



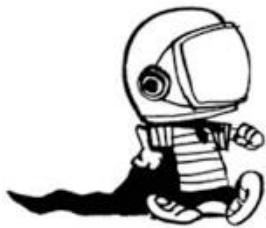
# Christ the King Lutheran Church

1305 Pine Ave., Snohomish, Washington 98290  
[ctksnohomish.org](http://ctksnohomish.org) - (360) 568-5704

NEWSLETTER FOR MAY 22, 2022

Dear Ctk Family

One of the best newspaper cartoons of all time is Calvin and Hobbes. One day Calvin and Hobbes come marching into the living room early one morning. His mother is seated there in her favorite chair. She is sipping her morning coffee. She looks up at young Calvin. She is amused and amazed at how he is dressed. Calvin's head is encased in a large space helmet. A cape is draped around his neck, across his shoulders, down his back and is dragging on the floor. One hand is holding a flashlight and the other a baseball bat.



"What's up today?" asks his mom.  
"Nothing, so far," answers Calvin.  
"So far?" she questions.  
"Well, you never know," Calvin says, "Something could happen today."  
Then Calvin marches off, "And if anything does, by golly,  
I'm going to be ready for it!"

Calvin's mom looks out at the reading audience and she says, "I need a suit like that!"

That's the way many of us feel as we see the news and deal with life. Sometimes this world seems chaotic and moving fast! A suit like that would help, so we can say with Calvin, "Whatever may come my way, I'm going to be ready for it! Bring it on!"

Well, I don't have a suit like Calvin's to give you, but we do have an important ingredient for a "ready-for-anything" suit and it is found in the words of Jesus for this Sunday: '*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*'"

There is a defining phrase in that statement. One that tells us what kind of peace it is which Christ gives: one that is not like anything in this world. Christ's peace is always associated with

his presence in our lives. Frederick Buechner wrote, “peace is not the absence of strife, but the presence of love.”

This Sunday we continue our theme: Brave Church. Visions abound in the readings for the sixth Sunday of Easter. Paul has a vision about what to do. John has a vision of what will be. Jesus provides visions of peace that surpasses human understanding and power beyond human imagination. We will hear our new memory verse from Acts 16:14c where God guides Lydia to believe: *“The Lord opened her heart to listen eagerly to what was said by Paul.”* May we be eager to hear God as reflect and focus on what it means to be a Brave Church: God Directs our Way!

Suit up, dear church, God directs our way! See you on Sunday!

Pastor Craig

---

## May is Mental Health Awareness Month.

In the last two years, our family has lost 3 friends to suicide. Some struggled publicly with mental illness and depression, at least one showed no public struggle whatsoever. As her pastor, I knew her struggle, and yet to most people she was a bright, excelling, positive person just turning 60. I don't imagine our family is an isolated or rare example. We all have been affected by mental illness in ourselves or family members, coworkers, and friends (statistics say 1 in 5 Americans struggle).

This is why it is important to understand some basics of mental health first aid. A great resource for such information is the National Alliance on Mental Illness (NAMI).



The National Alliance on Mental Illness's message this year is that **YOU ARE NOT ALONE. "Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need."** - NAMI

If you or a loved one are struggling, please reach out to someone.

Suicide Prevention Lifeline: 1-800-273-8255

NAMI Helpline: 1-800-950-NAMI (6264)

or text "NAMI" to 741-741.



## HELP FOR HIGH BLOOD PRESSURE

Doctors commonly prescribe medications to help lower high blood pressure. But did you know there are several lifestyle factors you can change to help lower your blood pressure?

Consider these recommendations:

- **Maintain a healthy body weight:** Lose weight if you are overweight or obese. Even a loss of 7 to 10 pounds can improve blood pressure.
- **Be physically active.** Aim for 30 to 60 minutes of physical activity most days of the week.
- **Do not Smoke.** Nicotine makes your heart work harder by constricting blood vessels, which may increase your heart rate and blood pressure.
- **Drink alcohol in moderation-or not at all.** Men under age 65 should have no more than two drinks a day. Men over age 65 and all women should limit their intake to one drink a day.
- **Eat a plant-based diet.** Consume plenty of fruits, vegetable, and grains. Keep both saturated fat and total fat intake at a minimum.
- **Reduce stress.** Practice meditation. Relaxed breathing or calming exercises, such as yoga or tai chi.
- **Limit sodium.** Consume no more than 2,400 milligrams (about a teaspoonful in a day).

**May 29<sup>th</sup> will be our first Blood Pressure Sunday.**

We will repeat the last Sunday of each month.

Volunteers to help are welcome.

Anita Huntley MPH BSN RN

Faith Community Nurse

Questions and Information Call or Text 206-931-7976

### Update re: training for Volunteers

Plan to stay after service this Sunday to learn what those helping at blood pressure screenings will be doing.

**BE IN WITH THE IN THE KNOW CROWD.**

Nurse Anita

# Thank you!



To Dennis John, Tim Warncke and Michael Clifford for joining the quilters to pack up the quilts for the ingathering. Because of their presence and help, we were able to tape up boxes and pack the 44 quilts in record time!  
And thank you to Daren and Joann Barstad for their delivery of the quilts to the ingathering at Our Redeemer Lutheran in Seattle.

## Next Quilt-tying Session:

Quilters will gather again to tie more quilts on  
**Friday morning, June 3 from 9 to about 11:30**

All are welcome; no experience needed. For questions, contact Sue Butler or Joann Barstad or Penelope Guntermann.

## WEEKDAY CLASSES:

### The Wired WORD

#### Tuesday Evening Study and Discussion, 7 PM (online and in-person)

Astronomers have already taken a photo of a black hole, but now, they've been able to take one of the black hole at the center of our own galaxy, the Milky Way. This news leads us to consider what degree we can know God and what that means for our lives. If you'd like to receive the material for the class, please email Pastor Craig at [craig@ctksnohomish.org](mailto:craig@ctksnohomish.org).

Join the class in-person (at church in the Adult Study room) or attend online at [www.zoom.us](https://www.zoom.us)

Meeting ID: 830 7153 5913

Passcode: 966432

## How Lutherans Interpret the Bible

DVD Series featuring presenter Dr. Mark Allen Powell

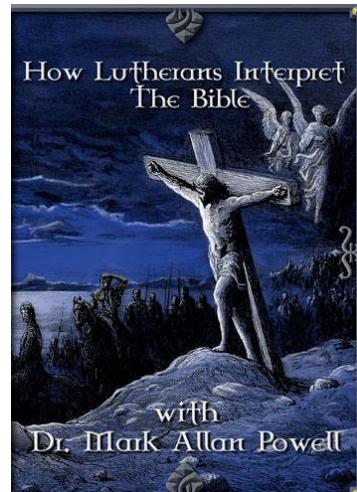
*Come join us!*

**Now thru – July 6<sup>th</sup>**

**7:00 pm**

**Where: Daren & Joann Barstad's  
2225 Park Ave  
Snohomish, WA**

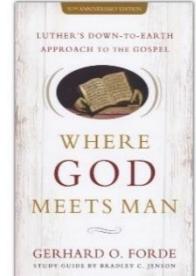
If interested, please call Joann at 425-530-2947



## **Women's Thursday Morning Bible Study:**

This Women's Bible Study is every Thursday morning, 9:30 am -11 am.

Please join us - we are studying: **Where God Meets Man, 50th Anniversary Edition with Study Guide**



The study book can be purchased at Amazon (search for Where God Meets Man by Gerhard O Forde, 50<sup>th</sup> Anniversary Edition)

The ZOOM meeting information: go to [www.zoom.us](https://www.zoom.us) and sign in with the meeting ID & password:

Meeting ID: 873 4524 8067

Password: 602630

Check with michelle@mmcyphe.com for reliable Zoom information or to request a weekly reminder.

## **Prayer Meeting**

*The prayer of a righteous person is powerful and effective. - James 5:16b.*

Tuesdays 11am-Noon

Join us to raise your prayers to the Lord, your prayers are needed and will always be needed. If you can't come and need prayer, please let Anita know.

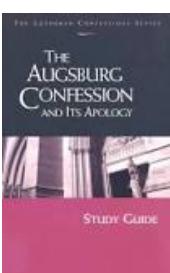
[parishnurse@ctksnohomish.org](mailto:parishnurse@ctksnohomish.org)

(Masks are encouraged but not mandatory)

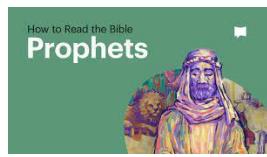
## **Men's Saturday Morning Bible Study**

The study occurs Saturday mornings from 8:00 -10:00 am. The study book can be purchased thru the following link: The Augsburg Confession and Its Apology (Lutheran Confession) The ZOOM Meeting information is: Join Zoom Meeting  
<https://us02web.zoom.us/j/81955611200?pwd=bTBFTjhQcHzVjZYU3dvdXRxenBFUT09>

If you have questions, please email Bruce Olsen at [brools1422@gmail.com](mailto:brools1422@gmail.com)



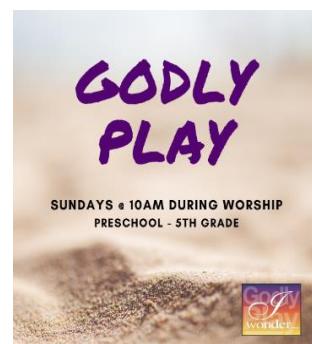
## **SUNDAY CLASSES:**



### **Confirmation Class**

**Sundays 11:30– 1:00**

The Prophets





The CtK 2022 Theme is **INSPIRE**

*Let's practice it! Let's train ourselves in the way of Jesus.*

**Getting Ready to be *Inspired*:** We get inspired by practicing our faith individually and together. I invite you to put into your daily life "the Daily Faith5" every day.

**STEP 1: SHARE** (or journal) your highs and lows for the week.

**STEP 2: READ** a Bible verse from Sunday, the verse this week is from Acts 16:14

**"One of those listening was a woman from the city of Thyatira Lydia, a dealer in purple cloth. She was a worshiper of God. The Lord opened her heart to respond to Paul's message."**

**STEP 3: TALK** (reflect) about how the Bible reading relates or applies to your highs and lows.

**STEP 4: PRAY** for one another's highs and lows.

**STEP 5: BLESS** one another with loving, appropriate touch.

Try it and see if there isn't some inspiration that takes place in your life and in your family.

## ***Worship Updates!***



It's wonderful to be back to an even fuller worship experience! In this time, we can sing vigorously, commune in our traditional ways, shake hands or hug and eat together. It feels good. As we reopen in these ways, we are recruiting helpers for various roles related to worship. Please think about how you might take part.

We can use many types of gifts. In all cases we'll provide the simple training you will need.

Please notify the office, [christtheking@ctksnohomish.org](mailto:christtheking@ctksnohomish.org) or Loren Ihle ([lijihle@comcast.net](mailto:lijihle@comcast.net); (360-333-0746) if you can consider serving in this way. Or nominate a friend! And look for sign-up sheets in the narthex/gathering area at church. Thank-you in advance!

We are recruiting for:

- Bakers for Communion Bread (1 batch per month, recipe provided)
- Assisting Ministers for Communion (2 at each service)
- Communion Preparation (about 20 minutes before and after each service)
- Flowers for the altar (1 each week)
- Ushers (1-2 each service)
- Readers
- Greeters (providing hospitality at the front door)

Questions? Call, e-mail, or text Loren Ihle, 360 333 0746, [lijihle@comcast.net](mailto:lijihle@comcast.net).  
Thank-you!



We have a wonderful Preschool, terrific teachers and a dedicated Director. Let's show our support for our Preschool by helping to supply their needs each month.

May Preschool Item of the Month:  
**PLAYDOUGH & BUBBLES**

**Preschool Enrollment:** Don't miss out on preschool! Classes are filling up quickly for next Fall, so don't miss out on your spot. Visit the website or contact Melissa Marzolf, Preschool Director, to register, or for more information.

**Direct Donations** help us to keep our tuition rates affordable for families. There are numerous ways to donate: You can donate financially to our preschool through the link on the preschool website or by writing a check. You can link your Amazon Smile or Fred Meyer (Kroger) Rewards account to CtK Preschool.



# Lutheran World Relief Kits

**Offering comfort and care to those who need it most**



Often, when natural disasters strike or when war drives families from their homes, our hearts ache with compassion, but we don't know how to help.

Making Lutheran World Relief Kits is a simple and tangible way to offer comfort to those suffering and express love to our neighbors in need.

LWR Kits are specifically designed to help people coping with poverty, disaster, conflict and more. LWR Kits provide dignity and hope in the direst situations.

CtK is asking for donations of the following specific items so we can put together Personal Care Kits:

**Bath Size Towels  
Toothpaste**

**Bath Size Soaps  
Sturdy Combs**

**Adult Toothbrushes  
Metal Nail Clippers**

There will be bins in CtK's Gathering (Narthex) Area for your donated items during the Month of May.

Thank you for your generous giving! Any questions, contact Linda Mauer at [irmauer@gmail.com](mailto:irmauer@gmail.com)

## Women's Shelter Donations

Please give personal and other small items to the Women's Shelter.  
They are not accepting clothing as this time.  
The donation box is on the floor under the "cubbies" in the hallway



# Creative Church - SnoCo



Monday, May 23rd

6:30pm - 8:30pm

*Location: Hill Park Large Shelter  
1610 Park Avenue, Snohomish, WA*

**Theme: Seeds of Hope - Seed Tape and Seed Bombs**

Please RSVP to

[creativechurchexperimentsnoco@gmail.com](mailto:creativechurchexperimentsnoco@gmail.com)

This event is for all ages and you are welcome to bring a friend!

*Masks are optional - do what works best for you!*

**Please bring an item of food to share.**

**Supplies to bring:** Seeds you want to plant, and are willing to share.  
(Native wildflowers work well for seed bombs)

Supplies will also be available if you can't bring them!

Newsletter Deadline is Thursday by 4 pm

The email comes out Friday afternoon.

If you have information for the newsletter please email news,  
prayer requests or upcoming events or dates to [christtheking@ctksnohomish.org](mailto:christtheking@ctksnohomish.org)