
Dungeness Valley Lutheran
Currents



September 2011

Church Telephone: 681-0946

Pastor's Notes

Back to School

Maybe I have a weird sense of humor...

But I'm a big fan of Rodney Dangerfield movies. Especially the one entitled, "Back to School." In the movie, Rodney D. plays one Thornton Melton, a fun loving and obnoxious rich businessman, who In order to help his discouraged son get through college, decides to enter the same school as a student himself. There are a lot of laughs throughout.

But the serious idea that stuck with me after seeing "Back to School" is that you're never too old to learn something new.

With that in mind, let me make you aware of some classes soon to be offered that may be of interest to you!

First of all, our Sunday morning series, "Living the Questions," resumes September 11th. This latest seven-week session is entitled "Call to Covenant," and focuses on ways for Christians to live out their faith. The titles of the weekly classes are as follows:

Session 15: "A Kingdom without Walls"

Session 16: "Social Justice: Realizing God's Vision"

Session 17: "Incarnation: Divinely Human"

Session 18: "Prayer: Intimacy with God"

Session 19: "Compassion: The Heart of Jesus' Ministry"

Session 20: "Creative Transformation"

Session 21: "Embracing Mystery"

Class time is 9:40-10:40. Y'all come!

Secondly, there is an excellent class intended for caregivers set to begin Sept. 6 at Trinity United Methodist Church. Entitled "Powerful Tools for Caregivers," it is meant to help you, the caregiver, take care of yourself while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country. (From the PTfC brochure).

Space is limited for this class. There is a \$25 fee for the textbook. For more information or to register, you may contact any one of the class leaders:

Judy Croonquist: 582-1370

Barbara Parse: 683-2113

Debby Smith: 797-1074

The fall class meets from September 6th to October 11th on Tuesdays, from 9:00-11:30 a.m. Another session is being planned for January 10th - Feb. 14th. The "Powerful Tools for Caregivers" website is:

<http://www.powerfultoolsforcaregivers.org>

If you are interested, check it out!

The third "Back to School" opportunity I'd like to highlight is an upcoming event, to be held Saturday, October 15th. The Interfaith Forum Group will be hosting a fall forum to be held at St. Andrew's Episcopal Church in Port Angeles. Realizing how difficult it is these days for people to wrestle with tough issues while maintaining respect for, and the

need to hear, understand and take into account different points of view, the topic of the forum will be **civil discourse**. The keynote speaker will be Lynn Kessler, former representative from our legislative district.

When more information about this event is available, I will pass it along.

Lastly, let me extend my thanks to all of you who helped make the recent congregational visitation a success. You've given us a lot to think about! Over the upcoming weeks, I and the rest of your leaders will be pondering your many suggestions and ideas.

Summer's over. Its time for us - all of us! - to go "Back to School"

And that's no joke!

Blessings to one and all,

Pastor Jack ;-)

Church Council Highlights

Pastor's Report for July:

21 - Meetings	2 - Hospital Visits
1 - Funeral	9 - Classes
6 - Home Visits	0 - Weddings
6 - Office Visits	0 - Baptisms

Parish Nurse Report for July:

10 - Congregational contacts
2 - Community Contacts
10 - Meetings
4 - Sunday School classes
1 - *Memorial Service
4 - Nursing Home Visits
8 - Worship services

Sherwood Assisted Living Service
Follow up post hospital visits, medical equipment assistance/procurement, health issues consultation, personal issue discussions "listening post"; Health care

paperwork assistance and consultation.
Sunday school, newsletter article, health resources Sunday

- 1) Pastor Jack's Headset
 - a. Several people commented during the member visitation that they had a hard time hearing Pastor Jack when he preached.
 - b. After testing the current headsets, Pastor Jack found his tends to distort his voice.
 - c. He requested permission to order a new headset.
- 2) Music Director Search Committee Status Report
 - a. The Search Committee met with Valerie Lape and was very impressed with her.
 - b. The Search Committee recommendation is to hire Valerie Lape.

MOTION #3

Motion made by Ken Olin to accept the Search Committees recommendation and hire Valerie Lape as the new Choir Director. The contract would be for the remainder of the year at the current rate of pay.

2nd by: Bev Horan

Action: Motion Passed

MOTION #4

Motion made by Bob Crist to allow Pastor Jack to order a new headset in order to improve the sound quality in the sanctuary. The estimated cost is around \$150.00.

2nd by: Gloria Fitzpatrick

Action: Passed

AVERAGE ATTENDANCE:

Average Sunday Attendance for

July 2011: 107

July 2010: 100

IN OUR PRAYERS

PEACE, WELL-BEING MEMBERS

Sue Stauffer and family in the loss of her sister-in-law Marcie



ILLNESS/SURGERY RECOVERY MEMBERS

Carol Coleman; Margaret Brown; Bob Hardy;

Lyn and Steve Lauderdale; Ruth Storaasli; Alan Sawyer; Henry Fischer; Myrtle Lemley; Tom Freeman; Duane Little; Bud Clark; Frank Brancato; Nancy Martin

Friends or Relatives of DVLC Members

Gale Taylor (LaRay Greene);
Carol Howard (niece of Gordon and Betty Zander);
Rick Hyman (LaNice Korus);
Marian Johnson (Karin Anderson);
Anne (Sue Pierce);
Howard Anderson (Barb Enzenauer);
Darla (Mel & Marie Breitsprecher);
Earl (Mary Longstaff);
Jim (Judy Green's brother-in-law); **Jessie Grinstad; Terry Stratton** (Alberta Baker);
Dora Kramer (Albert Baker);
Susan Mannina (The Wessels);
Margaret (Bill Herrick's Aunt);
Donna (Hazel Hansen); **Tom and Christine (and family)** (LaNice Korus);
Pat (Judy Green); **Chris** (Sue Pierce);
Karin (Bob Green's Niece);
Bob Paulson (Susie Herrick);
Charlie (Judy Green);
Steve (Judy Green);
Becci Hackbart (Lucille Caughron);
Nancy (LaNice Korus' daughter);
Mitzi (Alberta Baker); **Patrick** (Sue Pierce);
Matt (Sue Pierce); **Robert** (Etna Hardy);
Mary Horne (LaNice Korus);
Bill (Judy Green);
Amy, Tyler & Garrett(Terri Bristow)

OUTREACH PRAYERS

All those serving in the military; Risen Faith Fellowship; and Sunshine Ministries in Vietnam. Lutheran Community Services; The Dream Center; The Living Stones Ministry



Why Should I WALK? **WHY SHOULD I COME?**

1. to support the Health and Wellness Clinic
2. the AKALOO TEAM needs you
3. It's good for you
4. It benefits others
5. free health fair

This is to alert you that the Clinic Fun Walk is just around the corner. Mark your calendar now for September 17 at Trinity United Methodist Church. Admission this year is \$12.00 per person. There are great door prizes.

The AKALOO TEAM has won the most walkers and the most money raised in the past. I would like to see us win both this year. What does that mean? We need to register the most people and they must show up that Saturday. If you can not walk the 1 mile or 5 mile (you can really turn around anytime) come to the health fair to support our team and the clinic. Invite neighbors, friends, strangers off the street - let's win both prizes this year. There will be more information in September - mark your calendar now.

From the Parish Nurse

Hearing loss is very common, especially as we age. In fact, almost 20% of American adults report some degree of hearing difficulty. In adults over the age of 60, that number jumps to 30%. In other words, if you believe you are experiencing hearing loss, you're not alone. 3 in 10 adults over 60 have hearing loss, 80% haven't been diagnosed or treated.

The number one cause of hearing loss is excessive noise. The normal aging process (presbycusis) is a close second – and it starts much earlier than you might think.

Changes in hearing begin at 20, with significant decline in hearing ability as early as 40 years of age. At age 65 and older, one in three people has some type of hearing impairment.

Many people have noise-induced hearing loss due to loud sounds in the environment or occupational and recreational risks. Sensitive structures in the inner ear can be damaged by prolonged exposure to excessive noise or even by a single event like an explosion. (I guess Mom was right about all that loud music!)

Common signs and symptoms of hearing loss are:

- Asking others to repeat themselves
- Turning up the television or radio volume to levels too loud
- Having trouble understanding conversations in noisy places
- Feeling like other people are always mumbling
- Having trouble hearing women or children's voices
- Having trouble hearing over the telephone
- Feeling more depressed or irritable.
- Avoiding social situations that were once enjoyable
- Having difficulty following fast moving conversations
- Missing important information in meetings

- Being told by others that you have hearing loss

If you experience any of the above, it's time to schedule a thorough evaluation and hearing test with a hearing professional. Once you know whether you have hearing loss, you can make decisions about how to get the most enjoyment out of your life and relationships with people around you.

There will be more information on the Health Resource table in September.

Mary Griffith

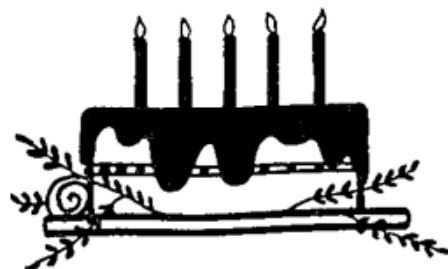
DVLC Birthday Corner

Birthday celebrations for September:

- 3 – Darlene Freeman
- 6 – Alberta Baker
- 7 – Rosemary Freed
- 9 – Ron Carlson
- 10 – Turi Anderson
- 10 – Frank Brancato
- 14 – Lou Schlaffman
- 16 – Pat Capouch
- 17 – Benjamin Omdal
- 17 – Reed Omdal
- 19 – Haleigh Harrison
- 21 – Diane Sawyer
- 23 – Bob Hardy
- 23 – LaNice Korus
- 28 – Dave Olson
- 28 – Helen Slind
- 29 – George Will

Happy Birthday to all!

By the way, please let us know if we have reported your birthday incorrectly or omitted it. If we have, we apologize.



Clinic Fun Walk Volunteers Needed

Dungeness Valley Health & Wellness Clinic's Fun Walk will be on **Saturday, September 17 here at TUMC**. Volunteers needed for the walk are -

- General helpers needed before the walk to stuff goody bags and put up posters, and during the walk to greet walkers, help in kitchen, etc.;
- Course crew and course marshals set up the course and provide directions to the walkers;
- First responders provide emergency assistance to walkers.

To volunteer, call 582-2976

July Financial Results

Financially speaking, July was a very good month for our congregation with the highest monthly income in 2011. The Operating Fund had a total income of \$30,898 which exceeded our monthly Budget by \$3,872 and our actual expenses by \$2,158. Expenses were higher than normal because we paid our annual insurance premium which was \$4,152. After the first seven months of the year our total Operating Fund income was \$185,586 which is \$3,623 below our Budget and \$4,406 less than our actual expenses. The Operating Fund is summarized below.

	<u>Operating Fund</u>	
	<u>July</u>	<u>Year-to-date</u>
Planned Income & Expenses	\$27,03	\$189,209
Actual Income	30,898	185,586
Actual vs.		
Planned Income	3,872	(3,623)
Actual Expenses	28,740	189,993
Actual vs.		
Planned Expenses	1,714	784
Actual Income vs.		
Actual Expenses	2,158	(4,406)

Finance Committee

Christian Adult Education

Beginning **Sunday morning at 9:40 a.m.** September 11 through October 23 will complete the "Living the Question" series.

This is a thought-provoking class, lead by extraordinary people, as we discuss issues of faith.

Wednesday, September 14th at 6:40 p.m. a class called "Our Neighbors Faith" will be offered.

This is a look at how other people worship and what they believe, i.e. Eastern, Native American, etc.

There will be a sign-up sheet in the Narthex for the Wednesday night class.

Learning is enriching. It never grows old or out of fashion. Come and see.

Exchange Fairly Traded Coffee:

Between worship services on September 18th!

Stock on hand now:

- Organic Decaf Breakfast Blend, ground \$9.00 for 1lb bag
- Organic Breakfast Blend, ground, \$7.75 for 1lb bag
- Organic Gumutindo, ground, \$7.75 for 1lb bag

Remember that 20% of purchase prices goes into Lutheran World Relief's Small Farmer Fund.

Also on September 18th: Baby Care Kits for Show and Tell. The Lutheran World Relief Ingathering will be the 1st week in November.

Rosemary Freed

**September Health Forum:
“Stroke Prevention:
Preventing Brain Attacks”**

Lorraine Wall, RN, will present a free WOW! Working on Wellness Forum entitled “Stroke Prevention: Preventing Brain Attacks” on Wednesday, September 14, 2:30 PM at Olympic Medical Park, 840 North Fifth Avenue, in Sequim, second floor conference room,.

Stroke can happen to anyone and certain risk factors may increase one’s risk of having a stroke. However, studies show that up to 80 percent of strokes are preventable. Wall will explain how to recognize the signs and symptoms of an impending stroke, and how to respond to those signs and symptoms to minimize harm. She will also address the importance of working with one’s healthcare provider to understand one’s personal risk factors and will discuss techniques to manage individual risk.

Wall has lived in Sequim for nearly 20 years and has worked for Olympic Medical Center since 1998. For more than four years she has been OMCs chief nursing officer (CNO) and assistant administrator. A registered nurse for 32 years, Wall has also worked as a staff nurse at Providence General in Everett, WA, and Hartford Hospital in Hartford, CT, and served as nurse manager and nurse recruiter at Children’s Hospital and Medical Center in Seattle. She is a member of the Washington Organization of Nurse Executives.

WOW! Working on Wellness is the health education program of Dungeness Valley Health & Wellness Clinic, Sequim’s free, nonprofit clinic. The Clinic provides basic urgent care and chronic health care services to uninsured community members. Our work is supported by more than seventy

volunteers, including physicians, other professional health care providers, and laypersons, as well as private and public donations from the Sequim community and beyond.

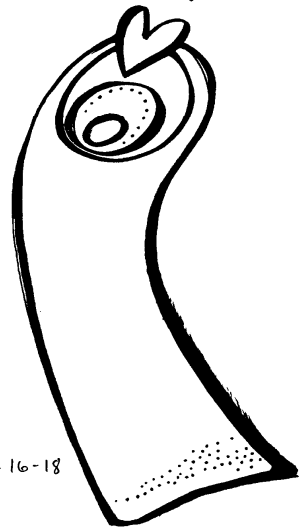
The Basic Urgent Care Clinic is open to patients on Monday and Thursday evenings beginning at 5:00 pm. Individuals interested in supporting the Clinic are encouraged to call 360.582.0218.



Stephen Ministers

Meetings will start up again in September. Our first meeting will be September 20th from 9:30 a.m. – 11:00 a.m.

Be joyful always.
Pray continually.
Give thanks in all
circumstances.
for this is
God's will
for you
in Christ
Jesus



1 THESSALONIANS 5:16-18