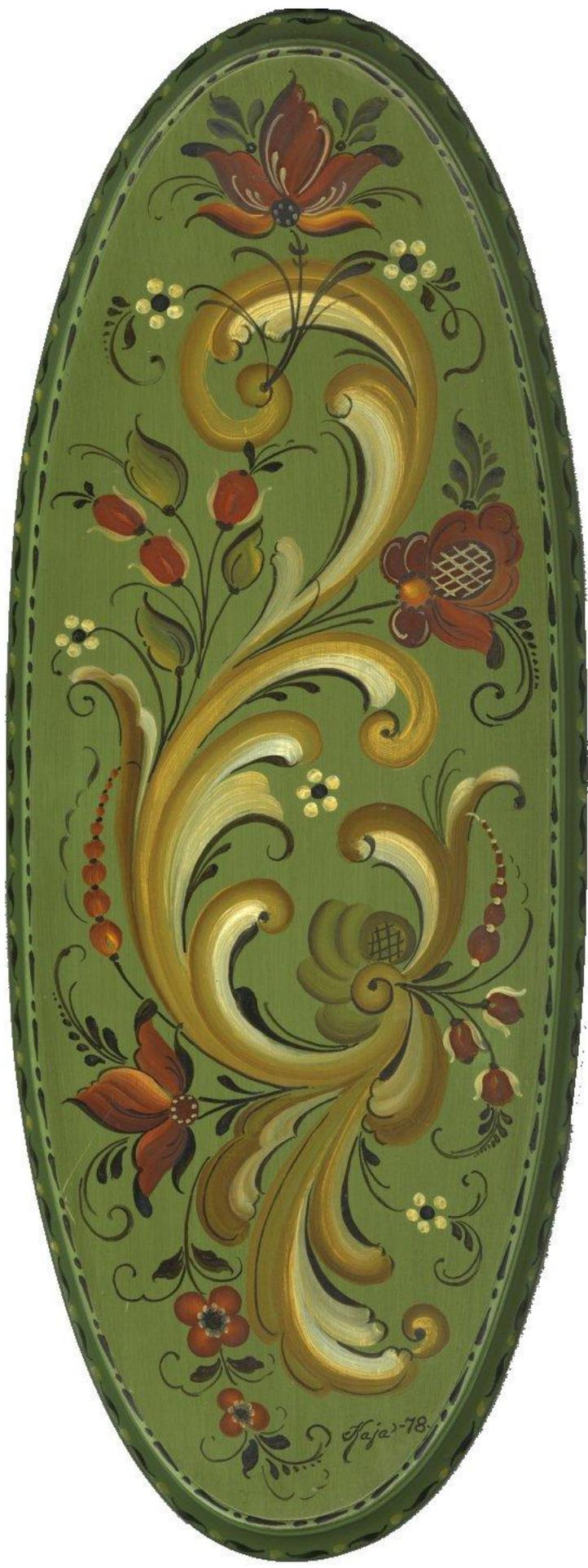


MVLC NEWSLETTER • September 2019



FALL 2019 • ADULT EDUCATION and ExALT

In January 2004, when presidential candidate Howard Dean was asked to name his favorite New Testament book, he answered Job. Just in case you may not know it, Job is in the Old Testament. Biblical literacy matters for those who call themselves disciples of Christ. Today we live in a biblically illiterate culture. Christians not only cannot find the books of the Bible, much less quote scripture, but they are also often unacquainted with the central tenets of the faith and the other scandalous teachings of Jesus Christ.

I open with this observation because I'm persuaded that much of what is called Christian in our world is only loosely connected to the teaching of Jesus and his life, death, and resurrection. So it is incumbent on us as God's beloved baptized to increase our knowledge as we peer into the text and experience the life of faith together.

To that end, this fall I will be offering two classes—one on Sunday mornings during Adult Education and another on Wednesday evenings during ExALT.

On Sunday mornings, we will be exploring the Christian faith as it is lived in community with a particular focus on the biblical and theological tenets of the faith, the experience of the faith, coupled with an overview of the American experiments in use of the faith and the biblical language. I look forward to exploring this subject with you.

On our first night of ExALT (9/11), we will focus on the "Friends in Faith" small group ministry, introduce a new book for

everyone to read, and invite those not currently in a small group to join one.

On the following five Wednesday evenings (9/18 thru 10/16), we will examine Jesus and the parables, exploring this style of story as we seek to enhance our biblical literacy and together pursue our callings to each other and the world as Christ's disciples.

I look forward to the fall as we gather in various formats and grow in faith, love, and obedience to the will of God. I extend a special invitation to those of you in the community who normally do not attend Adult Education or ExALT—these classes on Sundays and Wednesdays are critical offerings to enhance our individual and communal journeys in the faith.

God's peace,

Pastor John L. Vaswig



Fall at MVLC

*We return from our summer vacations
and once again gather together for worship,
fellowship, and lifelong faith formation.*

FALL WORSHIP HOURS

Sunday
8:15 a.m. and 10:45 a.m.
Sanctuary
starting 9/8 • Gathering Day

EXALT:

EXTRAORDINARY ACTIVE LIFE TOGETHER

Wednesday
5:45 p.m. (dinner) and 6:30 p.m. (classes)
Life Together Hall
starting 9/11 • Fall Session

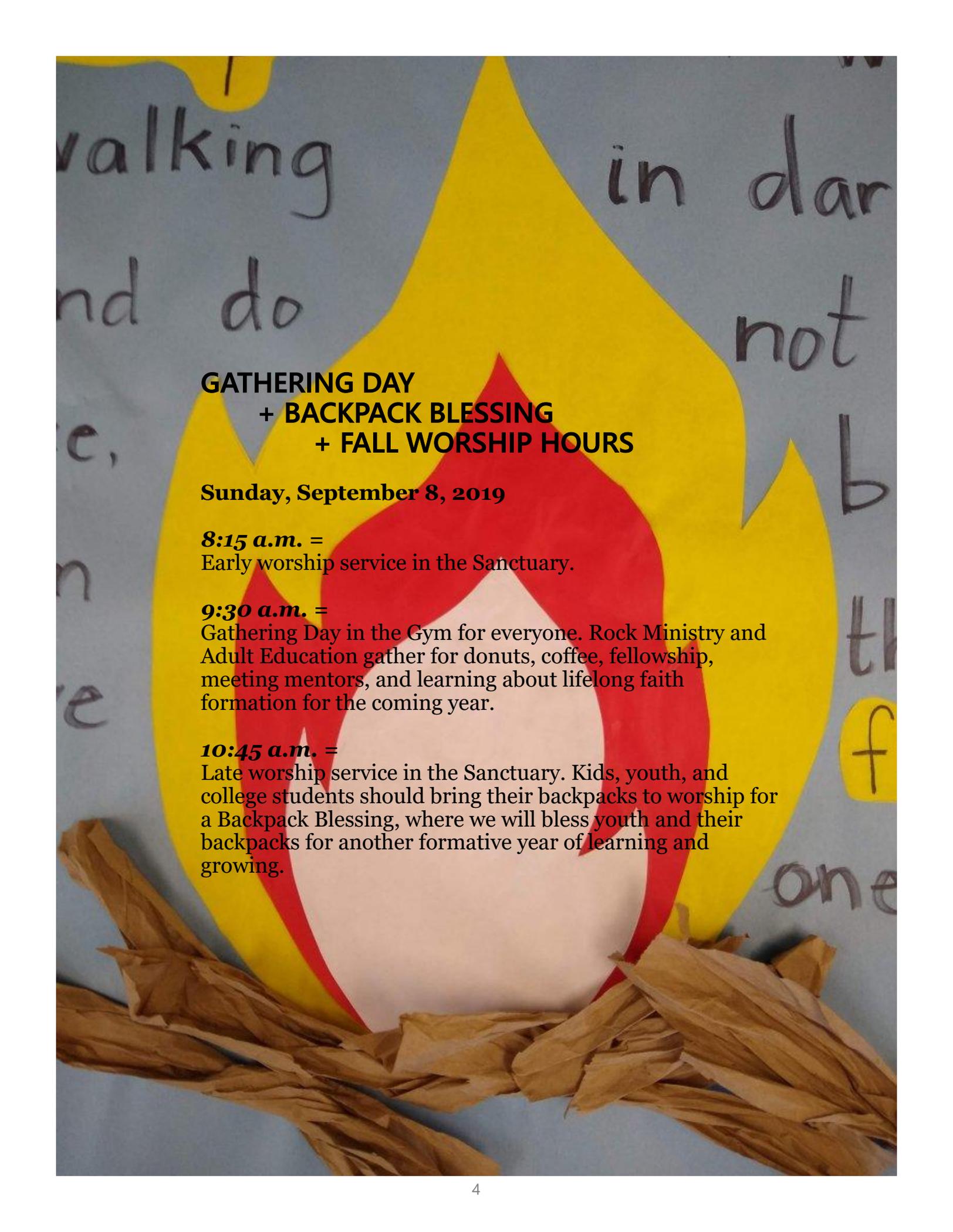
WOMEN'S BIBLE STUDY

first and third Thursday
9:30 a.m.
Library
starting 9/19 • Deuteronomy

MEN'S BIBLE STUDY

Saturday
7:00 a.m.
Chapel Basement
ongoing • First Corinthians





**GATHERING DAY
+ BACKPACK BLESSING
+ FALL WORSHIP HOURS**

Sunday, September 8, 2019

8:15 a.m. =
Early worship service in the Sanctuary.

9:30 a.m. =
Gathering Day in the Gym for everyone. Rock Ministry and Adult Education gather for donuts, coffee, fellowship, meeting mentors, and learning about lifelong faith formation for the coming year.

10:45 a.m. =
Late worship service in the Sanctuary. Kids, youth, and college students should bring their backpacks to worship for a Backpack Blessing, where we will bless youth and their backpacks for another formative year of learning and growing.

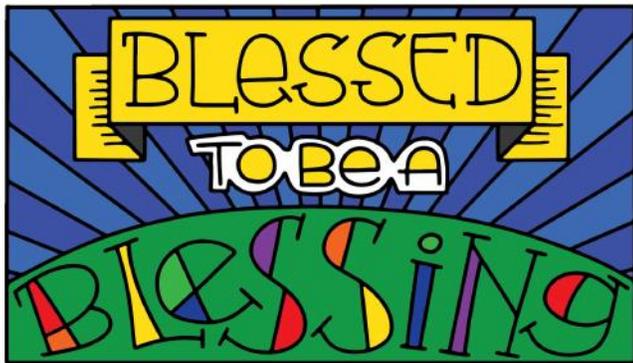
ROCK MINISTRY

Sunday, September 8 • 9:30 a.m. to 10:30 a.m.

GATHERING DAY and BACKPACK BLESSING (at 10:45 a.m. worship)

Gathering Day launches us into another year of Rock Ministry at MVLC. Kids and youth move up into their new classes, and meet their mentors from 9:30-10:30am.

For the **Backpack Blessing**, kids, youth, and college students (if they're still here) should bring their backpacks to 10:45 a.m. worship, and we'll bless the youth and their backpacks for another formative year of learning and growing.



Sunday, September 22 • 12 noon to 2:30 p.m.

ACOLYTE RETREAT

This retreat is for 3rd and 4th grade families who haven't gone through acolyte training yet. We ask parent(s) and child to come to this mini-retreat to learn what an acolyte is, why they serve an important role in worship, and everything an acolyte does. We'll have lunch and a game for fellowship, a craft for the kids to take home, and all throughout, we'll be learning about the special job of acolytes.

*Plan to attend 10:45 a.m. worship on Sunday, September 29 for the Acolyte Rite.

HIGH SCHOOL YOUTH (8th–12th grades)

Sunday, September 15 • 6:00 p.m. to 8:30 p.m.

BBQ with CELEBRATION LUTHERAN and PILGRIM LUTHERAN

Meet at Celebration Lutheran Church at 6:00 p.m. Bring a side to share. We'll have games and fellowship and a campfire. Reflect on the summer and catch up with church friends as we head into a new school year.

GRIEF GROUP

I will not leave you comfortless, I will come to you. —JOHN 14:18

Dear Mountain View Members,

Our son, Matthew, died on May 16, 1998. I cannot begin to describe the pain and heartache we experienced. We didn't know how to grieve as a family or as individuals. We huddled in the basement and stared mindlessly at the television. We could not even comfort each other. It was here, in this faith community, that we were able to begin to heal. It was sermons by Pastor John; it was texts that jumped from the liturgical readings; it was the continued prayers of the congregation; it was honest conversations of death and dying; and it was God's presence in the absence of our son that ever so slowly brought us a measure of healing, peace, and comfort.

Today we have a group of people who live in all stages of brokenness that continue to come together as a source of comfort and healing. Some are painfully new to grief. They come in the first weeks after the death of a loved one searching for something, not even sure what that something might be. Others come when an anniversary or significant event sends waves of grief crashing over them again. And some come to comfort those who are struggling, because they remember how difficult those first days, weeks, months, and years were and they remember how good it was to be with friends who could share the burden of their pain.

And so we offer Grief Group to you. Please come. We meet on the first Wednesday of the month, September 4, at 1:00 p.m. in the All Saints Room. All are welcome.

Lynn Wadnizak

DEACONS

Dear Deacons,

All Deacons are invited and encouraged to attend our Fall meeting on Thursday, September 12 at 7:00 p.m. in the MVLC Library. This will be an evening of conversation with Pastor John as we share our visits, ask questions, and prepare for another year of serving in this ministry.

I hope to see you all there.

Lynn Wadnizak

CHILDREN'S CHOIR

The first rehearsal of the Children's Choir is at 5:10 p.m. on Wednesday, September 11 in the Sanctuary. All children in grades 2-8 are welcome to come and sing! The Children's Choir rehearses each Wednesday prior to ExALT and will sing in worship at least once per month. Please contact MVLC Music Director Carmen Van Soest at cvansoest@mtviewlutheran.org if you need more information.

SANCTUARY CHOIR

The first rehearsal of the Sanctuary Choir is at 7:30 p.m. on Wednesday, September 11 after ExALT. Bring your choir folder, a pencil, and any old choir music you find sitting at home or in your car. Please contact MVLC Music Director Carmen Van Soest at cvansoest@mtviewlutheran.org if you need more information.

BOOK CLUB

The Tuesday, September 10 meeting of the MVLC Book Club will be at the home of Mary Finney, 2120 - 122nd Ave E, Edgewood WA 98371. Please contact Mary at 253-298-1982 if you need more information.

Prayers of the Church

Lord, in your mercy, hear our prayer.

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

-) Lorraine Larson and family at the death of her husband Art Larson.
-) David Nichols and family at the death of his father Thomas Nichols Sr.

We pray for the newly baptized.

-) Ed Callantine.

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

-) John Bachner.
-) Darrel Hagen.
-) Stewart Luckman.
-) Doug Mandt.
-) Dan Neptun.
-) Pete Thibadeau.

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

-) Delores Chapel, sister of Lois Stark.
-) Gary Cornell, father of Jason Cornell.
-) Marylyn Dicoski, cousin of Phil Edlund.
-) Cathy Ghiglione, friend of Kathy Harris.
-) Joyce Goad, sister-in-law of Jay Holland.
-) Stacey Hailey, daughter of Ed and Lois Stark.
-) Dianne Kimble, sister of Darlene Thompson.
-) Wendell Nascimento, friend of Mervina Sturgeon and Pili Wolfe.
-) Jim Stark, son of Ed and Lois Stark.
-) Ron Thompson, son of Darlene Thompson.

Amen.



Pastor Vaswig to receive PLTS Alumni Award for Distinguished Ministry of a Parish Pastor



“Pastor John Vaswig was chosen to receive from Pacific Lutheran Theological Seminary this year’s Alumni Award for Distinguished Ministry of a Parish Pastor. He is being honored for his faith-directed, energetic, disciple-building leadership of congregations in Edgewood and Spokane, Washington. He graduated from PLTS in 1985 and has been an inspiration, mentor, and model for many parish pastors and church workers. He combines personal warmth with a holy intensity of purpose, with a mind toward the gospel and its mission. The seminary is proud to have Pastor John as one of its graduates.”

*Brian Stein-Webber
PLTS Director of Seminary Relations*

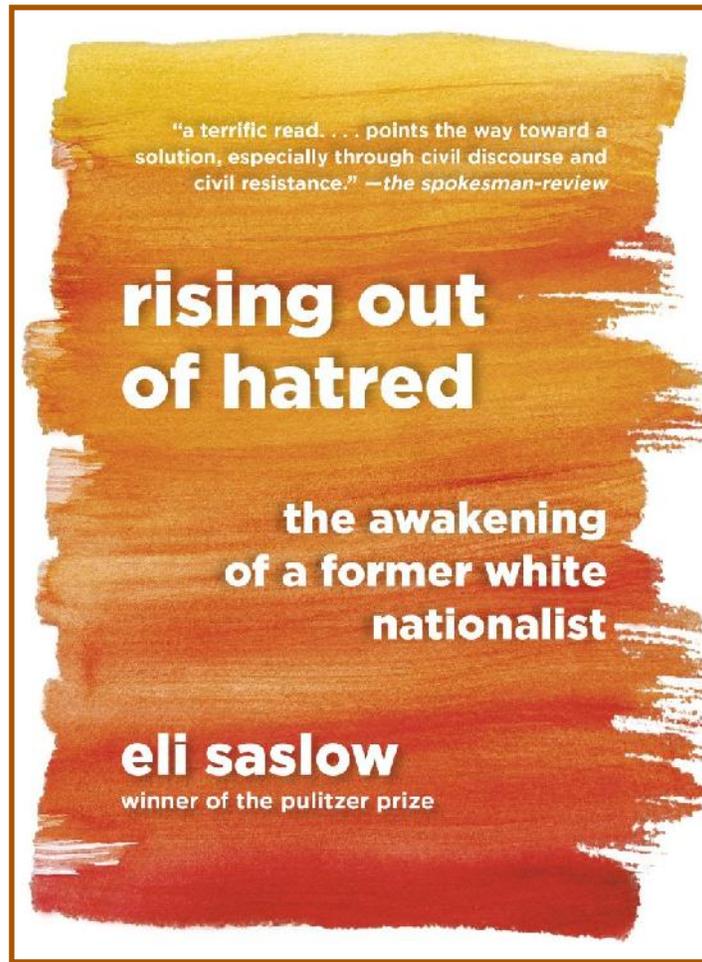
Pastor John will receive his award at the PLTS Founders’ Day celebration on Wednesday, September 18, 2019 in Berkeley, California, so he will miss being with us in life together for ExALT that evening.

Congratulations to Pastor John on such an honor and many blessings upon his continued ministry in our midst!

Installation of Rev. Rebecca Shjerven as Bishop’s Associate of the Southwestern Washington Synod

Sunday, September 15, 2019 • 4:00 p.m.
at Gloria Dei Lutheran Church, 1515 Harrison Ave NW, Olympia WA 98502

All are invited to attend. Rostered ministers please vest in red and plan to process.



The next book that “Friends in Faith” Small Groups will read is **Rising Out of Hatred: The Awakening of a Former White Nationalist** by Eli Saslow.

“*Rising Out of Hatred* tells the story of how white-supremacist ideas migrated from the far-right fringe to the White House through the intensely personal saga of one man who eventually disavowed everything he was taught to believe, at tremendous personal cost. With great empathy and narrative verve, Eli Saslow asks what Derek’s story can tell us about America’s increasingly divided nature. This is a book to help us understand the American moment and to help us better understand one another.”

Join us for **ExALT: Extraordinary Active Life Together** at **6:30 p.m.** on **Wednesday, September 11, 2019** in the Life Together Hall, where Pastor John will introduce the book to those gathered. Members of current “Friends in Faith” Small Groups are especially encouraged to attend. Those who are not part of “Friends of Faith” Small Groups are also welcome to participate. People will also be able to join existing and/or new “Friends in Faith” Small Groups at this class.

You are welcome to purchase your own copies of *Rising Out of Hatred* or you can order a copy through the Church Office by contacting MVLC Communications Director Troy Kehm-Goins at tkehm-goins@mtviewlutheran.org or 253-863-5171. Copies purchased through MVLC will cost \$14.00 each.

From the CHURCH ADMINISTRATOR

Mission Endowment Fund Committee to Grant \$23,000

It is that time of year again! The Mission Endowment Fund Committee met last week, and the Church Council approved, to make available \$23,000 for the 2019 Mission Endowment Fund Grants! Each year the Mission Endowment Fund Committee can approve grants totaling up to 10% of the prior year's June 30 fund balance. Projects to be consider must fall into one of the following 5 categories: 1) Missions – local, regional, and global projects; 2) Education – college and seminary scholarships and special programs within Mountain View Lutheran Church; 3) Youth – support for ministry & programs directed to youth of all ages; 4) Worship & Music – support for the worship and music life of Mountain View Lutheran Church; and 5) Capital Projects – major renovations and building of new facilities. **Projects must be submitted by an active member of Mountain View Lutheran Church in good standing in order to receive consideration. Please submit your request no later than Sunday, October 6, 2019.**

Applications are available in the Church Office or online at <https://mtviewlutheran.shelbnextchms.com/external/form/fdb3aa2e-7a81-4d23-85aa-b5b5e6e918a7>

2020 Spending Guideline Requests are due on or before September 30

The Finance Committee will be meeting in early October to develop the draft of the 2020 Spending Guideline! If you are working with a Ministry Group, please submit your 2020 Spending Guideline request to the Church Office no later than September 30th @ pedlund@mtviewlutheran.org. I will email each ministry chair a copy of their prior 3 year's spending and current YTD spending through August 30th vs. Spending Guideline next week!

Hope you are having a happy and safe Summer!

In His service,
Phil Edlund

General Fund Giving Update

July was an okay giving month, with income at just over \$71,000 versus expected giving of \$80,600. We continue to be close to expected giving levels YTD, at more than 94.98% of expected giving levels. Giving during the 4 Sundays of August was also somewhat lower than expected giving amounts, totaling \$68,665 versus expected giving of \$83,796. We are \$33,800 below the giving levels needed to stay on track for the year. Giving overall continues to be faithful and consistent across the congregation as a whole and is still up about 1.71% compared with last year. We still have seven more days of Simply Giving offering to include at the time of this article.

We ask for your continued faithful financial support as we move into Fall, as we prepare for Gathering Day and the beginning of our Fall program.

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

	7/31/2019 actual + thru 7/21/2019 actual	2019 Spending Guideline	Difference	2018 Actual
Month ending 7/31/2019	\$71,119	\$80,592	-\$9,473	\$66,699
Month to date 8/25/2019	\$68,665	\$83,796	-\$15,131	\$70,025
Year to date 7/31/2019	\$571,550	\$590,243	-\$18,693	\$559,433
Year to date 8/25/2019	\$640,209	\$674,039	-\$33,830	\$629,459

HUNGER IS

During the month of September, when you visit three of our local Safeway locations—Milton; East Main, Puyallup; and South Meridian, Puyallup—you'll see signs about the *Hunger Is* fundraiser and have the option to donate at checkout. ***Here's a not-so-well-kept secret: Mountain View Community Center was selected to receive half of all these donations!***

We're excited that our local Safeway stores and The Albertsons Companies Foundation chose MVCC as a charity partner for this year's *Hunger Is* campaign. Half of all the money given at checkout this month will go directly to supporting our Kid PowerPack Program, which provides weekend food for local at-risk kids.

Hunger Is, a charitable program of the Albertsons Companies Foundation, has a very broad and ambitious goal: to eradicate hunger in America. The specific focus is creating and expanding breakfast programs for children.

Please stop by at our local Safeway stores and make a donation to the *Hunger Is* campaign from September 1 through September 30, 2019. Our kids will thank you!

- Safeway | Milton
900 East Meridian Avenue, Suite 12
Milton WA 98354
- Safeway | East Main - Puyallup
1405 East Main Avenue
Puyallup WA 98372
- Safeway | South Meridian - Downtown Puyallup
611 South Meridian
Puyallup WA 98371

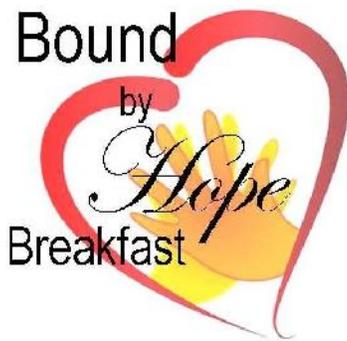
MOUNTAIN VIEW COMMUNITY CENTER

10th ANNUAL BACK-to-SCHOOL BBQ by the NUMBERS

-) 96 volunteers served a total of 490 hours.
-) 700 backpacks were given away (with another 300 heading to local schools for distribution to students).
-) 130 youth received haircuts.
-) Over 1,000 hot dog lunches were consumed.
-) 4,756 items of clothing were distributed.

All of which equals 1,000 students ready to start the new school year!

As MVCC Executive Director Jesie Holden wrote after the event: “My feet are tired and my heart is full. A special thank you to each one who helped us ensure all our local students have the tools they need to succeed this school year!”



2nd ANNUAL BOUND by HOPE BREAKFAST

You are invited to the second annual Bound by Hope Breakfast, which is from 7:30 to 9:00 a.m. on Wednesday, October 16, 2019 at the Mountain View Community Center.

When we are bound together in common purpose, we create a better community for everyone to live, learn, worship, and work in. Come learn more about the programs and services happening at Mountain View Community Center thanks to the generous support from our local community. Sponsorship opportunities are available.

Please contact Jesie Holden at 253-826-4329 or jesieh@mtviewcc.org for more details or to RSVP.



Join us for this inspirational gathering as we celebrate Nourish Pierce County, share our vision for the future, and raise critical funds to continue our mission of providing nutritious food and support services to people in need with compassion, dignity and respect.

Thursday, September 12, 2019

Doors open: 11:30am | Program: Noon

Hotel Murano Ballroom

1320 Broadway Plaza, Downtown Tacoma

While the luncheon is free, there will be a request for donations during the program.

Tables are for 10 people. Sponsorship Packages and Table Captain opportunities are available! For more information, please contact Nourish at 253-383-3164 or visit our website at www.nourishpc.org/events.

HEALTH NEWS

Back-to-school tips from the Faith Community Nurse!

Backpack safety

Aching backs and shoulders? Tingling arms? Weakened muscles? Stooped posture? Does your child have these symptoms after wearing a heavy school backpack? Carrying too much weight in a pack or wearing it the wrong way can lead to pain and strain. Parents can take steps to help children load and wear backpacks the correct way to avoid health problems.

A child's backpack should weigh no more than about 10% of his or her body weight. This means a student weighing 100 pounds shouldn't wear a loaded school backpack heavier than about 10 pounds.

-) Load heaviest items closest to the child's back (the back of the pack).
-) Arrange books and materials so they won't slide around in the backpack.
-) Check what your child carries to school and brings home. Make sure the items are necessary for the day's activities.
-) If the backpack is too heavy or tightly packed, your child can hand carry a book or other item outside the pack.
-) If the backpack is too heavy on a regular basis, consider using a book bag on wheels if your child's school allows it.
-) Distribute weight evenly by using both straps. Wearing a pack slung over one shoulder can cause a child to lean to one side, curving the spine and causing pain or discomfort.
-) Select a pack with well-padded shoulder straps. Shoulders and necks have many blood vessels and nerves that can cause pain and tingling in the neck, arms, and hands when too much pressure is applied.
-) Adjust the shoulder straps so that the pack fits snugly on the child's back. A pack that hangs loosely from the back can pull the child backwards and strain muscles.
-) Wear the waist belt if the backpack has one. This helps distribute the pack's weight more evenly.
-) The bottom of the pack should rest in the curve of the lower back. It should never rest more than 4 inches below the child's waistline.
-) School backpacks come in different sizes for different ages. Choose the right size pack for your child as well as one with enough room for necessary school items.

Vaccines

Be sure your child is up to date on vaccines. Vaccines build immunity to protect children from disease. Please, if you have questions or concerns regarding childhood vaccines, talk to your child's doctor. A new vaccine bill was passed in Washington July 2019. This bill applies to public and private schools in Washington. Children cannot be exempt from the MMR vaccine for personal and philosophical reasons. The MMR is required in order to put kids in school and childcare center.

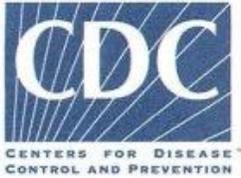
Preventing illness

Returning to school brings exposure to children's colds. We teasingly say Kids are like petri dishes, breeding and passing germs. We all know if one child gets sick in the family how easily that cold can spread to other family members. Actually "children gathering in schools is one of the main ways germs circulate in communities," says Athena P. Kourtis, MD, PhD, MPH, a pediatrician and author. Hand washing, is a most important step we can take to avoid getting sick and spreading germs to others. I have included a CDC handout for you all to tear from the newsletter. Educate yourself and family members when and how to wash your hands. A great way to protect yourself and others.

Terry Freed, RN

MVLC Faith Community Nurse

parishnurse@mtviewlutheran.org • 253-640-9119



When & How to Wash Your Hands

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

When should you wash your hands?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



How should you wash your hands?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.





Why? Read the science behind the recommendations.

(<https://www.cdc.gov/handwashing/show-me-the-science-handwashing.html>)

What should you do if you don't have soap and clean, running water?

Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs and might not remove harmful chemicals.



Hand sanitizers are not as effective when hands are visibly dirty or greasy.

How do you use hand sanitizers?

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.



Why? Read the science behind the recommendations.

(<https://www.cdc.gov/handwashing/show-me-the-science-sanitizer.html>)

Caution! Swallowing alcohol-based hand sanitizers can cause alcohol poisoning. Keep it out of reach of children. Learn more here.

(<https://www.cdc.gov/handwashing/show-me-the-science-hand-sanitizer.html#swallowing>)



MATHETRIA

(μαθήτρια • female disciple)

RETREAT

Friday, October 18 – Sunday, October 20, 2019

Begins Friday evening with dinner.
(You can arrive after dinner if needed.)

Ends Sunday at 12 noon.

Location: Falls Creek Retreat Center.
(About 2 hours drive from MVLC.)

Cost: \$160 per person.
(Partial and full scholarships are available as needed.)

Mathetria is the feminine of the word *disciple*. It appears only once in the whole of the New Testament. Yet, as we know, female discipleship has always played an essential role in the life of the church and ministry in God's name—whether women were named as disciples or not.

On this retreat, we will gather together to renew our spirits and reinvigorate our commitment to our female discipleship. We'll read texts together (scripture and selections from a book TBD), share stories, listen, laugh, rest, and worship together.

More detailed information to come on scheduling, carpooling, rooming, etc.

A note on accommodations: Falls Creek is an adult retreat center. My hope is that by focusing on adult retreats, this facility will be even more suited to helping us all relax and rest comfortably. There will be 2-3 people per room (*no bunkbeds!*) and private baths in *some* of the rooms while others share baths. We'll have a lodge to ourselves with open gathering spaces and a lot of beautiful scenery surrounding us.

RSVP to Pastor Bri now! bmerkle@mtviewlutheran.org

Vieky's Potato Chip Cookies

These cookies are light, crispy, buttery—and not too sweet.

PREP TIME: 5 minutes | **BAKING TIME:** 15 minutes

INGREDIENTS

1 cup butter
1 1/2 cup flour
1/2 cup sugar
1/2 cup crushed potato chips
1 egg yolk
1/2 cup chopped nuts
1 teaspoon vanilla

INSTRUCTIONS

1. Cream butter and sugar.
2. Add rest of ingredients.
3. Drop by teaspoonful onto un-greased cookie sheet and press lightly with fork.
4. Bake 15 minutes in 350-degree oven.

Recipe makes about a dozen cookies.

This recipe was submitted to Lutheran World Relief (LWR) by Vicky Whetstone, LWR's Senior Associate for Visibility and Engagement. If you've ever had a question or request for resources when calling LWR, you may have spoken with Vicky. She is a beloved LWR staff member and each day she helps countless Lutherans put their faith into action.

These cookies pair well with coffee.

Would you be willing to make some cookies for the "coffee hour" that immediately follows each worship service in the Gathering Space?

Or to host one of the coffee hours? (You can sign up on the "Coffee Hour Treats" board in the Gathering Space.)





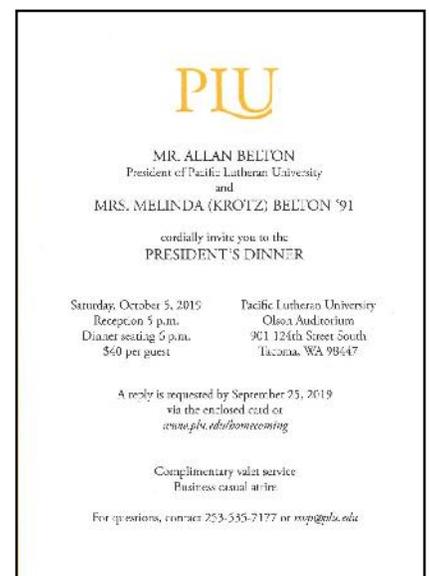
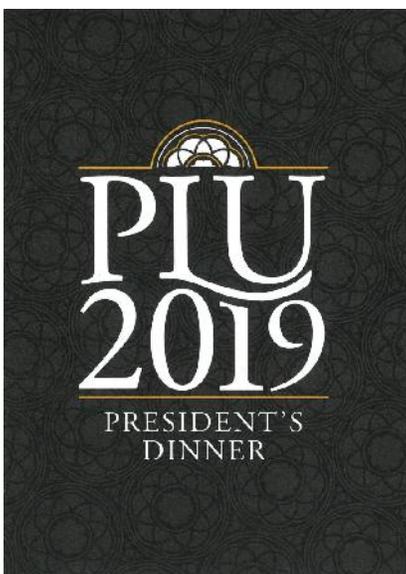
2019 Homecoming and Family Weekend

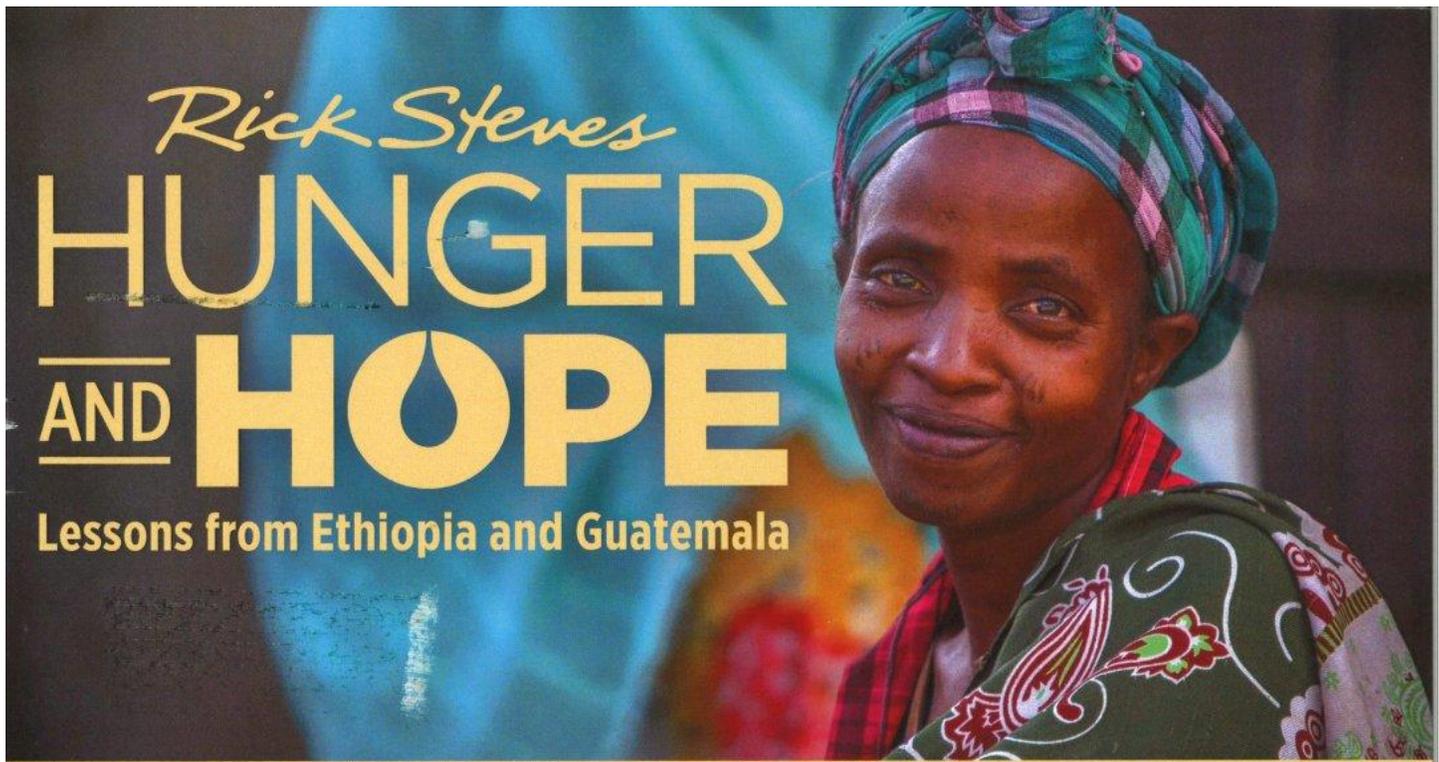
Return to campus Oct. 3-6 for Homecoming and Family Weekend, a celebration for alumni, students, families and the campus community!

We are excited to announce the return of PLU On Tap. This event will feature samplings of alumni-produced beer, cider and wine. It's a fantastic opportunity to meet Lutes from all generations while sampling libations. Visit the PLU Homecoming webpage for the full schedule of events.

If you have questions about Homecoming and Family Weekend, please contact Alumni & Student Connections at alumni@plu.edu or 253-535-7415.

More info: www.plu.edu/homecoming





Rick Steves
**HUNGER
AND HOPE**
Lessons from Ethiopia and Guatemala

FREE PREMIERE SCREENING & BENEFIT
Monday, October 7, 2019 at 7 PM

 Until all are fed.
ELCA World Hunger
Evangelical Lutheran Church in America
God's work. Our hands.

Rick Steves, guidebook author and travel TV host, and the Rev. Elizabeth A. Eaton, presiding bishop of the Evangelical Lutheran Church in America (ELCA), will host the premiere screening of Steves' new special "Hunger and Hope: Lessons from Ethiopia and Guatemala" on Monday, October 7 from 7:00 to 9:00 p.m. at Trinity Lutheran Church & Schools (6215 - 196th St SW, Lynnwood WA 98036).

Following the screening, Steves and Eaton, with Rev. Dan Rift, ELCA World Hunger and Disaster Appeal Director, will engage in conversation and take questions on issues surrounding world hunger. Attendees will be given the opportunity to learn more about ELCA World Hunger and how to support their efforts to address these issues.

To register or for more information:
hunger-and-hope.eventbrite.com

In this hour-long special, Rick Steves ventures beyond Europe. Traveling through Ethiopia and Guatemala, he learns from locals and experts about key aspects of extreme poverty and how to beat it. Together, we'll witness the importance of water, education, empowering women, and nutrition during a child's first 1,000 days. And we'll see firsthand the impact of globalization and the effects of climate change. More than 700 million people remain in extreme poverty — struggling to live on less than \$2 a day. But with the help of innovative solutions and smart development aid, world hunger has been cut in half in the last generation. Ending hunger is possible. And, with travel as our classroom, we can learn about both the challenges and the solutions.



Evangelical Lutheran Church in America

God's work. Our hands.

July 30, 2019

Mountain View Lutheran Church
3505 122nd Ave E
Edgewood, WA 98372-2418

Dear Mountain View Lutheran Church,

Thank you for your gift(s) given to your synod, received by ELCA World Hunger in June 2019.

"Every generous act of giving, with every perfect gift, is from above."

James 1:17a

Your generous gift is enabling transformative works of love here in the United States and in 60 countries around the world, providing what is needed to end hunger and poverty: access to clean water, health care, agriculture, livestock, education, and peace and justice. Together we are creatively and courageously working toward a just world where all are fed.

Thank you for making a difference in the lives of our neighbors around the world.

Until all are fed,

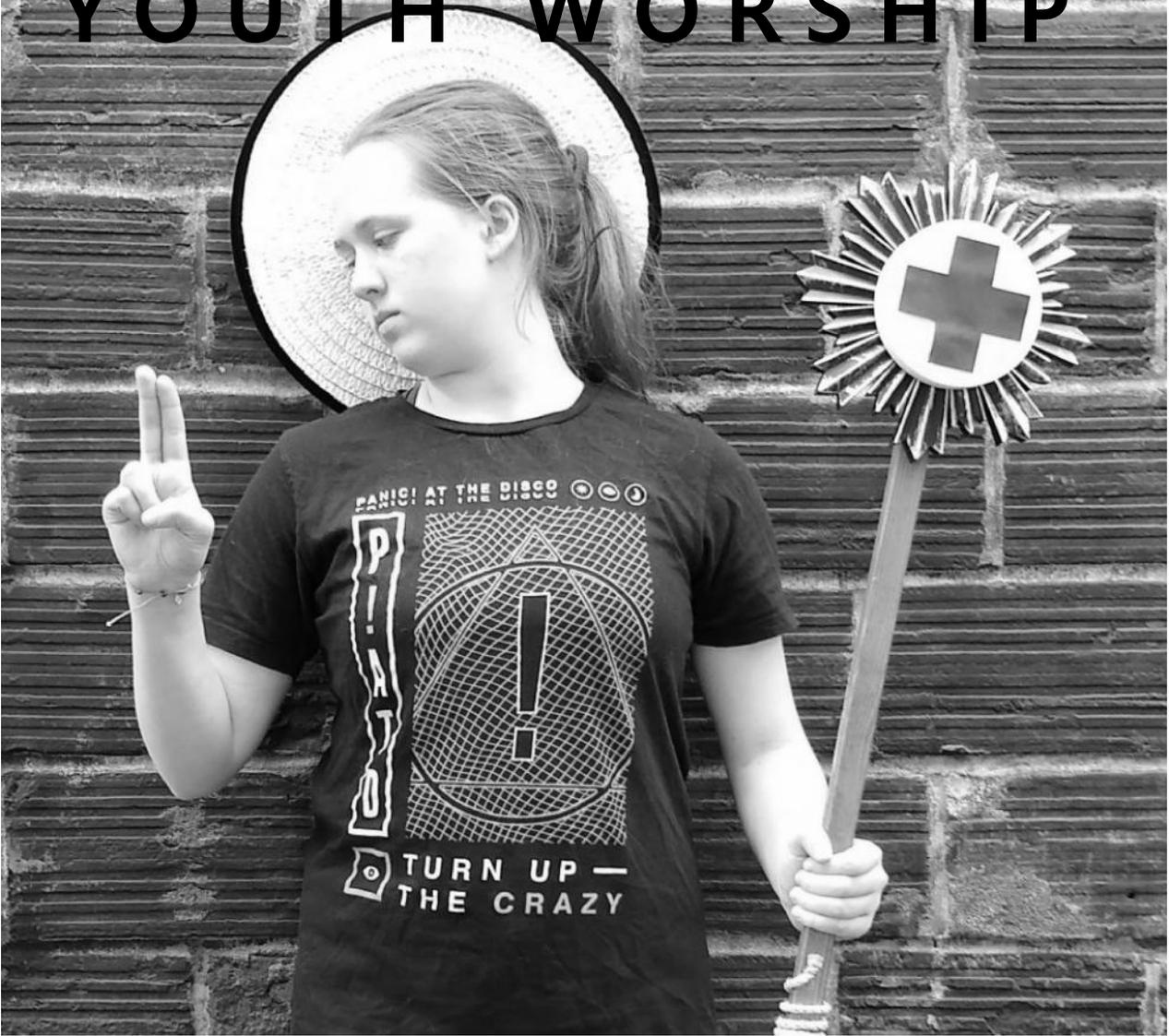
Robin Brown

The Rev. Robin Brown
Mission Funding Director, Congregations

*Dear People of
Mountain View,
Thank you! With your
most generous gifts you
are bringing closer God's
intention for abundance
for all, for all to be fed.
Robin*

ALL SAINTS

YOUTH WORSHIP



An ecumenical youth worship
to remember our friends and family
who have died by suicide

and to hear the Gospel's message
of hope and belonging
alongside our grief.

SATURDAY, NOVEMBER 3, 2019
6:00 p.m.

Mountain View Lutheran Church
3505 - 122nd Ave E, Edgewood WA 98372

For middle school and high school youth.

An ecumenical youth worship
to remember our friends and family
who have died by suicide

and to hear the Gospel's message
of hope and belonging
alongside our grief.

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SATURDAY, NOVEMBER 3, 2019

QUILTERS CORNER

Last month, the MVLC Quilters asked the congregation to “solve” the mystery of the *Why, What, Who, Where, and How* of quilting. We hope to receive feedback from that article or donations from folks to help us continue to make more quilts for those in need. Items needed were presented in that article. If you can't remember or have questions about what is needed then please contact Anne Marie Bachner at 253-232-4508, she is always ready to help.

This month, we wanted to let you know how much “stuff” goes into making a quilt. Lutheran World Relief asks for quilts that are 60” by 80” when complete, so we make tops 62” by 82”. That translates into just over 5 feet by close to 7 feet. MVLC Quilters produce about 800 quilts per year. *For the tops alone* we use 340 feet by 453 feet of material. A football field is 160 feet wide and 300 feet long. Just picture the Mountain View Lutheran Church quilts laid out on the Hawks Football Stadium! We would cover the field and then have to go next door to the baseball stadium to lay out more quilts, and cover half the field, which is what we would have left over. That is a lot of quilts and an amazing amount of color!

Now that is *just the tops*. We still have to provide batting, which we must purchase. Sometimes we have old (clean) blankets and other big pieces of similar material to use. Many of the quilters buy such items at garage sales and donate the items. Other times we receive such items from church members who are cleaning out excess “stuff” we all accumulate in our homes. Take a look, and make room in that extra room or closet by donating to the MVLC Quilters.

Still the quilts are not finished; we still have to complete the backs. Mostly we use sheets. It takes at least a queen size sheet to provide the right size needed. Remember we do about 800 quilts a year! That means close to 800 sheets a year. Again we can thank our quilting members and one in particular (Val) who makes a weekly trip or two to thrift stores to purchase sheets. That is at least for close to 50 weeks out of the year! And those hundreds of sheets, she donates for the quilters to use. A big help would be for everyone to review their linen closets and see if they have any old sheets, clean and in good condition. We can use them. Contact Anne or drop them off at the Church Office. The Mountain View staff do a great job in helping us. Or come by on Wednesdays to the Chapel basement from 9:30 a.m. to 2:30 p.m. and meet some of the MVLC Quilters.

This article was just to present information on what it takes to produce the almost 800 quilts per year that the MVLC Quilters complete. And to let you know what is needed to continue to provide warmth, love, and an expression of Christian caring to a world seeking affirmation in troubling times.

IMAGES/NOTES

- J Front cover and page 3: Tole painting, 1978, by Kaja. Hanging in the Chapel kitchen.
- J Page 16: Poster by Nourish Pierce County.
- J Pages 18 and 19: Fliers by the Centers for Disease Control and Prevention.
- J Page 20: “Saint Tabitha,” watercolor ink, India ink, and iridescent calligraphy ink on watercolor paper, 2019, by Troy Kehm-Goins.
- J Page 22: Photograph on left by Lutheran World Relief.
- J Page 23: Photograph and invitation by Pacific Lutheran University.
- J Pages 24 and 25: Postcard and letter by ELCA World Hunger.
- J Page 26: All Saints Youth Worship poster by Troy Kehm-Goins.
- J Back cover: Members of one of our “Friends in Faith” Small Groups serves the “Seeds of Change” Community Meal at the Mountain View Community Center.
- J All other photographs by Troy Kehm-Goins.

Many thanks to those who help make this newsletter a reality by submitting photos, fliers, articles, and information—staff, ministry group chairpersons, ministry partners, and members of the congregation.

Would you like to submit something for consideration? It needs to be emailed to MVLC Communications Director Troy Kehm-Goins by the 15th of the month prior to publication. And preferably in an editable electronic format!

Items for the July 2019 newsletter need to be sent to Troy at tkehm-goins@mtviewlutheran.org by 3:00 p.m. on Saturday, June 15.

CONTACT

Mountain View Lutheran Church

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Parish Worker Marlene Wright • mwright@mtviewlutheran.org
Communications Director Troy Kehm-Goins • tkehm-goins@mtviewlutheran.org

SUNDAY

MONDAY

TUESDAY

<p>1 TWELFTH SUNDAY after PENTECOST</p> <p>8:15am Worship 10:00am Worship</p>	<p>2</p>	<p>3</p> <p>8:30am Staff retreat 9:00am WELCA</p> <p>2:00pm Memorial service for Art Larson</p>
<p>8 THIRTEENTH SUNDAY after PENTECOST</p> <p>Gathering Day + Fall Hours</p> <p>8:15am Worship 9:30am Rock Ministry and Adult Education 10:45am Worship</p>	<p>9</p>	<p>10</p> <p>10:00am Staff Meeting 1:00pm Book Club</p> <p>6:00pm Mary's Circle 6:30pm Church Council</p>
<p>15 FOURTEENTH SUNDAY after PENTECOST</p> <p>8:15am Worship 9:30am Rock Ministry and Adult Education 10:45am Worship</p> <p>Fair trade coffee, tea, and chocolate</p>	<p>16</p> <p>1:00pm Mary's Circle</p>	<p>17</p> <p>10:00am Staff Meeting</p>
<p>22 FIFTEENTH SUNDAY after PENTECOST</p> <p>8:15am Worship 9:30am Rock Ministry and Adult Education 10:45am Worship</p>	<p>23</p>	<p>24</p> <p>10:00am Staff Meeting 6:30pm Church Council</p>
<p>29 SIXTEENTH SUNDAY after PENTECOST</p> <p>8:15am Worship 9:30am Rock Ministry and Adult Education 10:45am Worship</p>	<p>30</p> <p>2020 Spending Guideline Requests Due</p>	

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>4</p> <p>9:30am MVLC Quilters</p> <p>1:00pm Grief Group</p>	<p>5</p> <p>8:30am Honey Doers</p> <p>1:00pm Property</p>	<p>6</p>	<p>7</p> <p>7:00am Men's Bible Study</p>
<p>11</p> <p>9:30am MVLC Quilters</p> <p>ExALT 5:10pm Children's Choir 5:45pm Dinner 6:30pm Classes 7:30pm Sanctuary Choir</p>	<p>12</p> <p>8:30am Honey Doers</p> <p>10:00am Prayer Shawls</p>	<p>13</p>	<p>14</p> <p>7:00am Men's Bible Study</p> <p>8:30am Church Council Retreat</p>
<p>18</p> <p>9:30am MVLC Quilters</p> <p>ExALT 5:10pm Children's Choir 5:45pm Dinner 6:30pm Classes 7:30pm Sanctuary Choir</p>	<p>19</p> <p>8:30am Honey Doers</p> <p>9:30am Women's Bible Study</p>	<p>20</p>	<p>21</p> <p>7:00am Men's Bible Study</p>
<p>25</p> <p>9:30am MVLC Quilters</p> <p>ExALT 5:10pm Children's Choir 5:45pm Dinner 6:30pm Classes 7:30pm Sanctuary Choir</p>	<p>26</p> <p>8:30am Honey Doers</p>	<p>27</p>	<p>28</p> <p>7:00am Men's Bible Study</p>

Mountain View Lutheran Church

SEPTEMBER 2019

www.mtviewlutheran.org



Mountain View Lutheran Church

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