

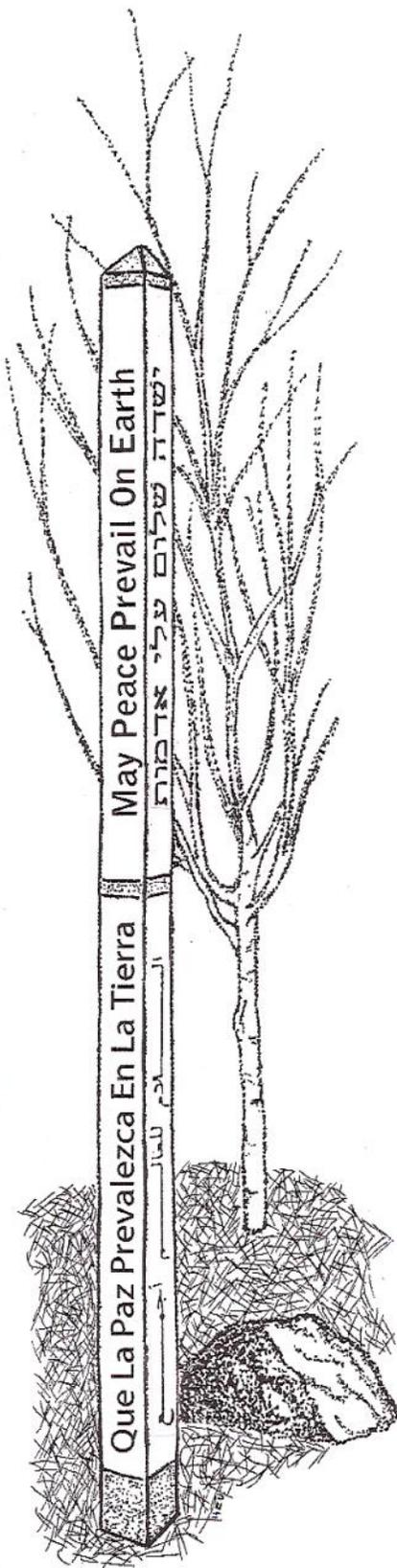
Lacey Community Church

NEWSLETTER

May 2014

Lacey Community Church ~

Living Simply...Loving Extravagantly



This is the “sticky” season at the Lacey Community Church. That is not an obscure liturgical observance practiced from either an enlightened or cultish perspective. Neither is it, for the congregation, a time of recurring dilemma or occasion calling for great wisdom or sensitivity. The sticky season at LCC comes with the blooming of the large rhododendron shrubs at the front of the building. These plants are old and substantial; more tree than shrub. The blossoms are also large, and clustered, with a pinkish hue. One of these plants is unique with a sweet, inviting fragrance in its flowers. When these rhododendrons bloom, they attract a lot of attention.

What makes the blooming season “sticky” is that sepals from opened flowers fall to the ground and the sepals are, well, sticky. There is surely good reason for the stickiness and it shouldn’t be a problem, except, in this case, the ground where the sepals fall is also the sidewalk that leads into the building. During the “sticky” season, a few steps over the sidewalk produce a sepal coating on the soles of the shoes of unsuspecting walkers. And as is often the case, the stickiness lessens when those soles hit the floor of the building or cars, depending on the direction of travel. Sticky sepals then end up in places where they are not so welcome. Conversation then spins around perspective;

are the rhododendrons beautiful, or are they messy? Of course, the most accurate conclusion is that both qualities apply. It is a common occurrence in the natural world and beyond. Life weaves beauty and mess together then asks what fabric do we see, what qualities prevail in the big picture.

News of the day brings word of many sticky situations: power, cultural and human well-being continue a stress-filled dance in Ukraine, safety seeking refugees from Syria find no vacancy signs all around, climate change consequences bring tension to so many life-style choices; the list can go on and on. The question of life remains, What fabric do we see? What qualities prevail?

The influences of culture and geography make the “sticky” season and the Easter season coincide in our part of the world. That warrants attention too. Resurrection makes clear the qualities of the Divine: life, love, light. Resurrection promotes hope beyond understanding. Resurrection also prompts response in our way of being.

Sweeping the sidewalk frequently during the “sticky” season allows the rhododendrons’ beauty to gain its deserved focus. The corresponding question then becomes: What in our living makes visible resurrection’s presence and joy?

Peace, Howard

Healthy Insight:

This article reprinted from the Brethren Benefit Trust Newsletter offers helpful information about stress.

How's your relationship with stress these days? If you two have met once or twice but aren't close, then congratulations. But if stress is constantly looking over your shoulder and interrupting your day, you might want to consider making some relationship changes.

Stress is a hormonal reaction that scientists believe is our body's way of helping the mind deal with a problem—but the elevation of blood pressure and heart rate, and the mind-racing energy that comes from it, often feels like more of a hindrance than a help.

While stress management is a long-term project that's best left to you and your physician, there are some simple, short things you can do when you feel stress levels on the rise.

Pray. In her book *The SupperStress Solution*, Dr. Roberta Lee cites several studies that indicate a spiritual connection can provide the needed relief from stress. She writes, "On an intellectual level, spirituality connects you to the world, which in turn enables you to stop trying to control things all by yourself. When you feel part of a greater whole, it's easy to understand that you aren't responsible for everything that happens in life." Using your faith, consider taking a moment to close your eyes, fold your hands, and recite a simple prayer asking for peace, guidance, comfort, or simply the presence of God.

Stretch. Stress is a mental phenomenon, but manifests itself in the body for many people: tight shoulders and neck, increased blood pressure, elevated heartbeat, quickened breathing. Taking even a minute to step away from a stressful situation and move your body in an intentional way can start to shut down those defensive behaviors our bodies go through when we're feeling stressed. In a quiet, secluded place, roll your shoulders, bend at your waist, practice some yoga poses if you are familiar with them, do some lunges or squats, and breathe deeply throughout your stretching. When you're done, your body might feel lighter and looser—and your mind might, too.

Write. Even if you're not a creative person, it might help to write down your stressors as a way of removing them from your inner mind and moving them out into the open. In a Harvard Medical School study from 2011, a group of healthy college students wrote about either personally traumatic life events or trivial topics for 15 minutes on four consecutive days. For six months following the experiment, students who wrote about traumatic events visited the campus health center less often, and used a pain reliever less frequently, than those who

wrote about inconsequential matters. Even if you don't have 15 minutes, consider writing down a few sentences about your problem(s) and feeling(s). Then, tear up this paper, or hold on to it and look at it in a few days or weeks.

Laugh. In stressful times, it might be hard to find a reason to laugh, but laughter might be the key to relieving your body's reactions to stress. The Mayo Clinic reports that laughter enhances the intake of oxygen-filled air, stimulates circulation, aids muscle relaxation, and increases endorphin release in the brain. But that's not all laughter can do—in the long term, Mayo Clinic cites studies that show laughter improves the immune system, relieves pain, and reduces depressive symptoms. Next time you're stressed, ask a friend or coworker to tell you a humorous joke. Alone? Think back to childhood. For many of us, there's bound to be a funny memory from youth that'll get the giggles rolling.

Northwest Regional Assembly:

Jeanette Larson and Pastor Howard will attend and represent LCC. Anyone is welcomed to attend for all or part of the Assembly.



Northwest Regional
Christian Church (DOC)
Assembly
May 16-18, 2014
Kennewick, WA

Assembly Activities include: Worship, Speakers, Fellowship, Business, Workshops, Displays

Speakers:

Dr. Michale Kinnamon, Visiting Professor at Seattle University School of Theology and Ministry

Rev. Jose F. Morales, Regional Minister of Central Rocky Mountain Region

Cherilyn Williams, Assistant Vice-president for Marketing and Communication, Christian Church (DOC)

New Boiler News:

(From Lacey Community Church)



UPCOMING EVENTS:

Covenant Bible Study is back in full swing meeting every 1st and 3rd Mondays.

Freezer Meals will be on the third Saturday, May 17, 2014 at 1:00 pm.

Worship Walk will be May 25th at 4:00 pm at a location to be announced. Meet at the church if you need a ride.

New Boiler News (cont.):

(From Interfaith Works)



CROP Hunger Walk – Sunday, May 4, 1:30 pm - varies by walker. Begins at State Capitol Campus

Info: Wayne Gruen, CROP Hunger Walk Committee Chair, 352-9703; Interfaith Works 357-7224

Website.. <http://www.crophungerwalk.org/olympiawa>
<http://www.interfaith-works.org/CropWalk.php>

Join us for a beautiful walk around Capitol Lake on the first Sunday in May and raise funds to help end hunger, too! See Event posting here: <http://www.oly-wa.us/Interfaith/Event.php?id=20140504>

40th Anniversary Celebration – Saturday, May 10, 10:00 am - 12:00 pm South Sound Manor, 455 North Street SE, Tumwater, 98501 info: Rachel Hollister, boardsec@interfaith-works.org Website.. <http://www.interfaith-works.org> Admission/cost.. \$40/person Interfaith Works Celebrates 40th Anniversary!

In 1974 a group of motivated visionary leaders from a dozen local faith communities formed a new organization, hoping that their shared concerns and combined energies could be more effectively channeled for the good of the greater community. See Event posting here: <http://www.oly-wa.us/Interfaith/Event.php?id=20140510b>

See the many other events through Interfaith Works, such as Columbus Park Community Fun Fair, Contemplation in Motion, End of Life Choices, and Playback Theatre Benefit Performance at their Home page: <http://www.oly-wa.us/interfaith/>

The Interfaith Works Newsletter is now being sent in your email with this newsletter, and the web address to the newsletter is: <http://www.oly-wa.us/Interfaith/Newsletter.php>

Alternative Giving Community Focus (Interfaith Works):

Interfaith Work is a non-profit association of faith communities and individuals of diverse faith traditions. Its stated purpose is to “promote interfaith understanding, and serve the community through charitable, social and educational endeavors.” Originally known as Associated Ministries of Thurston County, the ecumenical organization embraced interfaith status in 1981 and in 2004 changed its name to Interfaith Works. Through the years, Interfaith Works has developed strong record of connecting faith community resources with other local agencies to serve people of our area.

This year is significant for Interfaith Works as it marks the 40th anniversary of its founding. A celebra-

tion, including brunch and program, is scheduled for Saturday, May 10, 10:00am-12:00pm at South Sound Manor, 455 North Street SE, Tumwater, 98501. Tickets are \$40.00 and available from the Interfaith Works web site or office, call 360-357-7224.

Of particular interest for LCC, our congregation was one of the original members of Associated Ministries. In fact, the Interfaith Works recorded history includes the note, “A letter dated 1973 shows that Pastor Paul Davidson of Lacey Community Church was one of the first to recommend a new cooperative form of ministry in Thurston County, which could take the lead in stronger ecumenical programming.” We appreciate the presence and work of Interfaith Works and offer our congratulations!

CROP Walk:



Thurston County CROP Walk

Sunday, May 4

Capitol Campus
Opening Ceremony 1:15 PM
Walk begins 1:30 PM

10k Walk around Capitol Lake and Tumwater
Donations support Hunger Relief work in our community, nation and world.

Denominational News

Church of the Brethren NEWS

From their website: (www.brethren.org)

Nigerian churches urge global prayer for 230 missing girls, most from EYN - Church of the Brethren leaders in the US are joining Nigeria's largest church network, the Christian Association of Nigeria (CAN), to call for prayer and fasting for the safe release of hundreds of teenage school girls abducted April 14. The girls were kidnapped from a school in Chibok, Nigeria, by Boko Haram, an extremist Islamic sect in northern Nigeria violently seeking a "pure" Islamic state. Most of the affected families are part of the Church of the Brethren in Nigeria (EYN--Ekklesiyar Yan'uwa a Nigeria). Read the article at: <http://www.brethren.org/news/2014/nigerian-churches-urge-global-prayer-and-fasting.html>

Revision to Ministerial Leadership Polity heads up Annual Conference business agenda - The business agenda for the Church of the Brethren's 2014 Annual Conference in Columbus, Ohio, on July 2-6 includes proposed revisions to the Ministerial Leadership Polity, along with other returning business items that deal with guidelines for implementing the Congregational Ethics Paper, guidance for responding to the changing of Earth's climate, a Vision of Ecumenism for the 21st century, and more equitable representation on the Mission and Ministry Board. Read the article at: <http://www.brethren.org/news/2014/business-items-to-come-to-2014-annual-conference.html>

Visit the COB website and browse the many links of ministries, higher education, news, events and more at www.brethren.org/

COMING UP IN OUR DISTRICT

The last Sunday of each month, Living Stream hosts a Pacific Northwest District Worship. Online at www.livingstream.org from 5pm to 6pm Pacific time.

District: <http://www.cobpacificnorthwest.org/>

Disciples of Christ NEWS

From their website: (www.disciples.org)

We are blessed - In 1999, 12 retired seniors met to start a new church under the leadership of two retired minister, Revs Charles and M. Linda Yarborough. We started a men's group called ROMEOS (Retired Old Men Eating Out). The ROMEOS appointed John Miller, a "snowbird" from Cooperstown, NY, to be our leader. Over the past 8 years the ROMEOS have given camp scholarships in the amount of \$39,600.00., Read the complete article at: <http://www.weekofcompassion.org/>

Sharon Watkins a voice for peace in Syria - The meeting with Brahimi and Tveit was a follow up to a WCC sponsored meeting on Syria last week attended by Brahimi. At the WCC meeting, Brahimi agreed to deliver the statement to the parties involved in the Geneva 2 talks, as a contribution from the churches. The WCC statement on Syria stresses the need for "immediate cessation of all armed confrontation and hostility within Syria".

Visit the DOC website and browse the many links of ministries, higher education, news, events and more at www.disciples.org/

COMING UP IN OUR REGION

Regional Conference Is May 16-18, 2014, uinn Kennewick, WA.

To get news of our region on Disciples Northwest's newsletter, check it out here: <http://www.disciplesnw.org/whats happening/newsletter.html>

Region: <http://www.disciplesnw.org/>

Held in Special Prayer:

Laura Abernathy Opal Reed
Dorothy Gregory Esther Roy
Eileen Haas Aline Smith
Donna Kahoun Preston Thomas
Nancy Lee Metheritis Helen Weyandt



May Worship:

May 4:

Scripture– Psalm 116:1-4,12-19
& Luke 24:13-35

Communion Prep.– volunteer

Communion Prayer– volunteer

Flowers– LCC

Fellowship Moments: Lisa Lombardo
& Laura Abernathy

May 11:

Scripture – Psalm 23 & Acts 2:42-47

Communion Prep.– volunteer

Communion Prayer– volunteer

Flowers– LCC

May 18:

Music Message with Colleen Michael

Communion Prep.– volunteer

Communion Prayer– volunteer

Flowers– LCC

May 25:

Scripture– Psalm 66:8-20 & John 14:15-21

Communion Prep.– Pastor Howard

Communion Prayer– Pastor Howard

Flowers– LCC

Living Stream Church (COB)

Online worship service 5PM Sundays

<http://livingstreamcob.org>

With Gratitude:

Thank you to Louise Evans and Aline Smith who have provided beautiful fresh flowers for worship.

Thank you to Julia Roth for her regular help in the LCC office.

Thank you to Aline Smith and Don Stern for preparing the Sunday “Coffee Cart.”

Thank you to Dianna Ullery for providing “Sunday Lunch” in April.

Thank you to Lisa Lombardo for directing our Easter Special music, and for the voices of our Singing Joy choir.

May Birthdays:



4th - Laura Abernathy

7th - Edith Downing, Lydia Jones, & Matt Rou

10th - Jeanette Larson

20th - Barbara Fall

Ministry Team Corner:

Our next Ministry Team meeting will be announce as soon as we get it scheduled.

The report from our last congregational meeting has not been forgotten, as life has had many unexpected twists and turns in the last month.

As an Open and Affirming Congregation, we must remember to let people know that everyone is welcome. By engaging in this conversation, we can help people who are looking for spiritual nourishment, but don't feel any church will accept them.

MAY 2014



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

				1	2 5:30a One Light 6:30p AI-Anon	3
4 9a Faith Forum 10a Coffee 10:30a Worship 12p Fellowship Moments 1p One Light 5p Living Stream Church On-line	5 1p Covenant Bible Study	6 5:30a One Light 6:30p AI-Anon	7 5:30a One Light 12p Prayers 6:30p One Light 7p AI-Anon 7p Bible Study	8 5:30a One Light	9 5:30a One Light 6:30p One Light	10 10a - Noon Interfaith Works 40th Anniversary
<i>Mother's Day</i> 11 9a Faith Forum 10a Coffee 10:30a Worship 12p Pot Luck 1p One Light 5p Living Stream Church On-line	12	13 5:30a One Light 6:30p AI-Anon	14 5:30a One Light 12p Prayers 6:30p One Light 7p AI-Anon 7p Bible Study	15 5:30a One Light 5:30p DRC Mediation	16 5:30a One Light 6:30p One Light	17 1p Freezer Meal Fellowship
18 9a Faith Forum 10a Coffee 10:30a Worship 1p One Light 5p Living Stream Church On-line	19 1p Covenant Bible Study 12:30p DRC Mediation	20 5:30a One Light 6:30p AI-Anon	21 5:30a One Light 12p Prayers 1p Lunch PanaR 6:30p One Light 7p AI-Anon 7p Bible Study	22 5:30a One Light 3:30p DRC Mediation	23 5:30a One Light 6:30p One Light	24
25 9a Faith Forum 10a Coffee 10:30a Worship 12p Sunday Lunch 1p One Light 4p Worship Walk 5p Living Stream Church On-line	<i>Memorial Day</i> 26	27 5:30a One Light 6:30p AI-Anon	28 5:30a One Light 12p Prayers 6:30p One Light 7p AI-Anon 7p Bible Study	29 5:30a One Light	30 5:30a One Light 6:30p One Light	31