

The Light



MLC Call Committee: We're Listening!

The MLC Call Committee wants to thank the congregation for talking with members of the committee, filling out the Pastoral Call Questionnaire, and praying for us. In August and September, we held ten small group meetings, attended by nearly 100 MLC members, and listened to your hopes, dreams and aspirations for MLC. As we write this, the Pastoral Call Questionnaires are being returned and we are optimistic that a majority of the members of MLC will have returned their completed questionnaires by October 1.

In October, the Call Committee will be meeting every week. We all will read each of the returned questionnaires and we will summarize what we have learned from you. We then will use this information to complete the Ministry Site Profile. We are committed to submitting the Ministry Site Profile to the Oregon Synod office by the second week in November. Once this is submitted, pastors who are looking for a call will see it, and can respond to Pastor Susan Kintner, our synod representative in the call process. She will bring names to us of candidates in December, so we can interview candidates in January.

Pastor Susan Kintner of the Oregon Synod has agreed to come to MLC on Sunday November 13th to symbolically accept our Ministry Site Profile. She will preach at both services and talk with the congregation about the next steps in the call process. Pastor Kintner gives wonderful sermons and having the opportunity to hear her will make that Sunday special.

Fall is starting and change is in the air. And the Call Committee is preparing for the next stage on our journey to call a new pastor to MLC. Keep praying for us, for MLC and the pastor who is out there waiting to hear our call.

The MLC Call Committee: *Dennis Bourdette (Chair), Kathy Olson (Vice-Chair), Beth Lillie (Secretary), Pastor Janelle Aldrich-Dale (Advisor), Guy Altman, Glen Hess, Barbara Johnson, Mark Korsness, Elmer Lampe, Les Larson, Kari Liebert, Melanie North, Linda Smith, Jean Storm and Shelby VanLeuven*

• Feed the Hungry Outreach •

MLC will again have the chance to host a hot meal for the homeless in the Milwaukie area, at St. John's *Episcopal* Church on Sunday, October 23. Although the weather is warmer, more people than ever are on the streets and hungry this year. As an act of thanks for the abundance, warmth and safety in your life, please consider a gift of time for those in our community who are less fortunate.

All families are invited to help cook, greet guests and serve food. Boy Scouts Troop 611 will also be invited. The more people we have to help, the easier it will be for all who participate. Cooking begins at 11:30. Setup begins at 12:30. The meal is served from 2:00 until about 3:30. Cleanup is done by 4:00 or 4:30. Come for any portion of the day. Call or email Glen Hess if you're able to help on this day so we'll know whether we have enough people (503.686 5192 or hessmrj@comcast.net).

Milwaukie Lutheran

October
2011

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• From Our Pastor •



In the introduction to his book *Baptized We Live: Lutheranism as a way of life*, Dan Erlander says this:

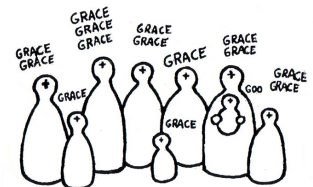
When we pray for the catholic church, we pray for the whole church in all its diversity – believers who gather as Presbyterians, Methodists, Pentecostals, Baptists, Disciples, Episcopalians, Orthodox Christians, Congregationalists, Roman Catholics, Adventists, Mennonites, Lutherans, Reformed Christians, Friends and Covenanters. We pray for the faithful who gather in storefront missions, suburban structures, prison and hospital chapels, homes, huts, stadiums, theatres and cathedrals. We pray for Christians in all lands, all cultures and circumstances – all who confess Jesus as Lord.

Within this beautiful mix, we live as Lutheran Christians – a people sure of our name but not our identity.

In October the Adult Education class will read and discuss Pastor Erlander’s book. If you are new to the Lutheran Church or if you have been a Lutheran Christian your whole life, you will find many things to discuss about what it means to be a Lutheran Christian in today’s world where there are so many ways to live out your spirituality. Rather than a book of doctrine, *Baptized We Live* focuses on Lutheranism as a way of seeing, hearing, teaching and following in this world.

I hope to see you on Sunday mornings in October.

Blessings,
Pastor Janelle



©Daniel W. Erlander



This Year’s Stewardship Campaign is called “Make It Simple” and is one of the stewardship programs from the ELCA. The weekly themes are: *“Following Jesus”*, *“Acting Together”*, *“Facing the Truth”* and *“Sharing Enough”*. Be watching your mailboxes for your annual Estimate of Giving Cards. We invite you to be in prayer during this time and ask God to show you what your response to the abundant blessings you have been given will be. We will have an ingathering of the estimates of giving on **Sunday, October 23**. This will allow adequate time for the Finance Ministry Team to prepare a comprehensive budget for our Bi-Annual meeting in January, 2012.

• Missionary Support •



Brian and Kristen Konkol

The Konkols moved from missionary service in Guyana two years ago to Pietermaritzburg, South Africa. Together, they mentor young adult missionaries serving in education, social justice projects, community development, health and wellness, music, the arts and children's ministry.

We have promised to give a minimum \$1000 annual to support their work in South Africa. Envelopes are available in the bulletins the second Sunday of each month. You may also donate at any time. Make checks payable to Milwaukie Lutheran with "For Missionary Support" marked in the memo line.

• ELCA Hunger and More •

HUNGER

Our total giving to world hunger and disaster responses now total \$5660 toward our goal of \$7000. More than 925 million people around the world are chronically hungry. More than 44 million people in the US are at risk for hunger, including 12 million children. ELCA World Hunger works to end hunger in more than 60 countries around the world and the US. ELCA World Hunger works to end hunger through a comprehensive program of relief, education, advocacy and development. The total above is over and above your generosity in our own local outreach (e.g. *the red tubs in the hallway*). The total includes our special appeals like the Malaria nets. This year so far, we have given 97 nets. Last year we gave 114 at \$10 each. Look at page 23 of the Lutheran magazine and you will see that MLC has been out front in the fight against malaria. The first Sunday of the month is Hunger Sunday. Three more months to reach our goal.

THE LUTHERAN

As you probably know, the ELCA news magazine THE LUTHERAN is high quality and worthy of our time to peruse, with global news of the Church around the world, to commentary, letters to the editor, to Walter Wangerin, Jr.'s, "OF URINALS AND THE LEAST OF THESE", and others with less provocative titles. The current issue is loaded with meaty articles. Check out page 3 where Peter Marty has started a series of 10 Bible stories that breathe life, like the one on Adam.

• Back Pack Buddies News •

Fill the Tub! Fill the Tub! Fill the Tub! Back pack Buddies Program for Milwaukie Elementary School will begin again in October. Last year, we delivered 2 lunches for every weekend for 70 children. It amounted to quite a lot of food that was needed to be purchased or donated to complete the lunches. We have been told by the staff at school how appreciative the families are that receive the lunches. Kids are more ready to learn with their tummies full! The kids really count on, and look forward to, those lunches!

We have some very thrifty shoppers, they watch for sales and will alert others to some of the saving opportunities. We encourage you to watch the sales also and if you find soup, macaroni and cheese (boxes or individual servings), the plastic 4 pack cups of fruit, healthy snacks (like granola bars), 100% juice boxes, please buy them and let others know. A good thing to keep in mind is the first Tuesday of each month is 10% off for seniors at Fred Meyer.

We are in need of drivers to deliver the lunches. They are picked up at church and delivered between 9 and 10 a.m. on Thursdays. Deliveries will begin October 6.

Packing time is fun. The usual time is 3 p.m. on the first and third Wednesday of each month. It takes about an hour—Come, join us!

Any questions? Put a note in the Community Outreach mailbox or see or call Marilyn Lease at 503.659.8214

• MLC Women's News •

Bits and Pieces From The Piecemakers

Did you know?

- Piecemakers is the largest outreach ministry at MLC.
- Piecemakers is completely self-sustaining and receives no funding from MLC.
- Piecemakers completed 489 quilts in 2010 and are on target to meet this number in 2011.
- Piecemakers complete an average of 40 quilts/month and 40 heart pillows/month.
- Piecemakers use 150 yards of fabric a month for quilts! 20 yards of remnant fabric is used for heart pillows.
- 20 bolts of batting were used last year. Each bolt of batting costs \$90 after a 50% discount - \$1800 per year.
- Fabric donations are received from many sources almost monthly.
- Only new cotton fabric is used in quilts. Donations of other types of fabric are given to House of Zion outreach
- Cash donations and thank you notes are received frequently.
- An average of 20 women attend each bi-monthly session.
- 20% of the Piecemakers are non-members extending Piecemaker outreach to evangelism within the community.

Gather With Us to Study Mark

The 2011/2012 Bible study found in the "Lutheran Women's Magazine", now titled "The Gathering", is the study of Mark. Three groups of women will "Gather" together for two hours each month (Sept.- May) to study and discuss the lessons presented in "The Gathering". "But, I don't have a Gathering Magazine", you say. No problem, there are 3 extra copies in the MLCW mail slot by the church office door. Borrow a copy or just read Mark 2:1- 3:35. The focus of this study will show Jesus in the early days of his ministry; the company he keeps and Sabbath customs. "But, I don't feel I know enough to participate in a discussion." Visit one of the 3 women's Bible study groups meeting the 2nd week of October as a guest. Two groups meet during the day, Tuesday 10/11 at 10AM, and Friday 10/14 at 11:30AM. The third group meets on Tuesday evening 10/11 at 7PM. There will be no pressure on you to do more than listen. If you would like more information phone the church office and Sheryl Ann will have someone contact you.

2011Thankoffering Sunday November 20

Have you lost sight of your Thankoffering box, bank, or envelope? The container you use to deposit coins and bills for those "Thank you Jesus" moments. Just a reminder that Thankoffering Sunday is coming up November 20, 2011. There is still time to make good on those "I owe you's". Thankofferings will be collected during the offering on 11/20/11.

Spiritual Knitting

A small but committed group of women meet monthly in the church library to knit prayer shawls. Knitting has emerged as a spiritual practice that opens a way to meditation. Novice knitters, come and learn from seasoned mentors. If this sounds like something you might enjoy, or if you have wanted to learn to knit, the Prayer Shawl Ministry knitters meet from 9-10:00 the first Friday of every month. If you are knitting chemo hats or hats for the street youth, bring your project and join the group. The next two dates are October 7th and November 4th.

Dates to Remember

Sunday, November 20, 2011: Thankoffering Sunday and Blessing of the Quilts

Sunday, December 18, 2011: Christmas Gift and Bake Sale

Tuesday, December 20, 2011: Women's Candlelight Advent Communion Service

• Health Ministry •

Just a quick reminder about the flu vaccine. Flu vaccines are now available at clinics, doctors offices and pharmacies. Get your flu immunizations soon.

GERD: Gastroesophageal reflux disease (GERD) is a digestive disorder that affects the lower esophageal sphincter (LES) - the muscle connecting the esophagus with the stomach. Many people suffer from heartburn or acid indigestion caused by GERD. Doctors believe that some people suffer from GERD due to a condition called hiatal hernia. In most cases, heartburn can be relieved through diet and lifestyle changes; however, some people may require medication or surgery.

What is Gastroesophageal Reflex?: Gastroesophageal refers to the stomach and esophagus. Reflux means to flow back or return. Therefore, Gastroesophageal reflux is the return of the stomach's contents back up into the esophagus. In normal digestion, the LES opens to allow food to pass into the stomach and closes to prevent food and acidic stomach juices from flowing back into the esophagus. Gastroesophageal reflux occurs when the LES is weak or relaxes inappropriately allowing the stomach's contents to flow up into the esophagus. The severity of GERD depends on LES dysfunction as well as the type and amount fluid brought up from the stomach and the neutralizing effect of saliva.

What is the Role of Hiatal Hernia?: Some doctors believe a hiatal hernia may weaken the LES and cause reflux. Hiatal hernia occurs when the upper part of the stomach moves up into the chest through a small opening in the diaphragm. The diaphragm is the muscle separating the stomach from the chest.

What Does Heartburn Feel Like?: Heartburn, also called acid indigestion, is the most common symptom of GERD and usually feels like a burning chest pain beginning behind the breastbone and moving upward to the neck and throat. Many people say it feels like food coming back into the mouth leaving an acid or bitter taste. The burning, pressure, or pain of heartburn can last as long as 2 hours and is often worse after eating. Lying down or bending over can also result in heartburn. Many people obtain relief by standing upright or by taking an antacid that clears acid out of the esophagus. Heartburn pain can be mistaken for the pain associated with heart disease or a heart attack. Heartburn pain is less likely to be associated with physical activity.

What is the Treatment for GERD?: Treatment aims at decreasing the amount of reflux or reducing damage to the lining of the esophagus from refluxed materials. Avoid foods and beverages that can weaken the LES is recommended. These foods include chocolate, peppermint, fatty foods, coffee, and alcoholic beverages. Foods and beverages that can irritate a damaged esophageal lining, such as citrus fruits and juices, tomato products, and pepper, should also be avoided. Studies show that cigarette smoking relaxes the LES. Obesity and pregnancy can also cause GERD. Decreasing the size of portions at mealtime may also help control symptoms. Eating meals at least 2 to 3 hours before bedtime may lessen reflux by allowing the acid in the stomach to decrease and the stomach to empty partially. Elevating the head of the bed on 6-inch blocks or sleeping on a specially designed wedge reduces heartburn by allowing gravity to minimize reflux of stomach contents into the esophagus. Antacids taken regularly can neutralize acid in the esophagus and stomach and stop heartburn. An antacid combined with a foaming agent such as alginic acid helps some people. These compounds are believed to form a foam barrier on the top of the stomach that prevents acid reflux from occurring. Long-term use of antacids can result in side effects including diarrhea and buildup of magnesium in the body. If antacids are needed for more than 3 weeks, a doctor should be consulted. For chronic reflux and heartburn, the doctor may prescribe medications to reduce acid in the stomach.

What if Symptoms Persist?: Doctors use a variety of tests and procedures to examine a patient with chronic heartburn, such as performing an upper GI series. This test is a special x-ray that shows the esophagus, stomach, and duodenum. This test is used to rule out other diagnoses, such as peptic ulcers. Endoscopy is an important procedure for individuals with chronic GERD. By placing a small lighted tube with a tiny video camera on the end (endoscope) into the esophagus, the doctor may see inflammation or irritation of the tissue lining the esophagus.

Does GERD Require Surgery?: A small number of people with GERD may need surgery because of severe reflux and poor response to medical treatment.

Conclusion: Although GERD can limit daily activities and productivity, it is rarely life threatening. With an understanding of the causes and proper treatment most people find relief.

• Proposed Mortgage Bond Sale Program •

Background

Milwaukie Lutheran Church is exploring selling Bonds to retire the Mortgage on the Corner Property to conserve cash. If there is enough interest in the Bonds we would be able to proceed with the sale. Please call or e-mail Sheryl Ann Waage to indicate your interest. (503.653.0250 or milwaukielc@comcast.net)

Objective of the Program

Sell \$50,000 in Bonds to save \$1,000 per month in cash flow. This would be a reduction of 57% from the current monthly mortgage payments.

Details

- Bond collateral would be the Corner Property itself.
- Interest rates would vary from 3.0% to 4.0% depending on amount and term of the bond.
- A minimum of twelve Bonds would be offered with one maturing each year for 12 Years.
- Bonds would be in \$3,000, \$4,000 and \$5,000 amounts.
- Interest only would be paid bi-annually until each bond matures.
- Bonds would be continually callable.

Proposed Bond duration, amount and rates

-One Year	\$3,000 @ 3.0%	-Two Years	\$3,000 @ 3.0%
-Three Years	\$4,000 @ 3.25%	-Four Years	\$4,000 @ 3.25%
-Five Years	\$4,000 @ 3.5%	-Six Years	\$4,000 @ 3.5%
-Seven Years	\$4,000 @ 3.75%	-Eight Years	\$4,000 @ 3.75%
-Nine Years	\$5,000 @ 3.75%	-Ten Years	\$5,000 @ 4.0%
-Eleven Years	\$5,000 @ 4.0%	-Twelve Years	\$5,000 @ 4.0%

• Crafty Ladies Meet •

Have you thought about this year's Christmas giving yet? It will be here before you know it. If you would like to keep it simple, but still give something of yourself to your loved ones for Christmas or any other day—Make something with your own hands and give the gift of your time and talent. Come and join the Crafty Ladies Bible Study on Thursdays at 1:30 p.m.. You won't be just joining a group of fun ladies but also study and learn about our Lord's Word.

If you don't know how to do handwork, you can still join us and we will show you how to knit crochet, embroider. If we don't know how to do a project that you might have, bring it and we can learn together. Remember Thursdays at 1:30 p.m. at church.

• Women's and Men's Dinner Out •

Monday, October 17, the Women's Dinner Out will be at Chan's Steakery, 10477 SE Main St., downtown Milwaukie (just about across from Pietro's) Men's Dinner Out will be at Ohana Hawaiian Cafe, 10608 SE Main St., downtown Milwaukie (near Ledding Library). The time to gather is 5:30 p.m. All are invited to join together for good food, fun & fellowship.

• Light News Deadline •

Submissions due by October 14 at noon. Please submit news items to editor@milwaukielutheran.org or place in the "mailbox" on Sheryl Ann's office door.

• Thank You •

To the Young At Heart

Thank you for your donation to the bell choir refurbishment fund. This fall we will have eight consistent members and three fill ins. Thank you for your support, we are within \$400.

~ Milwaukie Bell Choir

Dear Friends,

Once again you made happy smiles for children all over Clackamas County who started school with the supplies they need to be successful. Your generosity, heart, and hard work provided 1378 smiles. We have never had some many requests for help, and your commitment made these hopes into reality. Thank you very much!

Start Right Coordinators -

Betsy Packer, Lowell Gere, Pauline Vorderstrasse, Cheryl Kelly, Ray Cooper, Vicki Pearse

(ed. Note: To read the entire letter, check the Outreach bulletin board between the office and the choir room)

Dear Pastor,

Thank you so much for hosting the Lutheran Choral on September 11. We are very grateful for all the effort you put into promoting our concert. Despite the horrific heat, the audience was so responsive—it helps us sing better.

Please convey our appreciation to the kitchen crew who prepared the delicious meal for our large group of singers. We know that this is alot to ask of our host congregation. We also thank the crew for their rendition of “Happy Birthday” they performed after much coaxing from President Jac.

The additional music supplied by guitarist, Owen James, was truly inspiring. We thoroughly enjoyed his selections and great talent in helping make the evening a wonderful experience.

Again, many thanks from myself and from the choir.

Sincerely,

Olive Kistner, President

Jeannie Lambert, Corresponding Secretary

Thank you!! My heart has been warmed by all the well wishes from the members of Milwaukie Lutheran – both for my surgery and the death of my father. They mean a great deal to me. Thank you for all the cards, phone calls and gifts.

It surprises and amazes me how much it takes out of a person to have two such emotional events happen so close together. Your prayers and well wishes give me strength.

In Christ's Love,

Pastor Janelle

• Prayers •

Marta G, Grace A, April R, Earl J, Barbara C, Marilyn D, Myra C, Dick P, Vi H, Palmer L, children in crisis, Marilyn K, Audrey M, David S, Todd K, Ernie R, Faith C, Doris B, Bethany H, Bob S, Andre B, Wally R., Doug F., Leona M., Carl and Jean A., Joanne P., Helen Y., Charity C., Nathan W., Maureen S., Ann McE., Dorothy C., Jeanette N., Michelle F., Doug L., Janelle A-D.

The Grieving: Cathy and Harvey Mathistad, on the death of their aunt, Helen Walker

General Prayers: The President of the United States and our elected officials, the people of Iraq, Iran, Palestine, Israel, Afghanistan, Liberia, Sudan, Libya, Tunisia, Egypt, Somalia, the Horn of Africa. All people around the world in military service for their country.

For those serving Christ around the world: Marian Hungerford-Cameroon; Pastor Steven Ray-China; Our new missionary couple: Pastor Brian and Kristen Konkol-Republic of South Africa

Milwaukie Lutheran Church

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Church Staff

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Brian BrownDirector of Youth & Family Ministry
Sheryl Ann Waage.....Administrative Assistant
Maya Story.....Pianist/Organist
Owen James.....Choir Director/Contemporary
Music Director
Kari Liebert.....Volunteer Bell Choir Director
Carolyn Schoenemann Bookkeeper
Patty Shilling.....Volunteer Parish Nurse

Milwaukie Lutheran Pre-School

Phone: 503.659.9881
Barbara Johnson Preschool Administrator

We're part of the ELCA



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