay & Lori Blake



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 January 18 at 7 pm, on Zoom, to discuss *A Year of Biblical Womanhood* by Rachel Held Evans.

Prayer Shawl team meets on the **second Thursday**, January 11, at 1 pm, in the West Hall. See Becky Nelson for more information.

Girls' Movie Matinee will meet on January 19 .

Getting to Know You

Happily I got a good start on Advent and Christmas this year by getting to church on time, hearing a great sermon from Pastor Sue, followed quickly by an enjoyable visit and coffee with Jerry and Sue Olson.

Many of you have known the Olsons for a number of years as Sue has been a member of OSLC all her life and married Jerry 43 years ago right here. Their twins, daughter Michelle and son Matt were baptized at Our Saviour's. In turn I only knew them as the couple who sat across the aisle and that Jerry read the Sunday scripture from time to time.

As we visited, I learned they both have a passion for all things outdoors. It may be a quiet afternoon walk, clam digging, hunting for mushrooms, or a rousing round of golf. (A side note: they met through Jerry golfing with Sue's father.)

Sue is an avid photographer. She and Jerry owned and managed a photo shop for many years and for the last 17 years they have spent their summer weekends selling Sue's prints and note cards at the Ilwaco and Astoria weekend markets. Besides golf, Jerry volunteers as an investigator for guardianships and conservatorships for Clatsop County Courts but, unabashedly said he mainly enjoys supporting Sue's endeavors.

The Oregon coast being a destination vacation point for many, its always interesting to learn where the locals travel. Without hesitation the Olsons agree that Sunriver with their ten grandchildren is their favorite, followed by the National Parks in Utah and visits to Holden Village in Washington state. Venturing further from home, a trip to the Tuscany region of Italy was very special. This summer they are looking forward to a river cruise in France.

Karen Y. Tye

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

As we begin the New Year please allow yourselves time for REST & reflection. Many have experienced a hectic season. Now is the time to actively TAKE CARE of ourselves. Many are also experiencing difficulties, anxiety, mental & physical health issues. With the Birth of Christ we have the ultimate source for help, pray for Him to guide you in your journey.

Recently I was asked about outdated medications. I researched current information. The FDA, U.S.m Food & Drug Administration, conducted a study which found 90% of 100 prescription & over-the-counter medications tested were still effective to use 15 years after their expiration date. Definitely not recommended however!

A Cleveland Clinic pharmacy specialist states if the expiration date is within a few years the medication is probably still as effective as it was when it was brought home, especially with oral tablets. This does not include antibiotics, eye drops, or refrigerated medications.

It is recommended that medicines be stored in a cool, dark place like kitchen cupboards. Bathrooms have too much heat & humidity & could cause faster breakdown of the medications.

The new year is a good time to go through over-the-counter meds & prescriptions to discard of any outdated. Please do not throw them into the garbage or flush them. Pharmacies & police departments have medication disposal units in their lobby.

With a quieter time of year can we also begin recovery from the foods & sweets we may have over indulged in? Sugar is definitely not healthy to our bodies. Neither are sugar substitutes. Purposefully begin moving our bodies as well. Stretching, arm & leg movements, walking, even around the house, anything to help reduce stiffness, increase mobility & raise our heartbeats. It helps me greatly to move to music, preferably energizing tunes! Dance like no one is watching!

Thank you for allowing me to be your Parish Nurse. We have a wonderful new year ahead. Let your light shine! Spread love & kindness.

