

"Engaging the disinterested to walk in the HOPE of Jesus"

Rest Even from the *Thought* of Work!

"I've been put on this earth to accomplish a certain number of things; at this rate I'm so far behind I will never die!" So reads a clever cartoon that accurately sums up the sentiment of many in our fast paced world - a world that seems to go faster every day.

As we head into a new season and a new school year, we are quickly reminded that everybody else has a detailed plan for your life - it seems as if everything around us cries out for more, more, more and it's often still not good enough. We live in the information age and are bombarded with all kinds of info, both helpful and useless, through the Internet, TV, print, radio and beyond. The constant pressure to do more can bring us to the edge of our mental, spiritual, emotional, and physical well being.

Hopefully your situation isn't quite at that point, but can you identify with feelings of being tired, out of gas five miles ago, and a little burned out?

God Himself modeled for us the key to balance and peace in life - to live in a regular rhythm of work and rest - and He commanded his people to follow that same pattern in the 3rd Commandment:

"For six days the LORD made the heavens and the earth and on the 7th day he rested...Therefore the LORD blessed the Sabbath and made it holy" (Exodus 20:11). Did you know the word "Sabbath" actually means 'rest'?

But how does the idea of Sabbath or God commanding rest relate to you and me?

Jesus regularly built time for rest into his schedule - in Mark 6:31 Jesus says to his disciples, "Come with me by yourselves to a quiet place and rest a while." In Hebrews 4, Sabbath is portrayed as a powerful symbol of entering God's eternal rest; Sabbath rest in this world is a foretaste of eternal rest we will experience in the promised land of heaven and the promised new heaven and earth (Revelation 21:1-5).



So what is "*Sabbath*" for you and for me in our world today?!

Psychologist Alan Goldberg says "The psychological importance of the weekly act of disengaging should not be underestimated." He widens the definition of Sabbath as not rest merely from work, but even rest for the psyche - something which is more critical than ever in our information overloaded world of the early 21st century. The heart of the Sabbath, then, is attitudinal.

Author Abraham Heschel suggests we should "rest even from the *thought* of labor."

STOP! Have no cash value for a day...Don't DO anything, don't produce anything, at work or at home. Sabbath, rest, is about not doing anything, and simply being - being *still* and knowing that He is God and you are not and taking time each week to reflect on your true identity in Christ.

This is the Good News of the Gospel for you and me and for all people today who would have faith in Him:

You are NOT your work: your paid work, your housework, your church work. You have value NOT because of what you produce, but because the Creator of the universe who made you in His image loves you and demonstrated that love in this: while you were still a sinner, in this area and in others, Christ died for you...(Romans 5:8). We need to repent for believing the world's lies that we are defined by how much we accomplish and living as if it were truth.

Then we need to accept, submit to, and receive the joyful gift of God to us - the truth that you are finite - in time, in energy, in ability - you need to and must rest - God does not suggest it, He commands it, to protect you and to provide for you because He loves you and He has sent His Spirit to you to empower you to live in the grace of that gift. Amen.

In His Strength and Peace,

Pastor Peter

See Alan D. Goldberg "The Sabbath as Dialectic: Implications for Mental Health" in *Journal of Religion and Health*, Vol. 25, No. 3, Fall 1986, 242.

"This article was previously printed in this newsletter several years ago, but I thought it was still relevant to many people's lives, so I am sharing it again."

Hope 2016 Fall Retreats

4th Annual Men's Retreat

Tall Timber Ranch, Lake Wenatchee
Friday October 21—Sunday October 23



Take one weekend and come to the mountains for breathtaking views, great adventures, friendships old and new, great life-changing messages of insight and encouragement, and tons of food! Invite a friend and join in the adventure!

Annual Women's Retreat

*"A New Perspective:
Living a Joy-filled Life!"*

Pilgrim Firs Conference Center
Port Orchard
Friday, September 30 - Sunday, October 2
(See page 6 for more details!)



Priscilla Women's Bible Study

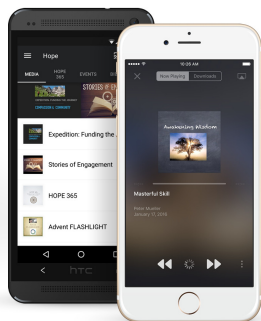
The Priscilla Bible Study group welcomes all women as we start our fall Bible study.

Join this diverse group of women for fellowship in God's Word. Priscilla meets on the third Tuesday of each month. Watch for more information about our study!

Tuesday, September 20, 7:00 p.m. in the Commons.

For further information or questions contact Ginny Eilers (veilers@comcast.net) or Dianne Koltz (sdkoltz@aol.com).

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- HOPE 365 Devotions
- Full text of the Bible
- Mobile Giving
- More!

Hope School News



Upcoming Dates:

- **Friday, August 26** - 6th Grade Only
Pizza Party and Games 12:00 – 1:30 p.m.
- **Monday, August 29** - Welcome Back Night & BBQ
All Families 5:00 – 7:00 p.m.
Preschool & Kindergarten families arrive at 4:30
- **Wednesday, August 31** – First Day of School
Note: this will be a full day of school for grades 1-8.

WELCOME BACK BBQ

The format of our annual Welcome Back BBQ on Monday, August 29, will be slightly different this year.

We welcome back our youngest students first - Preschool and Kindergarten families should arrive at 4:30 p.m. to visit classrooms and attend orientation information.

All families are welcome at 5:00 p.m. to visit classrooms in a self-paced tour, meeting with teachers and gathering information about the coming school year.

At 5:30 p.m. staff and families will move down to the lowers playground for a potluck hosted by our wonderful Parents and Teachers of Hope (PTH).



City Serve Event - Saturday, August 20

**CITY SERVE EVENT – 7:30 a.m. -1:00 p.m.
SATURDAY, AUGUST 20**

Join us in giving back to our community. Hope is teaming up with eight West Seattle Churches. We will be working on projects at four low income schools in our area: Sanislo Elementary, Roxhill Elementary, Madison Middle School, and Highland Park Elementary.

Projects include:

- Painting a mural
- Landscaping
- Help organize teacher classrooms, and more!

Contact Elissa Sommer at esommer@hopeseattle.org for more information. **Great for families!**



Member Updates

BAPTISM:

We welcome into the family of God:

Son of Caleb and Heather Eggleston, baptized on June 12, 2016.

Son of Thomas and Lynn Imel, baptized on June 26, 2016.

Son of William and Elizabeth Barton, baptized on July 3, 2016.

Son of Zachary and Mary Zornes, baptized on July 17, 2016.

DEATHS:

Our Christian sympathies to the families of the following loved ones who went to their eternal rest.

June 14: *Tracy Dart, Karen Webster*

TRANSFER:

The Grotelueschen family transferred by request to King of Kings Lutheran Church LCMS, Omaha, NE

ADDRESS/PHONE/EMAIL CHANGES: CONTACT OFFICE

Dan and Karin Roney,

Diane Haase

NEW MEMBERS:

We welcome the following who completed the Spring Hope 101 class and were accepted into membership on Sunday, June 26:

Brianna Allen

Tom and Lynn Imel (& children)

Dean and Marilou Mick

John and Holly Rotach (& children)

Alvena Rupp (LCMS Transfer)



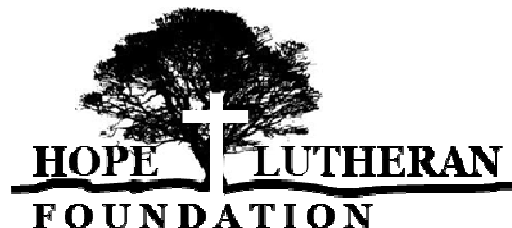
Funds for the Future of Hope

The Hope Lutheran Foundation: Funds for the Future of Hope

Consider making an investment in Hope's future through the Foundation. Our church continues to grow an endowment to help fund the ministries of Hope Lutheran Church and School now and for the generations to come. The interest generated from these endowment investments is made available as grants to contribute financially to the ideas and opportunities within Hope's church and school ministries.

Grant Requests due September 30

Do you have an inspiration to enhance Hope's mission? Submit the simple grant form to be considered for a small grant this year. Proposals must fall under the umbrella of an existing Hope ministry. Applications are due September 30. Contact Brian or Erin with questions about giving or grants: brianjwaid@gmail.com or erin.m.wicklund@gmail.com.



Partnering with Parents so our children will KNOW, LOVE, and SERVE Jesus.

A Special Thank You to everyone who made VBS such a great success! I am still singing the songs! Take a moment to review the Bible points and memory verses with your child. They are great encouragement for children of all ages!

CAVE QUEST 2016 DAILY VERSES:

Bible Point #1: Jesus gives us hope.

Key Verse: "O Lord, you alone are my hope."

(Psalms 71:5)

Bible Story: Prophets foretell the light of the world.

(John 1:1-18, Isaiah 9:2)

Bible Point #2: Jesus gives us courage.

Key Verse: "Take courage. I am here!" (Matthew 14:27)

Bible Story: Jesus and Peter walk on water. (Matthew 14:22-36)

Bible Point #3: Jesus gives us direction.

Key Verse: "He will show you which path to take."

(Proverbs 3:6)

Bible Story: Jesus sheds light on how to live.

(Matthew 5-7)

Bible Point #4: Jesus gives us love.

Bible Verse: "We know what real love is because Jesus gave up his life for us." (1 John 3:16)

Bible Story: Jesus dies and comes back to life. (Luke 23:1-24:12)

Bible Point #5: Jesus gives us his power.

Bible Verse: "Our great power is from God, not from ourselves." (2 Corinthians 4:7)

Bible Story: Jesus ascends and empowers his followers. (Acts 1:1-11)

Sunday School begins Sunday, September 11, at 9:30 a.m. in the Music Room! This is for children age 3 years - 5th grade. Children will study the stories in the Bible in fun and creative ways. Our preschool children will be focusing on Old Testament stories such as the story of Moses, Samuel and David. First - Fifth grade students will be focusing on Old Testament stories including creation, Noah, Abraham, and Isaac. Sunday school children will have the opportunity to participate in a quarterly mission project through their weekly offerings. It is a great opportunity to teach our children the importance of helping others.



Family Faith Foundation Sundays - The fourth Sunday of each month families meet together during the Sunday school hour for a special family faith activity or service project. It is a great opportunity to live out your faith together as a family. Watch for more details.

Annual Hope Women's Retreat at Pilgrim Firs in Port Orchard

Friday, September 30 - Sunday, October 2

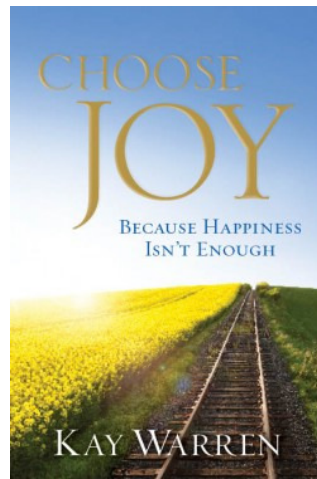
"A New Perspective: Living a Joy-filled Life!"

"The Joy of the Lord is my strength." Nehemiah 8:10

Join us for a weekend away at Pilgrim Firs in Port Orchard!
We will discover how to live the joy-filled life even in the midst of life's struggles
with our speaker: **Holley Clough.**

There will be special times to connect with other women while doing crafts,
group exercise, book club, and much more!

Purchase your book, ***Choose Joy because Happiness isn't Enough***
by Kay Warren for the book club (soon to be available in the church office)
or the Kindle version online. Cost is \$10.00.



**Retreat registration forms are available in the Commons.
Early Bird special until August 28!**

"Rejoice in the Lord always and again I say rejoice." Philippians 4:4





Just a Few Degrees Off Course

It was O-dark thirty as I piloted the Bayliner Command Bridge out of Elliott Bay. We were heading past West Point and across the sound to Jefferson Head on the Kitsap Peninsula. It was sometime in the 1980's, and the only instrument I had on board was a compass, which I didn't need. I had logged so many hours piloting my 16 footer in Puget Sound that I could set a course in the fog just by knowing where I was and by feeling the wind in my face. I never missed. The wind, with rare exception, always blows from one of two directions at water level in Puget Sound, bending around points of land and inlets. Back then without LORAN (short for long range navigation) and now today's GPS, it was important in late summer to get to where you wanted to fish before the fog set in.

By the time we rounded West Point, the visibility was about one mile and it was just starting to get light. From my experience, I pointed the bow across the sound in the direction that I thought Jefferson Head should be and continued talking and laughing with my brothers. We ran through the gray for quite some time. How much time I wasn't sure, because, as I said, I was not paying attention. In addition, I was now piloting from a boat with a bridge, and with the windshield I could not feel the wind on my face.

Finally, we could see some lights from shore peering through the fog. Funny thing was, they didn't match the constellation of the lights on Jefferson Head. "You know," I said to my brothers. "Those look like the lights on the Edmonds oil docks!" As we continued, sure enough the outline of the docks emerged through the fog.



By being just a few degrees off course I had taken a big arc through central Puget Sound and ended up back on the east side of the sound about eight miles north of West Point. How embarrassing! If I had glanced at my compass I would have realized my course through the fog had changed from NNW to NNE. (Of course, back then, since I knew everything, I would have probably said my compass was acting up!)

And, if I had kept track of my time I would have noticed that either somebody moved Jefferson Head or I was off course. I'm sure piloting in this fashion birthed the phrase "Well, I'll be! Looks like the sun is rising in the West this morning!"

After years of marriage, it's easy to lose focus and get off course, often with tragic results. The key is to find out before it's too late and react accordingly. How do you know if you're off course? What is the compass? I think one compass is our friends. One couple had vacationed with their three young adult children in Hawaii. They had two adjacent rooms in the motel, with a door in between. Their three children were obviously in one of the rooms, and my jaw dropped as she told me her favorite part of the whole 10 day trip was standing next to the door in between the rooms and listening to them. That is a classic symptom of empty-nest syndrome, which is the second highest time of divorce. In this case the husband realizes he is in fourth place at best, and the connection between husband and wife withers and dies. It can be awkward, but if you see a friend exhibiting that behavior it's important to lovingly point it out.

Another compass is scripture. When I get all wrapped up in myself I won't realize it until I am reading scripture regularly. It's amazing how alive the Word of God is, and how many times I have to relearn this! Scripture always points me to loving God and others, and helps me with prioritizing my schedule.

What a great sermon series Pastor Peter preached titled "simplify!" If you missed it you can still listen to them on the Hope mobile app (see page 2 in this newsletter). Being too busy is one of my worst areas because I like to do so many different things - in addition to being busy at the church. Bernadette is so gracious and cuts me a lot of slack on this, but that may not be a good thing! As we've mentioned before it's important to take time to go on dates. Put them on the schedule. Never stop pursuing your spouse.

I think the equivalent of today's GPS is to find a time in a relaxed setting and have a heart-to-heart with your spouse to determine where you are in your marriage. This can be threatening because unless both people want to work at the marriage there can be the feeling of "better to let sleeping dogs lie." Bernadette and I have learned that our relationship is much richer having worked through some issues when it would have been easier to just avoid them. So, take some time to sit down and figure out where you are. If you're off course, make corrections. If you need help we are more than willing to listen and we have a lot of resources that have helped us. It's way more fun to talk and laugh through life with others than to pilot alone!

God Moved and Hearts Were Open in Buffalo

"Today was one of my best days. I'll remember it forever," said a high school junior who went on the trip. It was Thursday and we had just finished up devotions and a debrief, and after an hour of tears, transparent conversations, and a step in the right direction of healing, God broke through and shined in their life. Everyone in our group was moved by God's spirit. Their hang-up was forgiveness. They fully understood God's forgiveness for them; however, they had a hard time believing they could forgive themselves. "I just can't forgive myself," said one youth and all other youth nodded their head in agreement about their story. Our leader shared an emotional story that sparked an eruption of confessions. God showed up, and that was key.

You may ask yourself: what is the lure of the foreign land? Why couldn't this experience have happened in Seattle? Why must youth travel across the country to have an experience like this? And the answer is, youth need to be taken out of their daily routines, their familiarities, and their comforts to be able to see God through a new lens. And this is exactly what God did on this trip.

The theme for the week was called "Extraordinary." Our youth went on this trip as ordinary teens and came back believing they are extraordinary redeemed children of God.

I encourage you to ask the youth and myself to hear more about our trip!

Blessings,

Jonathan



Human Care Ministry Happenings - Mary's Place

What I am interested in seeing you do (says the Lord), is sharing your food with the hungry, inviting the homeless poor into your homes, putting clothes on the shivering ill-clad." Isaiah 58:6-7

This is the Scripture basis for Hope inviting Mary's Place families, who happen to be homeless, to stay at our church home. *It allows people of Hope to be pipelines of God's love; to be His hands providing care; to be His arms hugging them in support.*

One family's story:

This was shown recently with a family with four kids: they were Christians in Eritrea; mom and dad knew their kids at age 12 would soon be taken by the army, to be soldiers until killed; so mom, dad and the four kids fled; walked by night, hid by day, until they reached another country and a refuge camp; after two years they were sent to America. They thanked God thinking all will now be good. Yet, the dad cannot get work that covers rent and food so they became homeless; in desperation dad has mom and kids go to Mary's Place. (Dads are not allowed in Mary's Place rotating shelter program, so he has to live on the streets.)

This family came to Hope Church needing hope and TLC. Each day, Hope people provided a meal, others played with the little kids and made them laugh, a Hope teacher helped the kids understand algebra (and they were so excited when that "aha!" moment came and the math finally made sense). Some Hope volunteers simply sat and listened as the mother talked about their journey, others cooked with the mom as she made a special meal for her kids, and other volunteers spent the night at church to assure the family they are now safe and secure. Individually and collectively, each Hope person gave a supportive embrace--a God-type of hug--to this family...and other similar families staying at Hope. With God's supportive care they grow stronger and able to keep stable housing. This family is now living in their "own home" with their dad. They thank God for this blessing. We thank God for allowing us to be pipelines of His love. He invites "you" to help, too. It's easy. It's fun!



HOUSE OF HOPE - PROVIDING SHELTER FOR FAMILIES, TUESDAY, 8/ 2 - TUESDAY, 8/16.

Our church home will be "home" to six families from Mary's Place, each day from 6 p.m. - 6 a.m. during this two week period.

You are invited to be God's hands and heart to provide love for these families. You can help by:

- preparing a meal (for 14)
- baking treats such as muffins, cookies
- giving food supplies or \$\$ for HCM to buy
- playing with kids
- rocking a baby
- sleeping overnight (in the Youth Room)
- and various other things

Your entire family can participate, or partner with a friend. This is also a fun way to "meet & greet" with other Hope members! But the most rewarding, fun part is getting to know these delightful moms and kids and being part of God's love. Sign-up in the Commons or contact Pam Johnson or MaryAnne deVry.

Do you know of a need?

God asks us to help those in need. So, ask God to open your eyes and heart to see His people's needs...within our church, community, and beyond. If you know of a need or would like to help in HCM, contact Elissa at esommer@hopeseattle.org.

Financial Summary - June 2016

General Fund Summary of Revenue & Expenditures

Our fiscal year is July 1 to June 30

	Current Month	Year to Date	Budget	Favorable (Unfavorable) Variance
Offerings	\$ 61,863	\$ 680,215	\$ 665,000	\$ 15,215
School Income	115,222	1,404,496	1,345,400	59,096
Interest & Other	333	10,912	11,300	(388)
Total Income	177,419	2,095,623	2,021,700	73,923
Personnel Expense	123,624	1,460,003	1,469,000	8,997
Supplies Expense	9,049	168,679	177,410	8,731
Facilities Expenditures	53,179	153,144	154,760	1,616
Debt Service	17,694	212,328	212,330	2
Missions	-	4,500	4,500	-
Total Expense	203,546	1,998,653	2,018,000	19,347
Operating Surplus	\$ (26,127)	\$ 96,970	\$ 3,700	\$ 93,270

General Fund Summary Balance Sheets

	6/30/2015	6/30/2016
Cash - General	\$ 796,580	\$ 913,004
School Receivables, Net & Prepaids	10,689	9,951
Total Assets	807,269	922,954
Designated Funds - Agency	2,858	3,538
Designated Funds - School	99,710	178,064
Designated Funds - Church	184,528	133,815
Unearned Tuition	125,523	117,953
Other Liabilities	5,379	3,345
Total Liabilities	417,999	436,714
Fund Balance	389,271	486,240
Total Liabilities & Fund Balance	\$ 807,269	\$ 922,954

Note: Please contact Julia Doerr, Parish Administrator, with any questions regarding our financial status.

Celebrate Recovery - Mondays, 6:15 - 8:00 p.m.

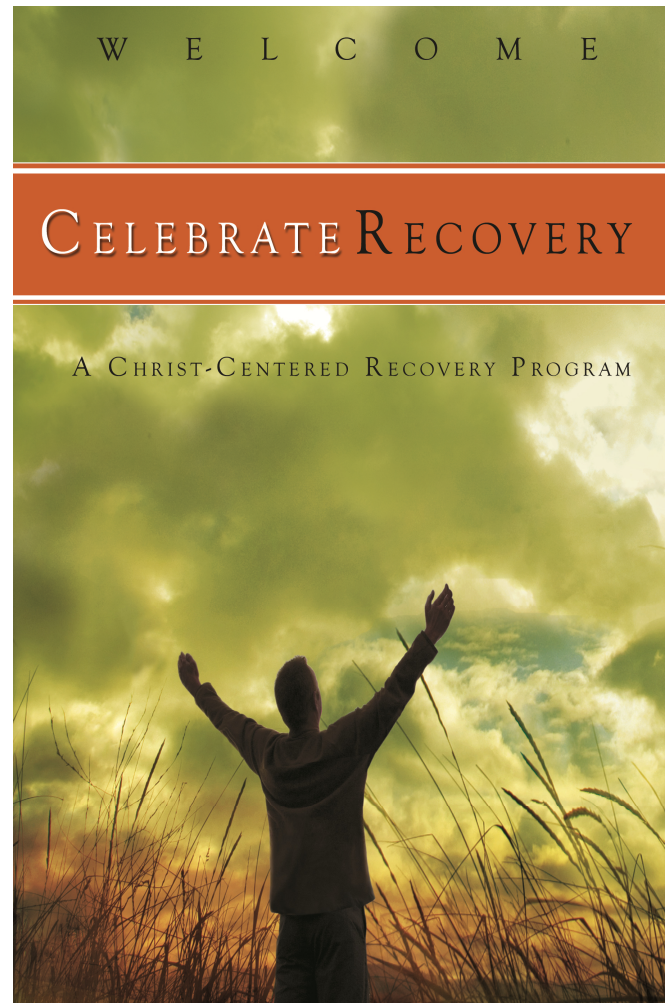
Come as you are...It will Change Your Life!

What is Celebrate Recovery?

A Christ centered program that gives people the resources and relationships to help recover from life's hurts, habits, and hang-ups. This is a program for anyone struggling with past or current dysfunctions or compulsions, whether they are affecting their own life or the lives of those around them.

The purpose of Celebrate Recovery is to fellowship and celebrate God's healing power in our lives through the Eight Recovery Principles found in the Beatitudes and Christ-Centered Twelve Steps. As we progress through the program we discover our personal, loving and forgiving Higher Power Jesus Christ, the one and only true Higher Power.

A Ministry of Hope Lutheran Church
Monday Evenings 6:15-8:00 p.m.
(Potluck starts at 6:15)
Fellowship Hall



www.hopeseattle.org

celebraterecoveryhopelutheran@gmail.com

Lutheran Hour Ministries' 100th Anniversary Celebration

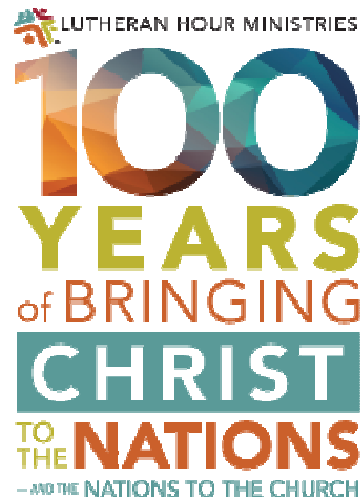
Lutheran Hour Ministries' 100th Anniversary Celebration

October 21-23, 2016 St. Louis Union Station

Mark your calendars to join HLM for an exciting weekend that kicks off a year-long celebration of the 100th anniversary of the International Lutheran Laymen's League / Lutheran Hour Ministries! This weekend recognizes the rich history of LHM's ministry and offers opportunities to learn about the bold vision that will carry LHM forward to new generations.

Register today for this once-in-a-lifetime event!

LHM.ORG/100 YEARS





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Peter Mueller, Senior Pastor pmueller@hopeseattle.org
Julia Doerr, Parish Administrator jdoerr@hopeseattle.org
Kristen Okabayashi, Principal kokabayashi@hopeseattle.org
Patra Mueller, Family Life Minister patramueller@hopeseattle.org
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Amy Kopecky, Dir. of Music Ministry akopecky@hopeseattle.org
Elissa Sommer, Human Care Ministry esommer@hopeseattle.org
Dan Jackson, Deacon djackson@hopeseattle.org
Patrice Wolanin, Secretary church@hopeseattle.org

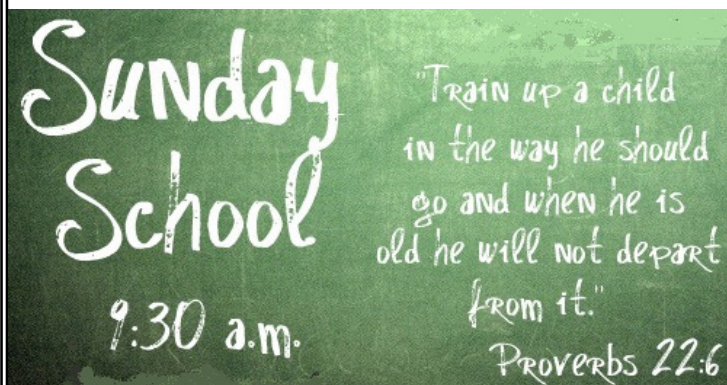
Sunday Schedule:

8:00 am Traditional Worship
9:30 am Education & Sunday School Hour
10:30 am Contemporary Worship

Phone: 206-937-9330
www.hopeseattle.org
E-mail: church@hopeseattle.org

SUNDAY SCHOOL BEGINS!

Sunday, September 18



Children ages 3 through 5th Grade
meet in the Music Room at 9:30 a.m.

**Children will be studying the stories of the
Bible in fun and creative ways.**

WELCOME BACK HOPE SCHOOL STUDENTS!

First day of school is
Wednesday, August 31

Special Welcome Back Events
before school begins!

(see page 3 in this newsletter)

