



**Our Purpose: Celebrate, cultivate and share God's love.**

## The Messenger



## Our Values

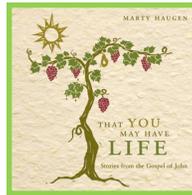
Welcoming  
Compassion  
Serving  
Respect

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3. Weekly Lent Themes, OSYM News
4. Ministry Team News
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**Wednesday Lenten Soup Suppers** will be provided each Wednesday at **5:30p.m.** in the gym, starting on March 1<sup>st</sup>. If you would like to help by providing a soup or rolls on a particular Wednesday, please see the sign-up sheet on the bulletin board in the hallway to the gym or call the church office to sign up.

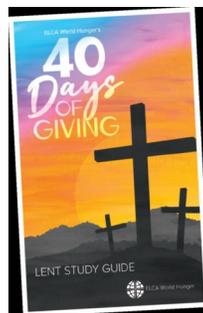


**Lenten Wednesday Worship Evenings** 3/1, 3/8, 3/15, 3/22 & 3/29 at 6:30pm. Sing with All the Saints in Glory at 6:30pm. We will remember Christians who have gone before us and find inspiration from their witness.

**Lenten Offerings:** Special Lenten Offerings benefit ELCA World Hunger.



**Lookin' For Love In All The Wrong Places Lenten Daily Devotional booklets** are available in the entryway. PDFs available are on our OSLC website [www.arlingtonwachurch.org](http://www.arlingtonwachurch.org).



### Welcome to ELCA World Hunger's 40 Days of Giving!

During Lent we remember our dependence on God and one another and reflect on the many ways we have fallen short of what God calls us to be. These are not easy times for many of us. We know the challenges our world faces. Yet the season of Lent reminds us that God is not yet through with us or our world.

We know by faith that God is at work drawing us toward the resurrection and restoration of the world. [ELCA World Hunger's 40 Days of Giving](http://www.arlingtonwachurch.org) invites us to be part of that work and to bear witness to it with partners, companions, friends and neighbors. PDFs of the ELCA Lent Study and Calendar are on our OSLC website [www.arlingtonwachurch.org](http://www.arlingtonwachurch.org).

**Save the date!** Maundy Thursday April 6<sup>th</sup> and Good Friday April 7<sup>th</sup> worship service 7:00pm. here at Our Saviour's.

**Pancake Feed 2023** was enjoyed by folks from our church, Preschool and Childcare families. A **HUGE THANK YOU** to our Men's Group, for preparing and cooking the delicious dinner.

## From the Pastor

Dear Friends in Christ



“Remember that you are dust and to dust you shall return”, with these words spoken on Ash Wednesday, we remind ourselves that we are human. We are God’s created creatures rather than God. We also heard Jesus refocus three faith practices so that we might pay attention to how we can love God and neighbor. Prayer, fasting, and giving alms (support for those in need) are three faith practices that have withstood the test of time.

“There has been a growing interest in fasting. Fasting for self-care or personal gain must be distinguished from fasting that focuses on heightening the experience of hearing the word of God and receiving the sacrament of Holy Communion. Moreover, Christian fasting has traditionally been accompanied by the other disciplines of prayer and almsgiving (Matthew 6). For example, fasting during Lent may be combined with almsgiving for world hunger. Fasting is not about “me”; it is about imitating Christ and serving the needy neighbor.”

Fasting, although not necessary for salvation, is good outward bodily preparation to receive the Lord’s Supper as the catechism has it. Fasting is also useful to help us give thanks for the daily bread that God provides. Fasting can help us identify with our hungry neighbors who do not have enough to eat and move us toward compassion and generosity. Fasting isn’t about status or standing before others, it’s certainly not a weight loss program. Fasting helps us focus on God and move us toward concrete expressions of love for our hungry neighbor.

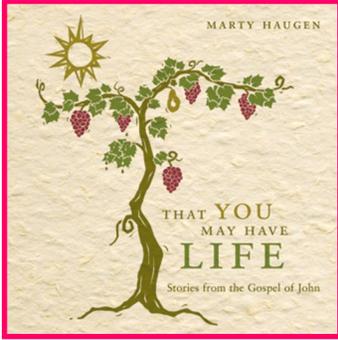
Fasting may help us connect faith and body together so that the body may awaken in us a greater awareness of God’s presence and a receptivity toward God’s gifts.

### Physical Well-Being

While we are not all born perfectly healthy or able to live life without injury or illness, we can live well by tending and nurturing our body as a gift from God. Feed it healthy foods, keep it hydrated, build physical endurance through regular exercise, and respect your body’s need for rest.



**Lent Themes for Wednesday Evening Worship. Join us at 6:30pm.**



- 3/8: Perseverance with Endurance: Perpetua and Felicity; Harriet Tubman and Sojourner Truth
- 3/15: Faithful in Prayer : Gregory the Great; Patrick
- 3/22: Striving for Justice: Joseph; Oscar Romero
- 3/29: Dying and Rising with Christ: Hans Nielsen Hauge; John Donne

**Lent Themes for Sunday Morning Worship. Join us at 10:30am.**

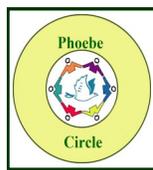
- 3/5 "Look for the Helper"
- 3/12 "Look for the Thirst-Quencher"
- 3/19 "Look for the Shepherd"
- 3/26 "Look for the Liberator"
- 4/2 "Look for the Unexpected"
- 4/9 "Love Wins"



**OSYM (Our Saviour's Youth Ministry) News**  
Submitted by Ellen Winter

OSYM Coffee Hour – Thanks to everyone who helped us with coffee hour on February 12<sup>th</sup>. People helped set up tables and chairs, others brought baked goods some served coffee. The Maxwells did the dishes and the table and chairs were put away. Riley, Lillian and Harper decorated cookies and Lillian brought oatmeal raisin cookies. Several people said we had a wonderful spread. Riley invented a new snack; wheat thins and frosting. He claims it is delicious!

We are concentrating on finding joy by doing things for others. We hope to do another coffee hour soon. Ellen Winter and Jan Hopson.



**Phoebe Circle** is a bible study group for women that meets on the third Thursday of the month. This month, Phoebe Circle will meet on Thursday March 16<sup>th</sup>, @ 10:00 am in the classroom at OSLC. Bring your bible and copy of "Gather" if you have it. If not, we share! The theme for the Winter/Spring 2023 is: The Ten Commandments by the Rev. Christa von Zychlin. Session three: Sanctity of life and love (Commandments 5 & 6 ). Phoebe Circle is always welcoming to new people. If you have any questions, contact the church office.



**Mission Circle:** We will meet on March 7<sup>th</sup> & 14<sup>th</sup> at 9 a.m. until noon, or whenever we finish for the day. Hope to see everyone there! Mission Circle makes quilts, baby kits and school kits that are sent to Lutheran World Relief. For more information contact the church office.



**Outreach To The Vulnerable Team:** How can we help with those who need shelter, warmth and food? By providing food items such as canned meat, peanut butter, energy bars, or other non-perishable items that take little or no preparation. Winter is here and warm clothing is needed. You can drop off these items at church from 9am to 2pm Monday to Thursday and I will take them to the Arlington Community Resource Center. For questions or more suggestions on how you can help please call the church office. Thank you.

**North Snohomish County Outreach (NSCO) Laundry Project:** OSLC will provide "Grab and Go" meals for the Laundry Project on March 21<sup>st</sup>. Doris Senica and Korene Thomas will prepare the meals. The Laundry Project continues to support many people in our community. It allows each participant to wash and dry one large load of laundry with out cost. Access to other social services are also available at each location. The North Snohomish County Outreach is thankful for the dedicated OSLC volunteers who participate each month. The bin for personal hygiene items will remain in the church narthex for your continued support.

**Childcare Center** looking to hire a lead teacher. This is a full-time position, M-F, weekends off. Qualifications: At least 18 years of age, high school diploma or GED, current DCYF background check, initial 30 hrs. STARS Training, First Aid/CPR, Food Handlers Card, negative TB Test, (or willing to obtain, initial trainings will be paid for by the Center). We offer 50% off childcare tuition for employees. If interested, please email ([childcare@arlingtonwachurch.org](mailto:childcare@arlingtonwachurch.org)) us your resume, along with a phone number to contact you.

**Preschool Registration for Fall 2023**  
Early Priority Registration begins March 6<sup>th</sup> at 9:00am  
Early registration is for:

1. **Current Students & siblings – 3/6**
2. **Church Members – 3/7**
3. **Siblings of former students – 3/8**
4. **Children enrolled at Our Saviour’s Childcare – 3/9**

- **IMPORTANT NOTE:** Early registration gives the opportunity to enroll before Open Enrollment to the general public.
- We are expecting full enrollment for the fall of 2023 in the Pre-K 3-Day Class with limited spots available, so please turn in your completed registration form and the \$100 (non-refundable deposit after June 1<sup>st</sup>) as soon as possible. All forms will be entered on a first come first served basis.
- **Open enrollment** to the public begins March 13<sup>th</sup> at 9:00am.

## CHILDCARE NEWS

*by Melissa Hackworth, Program Supervisor*



We are getting excited for Spring, looking forward to some sunshine and blue skies! It's great utilizing the gym on rainy days but we can't wait to spend more time outside. The kids love the new play structure outside as well as just being free to run around and play games on the playground. We are starting to plan field trips for spring break and summertime as well. We are hoping for a warm summer so we can enjoy a lot of the parks, especially the spray parks! Volunteers are always welcome on field trips if you would like to join us, please stop in the office, and let us know. We would love to have you!



## PRESCHOOL NEWS

*by Jennifer Ess, Director/Teacher*

February is always a month that seems to have so much to share with the children and so little time to get it all done! Add in some SNOW DAYS and the month flies by even faster!

Both classes spent time learning about dinosaurs, how much God loves us, and had a fun Valentine's Day Celebrations. The 2 day class ended the month with a PINK day and the 3 day class is starting to get ready for Kindergarten! Both classes continue to enjoy chapel time with Pastor John and get so excited when they find out it's chapel day! The preschool is also glad to welcome back Sue Andersson as our 2 day teacher assistant! We are so thankful to have her and Mrs. Brand helping our students (and teachers) in the classroom.

March will bring learning about our community helpers, weather, and getting ready for Easter. Preschool Registration is happening the 2nd week of March! Registration forms are available online or in the church office. Priority registration is March 6th through 9th and open registration begins March 13th. For more information please call the church office or Jennifer Ess.



### From the Bishop:

March 2023

The 10-year-old girl at the school we were visiting was asked, “When was the last time you went to the beach?” She paused, thought, and finally said rather quietly, “I think when I was three.”

This might not seem like a huge deal. Many people choose to not visit bodies of water. But you see, this little girl is a Lutheran Palestinian attending one of our Lutheran School in the West Bank. She is fluent in English. She is warm and engaging. She has dreams and aspirations. Her family is dedicated to her education, and they are faithful Christians. And she cannot get to the water that historically was her people’s land because of checkpoints and government policies. She is literally a few miles from the water that she cannot swim in.

In January, seventeen ELCA Bishops traveled to the Holy Land on a “Living Stones” listening tour. Bishop Azur of the Evangelical Lutheran Church in Jordan and the Holy Land (ELCJHL) invited us to come and see the Lutheran Church in the Holy Land and for us to witness firsthand how the Lutheran Church is positively impacting thousands of people.

On this tour we didn’t have time to visit many “holy sites.” Instead, this was a working trip that was designed to meet with those who are living in the Holy Land today – or as Palestinians say – to meet with the Living Stones of the Holy Land. During our time with our siblings in Christ, we learned and listened; prayed and contemplated; laughed and wept. These beautiful and courageous people welcomed us into their lives with grace and dignity. We were given an abundance of food, gifts, laughter, worship, and dancing.

And the stories. The stories were rich and beautiful ... and devastating. Like so many people throughout history whose lives have been ripped apart by oppressive powers, the Palestinian Christians have had their land, their identity, and their freedoms radically diminished. In some cases, completely erased.

Excerpts of stories I heard:

The men whose family homes have been demolished because they cannot produce paperwork from the Ottoman Empire that their family has owned their land for over a century.

The fourteen-year-old boy who was killed in a refugee camp. In his pocket was a piece of paper where he had written his last will and testament. Many young people are now carrying wills in their pockets as they fear they will be killed.

Concern that the Holy Land will become a museum rather than a living expression of the rich diversity of people who call this land their home.

A principal at one of the Lutheran schools stating proudly: “We are educating the next creative leaders in Palestine and in the Middle East.”

Truly a highlight of this trip was the ordination of Pastor Sally Azur. Pastor Sally is the first Palestinian woman pastor in the Holy Land. She is called to serve two Lutheran Churches in the Holy Land and we are excited to see her flourish.

We were able to visit with a Jewish human rights organization, the United States Ambassador for Palestinian Affairs, the Palestinian Authority Prime Minister, the General Secretary of the Lutheran World Federation, and many others who listened to our concerns and who also stated their deep dedication to working for peace and justice in this land.

I confess that what I have written here barely touches on the complexity of the situation in the Holy Land. Hundreds if not thousands of books have been written. I am no expert. But as I continue to reflect on this trip – and as I hope to plan a trip for this synod in the next year or so – I hold this verse in my heart from Isaiah, “Learn to do good; seek justice, rescue the oppressed, defend the orphan, plead for the widow.”  
Isaiah 1:17

May we all learn, seek, rescue, defend and plead for all of God’s beloved children. For the little girl who longs to see water. For the little boy whose life was cut short. For the men who want their family homes. For those who daily work for justice. For those who daily pray for peace. Oh God, we pray, Kyrie eleison.

+ Bishop Shelley Bryan Wee

[bishop@lutheransnw.org](mailto:bishop@lutheransnw.org)

From the March 2023 edition of *The Spirit*



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

Month	Actual Giving	Budget Goal	Difference	Actual Expenses
January	*	*	*	*
Y.T.D. (July - Jan.)	*	*	*	*

The budget year runs from July 1, 2022-June 30, 2023  
 \* Unavailable at time of printing

**GIVE THANKS TO THE LORD,**  
**FOR HE IS GOOD;**  
**HIS LOVE ENDURES FOREVER.**

PSALM 107:1

**Worship Attendance for February 2023**

	<i>In person</i>	<i>Online</i>
<b>5th:</b>	<b>75</b>	<b>99</b>
<b>12th:</b>	<b>61</b>	<b>58</b>
<b>19th:</b>	<b>64</b>	<b>65</b>
<b>26th:</b>	<b>65</b>	<b>61</b>

*Thank you for giving to Our Saviour's!*

- Minutes of the monthly Church Council meeting and the Financial Report Summary are posted on the office bulletin board for all to read.
- You can also request a copy be sent to you by email or mail. Contact the church office at (360) 435-8921 or office@arlingtonwachurch.org

**March Worship Servers**

	5	12	19	26
<b>Communion Assistants</b>	Beth & Greg Husted			
<b>Lectors/Readers</b>	Sharon Billdt			
<b>Audio/Video Booth Techs</b>	Jeff Parris Max Maxwell	Ella Larson	Max Maxwell	
<b>Flowers</b>	Vance & Tammy DeWard	Laurie Breon		
<b>Coffee Hour</b>	Ron & Kathy Thordarson			
<b>Ushers/Hosts</b>	Vance & Tammy DeWard	Allen & Darcy Larson	Steve & Liz Moore	John Billdt Jeff Parris
<b>Lock Up</b>	Peggy Shortt	Kathy Thordarson	Max Maxwell	Max Maxwell
<b>Tellers</b>	Sharon Knoepfle Jan Hopson	Kathy Thordarson Kerry Graves	Max Maxwell Jeff Parris	Sharron Knutson Dianne Engelsen

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 5:30 Soup Supper 6:30 Lent Worship 7:00 Choir	2 6:00p Basketball	3	4
5  9:30a Adult Learning Class 9:30a OSYM for kids 10:30a Worship 11:45 Coffee & Conversation 4p Basketball	6	7  9:00a Mission Circle  1p-4p ACRC	8  5:30 Soup Supper 6:30 Lent Worship 7:00 Choir	9  6:00p Basketball	10	11
12 <i>Daylight Savings</i>  9:30a Adult Learning Class 9:30a OSYM for kids 10:30a Worship 11:45 Coffee & Conversation 4p Basketball	13	14  9:00a Mission Circle  1p-4p ACRC	15  5:30 Soup Supper 6:30 Lent Worship 7:00 Choir	16  10:00a Phoebe Circle 6:00p Basketball 7:00p Learning Board Center Mtg	17	18
19  9:30a Adult Learning Class 9:30a OSYM for kids 10:30a Worship 11:45 Coffee & Conversation 4p Basketball	20	21  1p-4p ACRC  7:00pm Church Council	22  5:30 Soup Supper 6:30 Lent Worship 7:00 Choir	23  6:00p Basketball	24	<b>25</b>
26  9:30a Adult Learning Class 9:30a OSYM for kids 10:30a Worship 11:45 Coffee & Conversation 4p Basketball	<b>27</b>	28  1p-4p ACRC	29  5:30 Soup Supper 6:30 Lent Worship 7:00 Choir	30  6:00p Basketball	31	

### “ Happy Birthday to you ... ”

- |                     |                       |
|---------------------|-----------------------|
| 3 Cindy Lilgreen    | 25 Evan Andersson     |
| 3 Mark Lilgreen     | 25 Philip Thomas      |
| 4 Chayse Hall       | 27 Ruth Gonzales      |
| 5 Matthew Kirchberg | 28 Wren Stewart       |
| 7 Shirley Fulfs     | 29 Doug Kunzman       |
| 7 Beth Husted       | 30 Elizabeth Williams |
| 7 Ron Thordarson    | 31 Robin Barker       |
| 9 Arliss Moll       | 31 Miles Lilgreen     |
| 15 Nicole Andersson |                       |
| 17 Olivia Martinez  |                       |
| 19 Tessa Davenport  |                       |
| 22 Clarence Fulfs   |                       |
| 23 Carrie Parduhn   |                       |
| 23 Jonathan Grant   |                       |

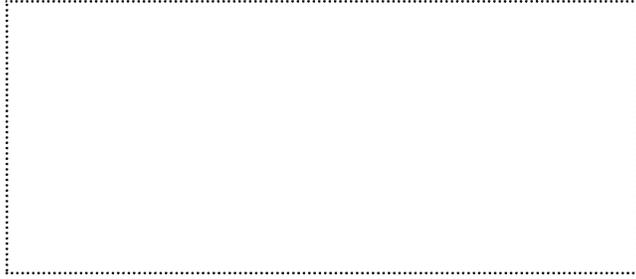


### “Happy Anniversary!”

- |    |                      |
|----|----------------------|
| 9  | Debbie & Rick Isler  |
| 16 | Steve & Lynne Baylor |
| 17 | Bob & Susan Maxwell  |
| 20 | Jay & Linda Jodock   |



© *Did we forget you? If your special date is not listed here, first, forgive us! Then, call the office so that we can update our database. Thanks!*



Show Love

With Others....

Share Your  
FAITH



**The Messenger**  
**March 2023**  
A Monthly Publication of  
Our Saviour's Lutheran Church  
615 E Highland Dr  
Arlington WA 98223-0333



**Our Purpose:**

**Our purpose:** *Celebrate, cultivate and share God's love.*

**Our values:** *Welcoming, Compassion, Serving, Respect*