

The Newsletter of the **Olympic View Community Church of the Brethren**
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From the Pastor...

Dear friends,

It is with such bittersweet feelings that I write to share of my resignation as your pastor.

As most of you are aware, the distance Kate and I have been from our families back East has always been difficult. Since Marigold's birth in 2013, we've felt that more keenly. Now with our son due in September it has felt important for us to look for a way to live closer to them.

This spring, I submitted my profile to the denomination so that churches needing a pastor could consider me. This last Sunday, the Oakton Church of the Brethren voted to call me as their next pastor and I accepted. I will start my service with them in November.

Oakton is a Northern Virginia suburb of Washington DC. Though it is not especially close to our families, it is just a day's drive away from Indiana, and financially, a much more feasible trip for us and our families to make. Oakton also has a parsonage, so the savings in housing expense will allow Kate to stay at home with Marigold and Moses for a few years.

Kate and I have been so grateful for the years we have been a part of Olympic View. In 2005, you gave us the warmest of welcomes. As we began our married life together, you made us part of your family.



The Miller-Rieman family

In 2008, when my father almost died from a stroke, and later that year, when both of my parents were killed in their car accident, you surrounded us with love and understanding. Through Kate's subsequent illness and her surgery in 2010, you carried us through. In 2013, as we started our family, you became surrogate aunts and uncles and grandparents for little Marigold. We love our church and our city and are heartbroken by the thought of leaving.

Still, our love for all of you does not diminish our sense that it is time to open a new chapter in our lives. In truth, I think it's also an opportune time for Olympic View to discern, anew, its understanding of God's call and its vision for how to respond. I've been

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continually amazed at the steadfast love which undergirds this community and the devotion which powers its ministries. Even when we've been most stretched to respond to the needs before us, we have trusted in God and risen to meet them. This transition will stretch us all some more, but I have no doubt that God's presence will bless us mutually with new ways to grow.

The Executive Committee and I still need to sort out the details of my last few months of ministry with you. Please know that Kate and I will always treasure the love you've shared with us, and you will remain in our prayers. We, in turn, would welcome your prayers for us, for the remaining months of Kate's pregnancy and for our move to and ministry in Oakton.

With gratitude and love,

Ken

National Older Adult Conference

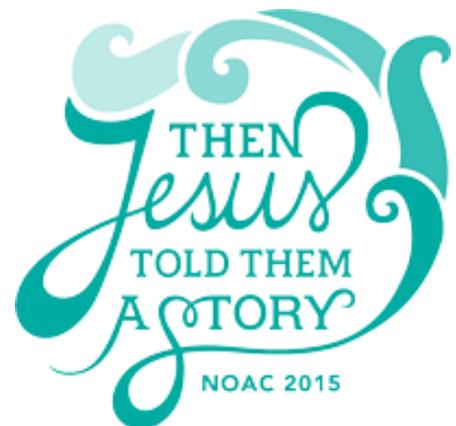
September 7-11, 2015

Attend the 13th Annual NOAC at the Lake Junaluska Conference and Retreat Center in the beautiful mountains of western NC!

Register online: www.brethren.org/noac/



Ken at the pulpit circa 2005—thank you for ten wonderful years!



Maple Leaf Summer Social

Wednesday, July 29 at 6:30 pm

It's Maple Leaf's biggest event of the year!

Join hundreds of your neighbors near the remodeled Children's Playground at Maple Leaf Park for free ice cream, live music, clowns, a Seattle Fire Department fire truck, and tables from Maple Leaf businesses.

Also have a chance to talk with representatives from city government, Metro, Sound Transit, Aegis Living, and more at your Executive Board's center "Issues Tables".

OVCC will again be hosting an information table at the social, and hope to see our congregation well represented at this fun-filled neighborhood event, so bring the whole family!

Youth serve meal at homeless encampment

by Bobbi Dykema, PhD

For Brethren, the mark of a Christian is service. The Thursday night youth group has had many opportunities for service, from a clothing drive for the Borto orphanage in Liberia, to our raising vegetables for the food bank in our pea patch, to the annual CROP walk, to participating in OV work days. Often, when one of the youth has encountered a homeless person, prayers for the homeless are lifted up in our Thursday night prayer time.

On June 11, we had another opportunity for service. Richmond Beach United Church of Christ in Shoreline has been hosting United We Stand, a homeless tent encampment under the auspices of Greater Seattle Cares. GSC has asked local organizations to sign up to serve a hot evening meal during the three months that UWS will be in Richmond Beach.

So instead of going to church for our own meal and worship, the youth were picked up in the van and headed north to Shoreline. For many of us, it was a bit of culture shock to see people living in tents, using port-a-potties for their bathrooms. By the time we got to the site in rush hour traffic, several of us had to go to the bathroom, and Bobbi asked us to be respectful since we were walking through someone's home. Wait—what?

We shared baked homemade macaroni and cheese, salad, cookies, and juice. Many of the residents of United We Stand weren't home for dinner yet, because they were still at work. (Another culture shock moment: people can be working, even full-time, and still be homeless.) Because the encampment didn't really have enough space for all of us to join the residents in their meal, we dropped off their half of the food and headed to the saltwater beach park to eat ourselves.



There was plenty of food left over—but God even provided us a use for that. When Bobbi's van got to the top of the 50th street exit on our way home, there was a group of homeless Native American men with a sign that asked for leftovers.

So we gave them all we had.

"For I was hungry and you gave me something to eat..." —Matthew 25.35



5 SUDDEN WARNING SIGNS OF A STROKE



The warning signs of stroke

A stroke happens about every 40 seconds. Each year, about 795,000 Americans have a stroke. Do you know the warning signs?

If you do have stroke warning signs, this means your brain isn't getting the blood it needs. Damage may be temporary or permanent. For example, you might lose the ability to speak, but recover it with time. You might have partial or complete weakness, for example, in the use of an arm or leg.

The important thing is what you do if stroke symptoms happen. The sooner the treatment, the less chance of serious damage to the brain. And this means less chance of permanent disability.

Stroke Warning Signs

Sometimes symptoms of stroke develop gradually. But if you are having a stroke, you are more likely to have one or more sudden warning signs like these:

- Numbness or weakness in your face, arm, or leg, especially on one side
- Confusion or trouble understanding other people
- Trouble speaking
- Trouble seeing with one or both eyes
- Trouble walking or staying balanced or coordinated
- Dizziness
- Severe headache that comes on for no known reason

Types of Strokes

Stroke symptoms may differ, depending upon the type of stroke, where it occurs in the brain, and how severe it is. A less severe stroke may be more difficult to recognize.

An ischemic stroke happens when a vessel supplying blood to the brain becomes blocked. It can happen for a variety of reasons. For example, fatty deposits in arteries (atherosclerosis) can cause blood clots to form. Sometimes a blood clot forms in the heart from an irregular heartbeat called atrial fibrillation. It then travels to a place where it blocks an artery supplying the brain.

A hemorrhagic stroke happens when a weakened blood vessel ruptures and bleeds into the brain. This can also happen for a variety of reasons.

A transient ischemic attack (TIA) is a "mini stroke" from a temporary blockage. Although a TIA doesn't cause permanent brain damage, it may cause stroke warning signs, which may last minutes or even hours. Think of this as a warning sign you shouldn't ignore.

What to Do

Remember that a stroke is a medical emergency. Sometimes it is even called a brain attack.

- Don't ignore stroke warning signs – even if you have just one warning sign or if symptoms are mild or go away.
- Don't wait! Every minute counts.
- Call 911 or emergency medical services (EMS) if you have one or more symptoms for more than a few minutes. An ambulance can get you to a hospital without delay.
- Check the time when symptoms begin. This is important information to share when you arrive at the hospital.

What if you're with someone else who might be having stroke symptoms but you're not sure?

Take charge and call 911. Some people may deny that there is a serious problem. They don't want others to make a fuss. Or they might ask, "What's the big rush?" It may help

to remember this: What's the worst thing that can happen if this isn't a stroke? An unnecessary trip to the hospital. But what's the worst thing that can happen if you ignore the problem and it turns out to be a stroke? The result could be much worse.

How to Prepare for a Stroke

Few people think a stroke will happen to them. But if you or someone you know has a stroke, taking these steps in advance may end up making a very big difference. Take action with these tips today or as soon as possible:

- Ask a doctor or nurse which hospitals in your area are primary stroke centers with 24-hour emergency stroke care. They are best equipped to care for people who have strokes. You may be able to find stroke care centers online, too.
- Find out which hospital or medical facility is closest to your home or work. Your human resources department may be able to help you locate those near work. Your doctor may be able to help you with this, too.

If you suspect you're at risk for stroke, or if you have a family history of stroke, talk to your doctor about your medical history and specific concerns. Your doctor can help you manage your risk factors and develop a treatment plan if necessary.

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Coming up:

July 11-15: Annual Conference;
Bobbi Dykema is our delegate

July 29: Maple Leaf Community
Summer Social, 6:30pm to 8:30pm

July 27 - Aug 2: Seattle Work Camp;
Pastor Ken is coordinating

Aug 9-15: Summer Camp at
Koinonia. Funds for additional
scholarships will be needed.

Highlights of the May and June 2015 Board Meetings

Overview of our Ministries in action:

Cinco de Mayo Potluck and Piñata - May 3rd many participated in lots of good food and fellowship. Thanks to the Quiroz family for the amazing piñata!

June - On June 7th the team that went to Guatemala participated in the worship service and took us on their journey through sharing of experiences and pictures. After church the Camp Koinonia Dinner and Dessert Auction raised over \$1,300. On June 14th we recognized 3 graduates; Lily Tesfay, Olivia Russell and Molly Helmuth. Also graduating but not present was Isaiah Koscho.

Our current focus:

Youth Ministry - continues to be vital and well attended. They toured the Wooden Boat Co one Thursday evening and served meals with United We Stand at Richmond Beach UCC church on a different evening.

Open Door - a membership class for youth and interested adults began the end of June. Bobbi Dykema and Harriet Koscho are leading.

Disaster Project - Frosty Wilkinson, Bill Hershberger and Jerry Bowers will be traveling to Brewster, WA to work on rebuilding homes after the Carlton Complex fire of 2014.

Maintenance items - We are in the process of purchasing the lumber needed to repair the deteriorating front entrance railing. The "flower sink" by the back door will be repaired with a memorial gift offered in Jerry Vierthaler's name. The new main floor drinking fountain will be installed at the same time.

Finance Report - The church received a very generous gift of \$8,000 in May from the grandchildren of one of our long time members. Three of the four offerings in June have been very strong. Thank you for your support!

Community Groups - We are in discussion with a group interested in opening a Mandarin language preschool in our space.

Fresh from the Word

True Greatness—Service

Reading: Matthew 20.24-28

Instead, whoever wants to become great among you must be your servant, and whoever wants to be first must be your slave (Matt. 20.26b-27 NIV).

Meditation: The mother of James and John made the request to Jesus, “Make my two sons sit at your right hand and your left hand”—to be interpreted as seats of prominence, distinction, authority, and privilege. All symbols of earthly greatness. The other disciples were angry and expressed it publicly. This gave Jesus the opportunity to set the true standard for greatness once and for all. The essence of greatness is service! Those who truly wish to be great are servants. Now why is this so important to remember?

The fact that you are reading this today may assume that you have some level of comfort and security. However, many, many other people don't. That fellow in your town's local jail may need a visit—your visit. That neighbor who lost her job may need some encouragement—your encouragement. That elderly member of your congregation may need help—your help. That town drunk may need an encouraging word—your word. Now, if you choose to serve the needs of the imprisoned, the unemployed, the elderly, the abandoned, and the addicted, you are giving hope and inspiration to those who need it most. And this is a great thing. Lives are changed this way. And the benefit is mutual. If Jesus did it, should we not do the same?

For the day: Choose to serve today not because you want to be great, but because great things happen in faithful service.

Prayer: Lord, please forgive my self-centeredness. Grant me the humility and willingness to serve and the passion to do so. Amen.

—Dennis Webb

Sharing Together in Prayer

In Our Community:

- Thanksgiving for **Gracie Edmark** celebrating her 94th birthday on June 30!
- For **Hanifah Murfin and family**, mourning the recent death of her mother Delores.
- For the **family and friends of Alice Dalrymple**, mourning her death on June 14.
- For **Dorothy Bollinger**, recovering from laser surgery to remove a tumor from her brain, and undergoing radiation treatment for her cancer.
- For the family and friends of **Doloris Harris**, mourning her death on June 9.
- For **Asaph Murfin and family**, mourning the death of his mother **Julie** on June 7.

Life's Crossroads...

As we ponder, process, and even grieve over the news of Pastor Ken and his family responding to God's call to serve in Oakton, VA, it raises many questions. One of the more important ones is “Where do we go from here?” There are undoubtedly a lot of different ways to answer this question and we need to find the best way to navigate a path for Olympic View Church.

The Executive Committee has been working with Ken through this transition process and has been in touch with our District Executive. The Church of the Brethren has defined procedures and very good resources to help churches through this process. We will be sharing this information with you in the near future.

But just as important, we look forward to hearing from YOU! Our desire is to help find an answer to the question stated above and to many others, together. We have come to a crossroads and we have an opportunity to decide our future path!

If you have questions or concerns please feel free to contact Roger Edmark 425-422-3137, kedmark@msn.com or Sylvia Hershberger 206-250-0737, bilnsyl@frontier.com

