

GRACE LUTHERAN CHURCH & PRESCHOOL

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U.S. Postage

PAID

Blaine, WA

Permit No. 41



Worship Service

Sunday 9:30 am

Beginning 9/12-

9:00am Bible Study

10:30am Worship

Upcoming:

Ladies' Bible Study—Mondays @ 7pm

Men's Bible Study—9/11 & 9/25

Cares Committee—Thursday, 9/9 @ 1pm

Pastor's Message:

Resilience in a time of adversity and challenge

Resilience is your ability to adapt to stressors of all sorts, to be able to rebound after suffering through adversity, setbacks and a wide array of stressful circumstances. It is not the ability to avoid or pre-empt distressing situations. It is a trait rooted in thoughts, choices and behaviors. Anyone who chooses to can acquire strategies to enhance their resilience.

Common characteristics of resilient people include a number of important features:

Persistence in the presence of a "can do" attitude. Motivation to accomplish meaningful goals that are satisfying. Ability to consider change and explore novelty is helpful. The Christian embraces hope in response to all difficulties. Honest appraisal of oneself regarding one's strengths and weaknesses. Establishing and unapologetically defending boundaries. Regard time as a precious commodity and use it well. Reasonable expectations of others (asking the question, is this reasonable? is freeing). Reasonable problem-solving skills. Good interpersonal skills – interacting effectively with others. Becoming mindful of what you are feeling and why you are feeling that way.

The building blocks of stress – threats to resilience:

Being achieve-o-matic (type A personality). Negative self-talk (80% of our thoughts are negative, 95% are identical to the thoughts from the day before). Catastrophizing. People who are hurt significantly won't even try. This is called learned helplessness. Perfectionism. Avoidance or withdrawal. Problems unattended to tend to multiply.

Most of us have adopted a false model of what it means to function effectively. We expect productive people to work at high levels of effectiveness constantly. If you don't feed the teachers they will eat the students. We've ignored what our body teaches us about essential rhythms for health. We have tried to free up more time when in fact we need to free up greater energy.

Solutions:

We need to eat better, exercise more and sleep more. We need to unchain from our habits to be free for change. We must choose to interpret and respond to facts in healthy ways. We need to be self-aware and socially aware and manage our relationships. We need to stop multi-tasking. If you chase two rabbits you will catch zero. Surround yourself with people who lift you up. Listen to music with positive messages. Learn to say no. Pivot from negativity toward compassion. When you feel stuck consider what would happen if you tried this or that. Celebrate the small things.

Most important of all meditate on God's Word, pray without ceasing and reflect on all that God has done for you and remember that He promises to be with you through it all. When you can't do it He will carry you in all His power and love. Think on the hope that comes from Christ this day and all your days.

Peace in Christ to you! *Pastor*

**WHO:**

Cares Committee Members
and All Willing Volunteers

WHAT:

Card preparation for October, November and December birthdays. Plus greetings for our shut-ins, those who are ill or recovering, and those we haven't seen for awhile.

WHEN:

Thursday, September 9th from 1:00 to 3:00pm

WHERE:

Grace Lutheran Church Fellowship Hall

Please come and join the Cares Committee for a time of meaningful fellowship with one another while preparing greetings for many of our members family at Grace. Whatever time you can give will be greatly appreciated. Mark your calendars and we'll see you on Sept 9th.

Thank you
Lenore Onyon
Cares Committee Chair

Preschool News

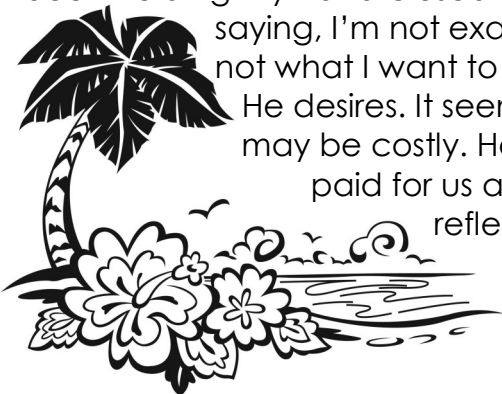
Hello Grace Family!

We are so excited to be starting preschool here soon! Our first day of school is September 7th for our 3 year old class (Little Explorers) and the 8th for our 4 year olds (Adventurers). Our Adventurers have classes on Monday, Wednesday, and Friday led by Miss Bethany. And our Little Explorers have classes on Tuesday and Thursday led by Mrs. Z. We currently have space in both of our classes if you know of families looking for preschool.



We are praying that we can return to more of a pre-COVID classroom, but are going to take steps in order to ensure a safe and healthy learning environment.

Miss Bethany and Mrs. Z are looking forward to meeting all the sweet new and returning faces!

Have you ever sung a song and a line of that song hits you to the core? I have! I just did! We are here in Hawaii enjoying the beauty God has created, the flowers, trees, and birds that are new to us. Drinking in His marvelous work and the many blessings He has showered upon us. And came across this song, "Refined", and there is a line in the song that brings tears to my eyes it is, "I want to be tried by fire. Purified. You take whatever You desire. Lord here's my life." It is a hard line for me to sing. It is what I desire, and it seems like lately I have been holding my hand closed to God instead holding my hand out to God. In essence saying, I'm not exactly ready for you to take whatever You desire, and that's not what I want to do. I want to hold my hand out and take whatever it is that He desires. It seems as each day passes I understand a little better that that may be costly. However, I know that it is nothing compared to the price He paid for us all to be with Him for eternity! It is a humbling line for me to reflect upon and one that is changing my perspective!



Mrs. Z / Kelley

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 S E P T E M B E R			1	2	3	4
5 9:30 Worship w. Communion	6 office closed 	7	8	9 Cares Committee 1-3pm	10	11 MEN'S Bible Study 8 am
12 9:00 Bible Study 10:30 Worship	13 Ladies' Bible Study 7pm	14	15 Newsletter Deadline	16	17	18
19 9:00 Bible Study 10:30 Worship w. Communion	20	21	22	23	24	25 MEN'S Bible Study 8 am
26 9:00 Bible Study 10:30 Worship	27	28	29	30		

BIRTHDAYS

3 Bailey Bleazard	20 Zachary Thompson
6 Lorralai Mouw Megan MacArthur	Kolton Rector
7 Lynn Halldorson Daniel Dehnke Jr.	21 Melissa Galbraith
8 Neal Holleman John Veleber Susie Sanders	24 Dolores Holleman Niki Wildermuth Julia Hansen
10 Heather Bleazard	25 Bryan Galbraith
14 Joshua VanderYacht	27 Steve Galbraith
18 Leonard Wahl	28 Brian Hrutfiord
19 Jeff Markusen	29 Anthony Terris

ANNIVERSARIES

2 Brian & Nicki Cortez
5 Ron & Donna Leach Susie & Randy Sanders
18 Rob & Lenore Onyon
21 Heather & Justin Bleazard
22 David & Susan Halldorson

