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Mount Si Lutheran Church

*To Serve
To Reach Out
To Grow In Grace*

GOODNEWSletter

MARCH 2025



Pastor's Note...

Grace and peace to you from God our Father and our Lord and Savior, Jesus the Christ.

During the Lent Season I invite you to participate in our mid-week soup supper & worship (March 12-April 9) During our worship we will use a new Vespers service written at Holden Village by Pr. Mark & Heather Griffith and others.

The Vespers service, called "Bless this Night," includes a fresh translation of the Lord's Prayer by Pr. Mark G. Here it is, line by line with the traditional prayer in italics:

O Holy One, who calls me beloved, You
are in the air we breathe
Our Father, who art in heaven.

Your name, and all that You have made,
is beautiful.
Hallowed be thy name

Bring forth your jubilee! Give life to
your dreams in heaven and on earth
*Thy kingdom come, thy will be done,
on earth as it is in heaven*

Nourish and sustain our bodies.
Give us this day our daily bread

Release our debts as we release the
debts of others.
*And forgive us our trespasses as we
forgive those who trespass against us*

Do not let us turn from you.
In hardship and peril, stay with us.
*And lead us not into temptation, but
deliver us from evil.*

This is where the Lord's prayer ends in the Gospels of Luke & Matthew. There are a few manuscripts of Matthew's Gospel where we see the added doxology (for thine is the kingdom and the power and the glory). Mark and John's Gospel do not offer a version of what we now call the Lord's Prayer. The doxology is commonly added into worship as a way to formally close the prayer.

The church has used various translations of the prayer over the centuries. In our tradition there are three versions often heard on Sunday morning. Here at Mt Si we tend to stick with a version first introduced in the 1500's that translates Matthew 6:14 as "trespasses." Luke uses "debts" and an early line in Matthew 6:12 uses "sins." You can see why we have so many options!

During Lent, on Sunday morning and during Lent Mid-week we will use Pr. Mark's translation as a way to hear a familiar prayer in a new way. I pray it is a blessing for you.

Peace, Pastor Krista

In this newsletter you will find:

Special Events In
March & April

Supporting One
another In Faith

March Birthdays
and Anniversaries

Key Partnership
Updates

Reaching Out

Council and
Financial Reports

Letter From Bishop

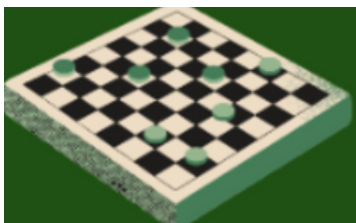
Holy Week
at Mt Si

Special Events in March & April



Shrove Tuesday March 4

Come enjoy a pancake supper, fellowship and fun as we mark the last evening before the Lenten season begins. **6pm** in the FH! This tradition of gathering for food and fellowship began back in the 6th century. The tradition of eating pancakes began in Britain in the 16th century. This event is for everyone! Let's celebrate together!



Game Night March 16 @ SALC

Community Game Night is hosted this month by Saint Andrew's in Bellevue from 5-7pm on Sunday, March 16. Bring a snack and/or game to share! See you there!



Ash Wednesday March 5

Gather to worship and remember that "you are dust and to dust you shall return" on Wednesday, March 5th at 7pm in the Sanctuary. This service marks the beginning of Lent.



SAVE THE DATE VBS July 14-18

Save the date for this year's VBS!
Mon-Fri 9-12pm
July 14-18
Our theme this year is:
Splish Splash! God's
Water and the Word.



Lent Midweek Soup Supper & Worship

Gather in the fellowship hall at **6:00pm** for a soup supper. Supper will be served until 5:45pm.

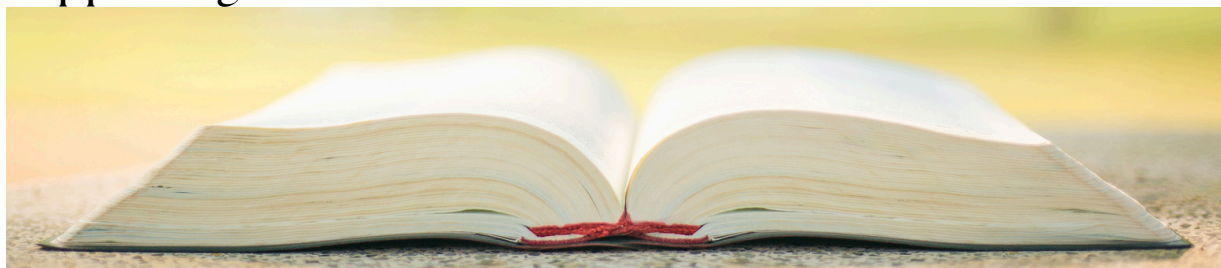
Please see the sign-ups in the Fellowship Hall. Soup, bread, set-up and clean-up assistance is needed.

At **7:00pm** we will head to the sanctuary in worship. We will use the Vespers service, Bless this Night, to frame our worship. Our texts for the season will focus on the "I AM" statements of Jesus in John's Gospel.

Wednesdays from
March 12 to April 9



Supporting one another in faith.....



Sunday Readings & Weekday Education Opportunities

MARCH SUNDAY LESSONS

March 2nd – Transfiguration Sunday

First Lesson: Psalm 99

Gospel Lesson: Luke 9:28-45

March 9th – Lent One

First Lesson: Romans 10:8-13

Gospel Lesson: Luke 10:25-42

March 16th – Lent Two

First Lesson: Philippians 3:17-4:1

Gospel Lesson: Luke 13:1-9, 31-35

March 23rd – Lent Three

First Lesson: 1 Corinthians 10:1-13

Gospel Lesson: Luke 15:1-32

March 30th - Lent Four

First Lesson: 2 Corinthians 5:16-21

Gospel Lesson: Luke 16:19-31

EDUCATION OPPORTUNITIES IN MARCH

Men's Bible Study - Saturdays, 9am @ Little Si Restaurant.

Women's Bible Study - Mondays starting at 12:30pm. We are currently studying the Gospel of Luke. Talk to Sue Oster for details

Confirmation - Mondays from 5-6pm.

Sunday after Worship - Intergeneration education. We will focus on the "I AM" statements of Jesus in John's Gospel



Suzy Cassidy 1st

Hannah Kathleen Miller 8th

Mark Imsland 9th

Gretchen Chase 13th

Cassandra Koukol 14th

Austin Hall 18th

Anja Yocom 19th

David Van Hande 20th

Anne Keiser 24th

Jeffrey King 31st



Rick & Sheila Rodriguez 22nd

Flower Chart Sign-ups

Please consider signing up to bring flowers for our altar on Sunday morning.

This can be in honor or memory of a loved one or event in your life or just because you enjoy flowers!

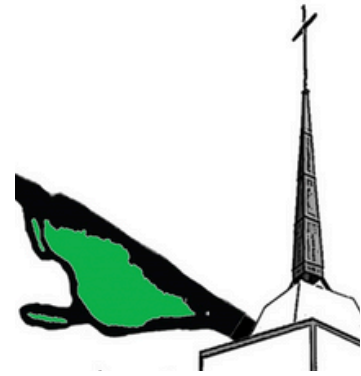
The flower chart is in the Fellowship Hall hallway.
Thank you for your offering!

Key Partnership Updates...Reaching Out

DAUGHTERS OF NORWAY



A new lodge of the Daughters of Norway began meeting in the fellowship hall on the 2nd Saturday of the month from 10-12pm. Their next meeting is **Saturday, March 8**. A couple members from Mt Si are participating. If you have Scandinavian heritage - you are welcome to participate!



MSLC Finance Update

To meet our projected annual budget, our General Offering income **goal is \$16,000/mo.** In January we received \$14,481 towards our general budget. We also received an additional \$3,100 in designed giving for specific ministries beyond our budget. Our expenses in January were a little higher with the Parsonage Bathroom repairs for a total of: \$18,278

BELIZE MISSION TRIP 2025

A new team is headed back to Belize to serve the schools and local church of Succotz. They will serve from **March 8-18**. This year the team is working on building picnic tables for the cafeteria, making improvements to at least one classroom, teaching Sunday School, presenting an Allateen (supports teens who have family who struggle with alcohol) workshop and more! The team includes: Pr. Nyla, Pr. Krista, Bud, Leslie, Dave, Peggy, Ed & Shelley. Please hold our team in prayer.



TRAIL YOUTH CAFE

One of our ministry partners, Trail Youth Café, here in North Bend, was robbed in late February. Their safe and other items were stolen. This ministry offers safe space for middle & high school students, mentorship programs and barista training. Please pray for this ministry and, if you are able, consider stopping by the coffee shop to support their efforts.



MSLC Council Report

On February 23rd council met to discuss financial and ministry reports of the congregation. During our financial discussion conversation took place regarding the need for an intentional fundraiser to replenish our checking account following multiple capital projects in 2024 and opening of 2025. Details regarding our goal and opportunities to give will be shared with the congregation in March.

Council voted to approve the movement of monies in our Matinence Reserve Fund (\$3,123.69) to the checking account to help offset the expense of capitial projects. Council also approved the movement of \$25,000 from a CD held with MIF to a Mutual Fund account at Umpquah Bank. These are unrestriced savings.

Council approved a request for Mt Si to host a Tiny House Build on our property again this summer. Mt Si hosted two years ago. The completed house will go to a Tiny Home commnity run by LIHI. The project will take place June 23-July 3.

Council will not meet again until May. A reminder that ministry teams are asked to submit written updates and requests of council each month. If council has questions about your update they will reach out to the team directly. You can email or put a hard copy of your written report in council mail boxes, which are found in the hallway between the main office and multi-purpose room.

Respectfully Submitted, Pastor Krista Johnson

Lent Special Offering LCSNW

Lutheran Community Services Northwest provides refugee services, adoption services, housing, citizenship programs and so much more throughout WA, ID & OR. With their government contracts & grants frozen they are asking for additional help from local congregations. See flyers in the FH for more details.

From Feb 15-Apr 20 we will take a special offering for LCSNW. Envelopes are in the FH. Thank you for your support!



Northwest Washington Synod
Evangelical Lutheran Church in America
God's work. Our hands.



Bishop's Letter

March 2025

Dr. Anna Lembke, a psychiatrist and an expert in addiction, states: “Rates of depression, anxiety, and suicide are going up in countries all over the world, and they're going up fastest in the richest nations of the world. ... We are now turning to [electronic] devices and to the Internet to meet our physical, emotional, sexual, educational, every need we have. We don't really need other people anymore. We can get those needs met from the internet. I think that's a very scary prospect because I think it means that we will become more and more isolated.” (“Digital Drugs Have Us Hooked. Dr. Anna Lembke Sees a Way Out,” The Daily by The New York Times podcast, 2/1/2025)

What Dr. Lembke is talking about is the dopamine hit that people receive while on their phones and other devices. More and more research is coming out that dopamine, the neurotransmitter that motivates us to do things we think will bring pleasure, is being activated by electronic media in the same way that junk food activates over-eating.

So why am I (a theologian, pastor, and bishop - but not a scientist) talking about this? Well, I think that the moving from human interaction to electronic interaction is of theological and pastoral concern. You see, at the same time that more and more research is telling us about the harm that is happening when we get “hits” of dopamine from electronic media, we are also hearing (and experiencing in our own lives and social networks) that loneliness and anxiety and stress are rising. In isolation, we might lose trust in others and in our institutions, experience a crumbling of empathy, be susceptible to disinformation, and build walls instead of bridges to another.

Now, before you say to me, “Do you know what is happening in this world?” Please hear me – I know. I know. There is a lot going on in our families, with people we care about, in the United States, and in the world as a whole. I, too, am feeling despair and disbelief. There are valid reasons for feeling anxiety and stress. And we might feel isolated and scared because of these circumstances.

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But I implore you, please don't try to navigate all of the things you are experiencing alone – without anyone around you. Please don't always turn to your phone and doomscroll or neglect relationships or separate yourself. Instead, I encourage you to look for those spaces where you can physically connect with another person or people. Please find those places where you can authentically, truly be yourself – in your joy, in your sorrow, in your anxiety, and more.

I pray that one of these places is your church community. That you can pray and sing and learn and grow, that you can receive and grant forgiveness through Jesus, receive the sacraments, take action through the Spirit, give and receive care, and that you can rest when needed. I pray that you may do this all in a sacred space where you deeply connect with others – even if you don't always agree with one another. I pray that you can have meaningful relationships, conversation, and can be there for one another. I pray that you receive love just as you love others. I pray that if you are feeling lonely or despairing, there are those you can reach out to who will sit with you and bring God's promises again to you.

In these days, when it feels like there is so much, may you feel God's love and grace surrounding you in the community of others. May we trust in Jesus' promise, "For where two or three are gathered in my name, I am there among them."

+Bishop Shelley Bryan Wee

bishop@lutheransnw.org

HOLY WEEK SERVICES AT MT SI

