



What to Think About, When You're Down and Out

Pr. Larry E. Thomas

June 1, 2024

Think about these things. (Philippians 4:8)

My always important brother once told me that according to Jonathan Edwards we should never allow ourselves a thought we would not entertain on our deathbeds. ("What Are We Doing Here?" Essays by Marilynne Robinson)

On a morning after an evening that had gone a little sideways, I tried to get my bearings and center myself. One thing happened the previous afternoon, and then another thing happened that evening, and then, as I turned in for the night,

I realized I was mildly agitated and a little distressed about the things that had happened. I couldn't stop thinking about them.

The next morning, sitting on the couch, warmed by the fireplace, looking out the window at the early morning rain, I was *still* distressed and agitated. I tried to pray but I couldn't focus. I started reading/praying a couple of psalms, but I was distracted. I couldn't stop thinking about the (little) things that had happened the day before. The thoughts were like a guerilla-fighters invading my new day.

Happily, my distractions were a catalyst for me to stop and think. I considered my options and decided to meditate on a couple of my favorite Bible passages: Philippians 4:8 and Luke 10:41-42.

Sitting in a prison cell, likely in Rome in 60-62 A.D., Paul wrote a letter to his sisters and brothers in Christ in Philippi. This thoughtful and loving letter includes a passage that has become a beacon, a guiding light for my life, if and when I remember it: *Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.*

I wrote the passage out on a 4x6 card and then turned to Luke 10:41-42.

Jesus and his disciples presented themselves at the home of Mary and Martha for a meal. Upon entering their house, Mary sat down at the Lord's feet to listen to him, while Martha labored away in the kitchen, stewing over her sister's failure to help prepare the meal. Finally, Martha had had her fill of Mary lack of assistance, and asked Jesus to tell her sister to help. Jesus told Martha to relax, affirming Mary's decision to sit and listen to him.

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**MOUNTAIN VALLEY
PRESCHOOL**
M-F from 9-1pm

June 24 -28 Summer Break
July 1 - Aug 23 Summer Camp



Mountain Valley
Preschool
Where a Love For Learning is Created

IN THE OFFICE

While Pastor is on Sabbatical you will see Erica H. and others helping out in the office. Stop by and say hi!

Office hours will remain from 10-12pm each Monday.

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 Kathleen know.:

mtsi.assistant@gmail.com

AA

Will meet Thursdays and Sundays in Luther's Lounge weekly at 7 pm
Ogle Street entrance

GIRL SCOUTS

The Girl Scouts Leaders meet the 3rd Thursday of each month

(continued from front page)

Meditating on this text, I took some liberties with Luke 10:42 and Jesus' admonition to Martha: *Larry, Larry, you are worried and distracted by many things; there is need of only one thing, Mary has chosen the better part which will not be taken away from her.*

Savoring the daily bread of God's word, I was able to center myself, and free myself from the distractions of the previous afternoon and evening. I turned my thoughts to some of the things Paul counseled his Philippian friends to think about: The gifts of the previous week visiting old friends in Wisconsin and Minnesota, a joy-filled concert Ann and I attended on Saturday evening in Seattle, an early morning phone call with a new friend in Florida, a video of a granddaughter running a relay, and singing a favorite hymn in Sunday worship.

I resolved to keep these two verses close at hand during the course of the day and when I was tempted to re-engage with the previous day's troubling thoughts, I took up the card with the verses from Philippians 4 and Luke 10 and read them again, and again; then I thought about people and things that were true, pure, pleasing, commendable, excellent, and praiseworthy.

Thankfully, when I stop and think about it, it's a pretty long list. The wisdom of Psalm 40:5, is a wonderful reminder of God's countless blessings:

You have multiplied, O Lord my God, your wonderful deeds and your thoughts (my emphasis) toward us; none can compare with you. Were I to proclaim and tell of them they would be more than can be counted.

My early morning exercise was a short-term fix, not a life-long solution to the challenges of living with a daily diet of distress, all manner of distractions, and unwanted thoughts, but it was a start. I doubt that practice makes perfect, but I believe that good practice leads to good habits that can, over time, impact our experience of daily life and its countless wonders.

After writing out Philippians 4:8 and Luke 10:41-42, I wrote out one other passage from Matthew 7:24-25: In the concluding words of the Sermon on the Mount. Jesus said: *Everyone then who hears these words of mine and acts on them is like a wise man who built his house on rock. The rain fell and the wind blew and beat against that house, but it did not fall, because it was founded on rock.*

These three passages were daily, life-giving manna for me. The words of Jesus and Paul fortified my heart and my mind for the living of the day. Thankfully, it was joyous, blessed, mostly uneventful and hassle-free day. Thanks to God's grace, I was able to endure the minor, barely noticeable, slings and arrows that came my way and to think about what was pleasing, commendable, and praiseworthy.



Sundae Sunday & Garden Blessing! Sunday June 2

following the worship service

All are invited as we gather together
and ask God to bless *the Garden of Giving*

Visiting Pastors and Worship Format

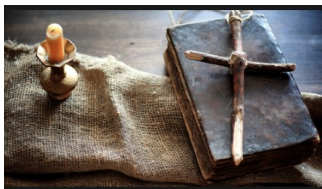
What a treat it has been to have Cluster Pastors come to worship with us at Mt. Si! Thank you to Pastor Lara Forbes from St. Andrew's for teeing us off and being our primary contact for Pastoral Care. Thank you Pastors Larry Thomas and Mark Griffith for returning to some familiar stomping grounds and sharing enjoyable sermons! Thank you Pastors Dave and Nyla Schoeld from Sammamish Hills for tag teaming from your congregation! Coming up we still have Pastor Dave Thomas from Cross of Christ, and Pastor Olaf Baumann from Our Savior's.

Several Pastors need to make it to 2 services each Sunday, so to accommodate, both congregations have adjusted their worship order to allow for travel time. While our congregation has moved Communion up earlier in the service, other congregations are moving the Sermon to later in the service. The result on our side, as many have noticed, is a shorter worship service. Thank you for your patience as we work out the kinks and the flow! For the Pastors who are able to attend the full service, we will be inviting them to lead conversations during Fellowship Hour some weeks. This will continue through Sunday, July 14. Pastor Krista will be back to join us on Sunday, July 21.

It is a joy to get to know these Pastors, and all are encouraged to come a few minutes early to Worship if you'd like to chat briefly with them (specifically those who have to leave mid-service!) If you missed them the first time around, check the schedule to make sure you know when they'll be back again.

WOMEN'S BIBLE STUDY

We will be on summer break for the months of June, July and August. We will resume study in September. If you have any questions, please reach out to Vivian Waid.

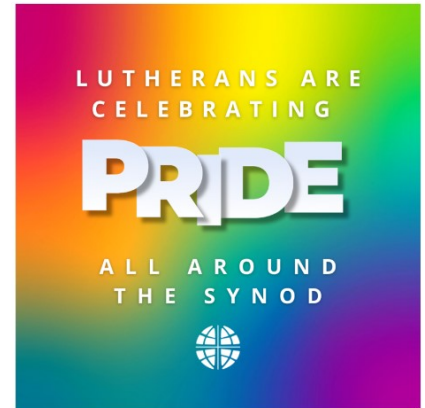


MEN'S BIBLE STUDY

Each Saturday @ 9am the men gather at Little Si Restaurant in North Bend for breakfast and Bible Study. The Study focuses on the readings for the upcoming Sunday worship. Reach out to Dave Spurling or Ed Benson for details.

THIRSTY FOR THEOLOGY

We will not be meeting while Pr. Krista is on sabbatical



[PRIDE | Northwest Washington Synod \(lutheransnw.org\)](http://lutheransnw.org)

JUNE SUNDAY LESSONS

June 2

First Lesson:
2 Corinthians 4:5-12
Gospel Lesson:
Mark 2:23-3:6

June 9

First Lesson:
2 Corinthians 4:13-5:1
Gospel Lesson:
Mark 3:20-35

June 16

First Lesson:
2 Corinthians 5:6-17
Gospel Lesson:
Mark 4:26-34

June 23

First Lesson:
2 Corinthians 6:1-13
Gospel Lesson:
Mark 4:35-41

June 30

First Lesson:
2 Corinthians 8:7-15
Gospel Lesson:
Mark 5:1-43

The East King County Cluster is developing a plan to help us share resources among the cluster churches.

The model that is being developed would be similar to a parish with multiple churches.

The parish would provide services such as administrative help and accounting and bookkeeping for each of the churches. This would help the individual churches to combine resources and reduce costs.

There are many details to workout and we will keep you posted as things progress.

Garden of Giving

Let Terry A. know if you would like to help with the SVFB plots.



NEWSLETTER ARTICLES

If you would like an article to appear in an upcoming newsletter please send all information to Kathleen, mtsi.assistant@gmail.com no later than the 17th of each month for the following month's newsletter.

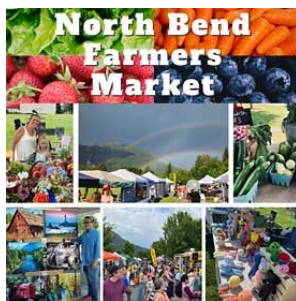
Greetings from your church Council !

We are excited to welcome in spring and see the many ministry activities being planned and worked, including church grounds planting and trimming, garden planting, and Farmer's Market planning. Council is additionally working with our neighbors to assist with their parking and landscaping needs.

Council is working with our Synod Cluster in numerous ways. Pastor Dave Thomas is filling in for Pastor Krista in our monthly meetings, and sharing lessons that he and the Cross of Christ congregation are learning. We are meeting with our Cluster Finance team and discussing ways to share resources, reduce costs and expand our ministry opportunities. Together with our Sabbatical team, we are pleased to welcome visiting pastors each week, and hear how God is guiding their churches in these challenging times.

We continue to operate "in the black" for the first four months of 2024. Thank you for your faithful offerings and donations. We have scheduled the flooring project for June 5-7, and are working (and praying!) for a smooth transition.

Serving in Christ's grace, Dave Spurling



We will again be offering a craft booth for kids at the North Bend Farmer's Market. It will be every Thursday beginning June 6 through September 12. In the past we have had an average of 60 kids visit us to do a craft activity each week.

In July we will be teamed with the "Power of Produce" (POP) group that has activities to teach kids about vegetables as part of a healthy diet. Our crafts will be complimentary to each weeks POP lesson. We will have signup sheets in the narthex beginning in May for you to volunteer to help man our booth. If you enjoy working with kids, this is a great opportunity to help us reach out to our community.



2024 Synod Assembly

Saturday, May 18, was a wonderful day to gather with our siblings in Christ from around the [NWWA Synod](#). Jack, Kaelynn and I visited Grace Lutheran in Des Moines for a business day that started off with Worship. Highlights included a mariachi band from PLU, Rick Steves handing out door prizes, videos sharing about many ministry partners, and the decision for the Assembly to override the Synod Board when it comes to salaries - The Board was conservative and recommended Synod employee pay at 88% to stay within budget, but a motion was made and approved to dip into the Reserves to get them to 100%. Pastor Mark ended the assembly by sharing about our East King Cluster partnership plan.

- Lisa S

The Empower Youth Network's Youth Success! Mentoring (YSM) The program pairs adults with children elementary age through high school.

Volunteers work one-on-one with a child (up to one hour per week) in the Snoqualmie Valley and Riverview School Districts. Our program is continually growing, and we are adding more schools as well as more mentors.



Talk to Dave Spurling for more information

A caregiver's support group is being set up at the Mount Si Senior Center for every Tuesday from 10:30-11:45

Some caregivers wanting to attend these meetings need a volunteer to watch seniors that they provide caregiving for during the meeting.

What is needed? Spend an hour or so each week talking to the seniors and engaging them in conversation, or working on some of the activities available in the lobby. .

Please contact Dave S. to find out more or if you're interested in volunteering.



The Sunday flower chart is in the Fellowship Hall outside of the library.

You are welcome to sign-up
for a Sunday to provide one
vase of flowers for the altar.



Sabbatical Planning Team Update

Lisa S.

We're more than halfway through Pastor Krista's Sabbatical, and things are looking pretty good! Thank you to everyone who is stepping up and pitching in to make sure planned things are going smoothly, and unplanned things are handled with the utmost grace. We have a good cadence going for Sunday worship, and areas of ministry are not missing a beat, so thank you to everyone who has stepped up to take on leadership of a variety of things.

And thank you in advance to those who are able to continue that leadership once Pastor Krista returns. Our wish is for her to take back things that give her joy and help enhance her leadership of us, and that we can keep the tasks that do not. That, in turn, will allow for new opportunities for her AND for us. I invite all of us to pray on what that looks like for July and beyond.

NEWS FROM THE PEWS AND/OR BULLETIN ANNOUNCEMENT

If you would like an announcement to be in an upcoming NFTP and/or bulletin insert, please send all information to Kathleen no later than Monday if you wish it to be included that week. Items received after Monday may not appear until the following week. Please indicate if you wish the announcement to appear in NFTP, the Bulletin or both.

MAY
BIRTHDAYS
&
ANNIVERSARIES



Darlene Lockwood 2nd
Inge Burnside 9th
Paige Lee 10th
John Haycox 15th
Emma Imsland 20th
Julie Imsland 25th



Joe & Denise Stone 14th

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

Celebrating
75 years
1949 to 2024

**Mount Si Lutheran Church is celebrating 75 years
of Serving - Reaching Out - Growing in Grace**

Saturday, Sept. 14:

Special guests, music, and dinner to follow

Sunday, Sept. 15:

Special worship service and we are blessed that
Bishop Shelley Bryan Wee will be able to join the celebration

Please be sure to check out the photo bulletin board, photo albums, trophies, and other memorabilia from years past in the Fellowship Hall. Thank you to Sue Oster and the Historical Review sub-committee for the nice displays.

The next planning committee meetings will be Monday, June 17th at 11:00AM and Monday, July 29th at 11:00am

Please join us if you can. We are getting closer to finalizing some of the details for the event on Sept. 14th and we would welcome your input. Thank you to the sub-committee leaders who have been working hard to help make it a wonderful celebration! There will be opportunities to help closer to the Sept. dates. Please watch for information in August on how you can help.

Some highlights of Mt Si Lutheran Church's Rich History (cont'd):

- Committee formed to plan for access modifications to church facilities-Jan. 1990
- Elevator installed in church and upstairs bathrooms made accessible-Apr. 1992
- Front steps of church reformed, handicapped parking pads and additional sidewalks installed-July 1992
- Mission statement written-May 1993 & Vision emphasis developed-Oct. 1993
- **50th Anniversary Celebration-June 1999**
- Rev. Peter Anderson retires and congregation begins preparing for new pastor-Sept. 2000
- Rev. Mikkel Hustad installed as Interim Pastor-Oct. 2000-Feb. 2002
- Rev. Paul Hermansen installed-Mar. 2002
- Senior Fellowship Group formed.
- With Global Missions, established a sister relationship with Salzburg Church in Gussev, Kaliningrad, Russia-2004.

Important Notice: Reservation of Tables & Chairs

To ensure these resources are available for members who have made reservations, we are implementing a **sign-up system**. We ask that you **please refrain from taking tables and chairs and any other items without signing up first**. We love being able to help our church family in this way and this will help us maintain order and availability for all.

A **sign-up sheet** will be conveniently located in the office. We encourage you to plan ahead and reserve the necessary items your activities and gatherings. Any questions? See Courtney Adams



The School Supply Backpack Project provides backpacks and school supplies for about 300 Snoqualmie Valley children in August before the new school year begins.

The monetary donations allow us to purchase the supplies we need.

We are gathering supplies and funds for backpacks and are looking at a total of \$4000 to fully fund the backpacks for Snoqualmie Valley students.

More information will follow

about times to help with preparing backpacks and when distribution will take place.

There will be a Special Offering during Worship Service on the on June 9th

For more information please talk to: Erica Haycox or Janey Benson



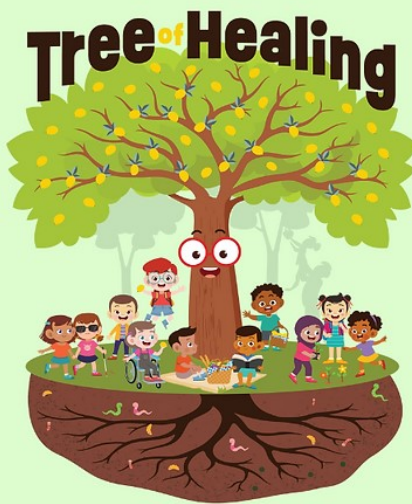
Please

Make a gift online through our website:
www.mtsilutheran.org/onlinegiving

Thank you for your continued generosity.

- Treasurer

Vacation Bible School



M-F 9-12pm

July 15-19 - Cross of Christ, Bellevue

July 22-26 - Mt Si Lutheran, North Bend

July 29-Aug 2 - Samm. Hills, Sammamish

You're Invited!

Six Lutheran Churches are offering the same VBS in three locations this summer. Use the link to register. Questions? vbslutheran@gmail.com

Register Now!

Click here

The VBS Team is looking for volunteers who want to help support our new Vacation Bible School program this year.

There are lots of jobs that are easily for all people of all ages to help with.

Please contact Erica if you have any desire to help with this fun summer project,

The workload would be minimal. It's fun to see the kids and sing the songs and fellowship together.

SYNOD ASSEMBLY RECAP

The NW Washington Synod is the congregations, people & ministries of the Pacific Northwest - journeying together.

The Synod Assembly was held on May 18, 2024, at Grace Lutheran Church in Des Moines. It was attended by a total of 337 synod members including 275 voting members, six observers, and 56 visitors/volunteers. We give thanks to our host congregation, to all who assisted in the planning and leadership of the day, and to all the attendees.

The theme was from Psalm 121:1-2 “I lift up my eyes to the hills - from where does my help come? My help comes from the Lord, who made heaven and earth”.

We gathered to worship, hear in person and video reports and synod updates, vote on upcoming budget, and to elect members to synod council, committees and the 2025 ELCA Churchwide Assembly.

For the Bishop’s Report: [click here](#)

For the June copy of The Spirit: [click here](#)

FINAL CREDENTIALS REPORT	
<i>Synod Assembly + May 18, 2024</i>	
Total Voting Members: 275	
Total Lay Persons: 170	Persons of Color or Language other than English 28
Women: 96	Youth Members (under 18) 8
Men: 70	Young Adults (18-30) 15
Non-Binary: 4	
Total Rostered Ministers: 105	Observers 6
Word & Service (Deacons): 7	Visitors 56
Word & Sacrament (Pastors): 98	