
Pastor's Page: A Pastor Goes to Therapy

You know that formulaic penultimate scene in so many action/adventure movies where just when it appears the monster has been defeated and everyone lets down their guard, all of a sudden a tentacle emerges, wrapping itself around someone's leg to give one last whomp before it can finally be vanquished? That's what happened to me.



**MAY IS NATIONAL
MENTAL HEALTH
AWARENESS MONTH**

I grew up with a lot of turmoil in my childhood. Many people do, and mine was not as bad as some. Still, it left me with anxiety issues which have extended into adulthood. I thought I had vanquished that foe. The years brought distance from those difficult days. I built for myself the marriage and family life I always wanted, the kind I didn't have as a kid. Prayer and scripture brought peace and hope. I still had bouts with anxiety, including what I now can identify as mild panic attacks, but when it started ramping up, I learned to keep it at bay, often by going running.

Then my mom died. Not only did she die, but she died in a way that opened up the cellar door and freed the monster for one last whomp. After her sudden death from a prescription drug overdose my anxiety was overwhelming, and I couldn't outrun it. Other tentacles of grief, guilt, and anger got ahold of me too, and I couldn't pry them loose. I struggled with insomnia. I didn't crash into depression, but I could feel myself being dragged that direction. So I got help. I went to a licensed counselor. I started therapy.

I have learned so much since starting therapy, both about myself and about mental and emotional health. My counselor has helped me reframe some of the assumptions I've been living under which have contributed to the guilt and anger I have felt, false assumptions I didn't even recognize were there. Even more significantly, she has helped me understand how my amygdala, the part of the brain which deals with emotional responses, has been shaped by past experiences such that my anxiety switch sometimes gets flipped by a false alarm and then stuck in the on position. She is helping draw out those past experiences and residual emotions and teaching me to tame them. It turns out that while exercise can indeed be very helpful for mental health, filling your ears with loud music and pounding the pavement can also be an avoidance technique, managing symptoms rather than getting at the root causes. Oops. Mea culpa. It's an ongoing process, but I feel like I'm finally defanging the complicated and intense emotions I never fully processed as a kid which have rudely intruded into my adult life, especially recently.

I am not sharing any of this to elicit a fresh round of sympathy. May is National Mental Health Awareness Month, and I have felt nudged to share my experience in the hopes that it might contribute towards normalizing seeking help for mental and/or emotional health needs, particularly for us in the church. We sometimes have the idea that if we are practicing Christians we won't have any of these issues. We some-times think that simply knowing Christ will automatically take care of all emotional trauma. We don't think this way for external head injuries, do we? If you are in a car accident and get a gash in your head, I would hope you would pray about it, but you'd get stitches too, right? We don't think this way about heart problems either. Such a condition would indeed prompt most of us to seek help from God, but we'd also take the meds or get the surgery. Scripture can't replace insulin for diabetics, can it? Our faith has a role to play in all aspects of our lives, to be sure, but getting professional help for mental or emotional health issues is some-times needed in order to get better.

Men in particular can sometimes be reluctant to seek this kind of help. Emotions and emotional struggles are often seen as "unmanly" in our culture. We feel obligated to keep a stiff upper lip, or a Clint Eastwood-style detachment from our emotions. Clint Eastwood is cool as heck, I grant you that, but Christian men are called to look to Jesus as the ultimate model of manliness, and he was openly emotional on a number of occasions (John 11:35, Luke 19:41, et al). The truth is, like Jesus in his humanness, we too are emotional beings, and when this part of our lives goes awry, sometimes we need help in getting well. There may be times when emotions need to be postponed or compartmentalized, but they cannot be ignored indefinitely.

On the scale of mental/emotional health needs, mine have been on the relatively minor end. My struggles have been intrusive internally, but not outwardly debilitating, nor have they negatively impacted my family life. I don't anticipate needing to continue to see my counselor for much longer, and I haven't needed medications. Even so, addressing these needs is paying huge dividends in my emotional health. How much more can people with greater struggles than mine benefit from getting the help they need.

Jesus has ultimately defeated sin, death, and the devil. We continue to celebrate his great victory throughout the Easter season. However, the monster's tentacles are still out there. Don't let them whomp you on their way down. God has provided help through the expertise of mental health professionals. Please, please, get the help you need to be healthy and whole. I have, and it has helped a lot.

+ Pastor Jeffrey R. Spencer

Growing & Learning

Adult Bible study in May

Adult Bible study is being held in the church library on Sunday mornings from 9:15-10:15. We are currently studying the lectionary readings for the Easter season from the book of Acts. If you'd like to read ahead, here are the readings we will be studying:

- May 1: Acts 9:1-20, *The Conversion of Saul*
- May 8: NO CLASS (Mother's Day Tea)
- May 15: Acts 11:1-18, *Peter's Peculiar Picnic*
- May 22: Acts 16:9-15, *Lydia, Fashionista and Christian*
- May 29: Acts 16:16-34, *The Jailbreak That Wasn't*

Confirmation class meets May 15

Confirmation class will meet from 5:00-7:00 PM on Sunday, May 15 for dinner, CateQuizm, and prayer. Grilled burgers and hot dogs will be provided. Families are encouraged to bring a side dish to share. At least one parent/guardian is expected to attend with their student. Mark your calendars and be sure and complete sessions 9-10 in your workbooks before we gather! It's our last gathering for the program year. Let's make it a good one!

Registration now open for Camp Lutherwood!

We have a wonderful Lutheran Bible camp right in our own backyard, on the shores of beautiful Lake Samish in Bellingham. Camp Lutherwood is currently taking registrations for summer campers! You can register online at www.camlutherwood.org.



Through gifted funds from the OHLC Men's Group (The Brotherhood of St. Bernard) and other sources, **we're able to offer a limited number of camp scholarships.** Please contact Pastor Spencer if you are interested.

Read more about Lutherwood on page 6!

May 1, Youth & Family Night: *May Day Spring Kickoff!*

Spring is the season of rebirth! Join us in celebrating the spring growth of Easter with our *Flat Jesus* Project, outdoor games (weather permitting), and ice cream floats. We'll see you on Sunday, May 1, 6:00 PM. Everyone is welcome!

Questions? Contact Beth Stephens, bethasteph@gmail.com, 619-729-3031.

Our Mother's Day tea is back!

The OHLC Men's Group and Luth Youth cordially invite you to a special Mother's Day Tea from 9:00 to 10:15 AM on Mother's Day, May 8, featuring faux mimosas, pastries, fruit, and other goodies.

All are welcome as we celebrate the vocation of motherhood. Come celebrate the mothers in your life and the mothers of OHLC, past and present! There will be a free-will offering to support youth and family events.



OHLC gear available again (for a limited time!)



You can now place an order for OHLC t-shirts, long sleeve shirts, hoodies, and more by visiting www.ashleysdesign.com/ohlc. We are selling these at cost as a way to spread the word about our congregation! Orders will be taken throughout the month of May and be available in early June. If you need help placing an online order, please call the church office. We'd be happy to help you through the process.

Mark your calendar

Synod Assembly meets June 4

The Northwest Washington Synod Assembly will be convening on Saturday, June 4 at Trinity Lutheran Church in Lynnwood. Our voting members from OHLC include Gaye Rodriguey, Ted Smith, and Janet Smith. Pastor Laurie Johnson will also be attending.

Please keep the whole assembly in your prayers as they gather to worship, learn, and engage in mission together as Lutherans in northwest Washington!

Semi-annual congregational meeting scheduled for June 12

Save the date! Our next semi-annual meeting will be held between services on Sunday, June 12, at 9:15 AM. We will be electing new council members, receiving ministry reports, and getting an update on our budget. All voting members are strongly encouraged to attend.

Summer worship schedule begins June 19

The council has decided to move to one Sunday morning service at 9:30 for the summer. We haven't done this for a couple of years now, and look forward to having our congregation worshipping together as one, even if only for a few weeks.

Jubilate Choir continues rehearsals throughout May

Easter Sunday worship was made even more joyous this year by the presence of the Jubilate Choir at both services! Thank you to all who have been waiting with varying degrees of patience during the pandemic and responded so happily to the call to get back together!

Rehearsals will continue on Wednesdays during May, starting at 6:00 PM in the sanctuary.

Congregation news

In sympathy

We were saddened to receive word of the death of **Gene Verburg** on April 23. He was 91. The Verburg family joined OHLC in 1976.

The local community remembers Gene from his many years as a teacher and coach in the Oak Harbor School District and as a housepainter with his paint partner Marvin Reed. Those of us who have been OHLC members for a while are perhaps more apt to think first of him in terms of his long and joyful service as church custodian, assisting minister, vocal soloist, and absolute mainstay in the tenor row of the Senior Choir. Health restrictions in recent years kept Gene and Marge at home, where they appreciated receiving the bulletins and sermons in the mail (and where Geno would usually read Pastor Spencer's sermons aloud).

Please keep Marge in your prayers along with Jay, Janice, Joanna and Jim and their families. Gene's memorial service will be Saturday, May 14, 11 AM at OHLC.



Gene & Marge Verburg

We also received the news that **Lee Mitchell** died on April 23, following an extended illness. He was 94.

Anabelle Mitchell, a daughter of charter members Hilbert & Martha Christensen, has deep roots at OHLC. She and Lee moved to back Whidbey from the Skagit Valley and into her parents' former home above Dugualla Bay, and joined OHLC in 2005.

Please keep Anabelle in your prayers along with their family. Lee's memorial service will be Friday, May 13, 10 AM at OHLC.



Lee & Anabelle Mitchell

Photos are from OHLC's 2011 pictorial directory

Our hearts also go out to others in our church family who have suffered the recent loss of loved ones, including **Moeko Seim** following the death of her son-in-law Don Cooper in California.



Baptized into Christ!

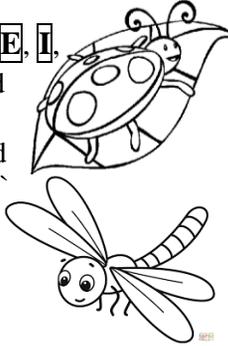
Carson Goudreau, son of Andrew & Becca Goodreau and grandson of Loren & Anne Wheeler, was baptized into Christ on Sunday, April 24. Welcome, Carson!

His Kids Preschool

A ministry of Oak Harbor Lutheran Church

Happy spring! April started with a week of spring break, and we came back on the 11th to begin celebrating Easter! We colored Easter eggs, painted large paper eggs to hang on the classroom walls, and even had an Easter egg hunt!

During the month we learned about the letters **E**, **I**, and **U**. We studied about **I**nsects as we created dotted and cut out paper lady bugs smiling from their perches on cut out paper leaves, and glued a pair of colored and cut out paper wings on colored 10" wooden craft stick bodies. (Yes, our ladybugs and dragonflies also have our "trademark" googly eyes!) We made puppets that looked like **E**lephants and **I**guanas, and even made **U**mpires from paper bags with some creative coloring.



Kerin and Nia, naturalists from Deception Pass State Park, came to visit the classroom and showed us some of the cool animals they see in the tide pools at Rosario Beach. We learned about sea stars, barnacles, sea anemones, chitons, sea snails, and crabs. This was a neat way to wrap up our "Under the Ocean" unit. It was the first time we have welcomed naturalists from Deception Pass, and it was a great visit and a wonderful resource to have available for our preschool. We can't wait to welcome them back next year, or even to take a visit to Deception Pass Park to see them in person!

Ms. Debbie, our Science Lady, also visited the classroom, bringing some baby chicks and a poult, which is a baby turkey. For our insects, she brought in some baby caterpillars that we're continuing to watch as they grow. They've already created their chrysalides, and we hope they'll become butterflies before the end of school in May!

April's **Star Students** were **Natalee**, **Violet**, and **Kinsey** in the morning class, and **Sophia**, **Leah**, and **Nate** in the afternoon class. We hope you're stopping by the bulletin board in the hallway outside the classroom every week to see all the great Star Student posters!

Here's how our students answered the question "What is your favorite thing about spring?"



AM class

Lila: Learning to cartwheel outside
Kinsley: Playing tag with my brother
Poppy: Playing outside with my dad
Violet: Looking at the pretty flowers
Lona: Going to a swimming pool
Natalee: Playing on the trampoline
Alice G: The leaves start turning green
Claire: My mom, my sister Ella, and I plant seeds
Chelsie: The pink flowers on the tree and the red roses

James: Easter
Leslie: Playing with my friends
Julianna: Playing outside
Cecily: Seeing the flowers
Alice D: Growing sunflowers
Kamila: Playing in the water
Victoria: Giving mom flowers

PM class

Roslyn: Finding Easter eggs
Jenna: Seeing the flowers blooming
Sophia: Seeing all the flowers grow
Camilla: Seeing the flowers
Laramie: Playing on the playground
Keyara: Getting eggs from the Easter bunny
Aurora: Playing outside in the park and in my sandbox
Leah: The spring flowers because they are pink and blooming
Savannah: Seeing the blooming flowers and all the animals and playing outside

Katarina: Playing hide and seek
Dean: Seeing caterpillars
Wyatt: Going hiking
Olivia: Climbing trees
Eddie: The sun
Nate: I like to ride my bike

God's peace, Ms. Elva, Ms. Michelle, Ms. Gaye & Ms. Sara

Registration is underway for 2022-2023!

We offer 2 regular preschool classes during the school year:

- Monday, Tuesday and Wednesday, 8:45-11:45 AM
- Monday, Tuesday and Wednesday, 1:00-4:00 PM

Open to children 3 & 4 years old; classes limited to 16 students each.

We also offer an additional class:

- Pre-K Readiness, Thursday & Friday, 9:30 AM – 12:30 PM

Open to children who will turn 5 during the school year and are enrolled in one of the regular 3-day classes. Class size limited to 15 students.

For more information, contact the church office, 360-679-1561 or preschool secretary Martha Ellis, martha@oakharborlutheran.org.

OHLC Women

Opportunities for fellowship, study & service

Blanket Workshop

Blanket Workshop meets Tuesday & Wednesday, May 3 & 4, starting at 9:30 AM in the fellowship hall to work on tied quilts for Lutheran World Relief. New volunteers are welcome; no sewing experience needed!

Circles in May

Lydia Circle meets at 6:00 PM in the education wing on Mondays, May 2 & 16. All are welcome! Questions? Contact Peg Fosnaugh, 360-675-2821, or Mary Brock, 360-672-8966, mkb1998@comcast.net.

Deborah Circle meets at 1:00 PM on Thursdays in the library/fireside room or on Zoom. The group will continue their Bible study, *Act Boldly for Mission*, written by Kelly Fryer. All are welcome! For more about Deborah Circle, contact Gaye Rodriguey, gaye@tobysuds.com.

5/5: "Like the First Evangelists", Session 2, pages 32-34

5/12: "Like the First Evangelists", Session 2, pages 34-36

5/19: "In the Power of the Holy Spirit", Session 3, pages 38-40

5/26: Memorial Day weekend, no meeting

Beads help fund business



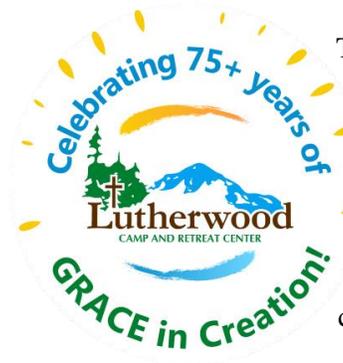
On Sunday, May 8, the congregation will have another opportunity to support women worldwide in their entrepreneurial pursuits.

Bracelets, necklaces and earrings made from rolled paper beads will be available for purchase in the fellowship hall... just in time for Mothers' Day! Better yet, all items will be discounted 50%. Proceeds will be donated to the Street Business School/BeadforLife to continue their work of training women in impoverished communities to open successful businesses in order to feed, house, clothe and educate their families. Questions? Contact Gaye Rodriguey, gaye@tobysuds.com.

Compassion Ministry

May's Ministry of the Month:

Lutherwood Camp & Retreat Center, Bellingham



This year, Lutherwood is celebrating their 75+ year anniversary of amazing ministry! They're excited to share pictures and stories in the upcoming months, leading up to their **Open House on November 10**. There will be lunch, carnival games and activities, and fun for the whole family, 10 AM to 2 PM. (Put it on your calendar *now!*)

Do you have a favorite photo or camp memory? Share how Lutherwood has impacted you! Help celebrate 75+ years by sending your story to adventure@camplutherwood.org, or via snail-mail, 1185 Roy Road, Bellingham, WA 98229

Join Hands Day is a national volunteer day, observed across the US on the first Saturday in May. **Come to camp on May 7**, and help make a difference as Lutherwood gets ready for Summer 2022! Lunch will be provided. For more info or to volunteer, or with any questions, please contact office@camplutherwood.org. **If you're interested in going with a group from OHLC, please contact Mike Dilley**, 425-641-2995, mikedilley@comcast.net.

Our weekly worship bulletins during May will have updated announcements and opportunities, and there will be more information on the narthex bulletin board. Your contributions towards the ministry of Lutherwood, given above and beyond your usual gifts to OHLC, will be much appreciated.

Stephen Ministry news

Stephen Ministry will meet via Zoom on Thursday, May 12 at 4:00 PM. Please keep Gail Dobbyn and Gaye Rodriguey in your prayers as they continue their 2-month online Stephen Ministry Leadership training classes.

More Compassion Ministry on the following page!

Baby Bottle Boomerang begins!

The Pregnancy Care Clinic (PCC) in Oak Harbor is a ministry offering care and support for women and men experiencing unexpected pregnancies, providing free ultrasounds, counseling, and material support in the form of diapers, clothing, strollers, and more. OHLC member Morrie Parker serves on the board of the PCC.



This year, we are once again participating in their community-wide fundraiser, the Baby Bottle Boomerang. Those interested in donating to our local PCC may pick up a PCC baby bottle in our narthex on or after Mother's Day (May 8). Take it home, fill it with change, cash, and/or a check, and return it on (or by) Father's Day (June 19).

Loving our Neighbors

- with Gaye Rodriguez

Jesus said to her [Martha], "I am the resurrection and the life. The one who believes in me will live, even though they may die; and whoever lives by believing in me will never die. Do you believe this?" "Yes, Lord," she replied, "I believe that you are the Messiah, the Son of God, who is to come into the world."
- John 11: 25-27 NIV

Many women were there (at the foot of the cross) watching from a distance. They followed Jesus from Galilee. Among them were Mary Magdalene, Mary the mother of James and Joseph, and the mother of Zebedee's sons.
- Matthew 27: 55-56 NIV

So the women hurried away from the tomb, afraid yet filled with joy, and ran to tell his disciples. Suddenly Jesus met them. "Greetings," he said. They came to him, clasped his feet and worshiped him.
Matthew 28: 8-9 NIV

While many of us at one time or another have felt misunderstood, there are groups in our communities—and in our world—who are treated with inequality on a daily basis. One of those groups are *women*. This inequality shows up in our communities, in our country, in the world and yes, even in the church.

Addressing gender disparities and the importance of investing in women, Desmond Tutu said, "There has been a great deal of injustice

done to more than 50 percent of the world's population. And we need to do something about it. . . . If we are going to see real development in the world then our best investment is WOMEN!"

How do we, as children of God, go about righting the injustice toward the women the world and investing in their future and their children's future? By supporting such ministries as *Watoto, the Street School Business and Days for Girls*.

OHLC's own Skip Lycksell and his teams have traveled multiple times to Uganda to provide medical and humanitarian aid as they walk side by side with the women and children of Watoto.

The Street School of Business' mission is to end extreme poverty by empowering women as entrepreneurs through training programs in Uganda. They can be financially supported through the purchase of *Beads for Life* jewelry.

Days for Girls is a ministry that seeks to improve the health and education of girls and women worldwide through increased access to menstrual care and education. The group provides access to menstrual supplies and provides factual health information through education. Both the providing of supplies and education decrease the public perception of shame and stigma often associated with menstruation. These are critical factors for improving education opportunities for girls and women all over the world. For more information and an opportunity to help, go to <https://www.daysforgirls.org/>.

There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.
Galatians 3: 28 NIV

Shalom, Gaye



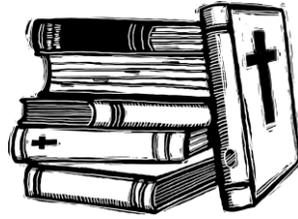
♦ **Lenten special offerings (March & April)** for ELCA World Hunger totaled \$4,285, + \$5.78 from the Sunday School's preschool class for God's Global Barnyard. Thank you for your generosity!

♦ **Included in this newsletter** are *Prayer Ventures & The Spirit* for May.

♦ **The deadline for articles** for the June newsletter is Thursday, May 19.

In the library

Your OHLC library is available for your use *almost* anytime, whenever the church building is open! (The room is used occasionally for meetings, both by church groups and outside organizations, so take a look at the schedule written on the white board in the narthex.)



The Library Team is continuing to reorganize and update our selections and categories. We have a new check-out procedure as well. Stop by and take a look!

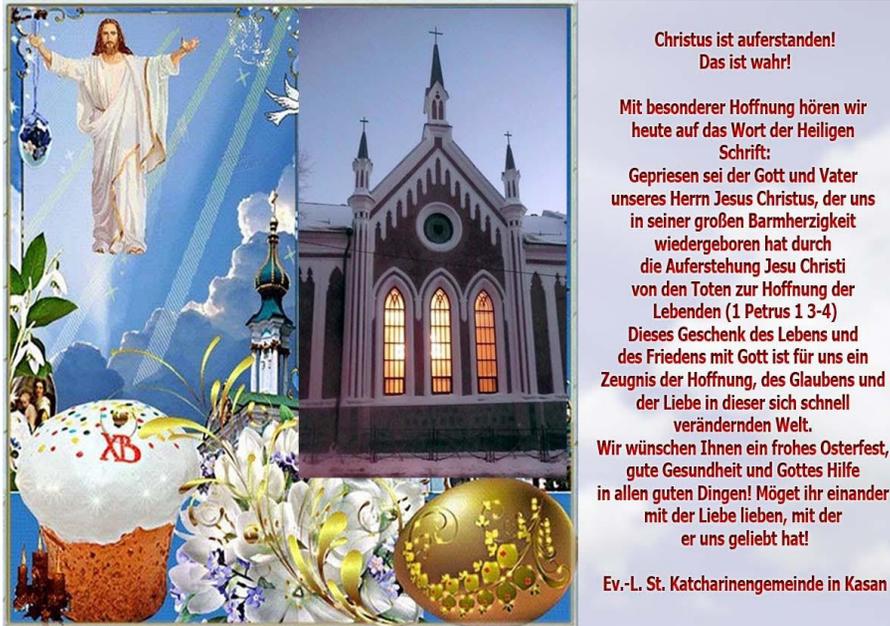
The Library Team:

Kathy Holroyd, Karen Pasewark, Colleen Pedlar

Companion Synod News

Kazan, Russia

We received the following Easter greeting from our friends at St. Katharina's Lutheran Church, Kazan, Russia:



Here's the English translation of the German text:

Christ is risen! That is true!

With particular hope we hear today the word of holy scripture: praise be the God and Father of our Lord Jesus Christ, who, by his great compassion, has given us new birth through the resurrection of Jesus from death to hope of the living (1 Peter 1:3-4).

This gift of life and peace with God is for us a sign of hope, of faith, of love in this so quickly changing world.

We wish you a joyful Easter,
good health and God's help in all good things.

May you love one another with the love with which he has loved us!

Archbishop Dietrich Brauer also sent an Easter message, translated into English by NW WA Synod Team Russia member Eva Mader:

Dear sisters and brothers,

Christ is risen! That means that suffering and death do not have the final word, but rather hope and life. Jesus emptied the bitter cup of helplessness, desperation, humiliation, betrayal, torture, and execution. He took upon himself the hard blow of darkness and evil, so that we not despair and fall. But through faith in Christ, the Risen One, we survive the tests and are victorious.



Easter victory has been given to us all. If we declare sincerely: *Christ is risen!* and answer just the same: *He is risen indeed!* then that means that we share the hope of the final victory of the good news. The good news of salvation of all people from the power of hell, despotism and death.

If we proclaim in word and deed this Easter joy and victory, the light of Christ will not cease. It burns brightly wherever one prays from the heart and proclaims the good news. It is always present where the will of God comes to pass through our hands: peace is made and love is given.

Christ is risen!

In Christ, + Dietrich Brauer

From the Northwest Washington Synod:

Our prayers continue for all who are affected by the horrific events in and around Ukraine - including our siblings in our Companion Synod, the Evangelical Lutheran Church in European Russia (ELCER). Use this link for an update regarding the ELCER Archbishop, Dietrich Brauer, who we recently learned has fled from Russia to Germany with his family, www.lutheransnw.org/news/update-on-companion-synod.

| Worship assistants | | |
|--------------------|--|---|
| May 1 | | |
| 8:00 AM | Assisting Minister: Sheila Ryan Communion Asst.: Stone family Usher: Dave Fosnaugh | Computer: Connor Norman Organ/Piano: Verna Morgan |
| 10:30 AM | Assisting Minister: Kathy Holroyd Communion Asst.: Sadie Harbaugh | Computer: John Totten Organ/Piano: Verna Morgan |
| May 8 | | |
| 8:00 AM | Assisting Minister: Communion Asst.: Candi Amarelo Usher: Jeff Margraf | Computer: Donna Aspery Organ/Piano: Verna Morgan |
| 10:30 AM | Assisting Minister: Rita Carter Communion Asst.: Sam Richards | Computer: Anders Spencer Organ/Piano: Verna Morgan |
| May 15 | | |
| 8:00 AM | Assisting Minister: Jeff Margraf Communion Asst.: Peg Fosnaugh Ushers: Steve & Martha Ellis | Computer: Lisa Margraf Organ/Piano: Jan Ernst |
| 10:30 AM | Assisting Minister: Jan Heideger Communion Asst.: | Computer: Bruce Holroyd Organ/Piano: Jan Ernst |
| May 22 | | |
| 8:00 AM | Assisting Minister: Tom Carey Communion Asst.: Ushers: Steve & Martha Ellis | Computer: Kerrick Norman Organ/Piano: Sue Stroud |
| 10:30 AM | Assisting Minister: Janet Smith Communion Asst.: Laurie Johnson Ushers: | Computer: Kale Totten Organ/Piano: Jan Ernst |
| May 29 | | |
| 8:00 AM | Assisting Minister: Tom Piper Communion Asst.: | Computer: Kelly Brock Organ/Piano: Jan Ernst |
| 10:30 AM | Assisting Minister: Trudy Decker Communion Asst.: | Computer: Sam Richards Organ/Piano: Jan Ernst |

Little Lutheran Bags in May: Kaitlin Gray

This month's featured font is Tempus Sans ITC

Financial Report

March

| | <i>March</i> | <i>Year to date</i> |
|--------|-------------------|---------------------|
| Income | \$ 38,219 | \$ 118,127 |
| Outgo | <u>42,214</u> | <u>119,297</u> |
| | \$ <u>(3,995)</u> | \$ <u>(1,169)</u> |

Worship Attendance

April

| Date | 8:00 AM | 10:30 AM |
|------------------|---------|----------|
| Apr. 3 | 36 | 66 |
| Apr. 10 | 46 | 63 |
| Apr. 17 | 100 | 114 |
| Apr. 24 | 39 | 101 |
| Avg. Att. | 55 | 86 |

Average Sunday attendance: 141

Lesser Festivals & Commemorations

May

- | | |
|---|--|
| 1 Philip & James, Apostles | 21 Helena, mother of Constantine, 330 |
| 2 Athanasius, Bishop of Alexandria, 373 | 24 Nicolaus Copernicus, 1543, Leonhard Euler, 1783 |
| 4 Monica, mother of Augustine, 387 | 27 John Calvin, renewer of the Church, 1564 |
| 8 Julian of Norwich, renewer of the church, c. 1416 | 29 Jiří Tranovský, hymnwriter 1637 |
| 9 Nicolaus Ludwig von Zinzendorf, renewer of the church, hymnwriter, 1760 | 31 The Visit of Mary to Elizabeth |
| 14 Matthias, apostle | |
| 18 Erik, King of Sweden, martyr, 1160 | |

Lutheran Disaster Response: Eastern Europe Crisis

Russia's invasion of Ukraine has resulted in major humanitarian concerns for internally displaced people and refugees. Lutheran Disaster Response is working with local partners as well as Lutheran World Federation and Church World Service to provide immediate support, including supplies such as food, blankets, water and hygiene kits. Care for people also includes pastoral and psychological support to address the trauma they've endured.

Contribution may be made through OHLC; please make the note *Eastern Europe Crisis Response* on your check's memo line (*check made out to OHLC*) and on the outside of the envelope.

For more information or to make your gift online, please visit their website, <https://www.elca.org/our-work/relief-and-development/lutheran-disaster-response>.

Gifts designated "Eastern Europe Crisis Response" will be used entirely to provide support for people impacted by conflict in the region.

MAY



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|---|--|--|
| 1 Preschool Sunday <i>(10:30)</i> Worship 8:00 <i>Livestreamed on Facebook</i> Sunday School 9:15 Adult Ed. 9:15 Worship 10:30 Youth & Family 6:00 CA/library 7:30 | 2 6:00 Lydia Circle 7:00 North Whidbey NA/library | 3 9:30 Blanket Workshop 5:30 Al Anon 6:30 Cub Scouts 7:00 Boy Scouts | 4 9:30 Blanket Workshop 11:30 OHLC Staff 6:00 Jubilate Choir | 5 1:00 Deborah Circle 6:00 Knitting Group 7:00 NA, fellowship hall | 6 6:00 Bunco/Relay For Life | 7 |
| 8 Worship 8:00 <i>Livestreamed on Facebook</i> Mothers Day Tea 9:00-10:15 Worship 10:30 CA/library 7:30 | 9 7:00 North Whidbey NA/library | 10 10:00 Church Mice Stampers 12:00 Brotherhood of St. Bernard 5:30 Al Anon 6:30 Cub Scouts 7:00 Boy Scouts | 11 11:30 OHLC Staff 6:00 Jubilate Choir | 12 1:00 Deborah Circle 4:00 Stephen Ministry, via Zoom 6:00 Knitting Group 7:00 Council 7:00 NA, fellowship hall | 13 10:00 Memorial service for Lee Mitchell | 14 11:00 Memorial service for Gene Verburg |
| 15 Worship 8:00 <i>Livestreamed on Facebook</i> Sunday School 9:15 Adult Ed. 9:15 Worship 10:30 Confirmation 5:00 CA/library 7:30 | 16 6:00 Lydia Circle 7:00 North Whidbey NA/library | 17 5:30 Al Anon 6:30 Cub Scouts 7:00 Boy Scouts | 18 11:30 OHLC Staff 6:00 Jubilate Choir | 19 <i>Newsletter Deadline</i> Is. Co. Sheriff's Dept. Assessments, 7 AM – 6 PM 1:00 Deborah Circle 6:00 Knitting Group 7:00 NA, fellowship hall | 20 | 21 |
| 22 Worship 8:00 <i>Livestreamed on Facebook</i> Sunday School 9:15 Adult Ed. 9:15 Worship 10:30 Piano recital 1:30 CA/library 7:30 | 23 7:00 North Whidbey NA/library | 24 10:00 Church Mice Stampers 12:00 Brotherhood of St. Bernard 5:30 Al Anon 6:30 Cub Scouts 7:00 Voice/Piano recital 7:00 Boy Scouts | 25 11:30 OHLC Staff 6:00 Jubilate Choir | 26 6:00 Knitting Group 7:00 NA, fellowship hall | 27 | 28 |
| 29 Worship 8:00 <i>Livestreamed on Facebook</i> Sunday School 9:15 Adult Ed. 9:15 Worship 10:30 CA/library 7:30 | 30 Memorial Day Church office closed 6:00 North Whidbey NA/fellowship hall | 31 5:30 Al Anon 6:30 Cub Scouts 7:00 Boy Scouts |  <p>Our Lord has written the promise of the resurrection, not in books alone, but in every leaf in springtime. —Martin Luther</p> | | HIS KIDS PRESCHOOL M, T, W: 8:45-11:45 AM 1-4 PM Pre-K Readiness Class, Th, F: 9:30 AM – 12:30 PM Registration is underway for 2022-2023! Contact the church office for information. | |