

GRACE LUTHERAN CHURCH & PRESCHOOL

702 G Street Phone: (360)332-6589

P.O. Box 1646, Blaine, WA 98231-1646

www.blaine-grace-lutheran.org

Email: office@bglutheran.com

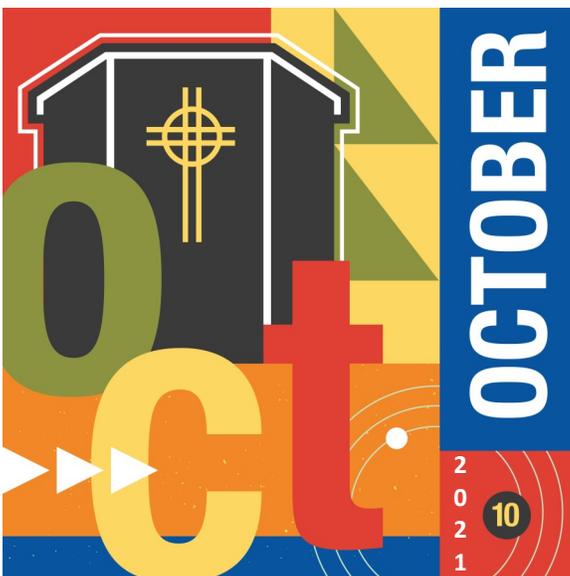
Non-Profit Org.

U.S. Postage

PAID

Blaine, WA

Permit No. 41



Worship Service

Sunday 10:30 am

Sunday School and Bible Class 9am

Upcoming:

2 Tue 2:00 (see inside for details)

A pandemic of loneliness and isolation: where is there help for us and others?

Loneliness is on the rise. Nearly half of Americans report being lonely and feeling left out. The COVID-19 pandemic has only exacerbated the problem. The church is an essential solution to this problem. The church is Christ's body when it is a community that receives the Word and Sacrament plus listens and is there for one another.

Let's look at the problem and then the solution. Consider some findings from a 2018 Cigna loneliness survey: One in four Americans rarely or never feel as though there are people who really understand them. Two in five Americans sometimes or always feel that their relationships are not meaningful and that they are isolated from others. One in five people report they rarely or never feel close to people or feel like there are people they can talk to. Only around half of Americans have meaningful in-person social interactions such as having an extended conversation with a friend or spending quality time with family, on a daily basis.

What is the impact of this problem? Loneliness has the same health impact as smoking 15 cigarettes a day. Lonely people are 70% more likely to die prematurely.

What is causing the problem? Online interactions are not the only cause certainly but they are at least exacerbating, if not largely causing loneliness.

Jenni Russell writes: The internet is "increasingly where we live our lives, communicate, find jobs, partners, homes, lovers. We're hijacked by its dopamine deliveries, at the mercy of its algorithms. It's seductive, exciting and convenient. Its channels are the means by which we both keep in touch and keep others at bay. We often prefer the distance and control it gives us to the messy unpredictable reality of conversations or meetings. Parents in parks are engrossed by their phones, not their children. A psychotherapist tells me that when he counsels troubled 20-somethings about their agonized relationships...that it's rare for anything to have been actually spoken with voice and nuance and emotion, let alone face and presence. They primarily are communicating with written messages, with their infinite capacity

for misinterpretation. His clients, seemingly longing for rewarding contacts with others are blocking them."

Anthony Esolen observes that we're weary of creation, of man, of male and female because we've turned from God and don't interact face to face much anymore. What is the mark of an exhausted civilization? Hiding, perhaps; even to hide in the glare and noise and joyless commotion of wealth. Man hides from God and calls it liberty. But having turned his eyes from his Creator, he turns from the creation as well, which he will not acknowledge as a gift. The caveman of our day shuts himself indoors, and even his concern for the environment – to such has the world of kingfishers and dragonflies been reduced – has less of love for creation than of irritation at his fellows.

Loneliness is nothing new. Look to the Bible: Joseph; David, in Psalm 25:16 "Turn to me and be gracious to me, for I am lonely and afflicted;" Elijah in 1 Kings 19 – even after the Lord miraculously lights his fire he feels all alone and he runs away. When your journey is too much for you, let the Lord bear it for you. See also John the Baptist alone in the wilderness and Paul alone in prison.

Jesus encouraged and practiced solitude, not loneliness. Mark 6:31, "And he said to them, 'Come away by yourselves to a desolate place and rest a while.'" Solitude prepares us to serve in love when it is utilized in the service of our Lord. Jesus says in the gospel of John, "I am the Vine, you are the branches." When we are connected to Him we are never alone. See also Revelation 1, 7, 14, 21 and 22. Jesus magnificently unites us as the Body of Christ – a real community. He gives us the gift of the divine service where we pray and sing together and receive the gifts of His Word and sacraments.

Once filled by God's good gifts we can be a blessing to others in their loneliness by visiting, sending notes and cards and making phone calls like the Cares Committee does.

I pray that you are not feeling lonely but if you are, please reach out to me or one of your brothers and sisters here at your community of Grace Lutheran Church and Preschool. God's peace be with you.
Love Pastor

Preschool News

Preschool is up and running! We have room in our 4 year old class, on Monday, Wednesday, and Friday, and our 3 yr old class, on Tuesdays and Thursdays, if you know of anyone looking for a preschool!

We are very much enjoying being back in the classroom together. Fall is such a fun time of year! We are excited to watch the season change and talk about the changes we are seeing! We are

having fun exploring the classroom and all the great things in it. We are making new friends and getting the hang of this preschool stuff!



Little Explorers
3yr olds
(above)



Adventurers (4 yr olds)

2 Tue 2:00
Please join us the second Tuesday of each month @ 2:00 for Preschool prep

Servants	October 3	October 10	October 17	October 24	October 31
ACOLYTES	Caleb	Elee	Emily	Seth	Isaiah
ALTAR COMMITTEE	Pam & Linda	Pam & Linda	Pam & Linda	Pam & Linda	Pam & Linda
COFFEE HOUR	Rika	Rona & Patty	Joan		
SCRIPTURE READERS	Kristi Galbraith	Jim Higby	Steve Galbraith	Sandy Miller	Dan Perse
LAY MINISTERS/ COMMUNION	Steve Roe		Lenore Onyon		Dick Johnson
PIANIST	Cheryl	Cheryl	Cheryl	Cheryl	Cheryl
ORGANIST	Brent	Brent	Brent	Brent	Brent
USHERS					
FLOWERS		Joan Gregory (B-day)			

Sun	Mon	Tue	Wed	Thu	Fri	Sat
OCTOBER					1	2 MEN'S Bible Study 8 am
3 9:00 Bible Study & Sunday School 10:30 Worship w. Communion	4	5	6	7	8	9
10 9:00 Bible Study & Sunday School 10:30 Worship	11 Ladies' Bible Study 7pm	12 Preschool Prep 2pm	13	14	15 NewsLetter DEADLINE	16 MEN'S Bible Study 8 am
17 9:00 Bible Study & Sunday School 10:30 Worship w. Communion	18	19	----- Pastor's Conference -----		22	23
24 9:00 Bible Study & Sunday School 10:30 Worship	25 Ladies' Bible Study 7pm	26	27	28	29	30
31 9:00 Bible Study & Sunday School 10:30 Worship w. Communion						

BIRTHDAYS

- | | | |
|--------------------------|--------------------|-----------------------|
| 1 Ann Johnson | 7 James Aguirre | 20 Kyle Thompson |
| 2 Fred Hartman | Marilyn Mitchel | 22 Svenna Hrutfiord |
| Ryan Thompson | Sophia Delong | 23 Lisa Berg |
| 3 Hannah Phelps-McDonald | 8 Joan Gregory | 27 Linda Thompson |
| 4 Anabelle Terris | 10 Kellie Faulkner | 29 Stirling MacArthur |
| 5 Daizy Dehnke | 13 Gavin MacArthur | 30 Christie Rector |
| | 18 Roy Delong | |