



Mt Si Lutheran - April 2021

Mini **GOOD** - NEWSletter



Siblings in Christ—It is fitting that the first day of April is also Maundy Thursday and the beginning of what us church nerds call the Tridium...Maundy Thursday, Good Friday and the Vigil of Easter. This year, like last, we find ourselves worshiping in ways we wouldn't have dreamed of even three years ago. We find ourselves a little bit better at tuning in to worship through our glowing boxes of various shapes and sizes and we engage in outdoor prayer, meditation & reflection—waving to each other—longing to give a hug or visible smile. This year, unlike last, we will blend online worship with some outdoor, in-person activities. The details are in the newsletter. As you feel comfortable I hope you will take advantage of the online and outdoor offerings. We will process with palms around the block, walk in prayer on Good Friday, receive communion from our cars, decorate the Easter Cross with flowers and have an Easter Egg Hunt. It is not what we knew three years ago...I know...but these days are no less sacred or Holy. I encourage you to create the space you need in your home or garden or porch or work to engage in this Holy Week. Trust the Spirit's presence with you. Hear once again the story of life, death and resurrection—all accomplished for you. We are a people of resurrection—we are a people of Good News. We are also a people who recognize the power of loss and grief and sorrow and each of us, over the past year, has had our fill of these things...there is no denying it. Perhaps this Holy Week can provide a space for you to begin to release some of that grief and heal from the sorrow—perhaps this Holy Week we can each hear the words, “Christ is Risen, He is Risen Indeed, Alleluia” as words spoken for us—Siblings in Christ, please know that you are not alone. There is a community of faith here at Mt Si that seeks to support one another. I encourage you, if you find yourself able, reach out to those in our community you haven't talked to in a while—check in with each other—lean on one another—and remind one another of that great news that is for all time—Christ is Risen—He is Risen Indeed, Alleluia! Thanks be to God! Amen!

- Pastor Krista

April Birthdays & Anniversaries

John Cassidy—Apr. 01
Vivian Waid—Apr. 03
Tasha Lynch—Apr. 04
Krista Oppie—Apr. 05
Molly Davis—Apr. 06
Tyler Koukol—Apr. 14

Annelise Sampson—Apr. 19
Addison Harding—Apr. 20
Abe Abrahamson—Apr. 24
Ryan Buckmaster—Apr. 24
Katelyn Williams—Apr. 25
Maricia Case—Apr. 27



April Anniversaries:

Hollis & Darlene Lockwood—Apr. 01
Jim & Ingrid Garhart—Apr. 25

If we missed including you in the Monthly Birthdays or Anniversaries and you wish for names/dates to be honored, please contact the office.



Sermon on the Mount

ADULT STUDY

All Five videos are now up and available on our website. Go to www.mtsilutheran.org and select the education tab. You will see a button for Sermon on the Mount that will take you to all five videos!

Sunday Worship for April—10am

10am On-line—See website for link to FB or YouTube

www.mtsilutheran.org

Apr. 4—Mark 16:1-8

Apr. 11—John 20:19-31

Apr. 18—Luke 24:36b-48

Apr. 25—John 10:11-18

1st Sunday of Every Month Drive-thru Communion - 11:30a-12:30p

You can also pick-up your Education Kits, along with monthly newsletter and devotionals!

HOLY WEEK WORSHIP

Palm Sunday

March 28th, 10am Online Worship

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11:30am—come to church and participate in a fern/palm procession around the block. We will begin with prayer and meet at the front steps of the church for a final reflection and blessing for Holy Week.

Maundy Thursday

April 1st, 6pm Live Stream Worship on our Facebook and YouTube Page—links on our website

Good Friday

April 2nd, 10am-5pm—Outdoor self-guided prayer stations

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6pm Live Stream worship on our Facebook and YouTube Page—links on our website

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7pm-8pm—Guided outdoor prayer with stations led by Peter, Pilate and a Serving Girl reflecting on the last days of Jesus' life as well as some self-guided stations.

Easter Sunday

April 4th, 10am Online Worship

*

11:30-12:30pm Drive –Thru Communion and Easter Flower Cross—you are welcome to get out of your car and place cut flowers on the Easter Cross at the front steps of the church.

You are welcome to bring flowers—some flowers will be provided.

*

12:30pm Easter Egg Hunt for children

Please RSVP to John Grebe so we can plan ahead. Children are welcome to bring one friend. If you intend to bring a guest, include that in your RSVP to John.

cyf@mtislutheran.org

Faith Formation Team News (formally CYF/Parish Ed Team)

Transformational Learning and Emotional Resiliency

All too often we offer the type of support that attempts to protect someone rather than encourage them to resolve the challenge they are facing. As we move toward in-person worship and group meetings we will have an opportunity to renew, reconcile, and develop healthy and positive relationship between our spiritual, emotional, and cognitive resources. We naturally want to focus on the threat, just like when learning to ride a bike. The desire was to look at the bad out of fear and anxiety, we soon learn that if we look at the ditch we tend to end up in the ditch. Instead, we learned how to operate the propulsion (brakes and pedals), steering, and our balance simultaneously. These are the resources we need to put energy into learning and using.

According to a psychologist promoted by the Institute for Brain potential, Dr. Brian King says, "We cannot be happy and stressed at the same time". Whenever we look behind the metaphorical curtain, we will find it easier to develop strategies, than if we allow fear or anxiety to be our source of information. The end goal is to develop a lifelong strategy for the purpose of adapting and overcoming obstacles. Dr. King has developed a theory based on what he calls 16 habits of emotionally resilient people. These are helpful within a system such as Faith Formation or a clinical setting but not as accessible or engaging for everyday conversations. Two other resources I have found beneficial are by a Pediatrician Ken Ginsburg, MD and Dr. Sood.

Dr. Ginsburg creatively provides the 7 C's Model using: Competence, Confidence, Connection, Close ties, Character, Contribution, and Coping as the foundation. A Dr. Sood, who serves on the Everyday Health Wellness Advisory Board, offers five principles as the ideal source of resiliency: Gratitude, Compassion, Acceptance, Meaning, and Forgiveness.

These and other great research material can be found in an article named "What Is Resilience? Your Guide to Facing Life's Challenges, Adversities, and Crises", By Katie Hurley, LCSW, Medically Reviewed by Allison Young, MD, December 10, 2020, <https://www.everydayhealth.com/wellness/resilience/>.

Our greatest resource as a church community is our faith that commits us to love our neighbor. We are a beacon of light in this community, a place that represents peace in times of turmoil. Resiliency isn't without anxiety or other challenging emotions. Rather it is the ability to get through hardships not by hiding but by facing what is going on. Transformational learning theory identifies childhood learning can often be manipulated by emotions and false constructs are based on these emotions. The transformation occurs through experience and cognitive reforming of these constructs base on learning what is behind the curtain. It is through our

wisdom that we recognize the folly in the world that denies collaboration and interdependence. We hear the words “do not be afraid”, and we look for the angels and the Holy Spirit that is here with us to help guide us away from folly. Let us use the wisdom of our years to look for those in need. If you see a need in the community now is a great time for us to face it and see what we are capable of doing as a supportive community. Look to the correct path rather than the ditch.

Faith Formation Kits

We are glad that you are using these kits every week. We will continue providing kits until the end of the school year. Over the next two months we are hoping to have some in-person lessons and activities as we are able.

Easter Egg Hunt! - April 4th, 12:30pm

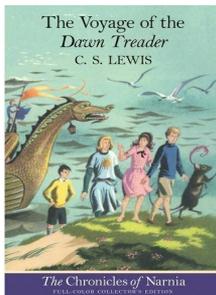
on Easter we are planning an Easter egg hunt for kids of the congregation! We would like you to RSVP so that we have a headcount. If you would like to invite a friend please let us know so that we can include them in our tally! As much as possible we desire to invite all to participate in church activities, due to COVID restrictions we have chosen not to advertise this publicly. We will begin the Easter egg hunt right after communion at approximately 12:30 PM. We will be following health department and church policy regarding social distancing, masks, and hand sanitizer. We hope to see you there! cyf@mtsilutheran.org

Confirmation

We meet 2 times a month on Zoom from 5pm – 6pm. For this month the dates are Apr. 1 and Apr. 15

VBS - Week of July 18th

We are excited to announce that we will be having VBS on the week of July 18th. We are hopeful that it will be in person, but we are planning for a variety of possibilities depending on the phase of the pandemic we are in. The theme for this year is The Voyage of the Dawn Treader by C.S. Lewis. More details will be provided as they are made available. If you are interested in helping, please reach out to John for ways to help.



Spring and Summer Activities

At this time of year, we would normally be advertising camping and mission trips, and other activities. The Faith Formation Team (Paris Ed. and CYF ministries) have decided to postpone scheduling large activities at this time, we will be keeping an eye on the progress of the pandemic and update accordingly. We will be coordinating activities such as frisbee golf, ice skating, hikes, scavenger hunts, and a variety of other opportunities to come together for fellowship and service opportunities.

- Faith Formation Team

Council President's Update

Hello Mount Si Lutherans and Happy Easter!

Exactly one year ago Council made the decision to close our doors to in-person service and all meetings until further notice due to the COVID-19 pandemic. The closure decision was done under much heartache, prayer, and at the recommendation of the Synod. Back then I would not have thought that as I write this article we would continue to be in this same closure status. But here we are. I like to think because of Pastor Krista's untiring leadership and her vision to team up with Sammamish Hills Lutheran Church, worshipping together, albeit virtual, never skipped a beat. And for that matter, with some modifications, all church functions have carried on by staff and council.

But don't be disheartened! I can assure you the Charter Reopening team is working hard to determine when it would be appropriate to reopen to in-person worship. Many things need to line up before this can happen. If you haven't already, you will soon be contacted by your Council representative and asked a few questions. One in particular will be to get your input to when you will feel comfortable returning to worship in-person. To be clear we want to return to a time when we worshiped together in our sanctuary, it's just that there are a few barriers we need to overcome before the doors can reopen. Keep your faith and prayers of hope going!

As you are aware, Pastor Krista is leading us through the Discernment Project and if you haven't already done so, we need you to provide your answers to the three questions after reading the five Bible passages previously sent to you. Why is this important, you say? It's because *your* answers are crucial to determining the mission and ministry of our church. If you need assistance or clarification please don't hesitate to contact anyone on Council or Pastor Krista. There is now a new page on our website dedicated to the discernment process www.mtsilutheran.org/discernment please check it out.

Thank you for your continued prayers of support and guidance. You are all in my prayers that God keep you in good health. I also pray for the Holy Spirit to guide this Council in our efforts to carry out the mission of Mount Si Lutheran Church. If you have questions or concerns you can always contact me at rsnmrod@mac.com, or (206) 384-1042.

With Gods' peace and in Christ's love,

Rick Rodriguez

Bishop's April Letter to the Congregation



There is a cave in Kentucky called Mammoth Cave. When you first enter, it appears quite empty of life. Dark, quiet, dank, barren. And yet ... and yet ...

Like many caves, first impressions can be deceiving. You see, over 200 animals live in Mammoth Cave. Animals that range from raccoons and other small creatures who accidentally venture into the cave and cannot figure out how to return to the outside, to animals who deliberately live both inside and outside of the cave, to

forty-two species of troglobites - animals adapted exclusively to life in the darkness.

Amid seeming emptiness, life is abundant.

If one were to drive by most of our church buildings, parking lots would be empty and the doors would be locked. A casual observer might say, "That church is empty. Nothing is happening there."

And yet ... and yet ...

First impressions can be deceiving. There is a lot of life happening in congregations and ministry sites. There are people who have joined communities of faith in our synod that, for various reasons, would never have entered the doors of a church building. They have become part of the community through online worship – even if they live thousands of miles away. There are people who were a part of the church community for years – but because of work schedules or health issues or mobility concerns – they had faded away. Now they are coming each week as they re-connect. And there are people who have never left. They continue to foster relationships, enjoy serving in the community of the church, and who are faithful to the tasks that are required to keep churches functioning.

We have groups in many churches that are working with other organizations to help feed, clothe, teach, and be with people in the neighborhoods. We have those who are having sometimes uncomfortable (but always fruitful) conversations about what it means to be faithful in this time and place. We have many who are visiting and calling the sick and the dispirited.

Fundamentally, together we are living into the good news of Jesus and journeying together in the Spirit as we are Church in the world. ***Amid seeming emptiness, life is abundant.***

Listen to these words from the first Easter, "Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, 'They have taken the Lord out of the tomb, and we do not know where they have laid him!'" (John 20:1-2)

Mary looked into that tomb and saw only lifelessness and she despaired. She peered into the shadows and felt, deep in her bones, the darkness of sorrow, abandonment, disappointment, grief, heartache, and pain. She had gone searching for something, someone, and she came away with nothing.

And yet ... and yet ...

Jesus had risen. Jesus, scars and all, was going to meet her in the garden. In a few hours Jesus would call Mary's name and assure her of his love. Jesus would come to the disciples and breathe on them – giving them peace and asking them to, "Feed his sheep." And they would. ***Amid seeming emptiness, life is abundant.***

Dear Beloveds, this last year has felt somewhat like we were living in a cave. We have been confined, somewhat lost, weary, and wondering where the new life is. We have stumbled on rocks and fallen in despair.

And yet ... and yet ...

We trust that soon we will be gathering in-person together. Soon we will be beyond this pandemic. Soon life will not “return to normal” but instead will move forward as we live God’s calling of loving God and loving neighbor.

We know this because we are a resurrection people. Out of death comes life. We place our trust in our risen Savior who died and is raised again. ***Amid seeming emptiness, life is abundant in Christ Jesus our risen Savior.***

And we all proclaim: Alleluia! Christ is risen! Christ is risen indeed!

- Bishop Shelley Bryan Wee
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THANK YOU!!!

Our generous congregation donated enough items on GWOH Sunday that we were able to assemble 57 care kits for Lutheran World Relief! A big thank you to Janey Benson for organizing.

GARDEN OF GIVING

If you are interested in a garden plot this year, please reach out to Terry Adams. Look for info on upcoming clean-up times as we get ready to plant the plots for the SVFB. We have lots of seeds if anyone would like to get some starts going.



A Note From Etta Katocs—Etta says thank you for all the cards and well wishes. She truly appreciates hearing from you all!

OFFICE UPDATE—We are seeking to hire an office assistant at 8hrs/wk. Competency in Word and Publisher needed. Want to know more? Reach out to Lisa Sampson or Pastor Krista