



### PASTOR'S NOTE

Blessings Dear Siblings in Christ,

I've asked permission of a friend to share a reflection she posted recently on social media. She graciously agreed to share her story with us. Here is what part of what she wrote:

“A couple days back, I was laying down just having a cry while I rested at His feet, and I was suddenly overcome with the idea of putting on the full armor of God.

I took a calming breath, and I flexed my feet, knowing that my footing was secure upon God's Word, which offers peace in a world full of evil and lies. I envisioned that protection moving up slowly as it donned my entire body with His armor. My sins, my mistakes, my failures are absolved by Christ's blood, and I am free to take up the belt Veritatis (splendor), the breastplate of righteousness – of iustitiae (justice), the shield fidei (faith), without shame. I have been restored to my Creator; our relationship reconciled.

Anyone that knows this passage from Ephesians 6:11-18, knows that the list ends with the helmet of salvation and the sword of the Spirit (I pictured a bow but, to each their own). Instead of envisioning a helmet, however, what I found myself picturing was a delicate, silver circlet. A crown, in essence.

I've never thought that I was uncomfortable with the idea of being a Child of God until that image sparked in my mind's eye and I was forced to face it head on. We are more than conquerors with Christ. We are coheirs; we are the Father's beloved children. I forced myself to accept the crown. You are the child of the King of Kings. Own it.”

I share this story as we prepare to enter the season of Lent. On Ash Wednesday we will hear again the words, “you are dust and to dust you shall return.” In those words, we face our mortality and acknowledge the infinite gift of God's immortality. It is a season of juxtaposition. We face our sinfulness and in the next breath hear God's word of forgiveness and grace. You may have your own way of reconnecting and centering yourself before our God. I found my friend's centering of herself while imagining each element of the armor of God to be a unique and beautiful example. Perhaps, in a moment of fragility and exhaustion, you might wish to try this meditative practice – put on the whole armor of God and feel God's presence with you, around you and through you.

Peace  
Pastor Krista



### INSIDE THIS ISSUE

Bible Studies.....	2
Ash Wednesday Worship.....	2
Outdoor Spring Cleaning.....	2
Council Report .....	3
Sunday Lessons .....	3
Blood Drive.....	4
Faith Formation.....	5
Worship Assistant Sched. ....	6
Birthdays & Anniversaries .....	6
Holy Week Schedule.....	7
Service Opportunity .....	7

### SPECIAL POINTS OF INTEREST

- Bishop's Letter on last page—*great read!*
- Adult Education resuming, Council Report pg. 3
- Children & Youth Education resuming, FF Report pg. 5

**RED CROSS  
BLOOD DRIVE**

The Red Cross plans to use Mt Si Lutheran Church as a quarterly blood donation site for the near future.

**Upcoming Dates:  
June 28th  
September 13th**



**SPRING CLEANING—SAVE THE DATE !**



**Outdoor Spring Cleaning  
of the Church Property**

**Saturday, April 2nd 9am-12pm**

Volunteers are needed to clean gutters, rake, edge, trim, prune, and power wash around the buildings and parsonage. 10-15 volunteers are requested and please bring your garden tools, wheelbarrows, leaf blowers, and power washers.

Your point of contact for the spring cleanup is Rick Rodriguez.  
(206) 384-1042



*The days are surely coming, says the Lord, when I will fulfill the promise I made to the house of Israel and the house of Judah. Jeremiah 33:14*

**ASH WEDNESDAY AND LENT MIDWEEK**

**MEN'S SATURDAY  
BIBLE STUDY**

Each Saturday @ 9am the men gather at Mt Si Golf Course for breakfast and Bible Study. The Study focuses on the readings for the upcoming Sunday worship. All are welcome!

**THIRSTY FOR  
THEOLOGY**

Thursday, April 7th @ 7pm @ the Parsonage

**Ash Wednesday**

**March 2nd—7pm**

Worship in-person and online



**Lent Mid-week**

March 9th, 16th, 23rd and 30th at 7pm

Worship in-person and online

\*outdoor education/prayer stations led by Faith Formation from 6-7pm in the Breezeway and Fellowship Hall\*

## COUNCIL REPORT

Greetings from your council. As we prepare to enter Lent, the winter is starting to wind down. Looking at the crocuses blooming and the daffodils and tulips sprouting in my garden, I am reminded of the promise of new life through Christ.

The council has decided to restore our education programs starting the first week in March. We will have adult education following church beginning March 6 (and each Sunday of March from 10:45-11:30am). At that first session we will take some time to assess your feelings about restarting coffee hour after church. Once we feel comfortable about it we will reopen coffee hour. One of the things we will be doing during the adult education times is to continue moving through our discernment process. To refresh your memory on where we are in the discernment process please see the information posted at the back of the sanctuary. For information on plans for youth and children activities see the Faith Foundation report.

At our February council meeting we decided to purchase a defibrillator for the church. Our plan is to use money from the memorial fund for this purchase. We are evaluating the different models to decide the best fit for our situation. The cost to purchase a unit is between \$1,000 and \$1,500. Once we have the unit in place we will conduct training on how to use it. If you have experience with defibrillators and could give us some guidance please let me or one of the council members know.

We are looking into the feasibility of using fellowship hall as an emergency shelter. We would need to team up with other organizations to provide trained staffing to manage the shelter when it is in use. It would be used to provide shelter in times of severe cold, flooding, or other emergency situations where people are required to evacuate their home or homeless people need to get inside for their safety.

On March 15 and again on June 28 the Red Cross will be conducting a blood donation event in fellowship hall. You can go to the Red Cross web site to reserve a time.

For concerns or questions about facilities and programs please contact a council member.

Jack Boller

## MARCH SUNDAY LESSONS

### March 6

Children and Youth  
Led Worship

Frist Lesson:

Romans 10:8b-13

Gospel Lesson:

Luke 4:1-13

### March 13

First Lesson:

Psalm 27

Gospel Lesson:

Luke 13:31-25

### March 20

First Lesson:

Isaiah 55:1-9

Gospel Lesson:

Luke 13:1-9

### March 27

First Lesson:

Psalm 32

Gospel Lesson:

Luke 15:1-3, 11b-32

## Partnership with Snoqualmie Valley Food Bank (SVFB)

The Council has approved a short-term building use request with the SVFB. They will be using part of Luther's Lounge to store excess canned and dry goods from now until March.

The food bank has been blessed with an outpouring of donations that they simply didn't have the space to store.



We are grateful to be able to support the SVFB by offering this temporary space.

Questions? Please reach out to Pastor Krista.

## DIRECTORY

We are working on updating the Membership Directory and hope to have it available by Easter.



## Ice Skating!

**March 20<sup>th</sup>**  
Sno-King Ice Arena  
1:40-3:00 pm

\$12 for skating and \$4 for skate rental

### Participants need to register at:

<https://member.dashplatform.com/#/online/snoking/login?noAutoLogin=1>

(Create/Sign In: Then go to My Profile, and you can add family members within that. Then go to Register, choose the Snoqualmie location, and the Activity is Public Ice Skating. Then choose View in the box that pops up for Public Skating. Choose View again, then Register next to the applicable age group. It's \$12 for ages 6 and up, \$5 for ages 5 and under. Scroll to see the 1:40-3:00 time slot, then choose to open the list of "Select Individual Events" and click the box next to Mar. 20 - Mar. 26 showing the Sunday circled. Scroll down and click on Confirm Registration. Then click on "Add another registration" for every family member who will be skating. Once everyone is added, go to "Continue to checkout." Add the Skate Rental for \$4 if needed, then fill out Payment information below, then choose Checkout and finish the transaction.

If you have any questions please contact John Grebe

## BLOOD DRIVE — MARCH 15

**Sign-up now!**

**March 15<sup>th</sup>**  
**10am to 3pm**

**Blood Drive registration is live for signups at: [www.redcrossblood.org](http://www.redcrossblood.org)**



The drive is open to the public and a spot can be reserved using the code: MtSiLutheran.

*The Red Cross is experiencing the worst blood shortage in over a decade. The dangerously low blood supply levels have forced some hospitals to defer patients from major surgery, including organ transplants.*



## COFFEE HOUR DISCUSSION

Coffee Hour will be discussed at the March 6th Adult Education hour to see what folks wish to do going forward.

## FAITH FORMATION

To give faith meaning, we must rely on our ability to trust in our response to spiritual matters. Often it can seem as though there is not a tangible action or reaction. Our spiritual encounters can often impact our physical, intellectual, and emotional states in ways that are hard to explain. As a community of believers, we strive to instill a sense of curiosity and discipline in our efforts to learn more about faith in God. We learn together as a community, the opportunity to share our faith with each other gives greater credence and accountability to the beliefs and values we hold based on our faith. We can often find ourselves in discomfort because our beliefs do not align with society. It is at times, as if we are experiencing a cognitive dissonance. Our relationship to the world is akin to the experiences we have growing in our faith. We can have a tough time defining or explaining the beliefs and values we hold; this is just as challenging as it is to relate to God and learn about these values in the first place. It is challenging enough to understand as adults let alone explain it to children. I think about and pray for your courage and strength in raising your kids, I hope you know we are here to help each other. Grace and peace to you during this time of Lent!

We will be returning to in-person **Sunday School** and youth group meetings once a month. The upcoming Sunday School dates are March 6, April 3, May 1, and June 5.

### **"NEW" FOR KIDS AND YOUTH** FAMS March 15<sup>th</sup> 6:30-8PM

This will be the first FAMS, Faith Adventure at Mt. Si meeting. It is open to youth and children in grades K-8<sup>th</sup>. The evening will be like our VBS type of rotation with music, games, biblical teachings, and crafts. The biblical teachings will include stories, object lessons, and science. There will be a snack and lots of fun! Please register on our church website at [www.mtsilutheran.org](http://www.mtsilutheran.org). We are planning to have this event once a month and currently we have selected the following dates: Tuesday April 13<sup>th</sup>, Wednesday May 18<sup>th</sup>, and Wednesday June 15. We hope to see you here.

### **Just around the corner in April**

We will have an Easter Egg Hunt just before Easter. We will provide more details when they become available.



### **VBS**

**We are excited to announce our planning for Vacation Bible School is well underway!**

Reserve the dates:  
July 24-28  
for a tropical island getaway!

Registration is coming soon to our website.

Courtney Adams will be the director this year so if you would like to volunteer reach out and let us know.

Children and Youth Education:  
FIRST Sunday of each month  
following worship  
10:45-11:30

Questions? Please talk to John Grebe or Courtney Adams

*"You show me the path of life. In your presence there is fullness of joy"*

Updates to events are communicated through Constant Contact and an email list of families and friends, if you are not on this list but would like to be included please let John Grebe know.

**MARCH  
BIRTHDAYS**



- Suzy Cassidy 1st
- Hannah Kathleen Miller 8th
- Hayden Imsland 9th
- Mark Imsland 9th
- Raleigh Imsland 10th
- Gretchen Chase 13th
- Cassandra Koukol 14th
- Austin Hall 18th
- Anja Yocom 19th
- David VanHandel 20th
- Anne Keiser 24th
- Jeffrey King 31st

**MARCH  
ANNIVERSARIES**



Rick & Sheila Rodriguez 22nd

*If we missed your birthday or anniversary, please reach out to the office so we can make the correction.*

**WORSHIP ASSISTANT SCHEDULE**

**March 2 Ash Wednesday 7pm**

Ushers: Jack B.  
Lector: Marlin O.  
Communion Assistant: Courtney A.

**March 6**

Children and Youth Led Worship

Ushers: Sampson Family  
Lector: Children and Youth  
Assisting Minister: Children and Youth  
Communion Assistant: Lisa Sampson

**March 13**

Ushers: Ed and Janey B.  
Lector: Ed B.  
Assisting Minister: Marlin O.  
Communion Assistant: Inge B.

**March 20**

Ushers: Mike H.  
Lector: Laura R.  
Assisting Minister: Jack B.  
Communion Assistant: Rosemary H.

**March 27**

Ushers: Rick R.  
Lector: Tom B.  
Assisting Minister: Jenna R.  
Communion Assistant: Kay B.  
Counters: Tom B and Rosemary H

\*\*

Mid-week Lent Services starting on  
March 9th! 7p Worship.  
Outdoor Education and Prayer stations  
from 6-7pm in the Fellowship Hall and  
Breezeway

\*\*

The Sunday flower chart is in the Narthex (area outside sanctuary) You are welcome to sign-up for a Sunday to provide one vase of flowers for the altar.

## HOLY WEEK

**Palm Sunday** April 10th

9:15am Palm Procession,

Worship at 9:30am

**Maundy Thursday**—April 14th

Worship details to come!

**Good Friday**—April 15th

Worship at 7pm

**Easter Sunday**—April 17th

Worship at 9:30am



### AA

AA will be meeting again at the church every Thursday evening from 7:00pm to 9:30pm

*“Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone.”  
Philippians 4:4-5*

## SAVE THE DATE! - SERVICE OPPORTUNITY

**Saturday, May 14<sup>th</sup>**

Mark your calendars!

**Day of Service at Encompass Learning Center  
with our Siblings in Christ of Sammamish Hills Lutheran.**

Various volunteer opportunities and projects will take place on this day for all levels of skill. There will be indoor and outdoor opportunities.

### GIRL SCOUTS

The Girl Scouts will be meeting at the church on the third Thursday of each month

## SERVICE OPPORTUNITY

**Sharing food is a wonderful way of connecting with people!**

We have been blessed with hundreds of volunteers who provide hot dinners and healthy breakfasts for the people we serve. We couldn't do it without you!

Snoqualmie Valley Shelter Services continues to seek folks who can provide meals to their residents.

To learn more and sign-up go to:

<http://www.svshelterservices.org/provide-a-meal.html>

Thank you for your support of our local shelter.

If you have any questions, please reach out to the Shelter by calling:  
425-773-2874



### Faith & Everyday Life Devotions for 2022

Thank you to our friends at [Lutheran Counseling Network](#) for sharing this collection of monthly devotionals for 2022. (and for the many ways they walk alongside members of our communities!)

Find it here: [Faith and Everyday Life Devotions](#)

I'd like to intertwine two thoughts below. Bear with me as I lay out some rather disparate thoughts.

One) I don't know my family history very well. Looking in the mirror, I assume that at some point my ancestors came from northern Europe. I do know that the famous frontiersman Daniel Boone is my 13th great-uncle (his sister, Sarah Boone, was my 13th great grandmother). The story is that Grandma Sarah ran off with a peddler and the Boone family disowned her. I have been tempted to take one of those DNA tests just to narrow down the areas in Europe where my ancestors historically lived but I haven't done it yet.

Two) I am intrigued with the new field that sociologists, therapists, and scientists are exploring: epigenetics. This scientific field postulates that just as physical characteristics are passed down, so are times of trauma and loss. A growing body of research suggests that trauma (like starvation, war, a pandemic, etc.) can be passed from one generation to the next. (This is much more complex than I can write about here and it is not a definitive thing. Some scientists dispute these findings or think more research needs to be done. It is, however, intriguing.)

As I reflect on these two thoughts, I am caught with the idea that we all come from something, from somewhere, from someone. We all carry the DNA of our ancestors. We see this when we look at one another – the differences in height or hair color or the length of one's second toe all show differences in DNA. But it is more than that. We also carry the cultures of our ancestors – the ways that we see the world, the ways we celebrate, the ways we grieve, the ways we worship, and so much more. And, perhaps, if we follow recent science, we are all also carrying the trauma that our foremothers and forefathers lived through. It is a part of us – perhaps more deeply embedded than we can understand.

Now, I am not a sociologist or a scientist or a therapist or a doctor. What I am is a pastor. And so, I will speak from that perspective. First, I am amazed how God formed each of us for resiliency and for community. All of us – a jumble of cells, a jumble of our ancestors' DNA – all of us beloved children of God, uniquely and carefully made. Second, I am struck that we are broken. We are carrying scars – individually, historically, and as community. We desperately need healing. We desperately need each other. We desperately need Jesus.

In other words, we are both saint and sinner – individually and collectively. So, how do we move forward? How do we, individually and as community, heal?

Fundamentally, we need to acknowledge our own brokenness. Healing comes when we acknowledge our own pain and our own complicity in the pain of others. Healing comes when we see each other's pain. Healing comes when we admit that we have – knowingly or unknowingly – added to someone else's pain. Healing comes when together we confess our sin, receive forgiveness, and step forward into new life in God's Spirit together. While it might seem easier, we cannot expect that this healing will take place immediately. And perhaps this is a good thing. For healing and growth go hand in hand. As therapist and author Resmaa Menakem writes, "In today's America, we tend to think of healing as something binary: either we're broken, or we're healed from that brokenness. But that's not how healing operates, and it's almost never how human growth works. More often, healing and growth take place on a continuum, with innumerable points between utter brokenness and total health." *My Grandmother's Hands: Radicalized Trauma and the Pathway to Mending Our Hearts and Bodies*.

During this Lenten time, may we all enter into a time of reflection, contemplation, confession, and ultimately, healing. May we live into God's Spirit of true peace.

+ Bishop Shelley Bryan Wee