



# The Good Word February 2024

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

## From the Pastor

Last year, at Bishop's Convocation, I was introduced to a new hymn that is in the All Creation Sings worship supplement that was released in 2020. The hymn is called "Beautiful Things", and we sang the refrain several times during the course of our time together.

*You make beautiful things,  
You make beautiful things out of the dust.  
You make beautiful things,  
You make beautiful things out of us.*

I've thought about those words often since then, especially as I read Rachel Held Evans' last book, Wholehearted Faith. For her Lent spiritual practice in 2013, she printed out copies of hate mail she'd received, and used each of the pages to learn origami. Throughout those six weeks, she learned "about reverse folds and crimp folds, about trial and error, about patience, about retracing steps and following directions, about forgiveness, about letting go, about redirecting some of my anxious and self-focused energy into purposeful acts of creativity and healing, about building bridges, about asking for help."

You can read more about her experience on her blog: <https://rachelheldevans.com/blog/what-i-learned-turning-my-hate-mail-into-origami>

I thought this might be an interesting thing to ponder in the days before Lent this year, in our time of preparation to celebrate God turning hate and fear and anger into salvation.

Rather than thinking of Lent spiritual practices almost as if they were a second chance at keeping a New Year's resolution, perhaps you might think about how to turn something unexpected into a beautiful thing. Or how a habit can be tweaked so that it is more life-giving.

We'll be hosting Ash Wednesday worship this year, on February 14th at noon. Midweek Lent soup suppers and Holden Evening Prayer will begin on the 21st.

*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 February:**

4: Fifth Sunday after Epiphany  
Texts: Isaiah 40:21-31  
Psalm 147:111, 20c  
1 Corinthians 9:16-23  
Mark 1:29-39

11: Transfiguration of Our Lord  
Texts: 2 Kings 2:1-12  
Psalm 50:1-6  
2 Corinthians 4:3-6  
Mark 9:2-9

18: First Sunday in Lent  
Texts: Genesis 9:8-17  
Psalm 25:1-10  
1 Peter 3:18-22  
Mark 1:9-15

25: Second Sunday in Lent  
Texts: Genesis 17:1-7, 15-16  
Psalm 22:23-31  
Romans 4:13-25  
Mark 8:31-38



## South County Food Bank

We have a year-round collection for the Food Bank. For February we are collecting toothbrushes, feminine hygiene products, and canned fruit (preferably with pop top lids). Please leave your donations in the bin in the front entry hall.

## Volunteers 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 volunteers 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:

- 13 Benny Moorman
- 17 Susan Layeux
- 20 Susan Lawton



## 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 February 22 at 7 pm, on Zoom, to discuss *True Biz* by Sara Novic. See Pastor Sue for more information.

**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 February 16 .



## Nurse Notes

With so many stressors in our lives: family, our OSLC family, home, community, state, national & world events, it is no surprise that we might be affected by a variety of physical & emotional symptoms of stress. Short-lived acute stress is caused by a one time event. This type usually resolves fairly easily. Chronic stress is caused by prolonged exposure to stressful situations. Our bodies can show a variety of symptoms which may not be recognized & identified as side effects.

Studies done at the Mayo Clinic helped develop a list of symptoms to help patients & practitioners identify issues.

- Physical & emotional issues: headaches, fatigue, anxiety, depression.
- Changes in behavior: lack of motivation, irritability, decreased ability to focus, & anger.
- Changes in eating habits: under or over eating, eating unhealthy foods.
- Changes in sleep patterns: excessive sleeping, insomnia.
- Substance abuse or other unhealthy behaviors: smoking, excessive drinking.

The body's ability to identify actual stressors, whether minor threats vs intense threats, has not evolved beyond our fight or flight response present since time began. "Social media & the 24/7 mentality of society can exasperate these issues, leading to increased chronic stress." The Mayo Clinic & Harvard Medical School identified evidence based strategies to accomplish reduced stress helping us regain control of our lives.

Exercise can help improve mood, decrease anxiety & boost self confidence. Endorphins, our feel good hormones, are released during exercise.

Get quality sleep: if we are sleep deprived our bodies have increased instances of becoming stressed & overwhelmed. Average optimum sleep is 7 to 8 hours per night. Difficulty sleeping? Before bedtime use calming activities to help relax the brain & body: praying, meditation, gentle music therapy, deep breathing techniques.

Practice mindfulness: for just 10 minutes a day sitting quietly, focusing on being present in the moment in prayerful meditation can reset your nervous system to it's natural relaxed state.

Create meaningful connections: spend quality time with loved ones can reduce stress, improve well-being & promote feeling supported.

Take regular relaxation breaks: setting relaxation breaks is essential to reducing stress. Prayerful meditation, deep breathing, reading, & listening to gentle music are some ways to help your body unwind.

Eat a balanced diet: whole grains, lean proteins, vegetables & fruits all help reduce stress hormones & stabilize blood sugar levels, keeping the body energized while lowering stress. Keeping track of your diet helps ensure your body is getting essential nutrients it needs to function at it's highest level.

Seek professional guidance: Choosing talk therapy, counseling, Pastoral guidance, holistic medical care all can help in managing stress & developing coping strategies. Chronic stress can be reduced with overall well-being increased, which can help you regain control to live a healthier, happier life.

Blessings to you all for a safe, healing month ahead. LET YOUR LIGHT SHINE! ~~ Mitzi

## Getting to Know You

You will enjoy a visit with Ben and Linda Benjamin. They are the kind of people who have been there and done that, and enjoy getting to know the locals wherever they happen to land. Ben was born and raised in Yakima, Washington, is an acclaimed artist, and spent six and half years in the Navy. He and Linda were married in California where Linda grew up, and followed him from San Diego, California to Kodiak, Alaska to Pearl Harbor, Hawaii. The Benjamins have two adult children and three grandchildren. They have lived in Seaside for a few years and recently began attending OSLC.



Now that you have some facts you might to talk about when you meet them. #1—They have traveled in forty two countries. #2—How did they decide on Seaside as a place to retire. #3— Where, when and with whom did they celebrate their fiftieth wedding anniversary? #4— Ask them about the 1899 diorama. Keep talking; there's a lot to learn from this friendly couple.

Blessings, Karen Y. Tye