



FEBRUARY 2022

COSLC NEWS & NUGGETS

The scoop on how we are the hands and feet of God, praising, nurturing, and serving through Christ Our Savior Lutheran Church.

WELCOME 2022 COUNCIL MEMBERS!

WE ARE SO THANKFUL FOR YOUR SERVICE!

Re-elected for another two year term (and re-appointed to the same position):

- Jessica Morrison, President
- Gary Matthews, Member-at-Large
- Terrie Brown, Member-at-Large

Elected for a new two year term:

- James Spillane, Member-at-Large

Continuing Council Members (and re-appointed to the same position):

- Ky Holland, Vice President
- Linda Matthews, Secretary
- Carol Bras, Treasurer

Going off Council:

- John Morrison, Member-at-Large

Thank you, John, for your many years of service to this congregation by being part of our Council! We are so grateful for your input and ideas over the years and we look forward to the new ways you'll now be able to serve in our midst.

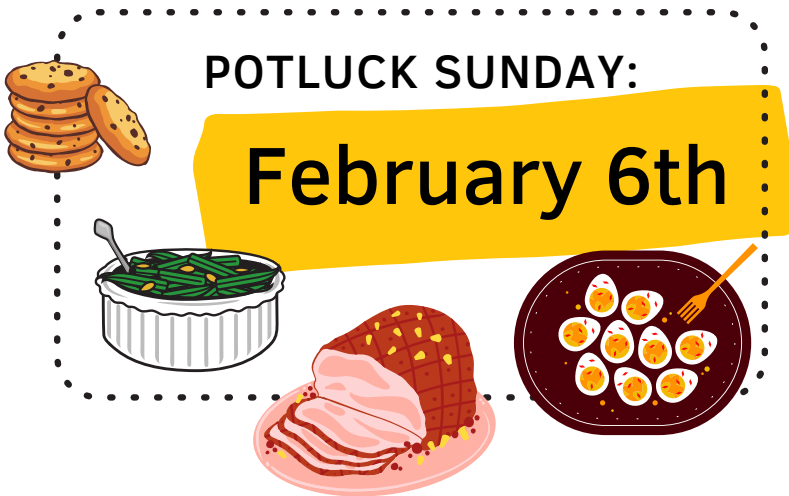
OTHER TOPICS THIS MONTH:

- **Praise!**
 - Sunday Worship Info
 - Ash Wednesday
- **Nurture!**
 - Book Group: Once a Month
 - Shrove Tuesday Pancake Palooza!
 - COSLC Buddy System
 - February Birthdays and Anniversaries
- **Serve!**
 - Free COVID-19 at-home test kits
 - A "Green" Valentine's Day
 - "SOUPer" Bowl Soup Collection for LSSA
- **Church Updates:**
 - Annual Meeting Recap & Council Corner
 - Church Calendar

SUNDAY WORSHIP – 10AM

Both in the "room" and on Zoom!

If you need to or wish to join worship via Zoom, visit www.coslc.ws/worship-info for the Zoom link. This site also has more information about in-person worship such as: our "masks on at all times!" policy and our communion practices during a pandemic.



CHOIR REHEARSALS

7pm on Wednesdays
in the Sanctuary
(No Jalapeños after)



All are welcome and encouraged to join!
Masks are worn by everyone while singing.

FAITH + LEARNING OPPORTUNITIES



Book Group is now once a month!

Join us on Friday, February 18th at 6pm both on Zoom and in the Fellowship Hall for conversation about "Dear Church: A Love Letter from a Black Preacher to the Whitest Denomination in the U.S." by Rev. Lenny Duncan. We will also pick our next book to read together – please bring suggestions!



"SOUPER" BOWL SOUP COLLECTION

Help us collect cans of Soup for LSSA* during the month of February!

*Lutheran Social Services of Alaska



DAYS FOR CELEBRATION IN FEBRUARY

Birthdays, Anniversaries, Graduations,
Baptisms, etc.

2nd – Cameron Nilsson's Birthday

2nd – Sawyer Nilsson's Birthday

10th – Linda Matthew's Birthday

Do you have a date to celebrate?
Email us so we can add you to our list!
office@coslc.ws



ASH WEDNESDAY

Lent begins this year on
March 2nd with Ash
Wednesday. Our worship
service will be at 6:00pm.



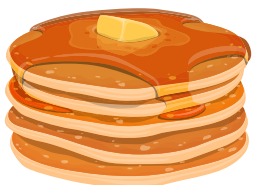
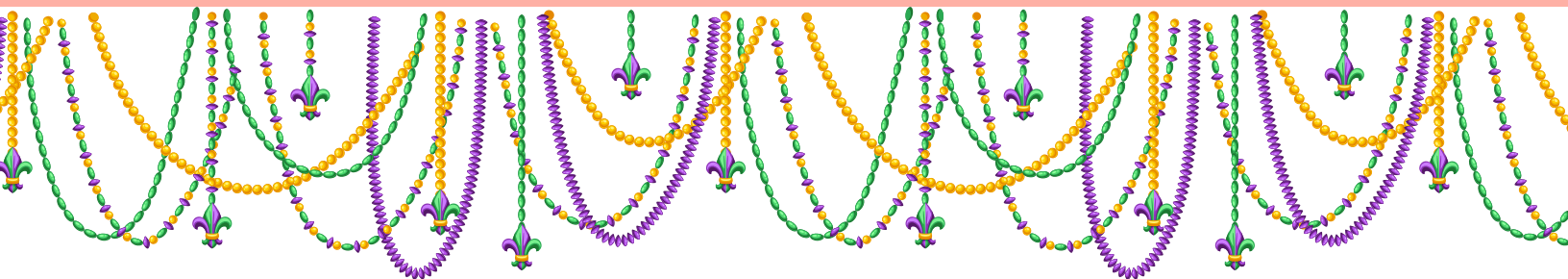
FREE COVID-19 AT-HOME TEST KITS

Every U.S. Household
is eligible for 4 FREE
at-home COVID tests.

Order yours before
they run out!

Visit www.covidtest.gov
to order yours.





YOU'RE INVITED TO A:
**PANCAKE
PALOOZA!**



TUESDAY, MARCH 1

@ 5:30PM
COSLC Fellowship Hall



Shrove Tuesday is the last night of eating richer, fatty foods before the ritual fasting of the Lenten season.

Join us in eating Breakfast for Dinner, competing in the Pancake Olympics, making ashes for Ash Wednesday, and celebrating God's abundant grace. All are welcome!

Contact the church office for more information.



A "GREEN" VALENTINE'S DAY:

Looking for something to do this Valentine's day?

On a day that is all about love and expressing our compassion and appreciation, consider saying "I Love You" zero-waste style!

Zero Waste & Eco-Friendly Gift Ideas

- Grab a second-hand gift to express your love, such as jewelry from a vintage/thrift store.
- Create a hand-made gift with craft supplies and photos!
- Buy organic, local flowers – or even better, buy a plant for your loved one! Flowers die and then must be composted, a houseplant can be around forever and brighten up any room with some greenery.
- Baking! What a better way to show your love than to spend a few hours putting your love into baking something they will enjoy and cherish.
- Reconsider your chocolate choices and opt for dairy free versions (often dark chocolate).
- Make sure to not use any wrapping paper for gifts, consider using brown paper or any cardboard you have in your recycling, that way it can either be reused or recycled!
- Say "no" to store-bought cards! According to GWP Group, one tree can produce about 3,000 cards, but for the one billion sent out every Valentine's Day that adds up to 300,000 trees cut down just to tell someone we love them, consider other acts of service or recycled cards made with items around your house.

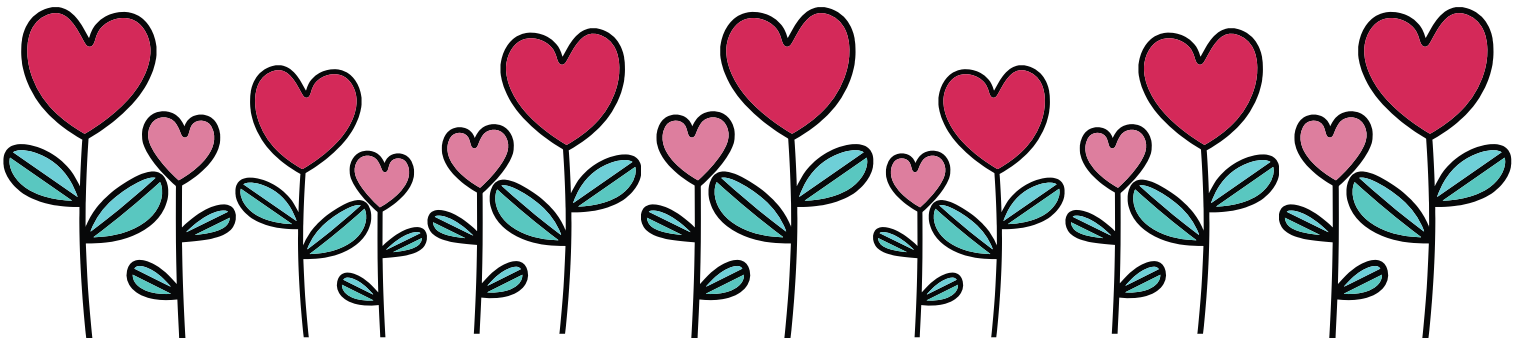
Read the full article and list by visiting:

<https://www.colorado.edu/center/2021/02/02/dedicate-your-valentines-day-mother-earth>

Learn more about the affects of Valentine's Day on the Earth:

<https://www.earthday.org/show-some-love-for-the-planet-this-valentines-day/>

Still looking for more ideas? Here are some more: <https://medium.com/eco-living/14-eco-friendly-ideas-for-a-sustainable-valentines-day-1608def73a8d>



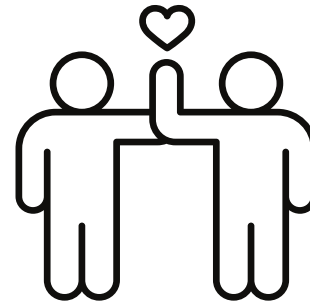
COSLC BUDDIES

We have re-kindled our Buddy System! Our goal is that no one in our community falls through the cracks of receiving care and connection. To do this, we went through the list of people in our community and have paired everyone up.

If you have never met the person you are paired with, now is a great time to make a new friend! We are asking that we take a few moments at least once, if not twice a week to check in and call our buddy. ALSO. If there is someone not on this list who should be or someone you have been worried about, REACH OUT! Don't wait for someone else to do that (even if they are on this list but paired with someone else). And if we have forgotten someone, please let us know that as well!

You won't have all the answers when talking with your buddy, and that's okay! But here are some things we recommend discussing when on the phone:

- Your high (a good thing) from the week or day
- Your low (a bad thing) from the week or day
- Where you have seen God or an absence of God
- What is something you need prayer for right now?
- What is something you need help with right now?
- How is your health? How's your water intake?
- Have you breathed fresh air recently? How have you been eating? How has your sleep been? etc.

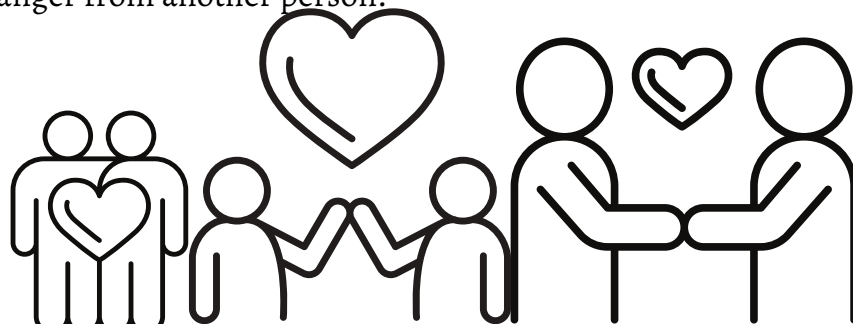


Ask about the basics and the scary stuff. Listen to one another, pray together on the phone. Sing! Read the Bible together. Tell each other jokes. Find a new recipe and make it together on opposite ends of a phone line. Let's let each other know that we're not alone even if we're not visiting people in person. It's okay to cry. It's okay to be okay or not be okay. It's okay to be however you are.

Lastly, Buddies, we ask that everything you share with one another is confidential between you two (or between your two families) and the pastor, as needed. If something is concerning to you that you want help addressing – please do bring it to Pastor Erika. She has made a promise of confidentiality as well. The only things she will need to share, as required by law, are if you are a danger to yourself or others, or if you are in danger from another person.

Blessings to you all!

May you feel God's presence in this time.

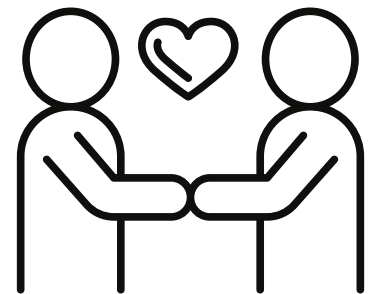


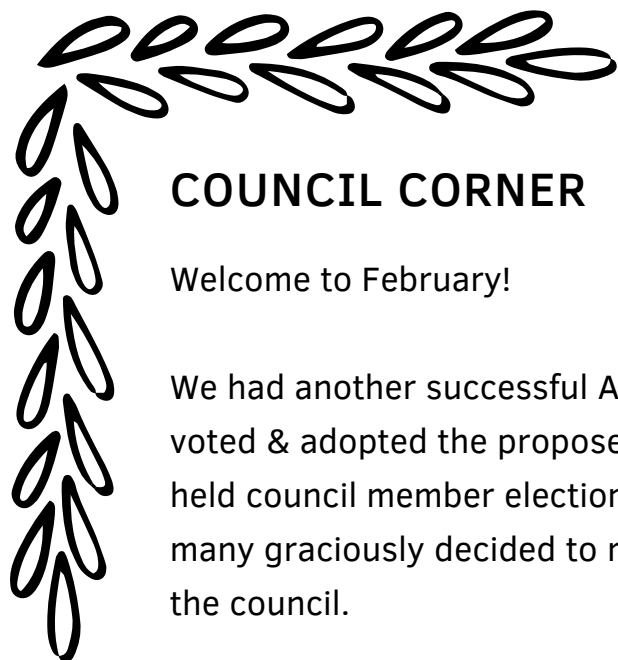
COSLC BUDDY LIST:

Buddies for the First Quarter (January-April) of 2022:

Contact the church office or visit our online directory through Breeze for contact information.

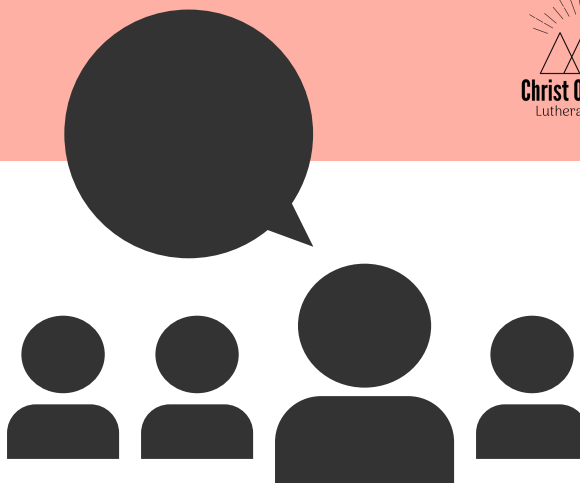
- | | |
|----------------------------|----------------------------|
| Bras | Escontrias |
| Waldhaus | Berge |
| Tillman | Morrison |
| Stockly (Kate) | McDonald |
| Stark | Nilsson |
| Sweeney | Awe |
| Stockly (Grant & Hyunjung) | Kay (Paula) |
| Spillane | Brewer |
| Stockly (Jo) | McGillvray |
| Roadifer | Lervaag/Kruse |
| Risch | Lazenby |
| Reynolds | Nelson |
| Repke | Matthews |
| Hallum | Holland |
| Pritchard | Hovanec |
| Peoples | Morton |
| Oyler | Laab |
| Meiwes | Gullickson/Adams (Susy) |
| Kennedy | Gullickson (Dan & LaVonne) |
| Janka (Annette) | Fulwider |
| Getzendanner | Foster |
| Kittleson | Crowther |
| Enslow | Fleming |
| Cocking | Hellmich |
| Chambros | Brown |
| Adams (Cindy) | El imani |





COUNCIL CORNER

Welcome to February!



We had another successful Annual Meeting at the end of January, where we voted & adopted the proposed 2022 Fiscal Year Spending Plan. We also held council member elections. The election was a quick and easy process, many graciously decided to run again, and we welcomed James Spillane to the council.

Here are your 2022 council members:

- President – Jessica Morrison
- Vice President – Ky Holland
- Treasurer – Carol Bras
- Secretary – Linda Matthews
- Members-at-Large – Terrie Brown, Gary Matthews, & James Spillane



Here are some things on our list of goals for the year:

- exploring new sources of income for the church
- expanding outreach to the community
- reconnecting with members of our church
- increasing the amount of educational & fellowship opportunities & events
- finalizing building use policies

With a clear plan, support, and lots of prayers, we can achieve these goals together and rejuvenate our spirits to continue this ministry and enjoy a thriving church.

Cheerfully in Christ, Jessica Morrison



Please pray with us for those on our Prayer List:



Holy and Gracious God,

You forget no one and you accompany the lonely.

Be present with those on our prayer list who are sick, suffering, or in need of support:

Inge Hallum; Bill Kennedy; Kylie Hellmich; Paul; Marley Moore; Naoual El imani (pronounced Noel); Nikkeya Berryhill (pronounced Nih-KEY-ah) ; Erik Gullickson; Barb Fleming; Art Morton; Kirk & Sue Waldhaus; Sister Annette Janka; Bryan & Kelly Risch; Cindy Adams; Carol Roadifer; the family of Deloise Odom; and all those we name now (*silently or aloud*):

Provide for those needing homes or medical care and point us towards life-changing responses to these needs in our own communities. Bless the ministries already providing that much needed assistance. Be with the ministries of our church and our building and synod partners:

Rabbit Creek Preschool, Boy Scouts Troop #209, Redeemer URC, the OUR NEIGHBORS Ministry, the Alaska Synod staff, Lutheran Social Services of Alaska (LSSA), & Gloria Dei Lutheran Church in Anchorage. Support us in our missions of spreading your love in the world.

Amen.

How can we pray for you?



Your church family at Christ Our Savior, is here for you! We want to extend prayers, phone calls, and encouragement to you when you need them.

Please contact the church office as soon as possible when:

- A member of your family or a friend dies;
- Hospital or home visitation would be a blessing;
- You or someone you know is having surgery;
- You or someone you know wants to plan a baptism or wedding;
- You or someone you know is ill or grieving;
- You move or change your telephone numbers or email.



Pastor Erika and / or our Caring Ministry Team will

visit, pray, and support you – whatever feels most appropriate to you. We are family.

You are not alone.

COSLC CALENDAR – FEBRUARY 2022

Sun 30	Mon 31	Tue 1	Wed 2	Thu 3	Fri 4	Sat 5
			● Cameron & Sawyer I			
● 10:00am - 11:00am Worship	● 7:00pm - 9:00pm Boy Scouts Troop 209	● 12:00pm - 1:00pm Yoga	● 4:00pm - 5:00pm Yoga			
● 11:30am - 12:30pm COSLC Congregation		● 6:00pm - 7:00pm Redeemer URC	● 7:00pm - 8:00pm Choir Rehearsal			
● 2:30pm - 3:30pm Redeemer URC						
● 4:00pm - 5:00pm Redeemer URC						
Sun 6	Mon 7	Tue 8	Wed 9	Thu 10	Fri 11	Sat 12
● Potluck Sunday				● Linda M. Birthday		
● 10:00am - 11:00am Worship	● 7:00pm - 9:00pm Boy Scouts Troop 209	● 12:00pm - 1:00pm Yoga	● 4:00pm - 5:00pm Yoga			
● 2:30pm - 3:30pm Redeemer URC		● 6:00pm - 7:00pm Redeemer URC	● 7:00pm - 8:00pm Choir Rehearsal			
● 4:00pm - 5:00pm Redeemer URC						
Sun 13	Mon 14	Tue 15	Wed 16	Thu 17	Fri 18	Sat 19
● Rev. Tari S-H. Birthd			Office Closed			
● 10:00am - 11:00am Worship	● 9:15am - 12:15pm RCPS Valentine	● 9:15am - 12:15pm RCPS Valentine	● 4:00pm - 5:00pm Yoga		● 6:00pm - 8:00pm Book Group – "Dear C	
● 2:30pm - 3:30pm Redeemer URC	● 7:00pm - 9:00pm Boy Scouts Troop 209	● 12:00pm - 1:00pm Yoga	● 7:00pm - 8:00pm Choir Rehearsal			
● 4:00pm - 5:00pm Redeemer URC		● 6:00pm - 7:00pm Redeemer URC				
		● 6:30pm - 8:30pm Worship and Music Pl				

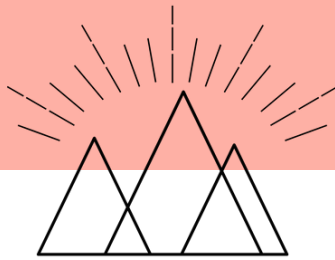
COSLC CALENDAR – FEBRUARY 2022

Sun 20	Mon 21	Tue 22	Wed 23	Thu 24	Fri 25	Sat 26
● Karen M. Birthday					● Monthly Newsletter	● Rev. Sean A. Birthda
● 10:00am - 11:00am Worship	● 7:00pm - 9:00pm Boy Scouts Troop 209	● 12:00pm - 12:15pm e-Newsletter Submiss	● 4:00pm - 5:00pm Yoga			
● 2:30pm - 3:30pm Redeemer URC		● 12:00pm - 1:00pm Yoga	● 7:00pm - 8:00pm Choir Rehearsal			
● 4:00pm - 5:00pm Redeemer URC		● 6:00pm - 7:00pm Redeemer URC				
Sun 27	Mon 28	Tue 1	Wed 2	Thu 3	Fri 4	Sat 5
			● Ash Wednesday			
● 10:00am - 11:00am Worship	● 7:00pm - 9:00pm Boy Scouts Troop 209	● 12:00pm - 1:00pm Yoga	● 4:00pm - 5:00pm Yoga			
● 2:30pm - 3:30pm Redeemer URC		● 5:30pm - 7:30pm Pancake Palooza	● 6:00pm - 7:00pm Ash Wednesday Servi			
● 4:00pm - 5:00pm Redeemer URC		● 6:00pm - 7:00pm Redeemer URC	● 7:00pm - 8:00pm Choir Rehearsal			



View COSLC's most up-to-date calendar at:

[WWW.COSLC.WS/
CHURCH-CALENDAR](http://WWW.COSLC.WS/CHURCH-CALENDAR)



Christ Our Savior
Lutheran Church

CHRIST OUR SAVIOR LUTHERAN CHURCH

Where we are Inspired by God's Love to Praise, Nurture, and Serve

We Praise God in Worship, Song and Prayer

We Delight in the Diversity of All of God's Children

We Support & Nurture One Another through the Love of Christ

We Gather to Grow through God's Grace

We Reach Out, Serve, and Incite Miracles



1612 Oceanview Drive
Anchorage, AK 99515

office@coslc.ws | (907) 345-3858

Facebook & Instagram: @COSLCak | www.coslc.ws



Pastor Erika Bergh
(907) 717-5015 | pastor.erika@coslc.ws

If you need pastoral care or help with anything, please call or text Pastor Erika.
May you feel God's peace this month and always.