

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.



"Be strong and bold"

by Pastor Erika Bergh

A few months ago, your council president, Jessica Morrison was telling me about one of her spiritual practices. It's a practice my "pastor peers" and I lovingly call the "random reading" practice. Jessica explained that when the house is quiet (or sometimes when it's not!), she will place her hands on top of her Bible, pray to God for the book to open to a page with something she needs to hear, and then she will open the Bible. Often it *does* open to a story or passage that is timely and impactful, offering her the peace or inquisitiveness that she needed in that moment. Other times though, it will leave her scratching her head for a while, wondering "why did I need to hear that?"

Jessica sharing this, reminded me that I hadn't done the random reading spiritual practice in a while, so later that day, I did. Ottilie was asleep, Ollie was somewhere, the cats were sunbathing, and I had a full glass of ice water.

IMPORTANT NEWS, UPDATES, AND IDEAS:

- *Pastoral Message*
- *Praise!*
 - *Sunday Worship Info*
 - *Farewell & Godspeed Service for Sister Annette*
 - *Thank you volunteers!*
 - *Choir*
- *Nurture!*
 - *Book Group: "The Good Life"*
 - *Synod Workshops*
 - *Spiritual Direction*
 - *Synod Youth Camping Trip*
 - *NEW COSLC Buddies*
 - *May Birthdays and Anniversaries*
 - *Prayer List*
- *Serve!*
 - *COSLC Community Garden Party*
 - *LSSA Newsletter*
 - *Food Collection for LSSA*
 - *Conversations about Gardening in Rural Alaska*
- *Church Updates:*
 - *Church Calendar (including Pastor's half-time schedule this month)*

I sat down on the couch, placed my hands on top of my Bible, and prayed: "God, let this book open to words I need to hear and remember. Amen." When I opened the Bible, it opened to Deuteronomy chapter 28. It was fine, but not life changing. So, I kept reading. When I got to chapter 31, I stopped. *This. This* was a story I needed to hear.

Deuteronomy 31 begins the conclusion to a plot arc that starts back in Exodus, continues through Numbers, and is carried through much of Deuteronomy. It is the story of the Israelites as they wander through the wilderness, waiting to enter the land promised to them by God. Partway through this story, Moses steals God's glory by not doing exactly what God asked to be done in response to the people's complaints about not having water. In retribution for stealing God's glory, Moses was informed that he and Aaron would not be entering the Promised Land. In Deut. 31, we see that promise come to fruition. A new leader is appointed and with Joshua (the new leader) at the helm, the Israelites would finally cross the Jordan River.

Although the situations, contexts, and circumstances of the Israelites' story and our stories are *very* different, I found great comfort in this story. I resonated deeply with Moses' experience of journeying alongside a people through some really tough times and then – at an exciting crossroads with hope and peace on the horizon – not being able to continue on with them. I had never before paid attention to this part of the story and how Moses couldn't go into the Promised Land. This time though, when I read it, I noticed all of the emotions that must have been present in that moment – but which are unfortunately absent from the narrative. I imagine Moses, Joshua, and the Israelites felt emotions like grief, frustration, longing, envy, hope, joy, fear, eagerness, disbelief, peace, lament, curiosity, weariness, anticipation, and awe.

I also imagine that Moses didn't feel done in his role as a leader of the Israelites. He had spent *decades* trying to get them to this place. *Decades* dealing with their angst and "hanger," their complaining and rebellions, their confusion and greed, but the "reward" for all his years of hard service was: "Step back and allow another to take your place."

Similar to how I imagine Moses must have felt, I too, don't feel completely done at COSLC. Reading this story, reminded me that that's okay. There are exciting things happening at COSLC and there were exciting things happening for the Israelites, but still, Moses was asked to step back before the journey was complete. If God could ask Moses to do that, then God can ask others too. And that could include me.

In Moses' story, I found a faith ancestor who also left a Call at a disappointing time. But Moses' story wasn't just about an unfinished call or a saddened group of people. It was also a story about how God was present and active in that transition, accompanying all parties. We can look at the Bible and see that the people of God have gotten through this kind of thing before and so, with God by our side, the people of God can get through it again.

At COSLC, you aren't preparing to cross a river and enter the Promised Land but you *do* have some really exciting things happening! You've got 15+ kiddos/youth to love on and re-engage with; a rockin' music program of choral, contemporary, piano, and ukulele prowess; new technology to connect through; a community garden opening soon; a killer council, led by a rockstar president; and people with a heart to serve (and fix food for potlucks).

Several times, in Deut. 31, variations of these words are spoken to Joshua: "Be strong and bold, for you are the one who will go with this people into the land that the Lord has sworn to their ancestors to give them; and you will put them in possession of it. It is the Lord who goes before you. He will be with you; he will not fail you or forsake you. Do not fear or be dismayed."

As the body of Christ, we carry all our faith ancestors with us and in us. As such, Joshua is within each of you, waiting to be let loose and help lead the people of COSLC into your next chapter of ministry and life together in faith. So, in the footsteps of Moses, I repeat those words to you (but with a twist for context):

Be strong and bold, for you are the ones who will go with this people into the future which God has promised to show God's love within; and you will be able to, through your ministries, share that love with those in South Anchorage and beyond. It is God who goes before you. God will be with you; God will not fail you or forsake you. Do not fear or be dismayed.

Friends in faith, we have two more months of intentional ministry together, a time to dream and lament, a time to process and plan, and a time to laugh and remember. I pray that these next two months – even as I wind down my leadership roles with you – that you feel the excitement I see and feel for COSLC: that you are on the brink of life-giving and joy-inducing ministry in service to God and South Anchorage. I am excited for you, proud of, and honored to know you.

In these next two months and beyond: Be strong and bold. God will be with you.

MAY 2022

COSLC NEWS & NUGGETS



SUNDAY WORSHIP

Every Sunday at 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.



THANK YOU!



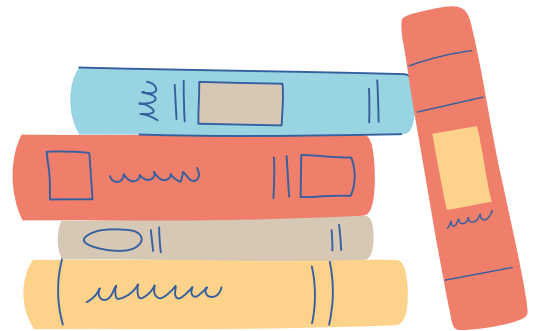
Thank you SO MUCH
to everyone who helped make our Holy Week
so special and beautiful.

So many of you helped by making food,
coordinating volunteers, spending hours
rehearsing, bringing sticks, cleaning up, bringing
wine, setting up, leading music, reading, singing,
praying, buying supplies, being present, bringing
flowers, planning the events and worship services,
and so much more.

We could not have done it without you,
and you **SHOWED UP** this past Holy Week.
Thank you for participating and helping and making this week such a blessed time.

BOOK GROUP:

Book Group will meet on Friday, May 20th to discuss “The Good Life” – Thank you, Kathy O. for suggesting this book! Pick up your copy in the Narthex. \$15 suggested donation.



Good news! In the future we can save \$\$! We have learned that book club kits are available free through the Anchorage library. Up to 10 books can be checked out for 6 weeks at a time (no renewals on these) as a ‘kit.’ There is a large selection of books in all genres. One person with a current library card checks out the kit and is responsible for returning the full kit when the time is up. To see what is available, go to AnchorageLibrary.org and select the “Books + music + videos” tab. Select “Kits” and then “Book club bags.” You can search broadly or narrow your search, as desired.

DAYS FOR CELEBRATION IN MAY

Birthdays, Anniversaries,
Graduations, Baptisms, etc.

Do you have a date to
celebrate?

Email us so we can
add you to our list!
office@coslc.ws



8th – Sister Annette's 45th Anniversary of
being Consecrated as a Deaconess

13th – Pastor Erika's Birthday

15th – Ollie Bergh Graduates from
Seminary

15th – Ollie Bergh's Baptism Anniversary

21st – Gary Matthew's Birthday

22nd – Farewell & Godspeed Service for
Sister Annette

23rd – Levi Nilsson's Birthday

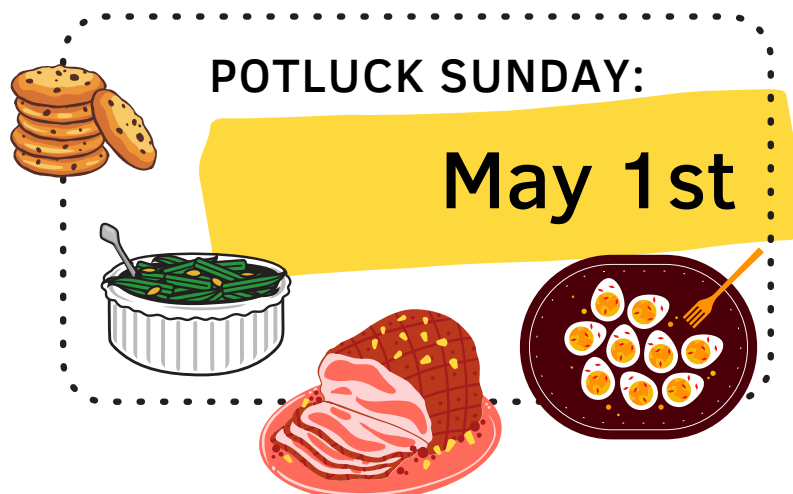


CHOIR REHEARSALS

7pm on Wednesdays
in the Sanctuary

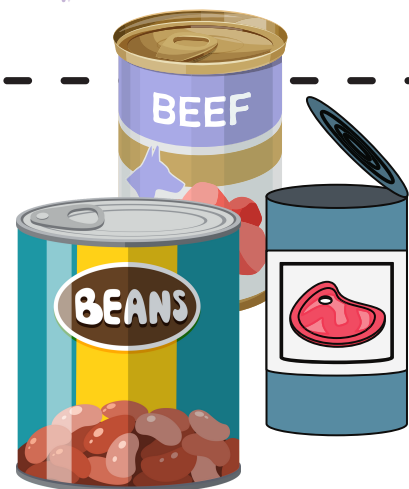
Choir will meet on **May 11th**
and **18th** to prepare for singing
an Anthem on May 22nd in honor
of Sister Annette. After the 22nd,
choir will be on Summer Break
until the Fall, likely sometime
in October.

Contact Gary Matthews for more
information.



FAREWELL SERVICE FOR SISTER ANNETTE JANKA

On May 22nd,
help us bless, thank, and send
Sister Annette home to Cordova
after two+ wonderful years of
music and children's ministry
here in Anchorage.



CANNED PROTEIN COLLECTION

Help us collect cans of
proteins, soups, and
other canned foods for
LSSA* during May!

*Lutheran Social Services of Alaska

SYNOD WORKSHOPS

The Alaska Synod is hosting two Zoom events in May. They are both "next-step workshops" from two that were held at synod assembly, a good way to follow up and continue the learning and holy imagination. Everyone is invited to attend!



Monday May 2, 5 pm: Telling our Stories in the World.

Led by ELCA strategic communication staff, this workshop will discuss building relationships with local media. We'll cover why to connect, how, what to send them, writing op-eds and more. The workshop will also cover digital media for congregations in this hybrid world, such as best practices now for social media and church websites.

Register here:

<https://www.elcaalaska.net/telling-our-stories-in-the-world.html>



Saturday, May 7, 9-12: Motivating the Exhausted.

Led by church consultant Rev. Dr. Marj Funk-Pihl, this workshop will give you tools to lead your congregation to channel their exhaustion and frustration in creative ways that inspire curiosity and lead to constructive change. The appreciative inquiry process will provide the strategy and the underlying principles.

Register here:

<https://www.elcaalaska.net/motivating-the-exhausted.html>

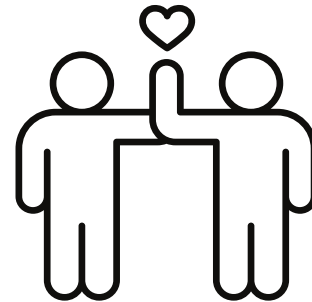
COSLC BUDDIES

We have a new grouping of Buddies in our Buddy System! The goal of COSLC Buddies is that no one in our community falls through the cracks of receiving care and connection. To do this, we periodically go through the list of people in our community and pair 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.

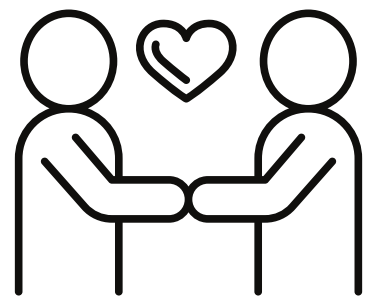
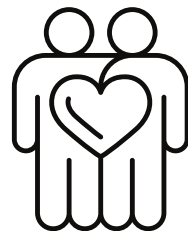


COSLC BUDDY LIST:

Buddies for Quarter #2 (May-July) of 2022:

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

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





Conversations about Gardening in Rural Alaska

Noon - 1 p.m.

Every other Tuesday starting January 18th

This free, virtual series is brought to you in partnership with RurAL CAP and UAF Cooperative Extension Service.

Join an online panel of local, experienced gardeners to listen, learn, and ask questions about growing your own food. Our focus will be issues faced by rural gardeners, but we welcome one and all.

Jan. 18: Building Soil on the Cheap

Feb. 1: Coordinating a Community Garden

Feb. 15: Composting in Rural Alaska

Mar. 1: How to Apply for High Tunnel Funding

Mar. 15: Hosting a Seed-Starting Workshop for your Community

Mar 29: Incorporating a Community Garden into Your Food Pantry

Apr. 12: Forming a Food Security Task Force

Apr. 26: Pro-tips for Running a Greenhouse

May 10: Responsible Foraging

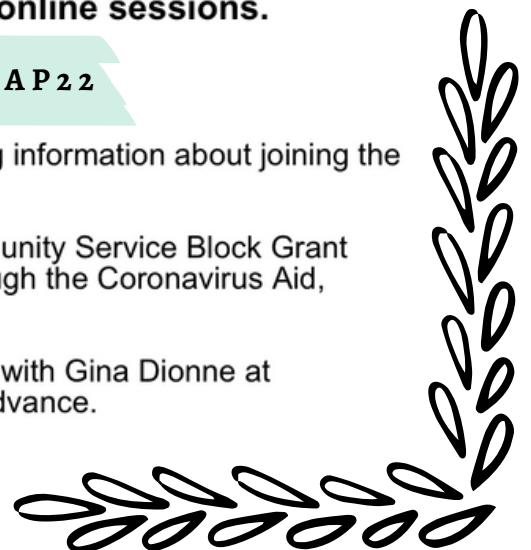
Register once and join any or all of the free online sessions.

https://bit.ly/GROW_RurALCAP22

After registering, you will receive a confirmation email containing information about joining the meeting. **Call-in options are available.**

This project was made possible by funding provided by a Community Service Block Grant awarded to Rural Alaska Community Action Program, Inc., through the Coronavirus Aid, Relief, and Economic Security Act.

Accommodation requests related to a disability should be made with Gina Dionne at 907-786-6313 or gddionne@alaska.edu five business days in advance.



Synod Youth Camping Trip

June 28th - July 1st (three overnights)

Caines Head Recreation Area in Seward



- Transportation arranged by individual congregations to Seward.
- Cost is free for youth, but we'll need your help to gather Thrivent cards for food and supplies.
- There will be easy/moderate hiking, but probably 12-15 miles total. We plan to have at least one water taxi drop off supplies and our hope is that others could come visit or join us at the campsite via water taxi, if the hike itself would prevent you or someone you know from coming.
- All current 6th-12th graders are invited!
- RSVP by June 1st

More detailed supply lists and releases/waivers will be available soon.

Talk to Amanda Lindquist (afranklin2004.af@gmail.com) or Pastor Meredith Harber (meredith.harber@gmail.com) if you have questions/concerns.

GARDEN PARTY!

SAVE THE DATE:

MAY 21ST

We'll be celebrating the progress made on the Community Garden and getting final projects done so it will be ready for a grand opening!

Spiritual Direction

What is Spiritual Direction?

Spiritual direction is a ministry of Christian companionship and invites you to reflect on and respond to the closer relationship with God that God invites. In the midst of a busy life, it can be difficult to see and respond to God's action within us. Yet, at the deepest level, all of us long for a more conscious experience of God's presence and love.

In spiritual direction, you will reflect over time on the experiences of your daily life and come to more deeply recognize God's presence, continuing call, and transforming love. You will come to realize how God's spirit is truly with you and within you, every day and everywhere, as close as you are to yourself.

Spiritual direction is not someone giving you directions, counseling, a theological discussion, or a quick solution. It can be helpful when you are making important life decisions and desire to discern how God is inviting you in that decision.

Why Might I Seek out Spiritual Direction?

To identify and trust your own experiences of God; integrate spirituality into your daily life; discern and make difficult choices; share struggles, losses or disappointments and find encouragement and affirmation; grow in relationship with God, self, and others.

(The text above is from Holy Spirit Retreat Center's webpage.)

Where Can I Find a Spiritual Director?

In Anchorage, Holy Spirit Retreat Center on the hillside has multiple spiritual directors. [See their website](#) for more information.

Holy Wisdom Monastery in Madison, Wisconsin, has multiple, ecumenical spiritual directors, some who will offer direction remotely. [See their website](#) for more information.

(FROM MARCH 2022)

Lutheran Social Services of Alaska



The Food Pantry has seen our numbers rebound in February to again serving between 80 and 100 families a day. The last quarter of 2021 our numbers were down due to families receiving tax credit help. Most of our clients during that time period were seniors. We have 462 seniors now on our list that was 152 pre-Covid. Thanks to everyone who donated at the Carrs/Safeway check-out stands during the holidays, they have now given us a \$50 gift card that we will mail to all our senior households in March. This is a gift of \$23,000.

We have been blessed to have many groups volunteering this winter. We have four individuals from Americorps that are working in the Food Pantry and the Mobile Food Pantry three days a weeks and they will be with us until March 25th. We have a volunteer Zaden who is working in the office serving a mission through the Mennonite Church and will be with us through June. On Mondays the A Team and friends are filling food boxes while Wednesdays and Fridays are being filled by the LDS Church Elders.

We will need volunteers in the Food Pantry soon as we transition to a new digital client choice Food Pantry. Clients will be able to shop online based on their family size and then schedule a pick-up time. We will be needing volunteers to be our shoppers filling orders just like you are seeing in the major retailers. We will also need volunteers to work with the clients who do not have access to electronic devices to place their order either in person or over the phone.

Lent is starting soon and that means it is time for us to think about Easter Baskets. It has become a tradition at the LSSA Food Pantry that we distribute Easter Baskets to children of our clients. Last year we distributed close to 700 baskets that included sweets, a small toy and a story or activity book telling the Easter story. Thank you for your continued support of this project. We will begin distribution of these baskets on March 15th.

Thanks to everyone who has contributed to LSSA through the Pick, Click, Give campaign on the Alaska PFD application. If you haven't completed your 2022 PFD application, remember you have until March 31st to apply and please consider making a donation to LSSA. Last year we received gifts that totaled close to \$12,000.

Planning for the 2022 Harvest of Hope Auction is underway and if you would like to be a part of the committee please let me know. The event is scheduled for Friday, September 16th at the Sheraton Anchorage beginning at 6pm. Presently we are working to secure silent and live auction items so if you have anything to donate please drop it off at the LSSA office.



Please keep our ministry and staff in your prayers.

Together caring for others,

Alan Budahl
Executive Director LSSA
907-272-0643

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:

those in Ukraine; Brenda; Martha Enslow; Sherry Nelson; Dallas McDonald; Inge Hallum; Bill Kennedy; Brian, Amy, Kylie, Kayda, and Payton Hellmich; Erik Gullickson; Art Morton; Cindy Adams; Sister Annette Janka; Naoual El imani; Carol Roadifer; Ky and Sharon Holland; Lorie Hovanec; 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:

our Community Garden, Rabbit Creek Preschool, Boy Scouts Troop #209, Redeemer URC, the OUR NEIGHBORS Ministry, the Alaska Synod staff, Lutheran Social Services of Alaska (LSSA), & Fairbanks Lutheran Church in Fairbanks. 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.

MAY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
01 <i>Potluck Sunday</i> <i>Preacher: Pastor Erika</i> 10am – Easter 3 11am – Potluck	02 4pm – Our Neighbors Meeting 5pm – “Telling Our Stories in the World” Synod Workshop	03 Noon – Yoga	04 4pm – Yoga 7pm – Choir	05 4:30pm – Council Check-in	06	07 9am-Noon – “Motivating the Exhausted” Synod Workshop
08 <i>Mother's Day</i> <i>Preacher: Pastor Erika</i> 10am – Easter 4	09 7pm – Boy Scouts	10 Noon – Yoga	11 <i>PE Out of the State</i> 9am-4pm – RCPS in Fellowship Hall 4pm – Yoga	12 <i>PE Out of the State</i> 9am-4pm – RCPS in Fellowship Hall	13 <i>PE Out of the State</i> <i>Birthday: Pastor Erika</i> 9am-4pm – RCPS in Fellowship Hall	14 <i>PE Out of the State</i>
15 <i>PE Out of the State</i> <i>Supply Preacher: Pr Lisa Smith Fiegel</i> 10am – Easter 5	16 <i>PE Out of the State</i> 7pm – Boy Scouts	17 <i>PE Out of the State</i> Noon – Yoga 6pm – Community Piano Recital	18 4pm – Yoga 7pm – Choir	19	20 6pm – Book Group	21 <i>Birthday: Gary Matthews</i> Community Garden – Garden Party (time TBD)
22 <i>Preacher: Pastor Erika</i> 10am – Easter 6 + Farewell to Sr Annette 11am – Council Mtg	23 <i>Birthday: Levi Nilsson</i> 7pm – Boy Scouts	24 Noon – Yoga 6:30pm – WAMM	25 4pm – Yoga 7pm – Choir	26	27	28
29 <i>Supply Preacher: SAM Linda Bender</i> 10am – Easter 7	30 Memorial Day – Office Closed 7pm – Boy Scouts	31 <i>(Newsletter goes out)</i> Noon – Yoga	Sunday Morning Sanctuary Schedule: - 10am – COSLC - 12:30pm – Redeemer URC - 2pm – Redeemer URC			

View COSLC's most up-to-date calendar at: WWW.COSLC.WS/CHURCH-CALENDAR



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



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

The COSLC Office is open 5pm - 9pm M-F

Pastor Erika Bergh

(907) 717-5015 | pastor@coslc.ws

Office Hours: 3-6pm M-F and other times by appointment.

If you need pastoral care or help with anything, please call or text Pastor Erika.

May you know Christ's love, this month and always.