Anger. Sadness. Happiness. Fear. The people who have studied these kinds of things tell us that these are the basic, core emotions of all human experience. We feel mad, sad, glad, or scared in relationship to what we are doing, or what is happening to us. Our core emotions are not good or bad. Our emotions are part of what we were created to be. God is telling us something about our situation. Anger tells us that we need to change something, life is not working for us. Sadness tells us that we have lost something or someone we cared about, we need to pause and take a moment to honor the gift before we let it go. Happiness tells us that we are safe, or that our situation is secure, or that we are loved. And fear tells us that we are not safe or secure or loved, and it urges us to seek those things, often by fighting or by running away.

In the end, the key to living a healthy emotional life is to answer the question, “Why”? Why am I mad? Or why am I sad? Or why am I glad? Or why am I scared? Answering the “why” question is the hard part of living with our emotions. If we know why, we are told, we can figure out what to do about it.

But what happens when everyone is afraid at the same time? What happens when fear is the only emotion being felt, and everyone is feeling it all at once? What happens when we know what we are afraid of, but we don’t know whether to fight or run away? And we don’t know who should do the fighting and who should do the running away?

This is where we are at Our Savior Lutheran Church these days: captured by a world afear. We are supposed to be gathering together for weekly worship in our building, but fear tells us to stay away. We are supposed to be working together to serve the hungry, homeless, and poor in our community, but fear tells us to figure out a different way to care for others. This was supposed to be a newsletter filled with all that we are doing and all that

Continued on page 2...
Continued from page 1…

you are invited to be a part of, but there is nothing to promote, and nothing to say. We are supposed to be preparing to celebrate the Resurrection of Our Lord, but there is no resurrection in sight.

In the Gospel of John, when Jesus was concluding his long instructions (four chapters long) to the disciples at the Last Supper and he was about to turn to God the Father to pray for their wellbeing, he said these words (John 16:33 in RSV [the translation I memorized as a child]): “I have said this to you, that in me you may have peace. In the world you have tribulation; but be of good cheer, I have overcome the world.”

Some things, it seems, are bigger than human emotions and the hand that created them. Some things are scarier that our ability to fight them off, or our ability to get away from them. Some things are so big they can only be understood with the “good cheer” of knowing that they are in the hands of the one who is behind all that is and all that will ever be. We now know what “tribulation” is, let’s find out together what it means to “be of good cheer.”

Be Well and of Good Cheer,
Pastor Jim Kruse
From the Desk of the Council President

Life without church, faith without church, it doesn’t work for me. I need that gathering of the faithful. Most statistical models forecast the shrinking of churches back to pre-WW2 sizes. (Read “Quietly Courageous, Leading the Church in a Changing World” by Gil Rendle.) I’m only to page 90, so I don’t know if Rendle considered global problems like Covid-19 and the changes to society it might create.

My last time at OSLC was on March 10th. It was our council meeting. It was an unhappy meeting. We knew the church was going to close for an extended time. Members were short-tempered and prone to more speaking without thinking. There was definitely fear in the air, literally and figuratively. We did our social distancing and couldn’t bring our minds closer. We’ll do an on-line meeting on April 14th.

My wife Wendy, her sister Jen, and I watched Pastor Jim’s recorded sermon last Sunday. We printed out the bulletin and did the readings and prayer gathered from the church website. It’s great to have something but I’m looking forward to the day when we can all worship together. I hope your family gathers Sunday mornings and keeps the ritual going.

I’m one of those “essential workers”. My small business delivers dairy products to small grocers in Seattle. The restaurants, coffee shops and corporate cafeterias which made up the majority of my business have all closed. Our OSLC community has numerous members doing much more important work than I’m doing. Please honor them with your daily prayers.

Reach out to your fellow OSLC attendees. Emails and social networking are nice but try phone calls, FaceTime or Skype. I know one bible study group is using Zoom. I hate missing out on the Lenten dinners and Holden Evening Prayer. It will be tough not being there for Palm Sunday and Easter. I know a couple of volunteers mowed the church lawn and cleaned up the parking lot, so hope springs eternal.

My heart in Christ,
Chuck Bachman
Council President
Worshipping at Home in April

All services during the month of April will continue to be virtual, as they have been for the past several weeks. For each service staff will send out a worship bulletin for your use at home, and when possible, links for a recorded sermon from Pastor Jim that you can find online.

**Palm / Passion Sunday, April 5th**
Worship with us from home as we celebrate Jesus’ entry into Jerusalem.

**Maundy Thursday, April 9th**
Our celebration calls to mind Jesus’ Last Supper with His disciples. We will move through the main parts of that “night in which He was betrayed.”

**Good Friday, April 10th**
A somber worship, including reading of the Passion of Jesus.

**Easter Sunday, April 12th**
Our celebration of Christ’s Resurrection blends rites of the Church with expressions of who we are & who we shall be by God’s grace.
Lutheran National Choir

HOW CAN I KEEP FROM SINGING
April 19, 2020 - 4pm

Please join the National Lutheran Choir Community for a half hour of music, faith, and fellowship as we weather these unprecedented times together. We’ll share music, stories, and hope in a virtual gathering place where all can participate.

Find us at 4:00PM CDT on April 19 at www.NLCA.com.
Again, the kingdom of heaven is like a merchant in search of fine pearls; on finding one pearl of great value, he went and sold all that he had and bought it. (Matthew 13:45-46)

This parable is a beautiful and concise story of God’s abundant love for us. It is such abundant love that there is only thing for the merchant to do, and that is give up everything to obtain the pearl. God is the merchant. We, the church and people of God, are God’s beloved pearl. God shows up and in Jesus pays the ultimate price to win us. Understanding love in this abundance is beyond my human ability. I can only grasp it by faith. I can only receive it as grace. I can only recognize it as the essence of God. I do love the image of a pearl and what it represents. That God’s beloved church, that each of us, can be molded and beautified because of some irritant or injury. Like a pearl, God’s people are being formed into something new. I see transformations happen often in my work as a therapist. It is not often a mountain that moves. Most often it is a small shift, a forgiving word, a repaired relationship, a letting-go of a past hurt, a decision to hold on with a loose grip, or a word of God’s love that changes everything. God shows us how to love abundantly. May we be transformed by this love, and learn to love without limit.

Written by a staff member of Lutheran Counseling Network

Lutheran Counseling Network is a coalition of licensed pastoral counselors.

Counselor Katherine Mitchell, MA, LMHC, has an office at OSLC, downstairs in the north hallway. She can provide therapy on an appointment basis, over the phone.

You can reach Katherine at:
425-502-1503 or kmitchell@lutherancounseling.net
Find out more at: Lutherancounseling.net
Pastoral Care & Visitation

Emergency Pastoral Care

For emergency pastoral care, please contact OSLC Transition Pastor Jim Kruse at 206-919-9520 (mobile) or JamesKruse814@gmail.com.

Pastor Jim’s Office Hours:
- Monday 9:30 – 1:00
- Tuesday 9:30 – 1:00
- Wednesday 9:30 – 1:00
- Friday 9:30 – 1:00

Lay Visitation Ministry During the Stay-at-Home Order

Do you know of someone who may be home-bound, in senior care, or otherwise would like a phone call from our Visitation Ministry, and is not currently receiving visits? If so, please pass their name along to Kate Gagnon, OSLC’s Lay Visitation Minister at klgagnon@yahoo.com, or 425-200-0481.
February 10, 2020

Dear Beloveds in Christ, at Our Savior’s

Grace and peace to you in the name of Jesus, who deeply loves us, bestows us with gifts and send us out into the world!

I am filled with joy as I meet people throughout our Northwest Washington Synod! It is abundantly clear that the Holy Spirit is at work among us. There are many stories in our congregations of new life as they are sent out to listen deeply, partner with and share the love of Christ with their neighbors. Perhaps you have had an opportunity to hear of some of these “Spirit Stories” on the Northwest Washington website. Recently Gift of Grace Lutheran Church shared a story about their weekly Grace Feast. It’s a wonderful example of sharing a meal and building relationships with people who live close by – those with homes and those without. I invite you to find it on our website: www.lutheransnw.org/spirit-stories and to share with the others across the synod how God is at work in your ministry setting.

Just as a congregation amplifies the ability to love those that live in that area through the gifts and abilities of members working together – we know that is also true in our synod. We need each other to encourage one another, to learn from one another, and to walk together in our journeys of faith.

Thank you for the gifts that your unique ministry adds to the Northwest Washington synod! Each ministry offers unique perspectives, creative ideas, the relationships with the people in their surrounding community. The diversity of ministries and people open doors to engage with a wide variety of people in the Pacific Northwest.

You will find enclosed a statement of financial giving throughout the 2019 fiscal year from your congregation. This statement includes Mission Support dollars as well as gifts passed along to a variety of ministry partners. Thank you for your thoughtful and intentional giving of financial gifts that recognize our collective gifts can share the love of God with our neighbors in broader ways than it is possible for a single congregation.

May God bless the ministry of your congregation in the coming year. I look forward to hearing how the Spirit of God is calling, equipping and sending the people of your community to share the love of Christ!

Dianne Johnson
Director for Evangelical Mission
NW Washington Synod

Thank you for your ministry and for the opportunity to do ministry on your behalf. Our three expressions of the Church is truly a gift! Thanks also for your mission support of $18,890 as we continue to partner together in the name of Christ!

Warmly,
Andy Yale
(A28)
February 18, 2020

Our Saviour Lutheran Church
Outreach Ministry
c/o Cheryl Leider
745 Front Street South
Issaquah, WA 98027

Dear Cheryl,

Thank you so much for 24 comfort kits that you provided for homeless teens. Your generosity directly impacts our ability to serve families like Jordan's…

After fleeing a terrible life of abuse and neglect, Laura had nowhere to go. Every night was a desperate search to find a safe place to sleep. If Laura could not find space in a shelter, or on a friend's couch, she was forced to sleep in her run-down car with her little children. They were cold, hungry, and scared. Laura was exhausted and hopeless. She thought their nightmare would never end.

Because of your kindness, Laura and her kids found safety at Vine Maple Place and are receiving the help and healing resources they need. Thank you for helping desperate families find hope, as they work toward healing and self-sufficiency.

With deepest gratitude,

[Signature]

Michelle K. Frets
Executive Director

This is an official tax receipt usable for income tax purposes. No goods or services were received in consideration of this gift.
Apply Now!
Your Project May Be Eligible for a Grant From OSLC’s Mission Endowment Fund

The purpose of the OSLC Mission Endowment Fund is to provide grants that enhance our mission and ministry apart from the general operations of our congregation. We support youth programs, scholarships, leadership training, outreach to the larger community, and other extraordinary programs and initiatives that further the mission of Our Savior.

Our Mission Endowment Fund is taking applications thanks to support from many donors over the last three years. We have a modest and growing ability to make grants between $500 and $2000.

Applications can be submitted at the church website, www.oslcissaquah.org. Use the “Missions” tab at the top of the page, and then click on the purple text: OSLC Endowment Fund Application Form. Submissions will be considered by the membership of the committee which meets quarterly.

Kind Regards,
Justin Ulland. OLSC Mission Endowment Fund President

Powerful Giving with Your Smartphone

Apps make life easier. With GivePlus Church, you can use your smartphone to give anytime, anywhere!

⇒ Download the FREE app on your Apple or Android phone
⇒ Make a one-time or recurring donation using your debit/credit card or checking/savings account
⇒ Log in or donate as a guest
⇒ Securely and conveniently manage donations using Touch ID/Fingerprint, PIN or password
April Worship Readings

Sunday, April 5 — Palm Sunday
Reading: Philippians 2:5-11
Psalm 24
Gospel: Matthew 27:11-54

Thursday, April 9 — Maundy Thursday
Reading: Exodus 12:1-4 [5-10] 11-14
Gospel: John 13:1-17, 31b-35

Friday, April 10 — Good Friday
Reading — Mercy: John 18:1-11
Reading — Grace: John 18:12-27
Reading — Suffering: John 18:28-40
Reading — Love: John 19:1-16
Reading — Loneliness: John 19:16b-25a
Reading — Compassion: John 19:25b-30
Reading — Death: John 19:31-42

Sunday, April 12 — Easter Sunday
Reading: Acts 10:34-43
Gospel: John 20:1-18

Sunday, April 19 — Second Sunday of Easter
First Reading: Acts 2:14a, 22-32
Second Reading: 1 Peter 1:3-9
Gospel: John 20:19-31

Sunday, April 26 — Third Sunday of Easter
First Reading: Acts 2:14a, 36-41
Second Reading: 1 Peter 1:17-23
We remember in prayer...

We remember in prayer:

We ask for peace and comfort for those mourning the death of loved ones:
Gustavo Hernandez (Karen Hansen); Jerry Duffee (Connie Fletcher); Leah Zamundio (Cheryl Hauser); Jana Layman (Sue Johnson); Rod Paulson (Shelley Howe); John Chytil (Sandy Aldworth); Robyn Chisholm (Wendy Winslow); Suzanne (cousin of Bill Suttemier)

We pray for expectant mothers:
Jessica Murguia (Cheryl Hauser); Emily Wilson (daughter of Ann & Larry Thomas); Yili Leiter (Cheryl Leiter); Elsa Walker (daughter of Chuck Bachman & Wendy Winslow)

We pray for members and friends serving in the Military; Fire and Police Department personnel; Emergency Room personnel.

We pray for safety and strength to those living in the wake of all disasters, and all who serve as first responders.

We pray for our missionaries and global missions:
# April

## Birthdays & Anniversaries

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<tr>
<td>4/1</td>
<td>Bernice Jensen</td>
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<td>Colleen Peterson</td>
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<td>Dick &amp; Susan Ferrarini</td>
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<td>Paul &amp; Carla Geraci</td>
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Our Savior Lutheran Church
745 Front Street South
Issaquah, WA 98027
(425) 392-4169

Stay connected!
www.oslcissaquah.org
www.facebook.com/oslcissaquah

All information for the Focus newsletter is due by the 15th of each month, unless noted otherwise. Please email items to office@oslcissaquah.org.

OSLC STAFF DIRECTORY

Rev. James R. Kruse Transition Pastor
Ext. 106 or 206-919-9520 JamesKruse814@gmail.com
Shari Lundberg Parish Administrator
Ext. 105 sharil@oslcissaquah.org
Scott Hafso Director of Worship & Music
Ext. 103 bellevuer@gmail.com
Kate Gagnon Lay Visitation Minister
360-632-2234 kJgagnon@yahoo.com
Dr. Jiyoung Lee Parish Organist
sally@myuw.net
Beth Carroll Accountant
carrollaccounting@outlook.com
Katherine Mitchell Lutheran Counseling Network
(425) 455-2960, Ext. 6 kmitchell@lutherancounseling.net