

# *Holy Week*

## **Palm Sunday**

Sunday 4/14 • 8:15 a.m. and 10:45 a.m.

## **Maundy Thursday**

Thursday 4/18 • 7:00 p.m.

## **Good Friday**

Friday 4/19 • 7:00 p.m.

## **Easter Vigil**

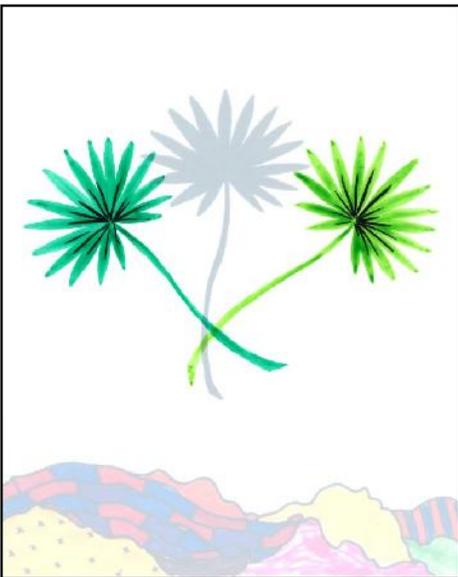
Saturday 4/20 • 7:00 p.m.

## **Easter Sunday**

Sunday 4/21 • 8:15 a.m. and 10:45 a.m.

# Holy Week

at Mountain View Lutheran Church



## **Palm Sunday**

Sunday 4/14 • 8:15 a.m. and 10:45 a.m.

Processional Gospel.  
Hymns.  
Sermon.  
Holy Communion.



## **Maundy Thursday**

Thursday 4/18 • 7:00 p.m.

Absolution (of the Ash Wednesday confession).  
Foot washing.  
Holy Communion.  
Proclamation of the Last Supper of our Lord.



## Good Friday

Friday 4/19 • 7:00 p.m.

Prayers,  
hymns,  
and silence  
as we meditate upon the Cross and Christ crucified.



## Easter Vigil

Saturday 4/20 • 7:00 p.m.

We move from darkness  
to light  
as we hear stories of God's presence  
in salvation history.



## Easter Sunday

Sunday 4/21 • 8:15 a.m. and 10:45 a.m.

Communion  
in the joy-filled hope  
of our resurrected Lord and Savior,  
Jesus Christ.

# Notes on Holy Week

## **HOLY WEEK WORSHIP SERVICES as PARTS of a WHOLE**

You are encouraged to attend each worship service of Holy Week, in order that you are able to experience the entire story of the triumphal entry into Jerusalem, the Last Supper, arrest, betrayal, trial, crucifixion, time in the tomb, and resurrection of Jesus Christ.

## **TRIDUUM / THE THREE DAYS**

The Triduum, also known as The Three Days, consists of Maundy Thursday, Good Friday, and Easter Vigil. “It is a shared experience of Jesus’ loving final acts, his death, and his resurrection. The services are designed to be one liturgy, best experienced together, coming back night after night.”

## **GOOD FRIDAY SILENCE**

On Good Friday, we gather and depart in silence.

## **GATHERING on EASTER VIGIL**

At the Easter Vigil, we gather outside on the sidewalk in front of the Gathering Space.

## **BRING a BELL to EASTER VIGIL**

Remember to bring a bell with you on Easter Vigil, Saturday 4/20, in order that you may ring it during the Easter proclamation!

## **EASTER BREAKFAST**

The junior high and high school youth of MVLC’s Rock Ministry will serve Easter breakfast in the Life Together Hall from 9:00 to 11:00 a.m. Donations will be used toward the costs of summer youth group trips, including Flathead Lutheran Bible Camp and the High School Mission Trip.

# From the Senior Pastor

I am deeply grateful for the mission and ministry we conduct together under the auspices of the Holy Spirit, week in and week out, at Mountain View Lutheran. I am regularly amazed by the levels of commitment demonstrated to Christ and his church in resources, physical presence, and the wondrous gifts of God's people made known. After twenty-one years together, I peer out at a campus on a Saturday or Thursday and witness the Gospel at work in Women's Bible Study, Men's Breakfast, Honey Doers, Edgewood Nourish Food Bank, Seeds of Change Meal at the Mountain View Community Center; and that is just Thursdays and Saturdays! The rest of the week, people are gathered for worship, education, and inspiration as God's beloved bearing the love of Christ to each other and to the world.

Amidst such wondrous activity, such faith-filled conviction, it is important for me occasionally to step back and take a more extended rest, that which we call a sabbatical. The term *sabbatical* is related to *sabbath*, the latter which refers to the biblical day of rest. "And God blessed the seventh day and hallowed it, because on it God *rested* from all the work that he had done in creation." (Genesis 2:3)

I will be taking my own rest from the duties of pastoral ministry, beginning the day after Easter, April 22, until I return to work on July 23, 2019. Ninety days of rest, ten of which will be spent in Palestine working with Bright Stars of Bethlehem, some of which will be helping prepare for our daughter's wedding on May 25. All of which, while either additionally traveling or spending time alone and with family, will be a form of rest.

I am deeply grateful for this extended time away as I ponder a wondrous past, an extraordinary present, and a vigorous future together in ministry. I trust in your continued prayers, faithfulness, and presence in the fellowship during the ninety days. I look forward to my return, filled with the joy of sabbath.

Peace,

*Pastor John Vaswig*



# Prayers of the Church

*Lord, in your mercy, hear our prayer.*

We pray for those who mourn the death of loved ones.

- ‡ Pastor Briana Merkle and family at the death of her aunt Amy Lamkey.
- ‡ Emily Thompson and family at the death of her brother Steve Johnson.
- ‡ Heather Hamilton and family at the death of her husband Kent Hamilton.
- ‡ The Purvis family at the death of Aggie Purvis.
- ‡ Sheryl Huber and family at the death of her father Don Divelbiss.
- ‡ Timothy Hamburg and his school at the death of classmate Keegan Bell.
- ‡ Brooke Gustafson, Joey Soeder, and family at the death of their grandmother Anita Soeder.

We pray for members of our congregation in need of healing.

- ‡ Clarence Aaserud.
- ‡ John Bachner.
- ‡ Stewart Luckman.
- ‡ Doug Mandt.
- ‡ Pete Thibadeau.
- ‡ Mark Williams.

We pray for our family and friends in need of healing.

- ‡ Ted Gartner, friend of Joe Anderson.
- ‡ Stacey Hailey, daughter of Ed and Lois Stark.
- ‡ Fred Hanenburg, brother of Rich Hanenburg.
- ‡ Dianne Kimble, sister of Darlene Thompson.
- ‡ John Taylor, stepfather of John Meagher.
- ‡ Ron Thompson, son of Darlene Thompson.
- ‡ Barb Weir, friend of Mervina Sturgeon.

*Amen.*



## Communion Etiquette

On Sunday, April 7, during the last 20 minutes of Rock Ministry (about 10:10am) all classes and parents are invited to come to the Sanctuary to learn about how to take Communion.

Around 3rd and 4th grade we do more intensive teaching with the kids about what communion means for us and why it is a sacrament. But our younger kids likely haven't received any instruction on how to receive communion. And really, this is something we can refresh with all the kids.

Please come and be reminded of why we participate in this sacred meal!

Parents, we need you there too, so you can help your kids remember what they learn.

See you then!

*—Pastor Bri*



# Rock Ministry

**Sunday, April 14, 9:30 a.m.**

## Family Day in Rock Ministry, Holy Week Banner Project

Everyone gathers in the Gym. Parents, we'll need your help on this! We'll have stations kids can move through to help make a series of banners that tell the story of Holy Week and Easter... kids will be using painted hand-prints and finger prints to make the illustrations. (I will have some large t-shirts to throw over their church clothes!) Don't miss out on this educational and fun day.

**5/6/7 Youth**

## Register for Flathead Lutheran Bible Camp

See the flyer (page 10) for more info and to sign up. The sooner you register, the lower the fee is.

# Rock Ministry High School Events

for 8th –12th grades

**Friday, April 12, meet at MVLC at 8:00 p.m.**

## Fools Night Out

Cost is \$45/youth. Please bring cash or check to Pastor Bri, labeled for Fool's Night Out. We'll join with other ELCA-area churches for all sorts of fun activities, and will be back at church about 6:30 a.m. the next morning!

**Friday, April 26 through Sunday, April 28**

## Weekend Retreat at the Smith Cabin

We will be headed to the Smith's cabin in Shelton on Friday evening (TBD) and will come back Sunday morning in time for the 10:45 service at MVLC. Students are welcome to come and go as they need for other commitments they may have that weekend, but we would love for them to spend some time in community with us if they are able. This will be an important time to reflect on the year, check in with the students, especially seniors as they prepare for transition, and to kick back and unwind with friends. RSVP to Serena by Friday, April 19 (sepfink@gmail.com).

**Sunday, April 28**

## Summer Trip Deadline

Let us know whether you're attending the summer trip. See the flyer following on page 11.

**Saturday, May 4, 10:00 a.m.**

## Service Project with the MVCC

We'll join some other community groups to pack about 400 soup kits to go home with families. We'll treat any youth who come to Starbucks after!

# Flathead Bible Camp

July 28<sup>th</sup> - Aug. 2<sup>nd</sup>  
For current 5<sup>th</sup>-8<sup>th</sup> graders



To experience Christ's grace through meaningful relationships, shared adventures and purposeful service.

*"FLBC has been a constant for me, an anchor, a bright light, home... FLBC helped me navigate my faith in my teens. FLBC helped me discern my call as a young adult. FLBC helped Bruce and I to raise our children, and FLBC continues to partner with me in my role as a youth minister. I am filled with gratitude for this place and these people."* —Traci V.

**Register at:** <https://flbc.net/summer-camp-programs/>

Youth are welcome to invite friends to register and come with us that week.

\*Email Pastor Bri when you register to get on the MVLC Flathead email list.

**Youth heading into 6<sup>th</sup> or 7<sup>th</sup> grades** will register for Pathfinder Camp (be sure to list you are with Mountain View Lutheran Church). Cost is \$380 before April 1 // \$405 before May 1 // \$430 after May 1.

**Youth heading into 8<sup>th</sup> or 9<sup>th</sup> grades** will register for Trailblazer Camp (be sure to list you are with Mountain View Lutheran Church). Cost is \$430 before April 1 // \$455 before May 1 // \$480 after May 1.

Scholarships are available to help with cost as needed. Contact Pastor Bri for more info.

# High School Youth Summer Trip

## June 28<sup>th</sup> – July 2<sup>nd</sup>



### A local trip in the Seattle area with the youth from Celebration Lutheran

On this trip we'll meet refugee families, learn more about the process of transitioning into life into the U.S., hear about the circumstances that made these families leave their country of origin, and work alongside refugees as they establish their lives here.

We will learn from and be shaped by the people we meet, and in doing so, will learn how God calls us into community, into lives of service, and into experiences of transformation and vulnerability.

A few important things to know:

- )] We will be lodging in the Seattle area
- )] This will be a low-cost trip—exact cost will be determined shortly
- )] We'll learn a lot we didn't know about life in our own backyard
- )] We'll have a LOT of FUN

**Please Register with Pastor Bri by April 28<sup>th</sup>**

[bmerkle@mtviewlutheran.org](mailto:bmerkle@mtviewlutheran.org)

After registration, we will set a meeting date to turn in money and sign a covenant of participation.

# Women's Bible Study

## "LIFE IN HIS NAME"

It could be said that the thesis of the Gospel of John is v. 20:31: "These are written so that you may come to believe that Jesus is the Messiah, the Son of God, and that through believing you may have life in his name." *Life* is an important concept in John's Gospel— he uses the word 47 times. It refers both to the kind of life Jesus comes to offer—"I came that they may have life, and have it abundantly" (10:10)—and eternal life (3:16).

Throughout the spring we will read selections from John's Gospel that help us consider the type of life we are called to, as part of our Lenten discipline and then as part of our Easter celebration.

### **April 4 Behold the Lamb of God**

*John 1:29-42, 12:20-50*

We will uncover some of the history and meaning of John's "lamb of God" imagery. Alongside this, we read Jesus preaching about grain that dies and bears much fruit... and wonder at what this means for us 2000 years later.

### **April 18 The Gate and the Shepherd**

*John 10*

We encounter challenging teaching of Jesus as both gate and shepherd. How do we hold these two together, and why is Jesus presented in both ways?

### **May 2 The First Resurrection Appearance**

*John 20:1-18*

We'll dwell in John's version of the first resurrection appearance, and then spend some time comparing it to that of the Synoptic accounts.

### **May 16 Back to Our Day Jobs**

*John 21*

What else can they do but go back to the Sea of Galilee and keep fishing? Over one final meal with Jesus, he calls the disciples once again to "follow me"—and now, we finally begin to see what that means.

*The MVLC Women's Bible Study meets on the first and third Thursday of each month at 9:30 a.m. in the Library.*

*All women are welcome to attend.*

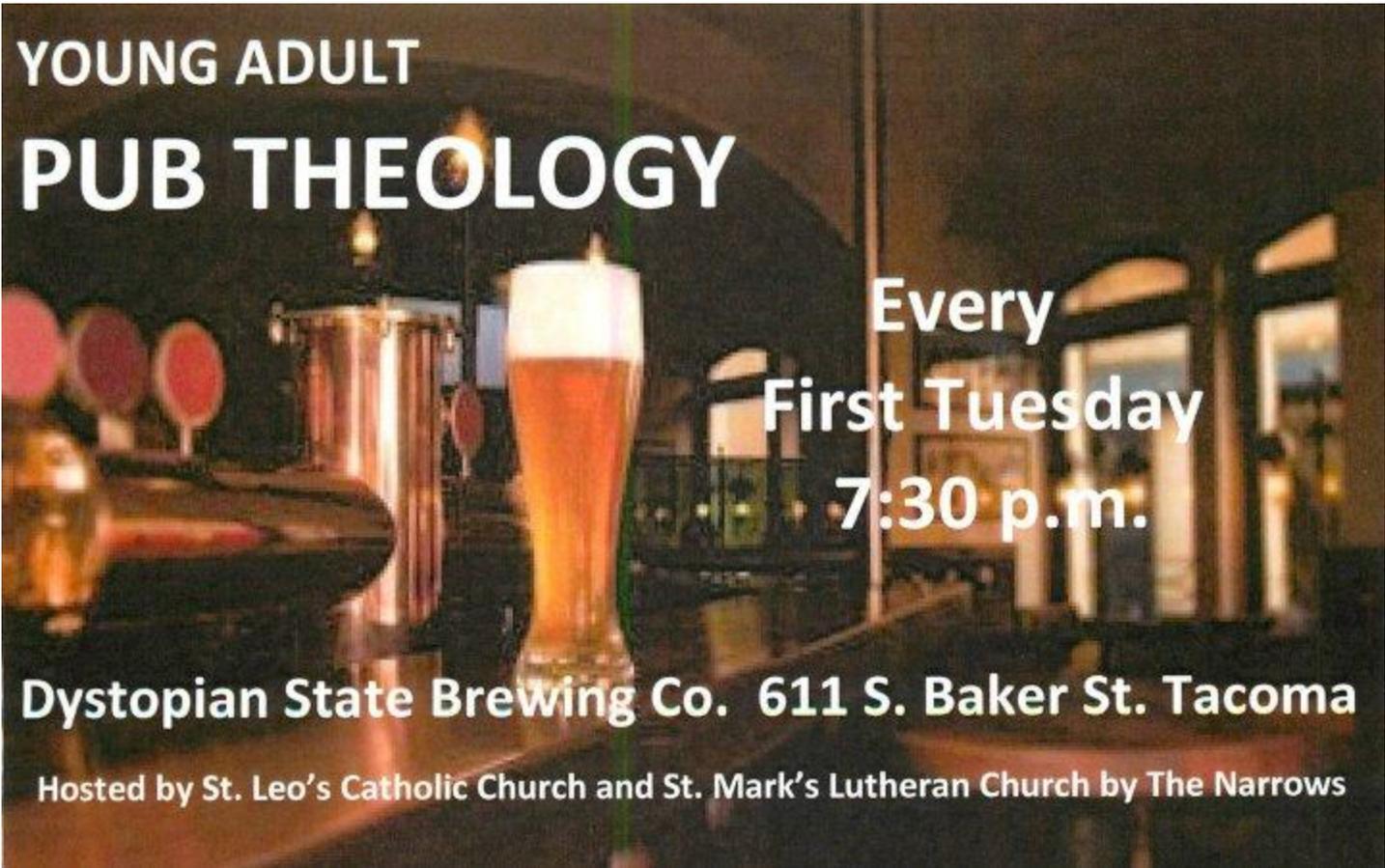
*Come for fellowship, snacks, prayer, and pastor-led Bible study.*





For 2018, Mountain View Lutheran Church’s Reformation Blood Drive was recognized as “Church Blood Drive of the Year” by Cascade Regional Blood Services. MVLC member Kelly Weaver, who organized the blood drive, is pictured with Pastor John Vaswig as they were presented with the award.

The Women of the ELCA’s Scholarship Bake Sale was a huge success. Thank you to all of the faithful bakers and to those who purchased baked goods and made donations. Thank you to Dick and Ione Huseboe for buying leftover items and donating them to the Fellowship Hour on Sunday mornings.



# YOUNG ADULT PUB THEOLOGY

Every  
First Tuesday  
7:30 p.m.

Dystopian State Brewing Co. 611 S. Baker St. Tacoma

Hosted by St. Leo's Catholic Church and St. Mark's Lutheran Church by The Narrows

7:30 p.m. on the first Tuesday of each month at Dystopian State Brewing Company, 611 South Baker Street, Tacoma WA 98402. (April "Pub Theology" is on 4/2.)

### ***Who is invited?***

Young adults (21-30ish) who are looking for open and honest conversation about things that matter.

### ***What's "pub theology"?***

The word *theology*, made up of *theos* (God) and *logos* (word), means "words about God" or "God talk." In this case, we just happen to be doing it in a pub.

### ***Can I participate if I am not sure what I believe?***

Of course! The main objective of Pub Theology is to create space for questions and mutual exploration. All you need is an open mind.

### ***Do I have to read anything ahead of time?***

No. The presenter may provide a handout, but you don't need to do any preparation ahead of time. Text 253-686-0442 if you would like monthly reminders sent to you with updates on upcoming topics.

### ***Got snacks?***

Yes! Snack and non-alcoholic beverages will be served free of charge. Participants buy their own beer.

JOIN US FOR

# COMMUNITY SHRED DAY

## & MEDICATION TAKE BACK



**Saturday - April 27<sup>th</sup> - 10am-1pm**

**Bank of America Parking Lot,  
628 Meridian East**

Individuals may bring up to three grocery bags of documents containing sensitive personal information for shredding.



**Big Brothers Big Sisters**  
Puget Sound

Will be on hand to collect:

Coats, shoes, boots, jeans, pants, radios, CDs, tapes, records, area rugs, pots, pans, small appliances, utensils, cups, plates, bed sheets, toys, comforters, pillows, jewelry.



**BOY SCOUTS  
OF AMERICA**

Troop 525 will be collecting:  
Old/soiled United States  
flags for proper disposal.



Will be on hand to collect:  
Computers and laptops, servers, modems, routers tablets, all electronic receivers, stereos, radios, remote controllers, LCD monitors, cable satellite boxes, office phones, keyboards, video game systems, all varieties of phones, video games, lawn mowers (must be drained), generators, pressure washers, weed eaters, printers, ink & toner, bubble wrap & packing peanuts (must be bagged) washers, dryers, dish washers, ovens, and all scrap metal, Christmas lights.



Will be on hand to accept:  
Non-perishable food items, school supplies and/or cash donations  
Thank you.

Special thanks to:



BOY SCOUTS OF AMERICA



# From the Church Administrator

## Projects Completed in March

- J Replacement of the Chapel drain field. The Chapel's septic system is now connected to the Education Building/Community Center drain field.
- J Replacement of the Administration Building sump pumps.
- J Scrubbing and resealing of the tile and grout in the main restrooms of the Administrative Building.

## Upcoming Priorities for 2019

- J Publication of the 2019 Pictorial Directory.
- J Annual inspections for fire alarms, sprinklers, extinguishers, and bak flow assemblies, including replacement of several MVCC sprinkler heads.
- J Replacement of failing 6- and 8-year-old computer servers.
- J Tuning of the organ and Sanctuary pianos prior to Holy Week.
- J Complete re-striping of parking lot. Honey Doer project.
- J Video recording capabilities from both the Sanctuary and Life Together Hall for Adult Education and "Grace Place" events. Potential Mission Endowment Project 2019.
- J Replace flooring in Chapel restrooms. Honey Doer project.
- J Planning for the Gathering Space "Luther's Seal" window.
- J Addressing acoustics in the main room (upstairs) of the Mountain View Community Center. Thrivent Choice Project.

Thank you for your continued support of "God's work. Our hands." through the ministry and mission of Mountain View Lutheran Church!

In His service,  
*Phil Edlund*  
Church Administrator

## Mountain View Lutheran Church

*We give to the Lord of our tithes and offerings.*

**I give electronically!**

*Each of you must give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver.*

—2 CORINTHIANS 9:7

## Electronic Giving and the Offering

The MVLC Church Council wanted to ensure that the 40% of the congregation that gives electronically was able to fully participate in the Offering during worship services. So new and reusable “electronic giving cards” (as seen above) are now on the backs of chairs in the Sanctuary with other offering envelopes. You are encouraged to place them in the offering plate during worship!

### How to Give Online

1. Visit [www.mtviewlutheran.org](http://www.mtviewlutheran.org).
2. Click on the "Give" menu/link.
3. Click on "Give" when it appears.
4. Enter an amount in the "General Operating" box.
5. Choose the donation frequency (one time, weekly, monthly).
6. Choose the donation start date.
7. Click "Continue" and follow the rest of the instructions that will appear.

You can also use your smartphone to scan this QR code and be taken to the “Give” page on the MVLC website:



# Mission Support 2018



[ Thank You ]

To the members of

**Mountain View Lutheran Church**

from the

**Southwestern Washington Synod**

of the Evangelical Lutheran Church in America.  
In grateful appreciation for giving

**\$ 64,150**

for Mission Support beyond the congregation for synodical and churchwide ministries of the Evangelical Lutheran Church in America.

*Richard E. Jaesch*

Synod Bishop  
Evangelical Lutheran Church in America

*Elizabeth C. Eaton*

Presiding Bishop  
Evangelical Lutheran Church in America



**Evangelical Lutheran Church in America**  
God's work. Our hands.

# Benevolence Recipient / Ministry Partner Spotlight: SOUTHWESTERN WASHINGTON SYNOD

In 2018, \$64,150 of our benevolence dollars were given to support the mission and ministry of the Southwestern Washington Synod of the ELCA, the Evangelical Lutheran Church in America, and various affiliated organizations and partners. Here is how that \$64,150 was broken out:

- J \$4,440 to UW Campus Ministry
- J \$3,200 to Domestic Disaster Response
- J \$6,500 to Lutheran World Relief
- J \$750 to Neighbors in Faith
- J \$2,600 to Living Stones Prison Ministry
- J \$36,500 to SWWA Synod Mission Support
- J \$10,200 to ELCA World Hunger

Pastor Melanie Wallschlaeger, Director for Evangelical Mission of the SWWA Synod writes in response to this faithful giving by the congregation of Mountain View Lutheran Church:

*Walking is my favorite exercise activity. I get to spend time with my thoughts, my dog Piper, and sometimes my husband and kids. One thing I have noticed in my family and in the synod, **everyone's health is better when we're walking together**. This sounds like the definition of synod—walking together.*

*Thank you for another year of walking together. Thank you for your Mission Support dollars that make our walking together possible. When I think of what it takes to walk together, walking is not always easy, and not everyone is able to walk. We do what we can to keep moving alongside one another. You and your congregation invest in our moving along together in many ways. We support and invest in each other in ministry through prayer, ministry sharing, and financial giving. As I think about how I walk as the year changes, I anticipate more opportunities for walking and getting healthy as the weather warms and more daylight comes our way. Our ministries also similarly ebb and flow. During Lent and into Easter leading up to Synod Assembly, we check our spiritual health through foundational faith practices together—both in our households, in our congregations, and in the Southwestern Washington Synod as a whole. I look forward to Synod Assembly in June when we can have more tangible reminders of how our health is better when we walk together as a synod. We encourage and support one another, regardless of our ability to walk, and we move together. We will hear reports of ministries close to home, in the ELCA, and around the world that we invest in together in order to share the Good News of Jesus Christ.*

*Thank you for your generosity that has made our walking together possible!*

# General Fund Giving Update

2019 is shaping up to be another great year in the history of Mountain View Lutheran Church. Year-to-date giving is currently close to 100% of expected levels (99.20%), as members of MVLC faithfully support God's ministry through Mountain View Lutheran Church! We disbursed more than \$43,000 to benevolence partners locally, nationally, and globally! Our benevolence partners carryout God's work through Education, Hunger relief, our local and national denomination, housing, and various types of Global Missions.

All of this is possible through your generous and faithful financial support of Mountain View's General Ministry & Mission Spending Guideline.

Thank you, again, for your continued faithful support of God's ministry through Mountain View Lutheran Church.

	2/28/2019 actual + thru 3/24/2019 actual	2019 Spending Guideline	Difference	2018 Actual
Month ending 2/28/2019	\$76,309	\$80,724	-\$4,415	\$75,851
Month to date 3/24/2019	\$86,461	\$76,260	\$10,201	\$89,881
Year to date 2/28/2019	\$146,216	\$156,262	-\$10,046	\$135,208
Year to date 3/24/2019	\$230,668	\$232,521	-\$1,853	\$225,089

# April Health News

April is **Alcohol Awareness Month**. View the flyer (pages 22 and 23) in order that the information can be shared and discussed with family members and friends.

## Giving Care, Taking Care

The 26th Annual “Giving Care, Taking Care” Caregiver Conference will be held on Monday, June 3, 2019. This popular, filled-to-capacity conference is intended for family and the community caregivers that help them. It offers a unique opportunity to obtain practical, up-to-date information and resources that will help them care for their loved ones. Dynamic speakers from a variety of backgrounds will share their expertise and knowledge in concurrent sessions throughout the day. A Resource Exhibition offers 40+ informational displays of caregiving products, services, and literature. Call 360-725-2545.

## Scam of the Month: “Young Blood” Plasma Infusions

Federal health regulators warned consumers against controversial “young blood” treatments—plasma infusions from young donors marketed for conditions such as Parkinson’s, Alzheimer’s, multiple sclerosis, and post-traumatic stress disorder. There is no proven clinical benefit of infusion of plasma from young donors to cure, mitigate, treat, or prevent these conditions, and there are risks associated with the use of any plasma product.

## HOPE Conference

Join the Northwest Parkinson’s Foundation for an educational symposium for people with Parkinson’s, care-partners, family, and friends. The 2019 HOPE Conference will offer a resource fair and breakout sessions that may feature topics such as: nutrition, depression & anxiety, mindfulness, medication management, movement, and more. Exhibitors will include a variety of organizations and companies, sharing information and resources for people with Parkinson’s disease and their care-partners. Held from 9 a.m. to noon at the Olympia Center, 222 Columbia St., NW, Olympia. \$20-\$25 Registration. Conference fee includes admittance to all speaker presentations, breakout sessions, vendor exhibits, coffee service, and light refreshments. Scholarships are available for those in our community needing financial assistance. Call Jordan Whitney Whitley for more information at 77-980-7500.

## Advance Directives

Advanced directives are documents that state your choices about medical treatment or name someone to make decisions about your medical treatment if you are unable to make these decisions yourself. These documents let your family and doctors know what medical treatment you do and do not want if you are unable to make the decision because of an accident, illness or mental incapacity. Give Faith Community Nurse Terry Freed RN a call (253-640-9119) and she will help you complete your advanced directives. What a gift to yourself and your family! No legal counsel or notary is needed. It costs nothing and MVLC will provide the needed forms. You will be glad you did!

# Alcohol Use and Your Health

Drinking too much can harm your health. Excessive alcohol use leads to about 88,000 deaths in the United States each year, and shortens the life of those who die by almost 30 years. Further, excessive drinking cost the economy \$249 billion in 2010. Most excessive drinkers are not alcohol dependent.

## What is considered a "drink"? U.S. Standard Drink Sizes



## Excessive alcohol use includes:



### Binge Drinking

For women, 4 or more drinks consumed on one occasion



For men, 5 or more drinks consumed on one occasion



### Heavy Drinking

For women, 8 or more drinks per week



For men, 15 or more drinks per week



### Any alcohol used by pregnant women



### Any alcohol used by those under the age of 21 years



## If you choose to drink, do so in moderation:



**DON'T DRINK AT ALL** if you are under the age of 21, or if you are or may be pregnant, or have health problems that could be made worse by drinking.

**FOR WOMEN, up to 1 drink a day**



**FOR MEN, up to 2 drinks a day**



**NO ONE** should begin drinking or drink more frequently based on potential health benefits.

National Center for Chronic Disease Prevention and Health Promotion  
Division of Population Health



Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These are most often the result of binge drinking. Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems.

## Short-Term Health Risks

### Injuries

- Motor vehicle crashes
- Falls
- Drownings
- Burns

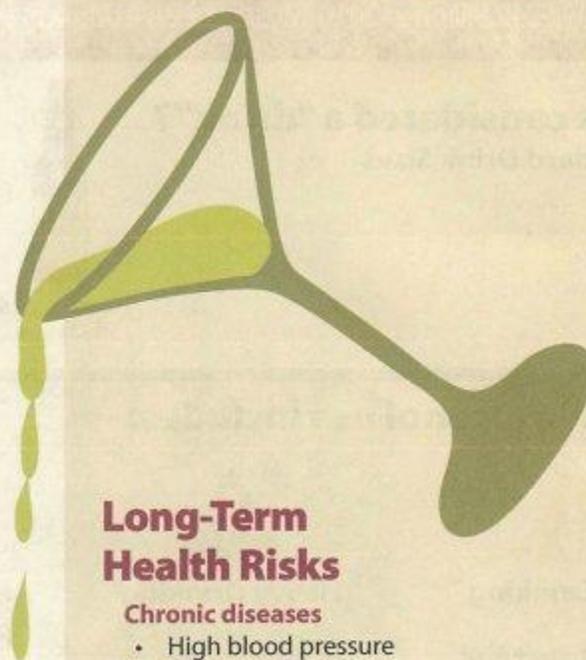
### Violence

- Homicide
- Suicide
- Sexual assault
- Intimate partner violence

### Alcohol poisoning

### Reproductive health

- Risky sexual behaviors
- Unintended pregnancy
- Sexually transmitted diseases, including HIV
- Miscarriage
- Stillbirth
- Fetal alcohol spectrum disorders (FASDs)



## Long-Term Health Risks

### Chronic diseases

- High blood pressure
- Heart disease
- Stroke
- Liver disease
- Digestive problems

### Cancers

- Breast
- Mouth and throat
- Liver
- Colon

### Learning and memory problems

- Dementia
- Poor school performance

### Mental health

- Depression
- Anxiety

### Social problems

- Lost productivity
- Family problems
- Unemployment

### Alcohol dependence

<http://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>

# Save the date(s)!

Get these events and opportunities in life together on your calendar NOW! TODAY!

## MAY

- ⑲ Sun 5/19 • 12 noon - Congregational Meeting
- ㉑ Wed 5/29 • 5:45 p.m. - ExALT BBQ

## JUNE

- ② Sun 6/2 • 10:45 a.m. - Baccalaureate Worship Service
- ⑭ Fri 6/14 - Project Homeless Connect at Puyallup Nazarene Church
- ⑯ Sun 6/16 • 8:15 and 10:00 a.m. - Summer Worship Hours Begin
- ㉒ Wed 6/26—Sun 6/30 - High School Mission Trip

## JULY

- ⑧ Mon 7/8—Fri 6/30 • 9:00 a.m. to 12 noon each day - Vacation Bible School
- ㉓ Sun 7/28—Fri 8/2 - Flathead Lutheran Bible Camp for 6-9 grade

# IMAGES/NOTES

- J Pages 2 and 3: Holy Week images, mixed media, 2019, by Troy Kehm-Goins.
- J Page 6: “Woman Praying,” photograph, by Ben White, [unsplash.com/photos/qYanN54gIrI](https://unsplash.com/photos/qYanN54gIrI) via Unsplash. Public domain.
- J Page 8: MVLC communion ware photographs by Troy Kehm-Goins.
- J Pages 10 and 11: Flyers created by Pastor Briana Merkle.
- J Page 12: “Lamb of God, Houghton,” photograph, 2012, by Steve Day, [www.flickr.com/photos/therevsteve/8549002287](https://www.flickr.com/photos/therevsteve/8549002287) [CC BY-NC-SA 2.0 (creativecommons.org/licenses/by-nc-sa/2.0)].
- J Page 13: Photograph by Troy Kehm-Goins.
- J Page 18: Mission Support 2018 certificate created by the SWWA Synod.
- J Page 21: Flyer created by the City of Edgewood.
- J Pages 22 and 23: Flyer created by the National Center for Disease Prevention and Health Promotion.
- J Back cover: Lenten midweek worship, 3/20/2019. Photograph by Troy Kehm-Goins.

# CONTACT

Mountain View Lutheran Church

253-863-5171  
[office@mtviewlutheran.org](mailto:office@mtviewlutheran.org)

Senior Pastor John L. Vaswig • [jlvaswig@mtviewlutheran.org](mailto:jlvaswig@mtviewlutheran.org)  
Associate Pastor Briana Merkle • [bmerkle@mtviewlutheran.org](mailto:bmerkle@mtviewlutheran.org)  
Church Administrator Phil Edlund • [pedlund@mtviewlutheran.org](mailto:pedlund@mtviewlutheran.org)  
Music Director Carmen Van Soest • [cvansoest@mtviewlutheran.org](mailto:cvansoest@mtviewlutheran.org)  
Parish Worker Marlene Wright • [mwright@mtviewlutheran.org](mailto:mwright@mtviewlutheran.org)  
Communications Director Troy Kehm-Goins • [tkehm-goins@mtviewlutheran.org](mailto:tkehm-goins@mtviewlutheran.org)

**SUNDAY**

**MONDAY**

**TUESDAY**

	<p><b>1</b></p> <p>5:30pm VBS Team</p> <p>Scholarship applications due</p> <ul style="list-style-type: none"> <li>) LEAF Scholarship</li> <li>) WELCA Scholarship</li> <li>) Baurichter Scholarship</li> </ul>	<p><b>2</b></p> <p>10:00am Staff Meeting</p> <p>6:30pm Church Council</p> <p>7:30pm Pub Theology at Dystopian State</p>
<p><b>7 FIFTH SUNDAY in LENT</b></p> <p>8:15am Worship</p> <p>9:30am Adult Education, Rock Ministry, New Member Class</p> <p>10:45am Worship</p> <p>2:30pm Memorial for Kent Hamilton</p>	<p><b>8</b></p>	<p><b>9</b></p> <p>9:00am WELCA Board</p> <p>10:00am Staff Meeting</p> <p>1:00pm Book Club</p> <p>6:00pm Peace and Justice</p>
<p><b>14 PALM SUNDAY</b></p> <p>8:15am Worship</p> <p>9:30am Adult Education and Rock Ministry</p> <p>10:45am Worship</p> <p>Fair Trade</p>	<p><b>15</b></p> <p>1:00pm Mary Circle</p>	<p><b>16</b></p> <p>10:00am Staff Meeting</p> <p>12:30pm Rebecca Circle</p>
<p><b>21 EASTER SUNDAY</b></p> <p>8:15am Worship</p> <p>9:00am Easter Breakfast</p> <p>10:45am Worship</p>	<p><b>22</b></p>	<p><b>23</b></p> <p>10:00am Staff Meeting</p>
<p><b>28 SECOND SUNDAY of EASTER</b></p> <p>8:15am Worship</p> <p>9:30am Adult Education and Rock Ministry</p> <p>10:45am Worship</p>	<p><b>29</b></p>	<p><b>30</b></p> <p>10:00am Staff Meeting</p>

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p><b>3</b> LENTEN MIDWEEK #4</p> <p>9:30am Quilters</p> <p>5:15pm Children's Choir 6:00pm Soup/bread dinner 7:00pm Lenten worship 7:50pm Sanctuary Choir</p>	<p><b>4</b></p> <p>8:30am Honey Doers 9:30am Women's Bible Study</p> <p>1:00pm Property</p>	<p><b>5</b></p>	<p><b>6</b></p> <p>7:00am Men's Bible Study</p> <p>1:00pm Memorial for Amy Lamkey</p>
<p><b>10</b> LENTEN MIDWEEK #5</p> <p>9:30am Quilters</p> <p>5:15pm Children's Choir 6:00pm Soup/bread dinner 7:00pm Lenten worship 7:50pm Sanctuary Choir</p>	<p><b>11</b></p> <p>8:30am Honey Doers 10:00am Prayer Shawls</p>	<p><b>12</b></p>	<p><b>13</b></p> <p>7:00am Men's Bible Study</p> <p>12 noon Memorial for Aggie Purvis</p>
<p><b>17</b></p>	<p><b>18</b> MAUNDY THURSDAY</p> <p>8:30am Honey Doers 9:30am Women's Bible Study</p> <p>7:00pm Maundy Thursday Worship</p>	<p><b>19</b> GOOD FRIDAY</p> <p>7:00pm Good Friday Worship</p>	<p><b>20</b> EASTER VIGIL</p> <p>7:00am Men's Bible Study</p> <p>7:00pm Easter Vigil Worship</p>
<p><b>24</b></p> <p>9:30am Quilters</p>	<p><b>25</b></p> <p>8:30am Honey Doers</p>	<p><b>26</b></p>	<p><b>27</b></p> <p>7:00am Men's Bible Study</p>

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APRIL 2019

www.mtviewlutheran.org

This calendar only includes MVLC events. For a full campus calendar, please visit [www.mtviewlutheran.org/calendar](http://www.mtviewlutheran.org/calendar) online.



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3505 - 122nd Ave E • Edgewood WA 98372  
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**WEBSITE** • [www.mtviewlutheran.org](http://www.mtviewlutheran.org)

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