

SERVANTS' SONG

A PUBLICATION OF CHRIST THE SERVANT LUTHERAN CHURCH

September 2009

Servant Sunday Rally Day!

September 13th



Our last Sunday of one 9:30 service is going to be a huge celebration of the many and rich ways we as a congregation are living into our name—*Christ the Servant!*

Led by our stalwart Fellowship Committee, we'll be seeing examples of all the various ways our gifts for ministry are tended by the Committees and gatherings of our congregation. Tables will be up throughout the entry and fellowship areas—with displays and representatives to tell the story of what God is doing among us and through us.

We have great stories to tell—and great opportunities to consider joining in with those areas where God might be calling you to serve.

It's not just *Rally Sunday*—a chance to sign up for Sunday School for our kids. It's *Servant Rally Sunday*, where each of us is called to put into words, “this is my ministry.....”, to complete the sentence, “God has called me to.....!”

Servant Rally Sunday needs you! Come, to worship, to celebrate, to serve!

Pastor Eric's Installation
September 13th
3:00 p.m.

On Sunday, September 13th, the congregation of Christ the Servant Lutheran Church will gather to celebrate the Installation of our new Pastor !

Pastor Eric comes to us with a history that's seen him serve in many parts of the Church , with stories to share and an eagerness to serve. He brings with him his wife Chris, and two sons, Simon and Andrew. Together, their looking forward to becoming at home at Christ the Servant!

Installations are meant as a time for us to remember God's role in guiding and leading our life as a congregation. We'll gather for worship, celebrating as a congregation and joined by representatives of the broader Church—both Pastors and members of local congregations, and representatives of the whole ELCA.

A light reception will follow the service, and all are welcome! Mark your calendars, and bring a friend!

The Servant Song is distributed by the fourth week of the month. Deadline for article submissions is the third Wednesday of the month. Submissions may be made via email to office@ctslutheran.org. Like to help fold and address newsletters. Contact the church office for details!!!!



ELCA.org
Evangelical Lutheran Church in America
Living in God's amazing grace

Christ the Servant Lutheran Church — Mission Statement

***Called by God to share the Good News, we are the hands of Christ:
lifted in worship, joined in learning, extended in service, supporting in love and reaching for justice.***



Words from the Pastor.....

This past Sunday I had my first chance to worship with *Christ the Servant*. Wow, was I was nervous! For the past ten years, I'd been part of a different worshipping community in an entirely other part of the country; I'd come to know their names, their stories, and all the rhythms and habits that made worship there feel like home. As I was stepping into *Christ the Servant's* service, I wondered, "what is it going to be like here?"

And then I turned around, and saw a congregation absolutely full of hope and joy and welcome. I looked out upon a sea of faces brimming with eagerness and encouragement—and I felt ready to begin!

It's good to be able to be a Pastor at *Christ the Servant Lutheran Church*. Those of you have been here a while have built a richly graced family of faith—strong in history, strong in honesty and compassion, strong in a yearning to experience God's grace in the worship that defines you and the service in which God leads you.

I'm very much looking forward to finding my place in this ministry. As this begins, I'm fortunate to have richly gifted partners in ministry within our Church Staff— April Boyden and John Grebe are rich gifts of God to the Church. But I'm also fortunate to have the gifts I'm already seeing among the many volunteers and musicians and leaders that fill the life of our congregation—in front and behind the scenes.

I'm looking forward to what the coming seasons will bring. I'm looking forward to seeing the excitement of a new Sunday School season. I'm looking forward to being part of what will be happening with Adult Education and Confirmation and even some new gatherings in homes for Bible Study and prayer. I'm especially looking forward to something that is new to me at Christ the Servant—not the fact that the congregation comes forward to receive communion, but that we meet each other eye to eye, face to face. In the past, I've always looked forward to sharing communion—at Christ the Servant, I'll also be able to share the community that comes with looking my brother or sister face to face.

Please feel free to begin calling me with any questions or Pastoral needs. In addition to the phone at the Church Office, call my cell (325-2481). I'm grateful to God for being able to be here at your Pastor. I hope to soon learn not just your name, but your story—and to walk together in the worship and service in which God will lead us all!

For we do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. ⁶ For it is the God who said, "Let light shine out of darkness," who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. ⁷ But we have this treasure in earthen vessels, so that it may be made clear that this extraordinary power belongs to God and does not come from us.

2 Corinthians 4:5-7



Office of the Presiding Bishop Evangelical Lutheran Church in America

God's work. Our hands.

Aug. 22, 2009

Dear Sisters and Brothers in Christ:

Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful.

— Colossians 3:14–15

I write to you from the 2009 ELCA Churchwide Assembly in Minneapolis with official information about the actions of this assembly related to human sexuality. I am grateful for the manner in which this church has engaged in this conversation. The way this assembly has discussed these questions is a continuation of the way this church has deliberated: with deep and heartfelt respect for each other, engaging with Scripture, listening to the faith stories and experiences of one another, and through worship and prayer seeking the discernment of the Spirit.

In my response to the voting members on Friday, August 21, I made this request: we need one another. We need time. We need the voices of those who lament and those who rejoice over these actions, for together we have been called to proclaim the Good News of Jesus Christ and engage in God's mission for the life of the world.

The assembly adopted 676–338—precisely two-thirds of those voting—“Human Sexuality: Gift and Trust,” the ELCA's 10th social statement, with minor editorial amendments. It also adopted a series of implementing resolutions with amendments. This theological and teaching document builds on the key Lutheran principles of justification by grace and Christian freedom to serve the neighbor. It emphasizes that central to our vocation, in relation to human sexuality, is the building and protection of trust in relationships. It therefore affirms that we are called to be trustworthy in our human sexuality and to build social institutions and practices where trust and trustworthy relationships can thrive. The social statement addresses marriage, same-gender relationships, families, protecting children, friendships, commitment, social responsibility and moral discernment. Regarding same-gender committed relationships, the social statement says that this church is not in agreement and recognizes the different perspectives which are present among us.

Our assembly also adopted resolutions proposed by the Church Council based on those contained in a “Report and Recommendation on Ministry Policies.” The actions direct that changes be made to churchwide policy documents to make it possible for those in committed same-gender relationships to serve as rostered leaders in the ELCA. There were amendments to two of the proposals. The assembly adopted the resolutions in the following order, beginning with a strong statement about how we will live together in the face of our disagreements:

Resolution 3: “RESOLVED, that in the implementation of any resolutions on ministry policies, the ELCA commit itself to bear one another's burdens, love the neighbor, and respect the bound consciences of all.” (Adopted 771–230 as amended)

Resolution 1: “RESOLVED, that the ELCA commit itself to finding ways to allow congregations that choose to do so to recognize, support and hold publicly accountable life-long, monogamous, same-gender relationships.” (Adopted 619–402)

Resolution 2: “RESOLVED, that the ELCA commit itself to finding a way for people in such publicly accountable, lifelong, monogamous, same-gender relationships to serve as rostered leaders of this church.” (Adopted 559–451)

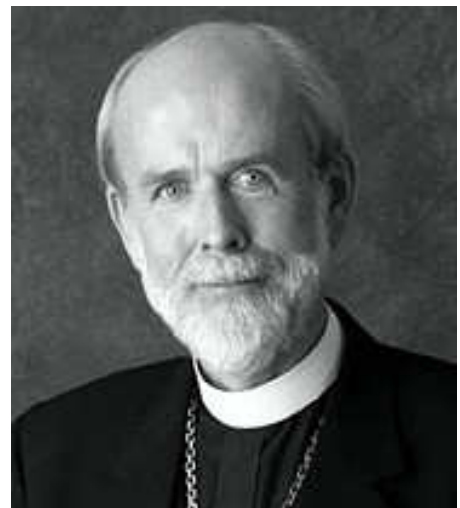
Resolution 4: This resolution called upon members to respect the bound consciences of those with whom they disagree; declared intent to allow structured flexibility in decision-making about candidacy and the call process; eliminated the prohibition of rostered service by members in publicly accountable, lifelong, monogamous same-gender relationships; recognized and committed to respect the conviction of members who believe that the ELCA should not call or roster people in committed same-gender relationships; called for development of accountability guidelines; directed that amendments to ministry policy documents be drafted and approved; and stated that this church continue to trust congregations, bishops, synods and others responsible for determining who should be called into public ministry. (Adopted 667–307 as amended)

I invite you into important, thoughtful, prayerful conversation about what all of this means for our life in mission together. What is absolutely important for me is that we have this conversation together.

We meet one another finally—not in our agreements or our disagreements—but at the foot of the cross, where God is faithful, where Christ is present with us, and where, by the power of the Holy Spirit, we are one in Christ.

In Christ, The Rev. Mark S. Hanson
ELCA Presiding Bishop

Comments of Bishop Hanson to the assembly at the conclusion of the decisions on human sexuality are at <http://www.elca.org/assembly> on the Web.



Pastoral Response Following the Ministry Policies Decision Made to the 2009 Churchwide Assembly by Presiding Bishop Mark S. Hanson August 21, 2009

*After the ministry policies vote on Friday evening,
Presiding Bishop Mark S. Hanson delivered the following message:*

I want to share some words. As one you have called to serve as pastor of this church, I have been standing here thinking about my 23 years as a parish pastor and how differently I would go into various contexts. Gathering with a family or a group of people who had just experienced loss, or who perhaps were wondering if they still belonged, or in fact felt deeply that ones to whom they belong had been severed from them, I would probably turn to words such as Romans 8:

Who is to condemn? It is Christ Jesus, who died, yes, who was raised, who is at the right hand of God, who indeed intercedes for us. Who will separate us from the love of Christ? [. . .] For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation will be able to separate us from the love of God in Christ Jesus our Lord (Romans 8:34–35, 38–39).

But then I thought, what if I were going into a family, a group, or a community that had always wondered if they belonged, and suddenly now had received a clear affirmation that they belonged? All of the wondering about the dividing walls and feelings of separation seem to have dropped away. That would be a very different conversation. I would probably read to them out of Ephesians:

But now in Christ Jesus, you who were once far off have been brought near by the blood of Christ. For he is our peace; in his flesh, he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. [. . .] In him, the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling place for God (Ephesians 2:13–14, 21–22).

But then I thought, what if those two groups were together, but also in their midst were those who had neither experienced loss nor the feeling of the dividing wall of separation coming down, but were worried whether all that had occurred might sever the unity that is ours in Christ, and might be wondering if their actions might have contributed to reconciliation or separation? If all those people were together in a room, I would read from Colossians:

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. Let the word of Christ dwell in you richly, teach and admonish one another in all wisdom; and with gratitude in your hearts, sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him (Colossians 3:12–17).

That passage gives invitation and expectation that those deeply disappointed today will have the expectation and the freedom to continue to admonish and to teach in this church. And so, too, those who have experienced reconciliation today are called to humility. You are called to clothe yourselves with love. But we are all called to let the peace of Christ rule in our hearts, remembering again and again that we are called in the one body. I will invite you tomorrow afternoon into important, thoughtful, prayerful conversations about what all of this means for our life together. But what is absolutely important for me is that we have the conversation together.

I ended my oral report with these words: “We finally meet one another not in our agreements or our disagreements, but at the foot of the cross, where God is faithful, where Christ is present with us, and where, by the power of the Holy Spirit, we are one in Christ.”

Let us pray. Oh, God, gracious and holy, mysterious and merciful, we meet this day at the foot of the cross, and there we kneel in gratitude and awe that you have loved us so much that you would give the life of your son so that we might have life in his name. Send your Spirit this night, the Spirit of the risen Christ that has been breathed into us. May it calm us. May your Spirit unite us. May it continue to gather us. In Jesus' name, AMEN.

Amazing Faiths Dinner Dialogues

Deaconess April Boyden

At Christ the Servant we pray each Sunday for peace. Last Spring I had a taste of peace at a dinner in Houston, Texas. Around the table were people who lived their lives of faith through a variety of practices...Catholic, Protestant, Jewish, Buddhist, Islamic.... A facilitator encouraged us to be ready to listen a lot and to speak some. We were given a stack of cards on which were questions. In turn we would select a card and read aloud its faith-related question. Each answered one question. It was profound. Afterward when asked about the experience I said, "My heart is warm to the point of melting."

Then I wrote on a card, "I want to bring this to my home town, Bellingham." I have begun work now to do so! Want to be a part of it?

The project is a simple invitation to have dinner (usually in private homes) and conversation. People of varying faith backgrounds who do not previously know each other are asked to share a meal and explore questions of faith (provided by the project). Ultimately the hope is that greater dialog allows for greater peace in the world. There is plan for a "national night" of these dinners in November. I want us to be a part of that!

Watch for more information. Think about people you know who would like to participate. Tell me of your interest! Let's do this! Learn more at <http://www.amazingfaithsproject.org/>



**Rally Day
September 13th**

Rally Sunday Parking

We anticipate a very full parking lot on Rally Sunday (Sept. 13).

If you are able, please consider one of the following:



- Bike, bus, walk, or carpool to church
- Come early enough to park at Moles Funeral Home
- Park in the upper lot

If you are unable to find a parking spot that gives you the mobility access you need, pull over in front of the sanctuary and look for the special parking assistants. They will provide "valet parking" for those needing this service.

Learning about Food Together

What does it mean to think christianly about food? What do the Scriptures say about food? What about Jesus and food? How does our culture view food? Why do so many overconsume and so many starve? As we as Christ the Servant partake of this food topic this year Adult Education will be having Sunday morning forums and other events to explore this topic of food and the innumerable connections with land, hunger, meals, justice, oil, nutrition, generosity, famine, feast. More info to come!

"A significant part of the pleasure of eating is in one's accurate consciousness of the lives and the world from which food comes."

Wendell Berry,
AUTHOR AND FARMER

~The Adult Education committee
Jeanne Brotherton, Jim Marshall, Scott Boyden,
David Westerlund, *Council Representative:*
John Latimer

See Adult Ed pg. 7

Invitation to Give to or Receive From Singing Ministry

From Deaconess April Boyden

This Summer I have (finally!) begun singing with a group of women called "Bellingham Threshold Choir" directed by Dr. Linda Allen. They say of themselves, "We are women with compassionate voices who sing in small groups at the bedside for the seriously ill or dying."

20 or so women gather on the 2nd, 4th and 5th Tuesdays to learn, practice and encourage each other. Groups of usually two to four travel together to the homes of those requesting song. Recently four of us were privileged to sing for a woman who has enjoyed life for 104 years. One song sparked a story of a time when a hand rested on her shoulder while she was alone in a garden.

New members are welcome to share in these significant moments. Women who share the mission of compassion and comfort and who have the ability to carry a tune and a willingness to commit to rehearsals are welcome to join in. For complete information contact Linda at bellinghamthresholdchoir@hotmail.com



Singers can be scheduled by calling 360-927-4384. A group usually sings for about half an hour. Caregivers are certainly welcome to be present, but the intention is clear that the singing is specifically for the person who is ill.

Please ASK ME about this ministry if you are interested in participating or have someone in mind who might be comforted by this gift.

MEN don't feel left out! On September 15, Kate Munger, the founder of this program, will be in Bellingham at Jern's Funeral home to speak to ALL interested folks!



Adult Ed from pg 6

p.s. Here's a few resources -- just a taste ;)

Books:

7 Steps to Food Sanity: Soujourners, July 2008 cover article

Food and Faith, Justice, Joy and Daly Bread. Berry, Moore, Johnson, Robbins and Others,

The Eucharist and the Hunger of the World, Hellwig

'Tis a Gift to be Simple, DeGorte-Sorensen and Sorensen

Wendell Berry's writings
Hunger, Hamsun

Rich Christians in an Age of Hunger, Sider
Enough is Enough, Taylor
Omnivore's Dilemma, Michael Pollan
Fast Food Nation, Eric Schlosser
The Land, Walter Brueggemann

Films:

Babette's Feast
Food Inc.
Supersize Me.

Blogs and websites:

<http://presbyterian.typepad.com/foodandfaith/>
www.slowfoodusa.org



A look ahead from Youth and Family

By John Grebe, Director of Youth, Family, and Education Ministries

FOOD SECURITY

Our theme this year is one that will be challenging. We will look at food from a place of privilege and will be challenged with God's proclamations of food being a given right to all. We will be wrestling with issues of stewardship of the earth and the well being of our bodies. We hope that this year will be an opportunity to gather together around the Lord's Table for renewal. It is a later than usual beginning for school it seems yet the summer seems to have been cut short. Times of transition often feel paradoxical like this. You seem to be going in one direction and then you do an abrupt redirection. Yet in the big picture it can be a rather slow process. We are gearing up for a year of exploring food security as a theme as well as exploring renewal of ministry with the arrival of Pastor Eric and his family. Just as I believe that food is a God given right to be shared and celebrated by all we should share and celebrate our home at CTS with others. So I encourage you to invite a friend, turn to a visitor and welcome them, go out of your way and learn about someone you do not know very well. We are a community and a community shares resources and discovers ways to respect and honor one another and in doing so we will learn to reach out to the world as Christ the Servant.

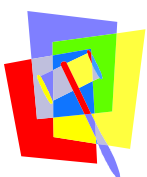


This ministry is an active garden with many seasons and much activity. Preparation through harvest provides much work and much joy. It is a time of transition from being dependant as a child to an adult of interdependence. We have a great group of youth who will be challenging themselves this year with their thoughts, Martin Luther's words, our words and deeds, and of course most importantly the Trinity's scripture and faithfulness. We are putting a greater emphasis on service this year and will be seasoning their experience with the theme "Food Security". For the month of September we will be following this schedule. If you know of someone interested in being in this class please let us know. We meet from 7:00-8:30pm on Thursday nights.

- 9/10 Confirmation Orientation by Pastor Eric.
- 9/17 Several important things Martin Luther said and did.
- 9/24 From Jesus the Servant the catholic church to Christ the Servant.

HIGH SCHOOL

During the Sunday school hour there will be a class for you that will challenge and encourage you. You are wonderful group of high school youth with a renewed sense of energy. I look forward to working with you during September developing a plan for your youth group meetings and activities.



Several of you have expressed interest in going to Holden Village for Let Justice Roll. This is an awesome weekend event that takes place on the weekend of October 3-5 the cost is \$175 and the theme for this year is Hearts4Justice. If you want to go, please contact John Grebe.

See Y&F page 9

Y&F from pg 8

A COMMUNITY MINISTRY

Discover This!

The Youth and Family committee is entering into a new season with new members and a renewed purpose. We look forward to hearing from you on Rally Sunday so please come and check out our booth and activities. We will be creating a banner for the theme Food Security in partnership with the Sunday school committee. At our booth you will hear about some of the wonderful things we are planning and be given the opportunity to sign up for a variety of activities and make suggestions. We will be exploring possibilities for all ages.

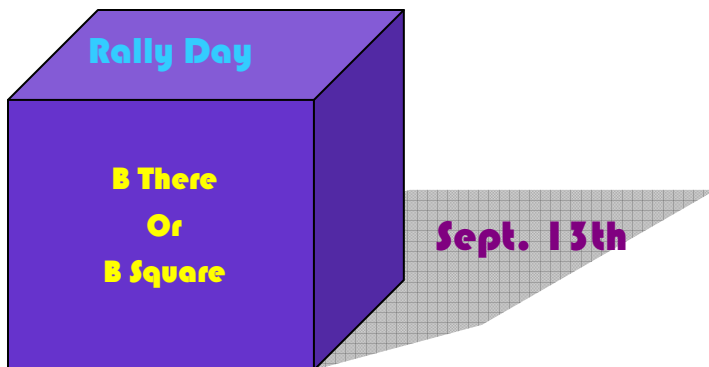
We want to continue providing opportunities for age groups to interact and for groups to mingle. We would also like to expand that which we already offer. We will be able to provide for this with your help. Prayerfully consider one activity that you would like to put your energy into creating this year. Keep in mind that John and others on the committee are resources to you so you don't have to lead the activity or do all the work. Having a few people step forward offering events we create synergy together that surpasses what John or the committee can do. Consider offering a birthday party, or a picnic, or a day at the beach. There are all sorts of activities that we can do as a community that will bring joy to many and make the load lighter when we work together. We look forward to see what we can do together.

This year's Discovery Canyon VBS was a great success with over 80 kids attending -- our largest number in several years. The kids raised over \$56 and collected items for personal hygiene kits for our mission project benefitting the Navajo Lutheran Mission School. A big thanks to all the volunteers that made this week possible:
- Meagan Dooley

- Lisa Kron
- John Grebe
- Angela Hess
- Claire Smith
- Ellen Harris
- Jen Rosquist
- Karyn Ayotte
- Linda Gamrath
- Avis Miley
- Aaron Doud
- Alex Ferrier
- Emily Harris
- Anna Harris
- Lisa Cornwell
- Eric Bochsler
- Ashley Hanson
- Bristol Hayward-Hughes
- Colton Miltenberger
- Veronica Husby
- Pastor Eric

- Diane Miltenberger
- Charlene MacKenzie
- Dylan Hanson
- Kathy Dooley
- Robyn Morris
- Brandi Damon
- Sophia Harris
- Megan Sutton
- Donna Grubbs
- Nicole Wakabayashi
- Sara Rothenbuhler
- Myra Smith
- Ilene Green
- Char Sutton
- Katie Powell
- Morgan Waidelich
- Audrey Bochsler
- Anna Crosier
- Aubrieta Roos
- Carol Ebergson
- Edie Weston
- April Boyden

- Melinda Jones
- Allison Stewart
- Nancy Sefrit
- Mark Springer
- Rachel Cornwell
- Sarah Kruhlak
- Autumn Boyden
- Megan Cornwell
- Melissa Romero
- Laurie Robinson
- Dianne Bochsler
- Lorisa Marshall
- Maddie White
- Jesse Robinson
- Cindy Petersen





Do you know that Hearing loss

- Is largely unrecognized, untreated, ignored, and denied.
- Is an invisible, overlooked, disability.
- Causes poor speech discrimination, slower information processing.
- Generates denial & low self-esteem, withdrawal and depression.
-

Do you or someone you know have hearing loss? Do you know that help and support is right here at CTS?

Yes, one of our outreach missions is the **Hearing Loss Association of Whatcom County** which provides education, advocacy, and support for people with hearing loss, their families and friends.

We help ourselves and others to accept and deal with hearing loss in ways that enhance and improve our lives and the lives of those around us.

All are welcome at our monthly gatherings on the third Saturday of each month! We urge you come to our September program, get to know our participants, and find out about the superb ten interactive programs and other social events we have each year.

Join us on **Saturday, September 19th** in the Community Room from 9:30 to 11:30 a.m. for a very special program, **“When Hearing Aids are not Enough!** Our guest presenter will be Linda Day from Cochlear America, the leading producer of cochlear implants.

Cont. next column

That’s not all! On Sunday, September 20th from 2:00 – 4:30 p.m. in the Community Room, Linda will facilitate the first meeting of the **Cochlear Implant Support Group, Northwestern Counties**, a brand new outreach mission! There will be an exciting discussion and an ice cream social! So please come if you have a cochlear implant, are considering getting one or are just plain curious.

Our meetings are fully accessible. We provide surround sound amplification, assistive listening devices, and open captioning.

For more information, please contact Bert Lederer, bertlederer@msn.com or call 360.319.4540.

Plan Ahead

Sunday School (all times 9:45 am)

- Sept 13—First day of Sunday School
- Nov 15, 22, Dec 6—Christmas Pageant Rehearsal
- Nov 29—No class
- Dec 13—Christmas Pageant
- Dec 20, 27—No Class

Confirmation

- Sept 10—Orientation
- Sept 17, 24—Class
- Oct 1—Service Project
- Oct 8, 15—Class
- Oct 22—Service Project
- Oct 29 & Nov 5—Class
- Nov 19—Service Project
- Dec 10 & 17—Class

Try out for variety show to benefit Interfaith Coalition

Has your family become a weary audience, no longer appreciative of the sheer talent before their eyes? Are you tired of performing in front of a mirror? Maybe it's time to hit the big stage. Imagine the Mount Baker Theatre, a full house of performing arts aficionados applauding your spellbinding performance. You graciously take your bows.

You're not dreaming. Your name could be in the playbill for "Sounds of the Season," a Christmas-themed variety show to benefit Interfaith Coalition.

Buchanan Productions is seeking actors, singers, musicians, dancers, magicians and other talented performers for this production to be staged at the Mount Baker Theatre on Friday, Dec. 18. **Tryouts are Saturday, Oct. 10 from 1 to 4 p.m. at Trinity Lutheran Church, 119 Texas St. in Bellingham.** The show will have live orchestration, so orchestra members are needed, as well.

Getting stage fright now? Well, how about performing as part of a small group? Maybe you sing with members of your congregation. Round them up and try out as a group. Or bring the other musicians in the combo you play with or the dancers from the troupe you dance with. You get the idea, so don't let this opportunity pass you by.

For more information, contact Judy or Barry Buchanan at 360-734-6639.

Laura DeRose Harker
Executive Director
Interfaith Coalition
phone: 734-3983
laura@interfaith-coalition.org

WHAT IS THE SWINE FLU? DO WE NEED TO WORRY?

As of May 2009, there were 441 confirmed cases of "swine flu" or the H1N1 virus in Washington and 3 confirmed cases in Whatcom county. Whether H1N1 will be different from the influenza we see every year is the unanswered question and even the Centers for Disease Control do not know how severe this virus will be this fall. Everyone agrees that we need to prepare for a possible H1N1 outbreak in our community.

The **"usual" influenza that appears every year in humans is often similar from year to year.** It is a serious respiratory (breathing) infection that can lead to pneumonia and other complications. If you have had either a yearly influenza immunization or come down with influenza, you have some reserved immunity. That immunity means that your immune system has a limited ability to fight off the new influenza.

There are different viruses that affect humans, pigs and birds and most of the time they remain within one species. Usually it is not easy for a pig virus to have the ability to infect humans. However, a new virus can develop when the bird, swine and human viruses come together and the genes cross from one to the other. This has now happened and the H1N1/swine flu virus has been spreading from human to human. Since the virus is new it can be very dangerous because we have no immunity to it.

As we saw last spring, **H1N1 can spread very rapidly around the world and produce severe disease.** This is called a Pandemic and is being compared to the Pandemic of 1918. An interesting book to read is "The Great Pandemic", which describes the serious situation that occurred at that time. An epidemic usually peaks in three weeks and subsides after another three to four weeks but

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sometimes half of the population can be affected. A pandemic is a widespread and ongoing epidemic.

Influenza can spread very quickly in schools, common areas where people are in very close contact, in settings such as crowded cities, and other enclosed areas where many people are together, such as public transportation, including airplanes.

H1N1 influenza virus is spread through airborne transmission with viral particles traveling as far as six feet through the air when people with influenza cough or sneeze

It is also transmitted indirectly through surfaces and also by skin-to-skin or skin-to-surface contact such as shaking hands and also by touching hard surfaces that other people have come in contact with such as phones, doorknobs, faucets, store products, computer keyboard and money.

It's not just touching contaminated surfaces, or Kleenexes or hands; you must then put your hands in your mouth, touch your nose or eyes, or use those unwashed hands to serve food or eat food. Most of us do these things unconsciously, without thinking about it.

A commercial on TV several months ago illustrated how a woman sneezed, picked up an apple, put it back and then picked up several others, put her hands on her shopping cart and then continued through the store leaving germs along the way, including the money that she left with the cashier. This is an excellent example of indirect transmission that we don't always think about.

The symptoms of H1N1 influenza and the yearly variety are the same and begin suddenly. They include:

- ☞ temperature over 100.4 F, or feeling very hot and then cold
- ☞ extreme exhaustion

- ☞ muscle aches
- ☞ runny nose and sore throat
sometimes nausea, vomiting and diarrhea (especially in children)
- ☞ dry cough

Individuals are contagious for at least seven days after the H1N1 symptoms begin. Children can be contagious for up to fourteen days.

How is this different from the common cold?

Usually a cold comes on slowly, do not include a fever or the exhaustion and allows you to continue your daily routine which the flu does not.

If you feel that you may have the swine flu, call your physician because if you are treated within two days of the start of your symptoms with antiviral medications your symptoms may not be as severe or last as long. Each year people die from influenza but usually the chronically ill, elderly and very young are more vulnerable and more at risk of complications and death. However, some young, normally healthy people have died from the H1N1 virus making it more dangerous.

How do we protect ourselves from this new virus?

- ① Keep you immune system healthy by eating right, getting plenty of sleep (at least 8 hours each night), exercising and drinking water.
- ① Be sure to get the annual flu shot (to protect you from this year's type of influenza)
- ① Be sure to get the separate H1N1 flu shots; these are specific to that type of flu
- ① Wash your hands frequently. Wash with soap and water for at least 15 seconds, making a good lather and using **FRICITION** by rubbing your hands together

Cont. next page

We are the hands of Christ... **Supporting in Love**

- ① Always wash or clean hands after coughing, sneezing, using the restroom or coming into contact with common surfaces used by others. Also wash your hands after unpacking groceries.
- ① Wash hands before eating or drinking anything, or before preparing food or drinks
- ① Do not share food, drinks or snacks with others
- ① Use hand sanitizers when soap and water are not available. Use a quarter size blob and rub for 15 seconds.
- ① Also use cleaning wipes on the handle of your grocery cart and on your phone, work desk, doorknobs, computer keyboard and mouse (areas known to harbor lots of virus)
- ① Avoid those who are sick, have a fever, are actively coughing or sneezing
- ① Keep your hands away from and out of your mouth, nose, and eyes
- ① If you are sick, PLEASE STAY HOME! Remember you are contagious for at least 7-10 days.
- ① Cover your cough or sneezes by coughing or sneezing into your sleeve. If you use disposable tissues put them into a trash can and then IMMEDIATELY WASH YOUR HANDS OR USE GEL

If this virus becomes a pandemic or epidemic, it will affect us all because many services and events will be cancelled and businesses will be closed, including stores and maybe schools. Everyone will be encouraged to stay in their homes. We have been asked to prepare for other types of disasters and preparation for the possibility of remaining in our homes due to an influenza epidemic would require the same supplies. It would be a good idea to gather these items before the situation occurs.

Find a place in your home to gather essential supplies:

- 🏠 food, especially things that are easy to prepare like soups, frozen entrees (low fat and salt!)

- 🏠 bottled water
- 🏠 liquid soap and alcohol based hand sanitizer
- 🏠 paper towels, Kleenex, and garbage bags
- 🏠 first aid kit and disposable gloves
- 🏠 flashlights with extra batteries
- 🏠 radio with batteries (and cell phone charger, if needed)
- 🏠 medications and or prescriptions that you need
- 🏠 easy to use thermometer
- 🏠 bleach or household cleaner
- 🏠 supply of nonprescription drugs, such as pain relievers, cough and cold medicines, stomach remedies and anti-diarrheal medication, as well as vitamins and fluids with electrolytes (such as sports drinks).
- 🏠 talk with family members and loved ones about how they would be cared for if they got sick.

The local Red Cross has great information for preparing for disasters. Contact them at 733-3290 or www.mtbredcross.org.

We know that, armed with information, using good health practices, and preparing well for being homebound and possibly caring for loved ones who are ill, we'll all weather this potential N1N1 influenza outbreak with the least possible disruption and the best possible outcomes!

Carol Ham, RN, Parish Nurse and your CTS PN Team—Tisch Lynch, RN and Jeanne Brotherton, RN

Nurses Corner...



Feeling under pressure? Have your blood pressure checked by our parish nurses. The next blood pressure clinic will be held on Sunday, September 20th between the services.

Faith and Everyday Life

The Play's the Thing

The line is from Hamlet. "The play's the thing wherein I'll catch the king." Hamlet has to get his uncle to confess to killing his father, but verbal confrontation won't work. Only by playing out the scenario of the murder in the form of a drama, will the king realize that Hamlet knows what he has done.



Drama stirs us and draws us into experiencing what the characters in the play are feeling. We lose ourselves temporarily and become part of the action in the same way that the actors become the characters. Those same feelings and experiences inside us are called out and resonate with what is before us.

Dramas unfold in our lives all the time. They happen in our families, at work at church. There are advantages to letting ourselves be caught up in those dramas. There are some downsides too.

We can fail to remember that what is happening is someone else's experience and not our own. We can rush in and act as if the events were happening to us when often they are not. We fail to keep just enough objectivity to remember that we are separate from the other players in the drama.

God wants us to get caught up in the drama of Jesus but also wants us to remember that we aren't him. God wants us to care about others but not to *become* them. We can't help if our "self" disappears.

So attend the theater of life, learn, benefit from it, experience it, enjoy it. But please, stay in your seat and know that even if the drama convicts you of being yourself, your outcome is not necessarily that of the actors on stage.

Lutheran Counseling Network

Service Teams

Sign up in the Narthex or online at www.ctslutheran.org



**Stephen Schultz
Janet and Rick
Congdon**

**Lisa & Brad Cornwell
Kasey & Lee Potzler**

Don & Jean Beckman

Jeff Curtis

Chris & Deenie Berry

Laurie Decker

Scott & April Boyden

David Edds

Bob & Diann Christey

Dave Ehman

Kathy & Shawn Dooley

Sidney Evans
Andrew & Heather
Ezrre

Joni & John Hall

Tim & Ellen Harris

Jeff & Lorali Gray

Amanda & Bill Henkel
Bert & Claydene
Lederer

Bob & Carol Ham
Howard Harris

Joe & Kris Matijascic

Cathi & Steve LeCocq

Larry & Tetty Moss

Jim & Lorissa Marshall
Diane & Dennis
Miltenberger

Jim & Cindy Oberlander

Sarah & Kyle Richards

Martha Peterson
John & Marguerite
Rietz

Keith & Lois Swanson

Mark & Connie Thomas

Jan Rystrom
Tom Smith & Linda
Gamrath
Duane & Judy
Thompson

Jason & Melissa Valley

John Westerfield

Dave Westerlund

Chao-Ying & Sue Wu

September 2009

Christ The Servant Lutheran Church

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 Email: office@ctslutheran.org
 Dir. Youth/Family: John Grebe
 Email: youthandfamily@ctslutheran.org

2600 Lakeway Dr., Bellingham, WA 98229 360.733.1277

Pastor: Eric Finsand
 Email: Pastoreric@ctslutheran.org
 Minister of Visitation: April Boyden
 visit@ctslutheran.org

Family Thursdays
5:46—6:15 pm Family Dinner
7:00—8:30—Confirmation Classes

Choirs - Thursdays (
5:00 pm - 5:45 pm - Joyful Sounds
5:00 pm - 6:00 pm - Treble Choir
6:15 pm - 7:15 pm - A.S.A.P.
7:30 pm - 9:00 pm - Servant Singers

15

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 am—Adaptive Yoga 10:00 am—Text study@Faith	2	3 First day of Choir for Treble, A.S.A.P. and Servant Singers 6:00 pm—Family Dinner	4 7:00 am—Men’s Prayer B’fast at Ave. Bread (James st.) 11:00 am—Adaptive Yoga	5
6 9:30 —Worship	7 Office Closed	8 7:30 am—Executive Comm. 10:00 am—Adaptive Yoga 10:00 am—Text study@Faith	9 9:15 am—Catch the Son Board Meeting	10 First day of Choir for Joyful Sounds 5:46 pm—Family Dinner 7:00 pm –Confirmation Orientation	11 Council Reports Due 7:00 am—Men’s Prayer B’fast at Ave. Bread (James st.) 11:00 am—Adaptive Yoga	15 9:00 am—Work Party
13 9:30 am —Worship 11:00 am—Servant Rally Day Events 3:00 pm—Installation of Pastor Eric Finsand	14	15 10:00 am—Adaptive Yoga 10:00 am—Text study@Faith 6:30 pm—Council Mtg.	16 Newsletter Deadline 9:15 am—Moms Club	17 Choirs 5:46 pm—Family Dinner 7:00 pm—Confirmation	18 7:00 am—Men’s Prayer B’fast at Ave. Bread (James st.) 11:00 am—Adaptive Yoga	18 9:30 am—HLA Meeting
20 8:30 am —Worship 9:45 am—Sunday School and Adult Ed Classes 11:00 am—Worship	21 7:00 pm—Community Ministries Meeting	22 10:00 am—Adaptive Yoga 10:00 am—Text study@Faith 5:30 pm—Catch the Son Parent Meeting	23 10:00 am Newsletter Folding	24 Choirs 5:46 pm—Family Dinner 7:00 pm—Confirmation	25 7:00 am—Men’s Prayer B’fast at Ave. Bread (James st.) 11:00 am—Adaptive Yoga	26
27 8:30 am —Worship 9:45 am—Sunday School and Adult Ed Classes 11:00 am—Worship	28 6:00 pm—T.R.I.P 7:00 pm—B’ham Chamber Chorale Rehearsal	29 9:10 am—Catch the Son Chapel 10:00 am—Adaptive Yoga 10:00 am—Text study@Faith	30 9:10 am—Catch the Son			

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RETURN SERVICE REQUESTED

REMEMBER IN PRAYER

The World Church & Parish

That peace may replace our global cycle of violence and government leaders might work on behalf of all people regardless of ethnicity or religious orientation. And for those in the military, for their safety and safe return home. Hope and healing in the lives of survivors of family violence, and a change of heart for the perpetrators of such violence. And for those around the world who are persecuted for their Christian beliefs, especially the tribal people in Vietnam and Laos.

Bishops **Chris Boerger** and **Mark Hanson** for your guided leadership.

Interfaith Coalition as we use our resources together to do mission.

September service teams and coordinators.

Health, Healing, Peace, and Hope

Kara Ebergson, granddaughter of Carol Ebergson, for strength and healing from surgery.

Mary Wickler, mother of Marilyn Wight, for healing from a broken hip and heart problems.

Lindsay Reid for strength and healing.

Ben Sefrit for healing.

Marguerite Rietz, for strength and healing as she recovers from surgery

Eli Bullock, Lutherwood staff member, for a speedy recovery.

Pastor Mary Bosell for strength and patience as she recovers from surgery.

Coenraad Zielstra, friend of Arlene Coppin, for peace and strength as he battles cancer.

Ernie Segren, for peace and strength as he awaits testing after chemotherapy for malignant brain tumor.

Marian Yunghans for strength, recovery, and healing.

Phyllis Segren for strength dealing with pain. Prayers for pain relief.

Verlyn Horst, mother of Susan Horst, for healing and strength.

Sue Wittman, mother of Pr. Lydia Wittman-Grebe, for healing and strength. .

Sarah Heathers for health and strength as she is expecting a child.

Lael and Josh, daughter and son-in-law of Cindy & Dana Petersen, for a healthy and "uneventful" pregnancy.