



PASTOR'S NOTE

Grace and peace to you, dear siblings in Christ—

As we continue to explore our Spiritual gifts as a congregation I wanted to lift up the importance of Spiritual Practices as a way to develop our gifts and ground our faith. Spiritual Practices have existed in the Christian church from the start. Jesus mentions several spiritual practices in his ministry. I want to focus on three in this short article. The first is prayer. Jesus often prays with his disciples and goes off to pray by himself. The second is communion, which we celebrate as a community of faith nearly every week. The third is reading/learning about Scripture, which Jesus does in the Synagogues and with his disciples. Jesus' followers take these three practices and many ways to engage and interact with them.

It is also important to remember that we call these “practices” for a reason. They take practice over time to develop into meaningful rhythms and habits of Spiritual growth. The first time you try a new Spiritual practice you may not get much out of it, but you may find with practice, that it develops into something that bears fruit in your Spiritual life.

Take prayer for example—we take part in corporate each week during Sunday worship. Jesus certainly encouraged corporate prayer so that the community of faith could uplift and support one another. Personal prayer is equally important and is the primary Spiritual Practice spoken of throughout Scripture that is meant to deepen our relationship with God. Personal prayer can be difficult to develop, that's ok! It is also something that takes practice. Here are three ways to pray (out of hundreds!) that you may wish to practice. Or, if you have other way, go for it!

1. Prayer Journal. Write the names/places/items you wish to pray for in a notebook and use that list to guide your prayer. Make sure to include things you are thankful for. Open your prayer with your thanksgivings and then move to your requests. You might want to close your prayer with the Lord's Prayer.
2. Prayer Beads. Yes, like a rosary, but you don't have to pray the exact words of the rosary. Praying with beads can help focus your prayer if you find your mind tends to wander a bit while praying (which is fine, by the way!) As you hold the beads in your hand think of each bead as an individual prayer. It can be a thanksgiving or request—each bead can represent a person or place you wish to pray for. Consider praying the Lord's prayer to open your prayer time and to close it if you wish.
3. Active Prayer. This is a form of prayer you can do while working out, walking, gardening, woodworking, doing laundry or the dishes, etc. As you work on your task open a conversation with God and share about



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SPECIAL POINTS OF INTEREST

- Bishop's Letter on last page—great read!



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

Upcoming Dates:

March 15th,
June 28th
September 13th

EPIPHANY BONFIRE @ THE BURNSIDE'S

Sunday, January 16th



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

On hold at this time

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 to accompany indoor worship—details to come!

COUNCIL REPORT

Greetings from your council. We hope you are all doing well as we begin a new year.

At our January Congregational meeting we installed the new council. The 2022 Council is: Jack Boller, President; Ed Benson , Vice President; Dave Spurling, Secretary; Terry Adams; Inge Burnside; Tom Burnside; Rosemary Hanson; John Kieser; Marlin Olson; Jenna Rhyne; Paul Ritzenthaler; and Rick Rodriquez . If you have any questions or concerns regarding the operation of our church, please contact one of us. The congregation also elected Jack Boller, Lisa Sampson, and Kaelin Sampson as delegates the Synod assembly in early June.

Due to increased concerns about COVID we have temporarily suspended Sunday school and coffee hour following the Sunday service. We will be monitoring the situation and hope to be able to reinstate the Sunday school and coffee hour soon.

As we move into the New Year we will be continuing with the discernment process. Our next step is to have visits from community leaders and charitable organizations in the Valley to share with us what they see as needs for service in the valley. We will then match up our spiritual gifts with the community needs and develop plans for future service to our community. We will continue with this process once the COVID concerns have lessened.

We have been approached by the county about the possibility of using Fellowship Hall as an emergency shelter. Representatives from the county toured the building on January 11 and sent us a report. We would be responsible for staffing the facility. There are other local organizations that we could potentially team up with to provide trained staffing. We will be considering this at our February council meeting.

Jack Boller



FEBRUARY

SUNDAY

LESSONS

February 5

Children and Youth
Led Worship

Frist Lesson:

Isaiah 6:1-13

Gospel Lesson:

Luke 5:1-11

February 13

First Lesson:
Jeremiah 17:5-10
Gospel Lesson:
Luke 6:17-26

February 20

First Lesson:
Psalm 37:1-11, 39-40
Gospel Lesson:
Luke 6:27-38

February 27

First Lesson:
Psalm 99
Gospel Lesson:
Luke 9:28-36

DIRECTORY

It is time again to revise and print a new directory.

We are not going to work with a professional photographer this time.

We are going to print our own directory for everyone.

We had planned on starting in January, however, due to the weather we are now going to have dates in February to take photos after worship for those who want a new one, beginning on February 6th.

You can also submit a family photo to the church office to include.

We will also have the previous directory out for you to make any corrections that are needed.

Please check your email, phone, cell phone(s) and address are correct.

All photos and updates need to be turned in by February 27th.

“You show me the path of life. In your presence there is fullness of joy” Ps. 16

SUNDAY ADULT EDUCATION

I am working on some take-home materials for Adult Education in February. Check your weekly emails for more information!

Blessings, Pastor Krista

NEW MAIL/DROP BOX AT CHURCH

Thank you to Rick and Tom for installing a new mail/drop box at the church! Unfortunately, someone broke into the old one and damaged the lock. Thankfully, nothing was stolen from the box.



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

Questions? Please reach out to Pastor Krista.



New Address For Davis Family

Don, Brenda, Molly and D

740 G and S Road

Punxsutawney, PA 15767

FAITH FORMATION

From John Grebe and the Faith Formation Team :

Celebrate others in the way you wish to be celebrated. What would the world look like if we treated each other as honored guests or celebrities? Creating a world that is better than what you perceive it to be requires a greatness that will leave behind a legacy far greater than you can imagine. Measure success not merely by what you accomplish but by what you have helped others to accomplish. In doing so you will multiply your gifts rather than merely adding to the goodness in the world.

Let it begin with the love of infants and children. Build them up from day one for who they are and will be! Neil deGrasse Tyson once said, "An adult scientist is a kid who never grew up." In Faith Formation we have an opportunity to learn how to have childlike faith by embracing the energy and creativity of children. As a congregation we have a deep love and respect for kids. Let us look toward the ministry opportunities to embrace and encourage our kids as they explore their faith. Help us to create a dynamic VBS for this summer as well as all the ministry opportunities currently and ahead of us. Please let us know if you have something you would like to contribute to the development of our children and youth.

February 6th Youth led worship: This is a once-a-month service dedicated to encouraging our children and youth in roles of leadership. They are invited to participate in leadership throughout the month but on the first Sunday of the month we are making an additional effort to encourage them to explore more responsibilities. Please let us know if you know of any kids youth who might be interested in being involved.

Education and youth activities for February: In January we took a pause due to an increase in COVID infections. We are still monitoring the infection rate to determine if we can safely return to in-person meetings. We will announce this return as soon as possible. We are planning to provide an education/care packet in the first couple of weeks in February. We are also working on plans for reintroducing an in-person children and youth group meeting similar to Kid's Club as soon as we can be confident in a reasonable level of safety has been met. Stay tuned for more details!

March 20th

Ice Skating:

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

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.

FEBRUARY

BIRTHDAYS

Marge Bliss 2nd
Blake Imsland 3rd
Marlin Olson 9th
Ethan Yocom 9th
Jim Flanagan 10th
Tammy Hayes 10th
Stuart King 12th
Dave Spurling 12th
Annabelle Cassidy 13th
Kaiya Lee Rhyne 14th
Mike Buckmaster 15th
Charlie Tiongan 15th
Jenny Lynch 19th
Lindsey Flanagan 20th
John Grebe 23rd
Toren Sandel Rhyne 23rd



FEBRUARY ANNIVERSARIES

John & Brenda Davis, Jr. 8th
Paul & Laura Ritzenthaler 9th
Brent & Dana Koukol 15th
Tom & Inge Burnside 21st



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

WORSHIP ASSISTANT SCHEDULE

February 6

Children and Youth Led Worship
Ushers: TBD
Lectors: TBD
Communion Assistant: TBD
Communion Prep: Courtney A.

February 13

Ushers: Janey and Ed B
Lector: Ed Benson
Assisting Minister: Jack B.
Communion Assistant: Courtney A.
Communion Prep: Courtney A.

February 20

Ushers: Dave V. & Mike H.
Lector: Peggy H.
Assisting Minister: Marlin O.
Communion Assistant: Laura R.
Communion Prep: Courtney A.

February 27

Ushers: Tom B. and Marlin O.
Lector: Tom B.
Assisting Minister: Jenna R.
Communion Assistant: Inge B.
Communion Prep: Courtney A.
Counters: Rick Rodriguez & Inge B.

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.

PASTOR'S REPORT CONTINUED...

your day, how you are doing, what is going on in the lives' of your friends or family. This is a great time to give thanks for little things such as being thankful for hot water as we do the dishes or the beauty of creation if we are working/playing outside. Active prayer can certainly be more formal if that is helpful.

If you are interested in trying one of these practices, give yourself 30 days to try it out and see how it goes. Modify as you need to and see where it takes you. As you develop your prayer practice, begin adding in space for listening for God's response. Remember, God will sometimes come to us as the "still small voice."

We'll talk more about Spiritual Practices next month as well as we head into Lent. Blessings to you all!

- Pastor Krista O. Johnson

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

Spiritual Gifts

THANK YOU!

Thank you to all who participated in the Spiritual Gifts Assessment. The chart to the left shows the gifts of our members.

We have a church blessed with the gifts of Serving, Giving, Admin, Music and Artistry/Skilled Craft. We will talk more about what all this means in the coming months.

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



AA

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

GIRL SCOUTS

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

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](#)

BISHOP'S LETTER

February 2022

I don't usually write about personal things for this monthly column, but I have a birthday this month (it is not a significant birthday – it doesn't end in a zero or a five) but a birthday is a birthday. And a birthday is always a blessing – it is a marker that we are still given time on earth to be with loved ones, work to make this world more livable and loveable for others, learn and grow, listen and speak, play and dance in God's Spirit of love.

I remember a significant birthday ten years ago that I celebrated. It was very low-key birthday. My parents and my family were there. We had some sort of food that I don't remember and a cake that was probably chocolate. That was it. But I was so thankful to be celebrating it. You see, in the summer of 2011 I was diagnosed with an aggressive form of breast cancer. I underwent chemotherapy, a bilateral mastectomy, and radiation. In February of 2012 I had finished chemo and surgery and was just beginning radiation. (I am perfectly healthy now.)

This is what I wrote on my blog on www.mylifeline.org exactly ten years ago:

The other day I was complaining to some friends that it is hard for me to get motivated. I said, "I am not a depressed person but it is so hard to do things right now." My friend Laura said to me, "Maybe it's because you are battling cancer and have had months of toxic drugs, major surgery, forced work leave, a little too much mortality staring you in the face and no hair or eyelashes. Personally I think that's enough reason to feel what you are feeling." ...

Today I re-read what my friend Laura said and her words hold true for me and for so many of us right now. For many it is hard to be motivated and do things right now. We have had months – years! – of a pandemic, political divide, anxiety, forced separation, and, for some, physical and emotional difficulties as well. It makes sense that we are weary. And we can give ourselves and others compassion during this time.

And ... at the same time ... we also know that this is not the end.

We place our trust in God that this is only a season in our lives and in our world. A season that eventually we will look back on, be amazed how we survived and thrived, and be thankful for the place we are called to next. Here is how I ended my reflection from ten years ago:

As I close this blog post, I am reminded of the passing of seasons and the amazing presence of God. When I began treatment, summer was in full bloom. We have gone through the falling of leaves, the dormancy of winter, and are now on the cusp of spring. This is where I feel my body is, too. I am ready to live a new life of health and wholeness, hope and gratitude. Psalm 30:11-12 says it so well: You have turned my mourning into dancing; you have taken off my sackcloth and clothed me with joy, so that my soul may praise you and not be silent. O Lord my God, I will give thanks to you for ever.

May we rest and may we breathe.

May we live and move and dance in the Spirit.

May we trust that through all things God is present with us – above us, beneath us, before us, and behind us.

May this year bring us resiliency and hope.

May we – together – be filled with Christ's love and compassion for one another and for ourselves.

+ Bishop Shelley Bryan Wee