



## Compassionate. Challenging. Inclusive.

Monthly Newsletter

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### Cover Article: Review of *The Good Soldiers*

by Susan Baird-Joshi

*This month's article is written by HSLC member Susan Baird-Joshi, who shares her thoughts about **The Good Soldiers** by David Finkel. This book is available at the HSLC library.*

On the surface, this Pulitzer Prize-winning book covered the United States' most recent war in Iraq, specifically the surge in 2007-2008 during President George W. Bush's administration. It followed a battalion of US Army soldiers from Fort Riley, Kansas, near where I graduated from Kansas State University. The author was embedded with the battalion before, during and after deployment. He followed officers and enlisted personnel as they went about their normal daily routines, some of which turned into exceptional days.

Woven throughout the book were the goals, planning, strategies, and tactics leaders decided were necessary to accomplish the mission. Mr. Finkel skillfully shared these stories—the reality of what my grandfather, a World War II officer, had called “boots on the ground” —of living and fighting in a combat zone. Men and civilians

did what needed to be done. Some survived uninjured. Others were injured and survived with a nick, an artificial limb or an eye. Some died, sometimes in a sudden and brutal fashion, during a rocket attack on the base, on patrol on a street, in a Humvee or a building. Sometimes they died after returning to base to receive medical care, or were kept alive for months in a hospital in the United States.

The book ended on an Iraqi's couch in a fire zone. Hunkering down, the surge commanding officer, Lt. Col. Ralph Kauzlarich, radioed his commanding officers. “Keep doing what you're doing,” he continued. ‘Maintain vigilance. Remember the three P's: patience, perseverance, and paranoia.’” (p. 279)

I was tempted to end here, but God had different plans. I started writing this review Saturday, June 25, 2022, the day before the Sunday Pride March in Seattle. The guest pastor at Holy Spirit Lutheran Church that Sunday, Rich Riggert, talked about the Elijah story, which identifies many ways we can be burned out or frustrated. “When

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#### At Holy Spirit Lutheran Church

We believe we are called by the Holy Spirit to proclaim and embody the compassionate, challenging, and inclusive love of God revealed in Jesus Christ.

### reCONNECTION Sunday Sunday, September 11th

Our Fall programming will begin on Sunday, September 11th, with Sunday School classes for ages 4-6th grade at 9:30 am. We'll also have our Fall Ministry Fair that Sunday, which will showcase the committees and activities you can become involved with at HSLC. Mark your calendars and look for more details to come soon!

## Book Review (continued)

responsibility turns its dark side on us," he said, "fatigue, depression, loneliness and self-pity could set in". Too many responsibilities and being spread too thin could make it impossible to cope. To be effective, we needed rest and restoration.

Pastor Riggert explained this principle: "Those who shoulder great responsibilities will often find themselves alone and doubting themselves and their mission." God had a four-pronged prescription for Elijah and us. Rest, physical care for ourselves, carving out quiet space to focus on the Lord and God's Word, and cultivating friendships to share the burden.

This principle, these signs, these steps to one degree or another were all in *The Good Soldiers*. More importantly, the need for this prescription surrounds us today. After years of COVID-19, years of climate change-related disasters and dangerous air quality, increasing numbers of school shootings and mental health diagnoses and insurmountable grief and sorrow due to a systemically unjust, racist and anti-feminist society, the list of people who prepare to handle extreme responsibilities and face fatigue, burn-out or trauma is staggering. Doctors and nurses, police officers and social workers, civil rights workers and forest firefighters, teachers and counselors, home health aids and family caregivers, volunteers—the list seems endless.

But so, too, is God's love, grace, wisdom, and support. To take a break, to rest, to calm our minds and hearts and listen for God's whisper of love and hope, to receive support in shared fellowship. These are God's universal prescriptions for all of us, regardless of our age or duties.

My oldest son is in the US Army. For me, hopefully this book is as close as I'll ever come to facing the complexities and reality of deployment and combat. Words on a page cannot capture the sound of a rocket screaming across the sky, the feel of a concussion from a fuel depot exploding, the smell of burned flesh, the taste of dust mixed with blood or the shock of adrenaline and fear in a firefight.

Like the soldiers in this book, no matter how much I research, prepare or adapt, I will never comprehend everything that I face in life. I'm a breast cancer survivor. Even though I have been in remission for more than a decade, I live with the long shadows of cancer and anxiety. I lost several family members during COVID-19 and as a result, became my mom's caregiver. I have other family members with mental health conditions. Sometimes the responsibilities feel overwhelming.

God's words from Jeremiah penetrate that veil. "For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope." (Jeremiah 29:11). This I do know. I am not alone. God walks with me, lights the path for me and carries me when I need a lift.

- Susan Baird-Joshi



## Native Americans and the Church: Working Towards Healing and Wholeness

Saturday, October 14th at HSLC | 9:00 am to 2:00 pm

This NWWA Synod event was originally planned for May, but was rescheduled to October 14th. We are excited to welcome Vance Blackfox, a citizen of the Cherokee Nation, and the ELCA director for Indigenous Ministries and Tribal Relations. He will be leading a one-day seminar about the history and struggles of Native American peoples, as well as how to start the process of healing and openness to the indigenous peoples in our area and their faith traditions. The seminar will be from 9:00 am - 2:00 pm and includes lunch. This event is open to the community – all are welcome! Further details coming soon, but mark your calendars now! Questions? Contact Pastor Gina at [pastorgina@hslckirkland.org](mailto:pastorgina@hslckirkland.org).

## Vacation Bible School and Day Camp Recap

What an amazing week it was! We learned about God's promises, how we should help each other, trusting God, the importance of listening, and the power of God's love for us.

Our UnderSea Adventure Vacation Bible School & Day Camp was a huge success! A huge THANK YOU TO THE 2023 PLANNING TEAM: Becky, Jennifer, Amy, Jennifer, Helen, Suzie, Eric, Jason, Mallory, Julie, Zander, Monica, and Corrine. Your dedication over the last five months is much appreciated!!

THANK YOU UnderSea Adventure Vacation Bible School and Day Camp Helpers: Felicia, Vivian, Suzanne, Jason, June, Alissa, Ethan, Olivia, Meghan, Bev, Jessica, Elizabeth, Christopher, Zander, Monica, Anna, Jennifer, Mallory, Mary, Alison, Molly, Ben, Tyler, Charlotte, Clara, Makenna, Maya, Hannah, Teresa, Rachel, Vanessa, Jessica, Eleanor, Emily, Eric, Suzanne, Emily, Sofia, Jackson, Meg, Heidi, Siena, Ron, Annika, Jennifer, Joel, Shane, Addalyn, Stella, Helen, David, Ava, Athena, Samuel, Ginette, Maren, Fiona, Benjamin, Katherine, Katie, Laurel, Ashley, Jack, Sommer, Julie, Katelyn, William, Kate, Heidi, Aubrey, Benny, Kyla, Callie, Camille, Susan, and Lucy.

THANK YOU to all the people who worked behind the scenes to transform the building, prep the crafts, prepare the technology, and so much more: Amy, Doug, Chris, Pastor Katy, Pastor Gina, Donna, Linda, Monica, Cora, Fia, Laurel, Emmie, Mary-Alyce, Susan, Elizabeth, Teegan, Maren, Nicole, Molly, David, Sam, Clara, Zander, Mallory, Everly, Danielle and anyone that may be missing from this list that also deserves our heartfelt thanks. A special thanks to John and Jason for writing and arranging our theme song "Come Swim With Me" for our week. And a great big THANK YOU to Pastor Katy, Pastor Gina, Danielle, Marjorie, John, and Joan for all you did to engage with and welcome the participants and volunteers for the week and share the joy with the congregation! Also, a huge thank you to Jack and Deirdre for all the volunteer treats this week!

And the biggest thanks go to Becky Cole, our director extraordinaire, who does EVERYTHING to make VBS and Day Camp happen! You are awesome!

For highlights of the week, visit the website [www.holyspiritvbs.org](http://www.holyspiritvbs.org).



## Changes at Holy Spirit Lutheran Preschool

Holy Spirit Lutheran Preschool is excited for the some changes and new opportunities beginning this fall! Our downstairs classroom will now be a multi-age class for children 3+ through preK and they will gather for up to 4 mornings a week. We are excited to try a model where the children can be here more days a week and really dive deep into the monthly topics. We will continue to include art, science, math, literacy, and more all while playing and having fun. Children learn best by playing and by working together – this new model continues to bring these important pieces together. We are also adding a Twinkles class for children ages 2 ½ + by September 1st. They will be in the nursery 2 mornings a week when it is currently not being used.

We also want to say a huge thank you to Ruth Hanley, who has been a lead teacher for the last 7 years. She was instrumental in her time as a director in moving us forward while reminding us how important having play-based, child-led environments can be. We wish her the best as she explores new full time opportunities. Thank you, Ruth!





## Music Notes—Ensembles Return in September

Join in the music making this fall! Mark your calendar for the return of music ensembles. All are invited!

The **CHANCEL CHOIR** meets on Thursday nights from 7:00 pm - 8:00 pm beginning Thursday, September 7th. All are welcome, and no audition is required.

The **SPIRIT RINGERS** meets on Thursday nights from 5:45 pm - 6:45 pm beginning September 7th. This handbell choir for adults with at least some music reading background always needs substitutes to step in when regular members of the choir need to be away.

The **JOYFUL RINGERS**, an introductory handbell choir for children in grades 2 through 5, meets on Wednesday nights from 5:15 pm - 5:45 pm beginning September 13th. All kids are encouraged to join the choir, where we introduce working together as a group, and work together on learning to read music and rhythm notation. Let us know to plan for your child by registering on the Children & Youth area of the HSLC website.

The **REJOICING RINGERS**, a handbell choir for kids and youth grades 6 and up, also meets on Wednesday nights from 5:45 pm - 6:30 pm beginning September 13th, conveniently just before Confirmation programming! Some music reading background is helpful, but not required. All ringers are welcome!

The **WOODWIND ENSEMBLE** will first meet together for rehearsal on Sunday, September 24th at 12:15 pm.

The **BRASS ENSEMBLE**, for brass and timpani players of all ages with at least 3-4 years of playing experience, will first meet together for rehearsal on Sunday, October 15th at 12:15 pm.

Reach out to John Sparkman at [music@hslckirkland.org](mailto:music@hslckirkland.org) with questions or to express interest in any of HSLC's musical ensembles.

## Confirmation Begins Wednesday, September 13th

Confirmation for grades 7-9 begins on Wednesday, September 13th at 7:00 pm with a meeting for Confirmation students, parents and group leaders at the church. Registration is all online on the church website: [hslckirkland.org](http://hslckirkland.org) -> Children & Youth -> Confirmation. Registration opens on August 1, 2023. Questions? Contact Tammie Zarfos at [confirmation@hslckirkland.org](mailto:confirmation@hslckirkland.org).

## Fall Midweek Programming Resumes Wednesday, October 4th

resumes Sept. 13th!

Our Wednesday night activities of **Midweek Meals**, Way to Live (Midweek Adult Study), and Midweek KidzClub will start up again after the summer break on Wednesday, October 4th. The Midweek Meal will run from 6:00 pm to 7:00 pm, the Way to Live adult study and Midweek KidzClub will run from 7:00 pm to 8:00 pm. Please mark your calendars now to set aside your Wednesday evenings for nourishing your bodies and minds!



## News from the HSLC Library

The lovely weather and long evenings of summer provide many varied times and settings for sitting down with a good novel. I especially enjoy good historical and biblical fiction. Two of my recent reads were set during WWII.

*Everyone Brave is Forgiven* by Chris Cleave is set in London and on the island of Malta between 1939 and 1942. It follows the lives of three persons forced to make life changing decisions as the Nazis set about to destroy London. This book was inspired by the real life love letters of the author's grandparents.

*The Last Green Valley* by Mark Sullivan follows a family forced to flee their farm in Ukraine and caught between the German and Russian armies. It is a story of hardship, bravery and perseverance set amidst the horrors of war and is dedicated to all of the brave and grateful refugees who renew our country every day.

Come and visit our beautiful library. Browse the fiction section. Find a good read to entertain, enlighten or challenge you during the dog days of summer!

Happy Reading!

Barb Smith



Holy Spirit Lutheran

*Mission:*  
*To expand the intersection of intellect and spirituality while holding physical space in our busy world for prayer, introspection and study.*

## Morning Meditation - Saturday, September 9th at 10:00 am

The members of the Contemplative Prayer group invites you to join them for Morning Meditation on Saturday, September 9th at 10:00 am in the Sanctuary. The service will include prayer, simple music, 20 minutes of silent meditation, and encounter of the Scripture through Lectio Divina. No previous experience is needed. All are welcome. If you plan to attend, please contact Christina at [cebrug@gmail.com](mailto:cebrug@gmail.com) so we can set up enough chairs.



## Thank You for Your Offering!

Thank you for your financial support of Holy Spirit! Together we are able to support all the amazing ministries of Holy Spirit Lutheran Church.

- Offering envelopes that were not picked up in person have been mailed. If you didn't receive envelopes and want them, please contact Marjorie Buchanan (425-823-2727 x. 202 or [parishadmin@hslckirkland.org](mailto:parishadmin@hslckirkland.org)).
- Fiscal Year donation statements have also been sent out (mailed and e-mailed). If you didn't get a donation statement and were expecting one, please contact Marjorie Buchanan (425-823-2727 x. 202 or [parishadmin@hslckirkland.org](mailto:parishadmin@hslckirkland.org)).



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## August 2023 HSLC Newsletter

Worship on Sundays - 8:00, 9:30, and 11:00 AM

Childcare available at 9:30 am and 11:00 am  
Livestreaming at 9:30 am

### Go Paperless!

If you'd like to reduce waste and not receive a paper copy of this monthly newsletter, please let us know. A digital copy of this monthly newsletter comes out with our weekly enews updates, and is also available via our website. Contact [office@hslckirkland.org](mailto:office@hslckirkland.org) to update your communication preferences. Thank you!

## HSLC Backyard Block Party - Sunday, Sept. 17th

Save the afternoon and early evening of Sunday, September 17th on your calendars for our second annual HSLC Backyard Party! Steve Montague's band *BORIS CAN DANCE* will offer music, we'll have bouncy houses and games for kids, plus food, drink, and fun for all ages! Invite a few friends and neighbors to share in this fun fellowship event to kick-off HSLC's fall programming. Don't forget to wear your dancing shoes! Stay tuned for more details.

