

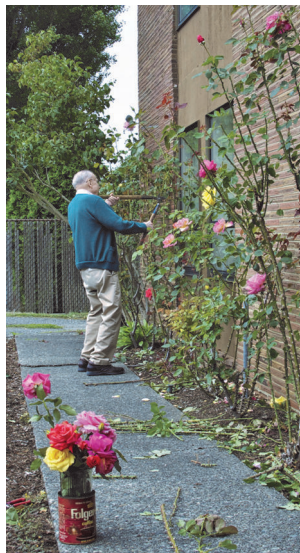
## Falling isn't easy, but we needn't fall alone.

By Pastor Ken Miller Rieman

The spiders around my house are looking healthy and fat these days. When I first moved out here, they looked exotic and frightening. In Indiana, it was mostly Daddy long-legs. I used to diligently sweep them all out of sight.

At some point, I called a truce. I asked them to stay out of my hair and not to crowd out the doorways or windows. Now, if they spin their webs out of the way, I leave them alone. I gently move the inevitable encroachers to better spots.

I've learned to tell individual spiders apart and must confess to esteeming the more diligent and crafty among them. I see now that I am the host of these little creatures guarding my house from annoying insects.



I'm still a bit squeamish around the Hobos. This is the time of year they try to get inside to lay their eggs. I'm not cool with the ones that can really hurt me. I've had enough pain for one year.

Fall is a time of slowing



down, hunkering down, and letting go. Death surrounds us. The rains and darkness descend.

Some of us have been fighting for our lives. Some have been relieved of the struggle. Others are just beginning.

This fall, may we take solace from the seasons' rewards. Warm cafés, brisk espresso, wood smoke, woolen sweaters, time with family, maybe even Sunday School.

Falling is not easy, but we needn't fall alone.

One year ago, Bill Case was hospitalized, recovering from a significant stroke. Last week, he was back at the church, pruning the roses.

This is a good time to trim them up, and bring some inside to enjoy. It's time to hold each other close as the circle of life makes another turn.

## The New Olympian

Olympic View Community Church of the Brethren  
425 NE 95th Street  
Seattle WA 98115

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## It's a question of attitude

by Alice Hanson

I am a person to be en-  
vied. If you were me,  
you would be envied  
too. Why envied? Well:

- I always get the best parking space, right by the door.
- I lost 30 pounds and shop the lower sizes of the racks, wearing clothes that haven't fit me for 20 years.
- I take nothing for granted.
- I have no stress and sleep like a baby.
- I am finally "good enough" and have a great self-concept, because it is so easy to outdo people's low estimation of my capabilities.
- I am rich in friends. I have an organized address book that lists 350 people, 30 of whom check in on me regularly.
- I have a great marriage. Indeed, husband and friends said they would love me even if I stayed as I was.
- Instead of a funeral, everyone I know has contacted me personally in the last year.

I am constantly challenged, told how to do it, and it works! I see achievement every day.

*Surprise! I am Disabled!*

I'm a former recruiter and career coach who became permanently disabled with an out-of-the-blue cerebellar stroke last year.

Nothing I did caused this. I had a birth defect, tangled plumbing in my head, that got old and leaked, causing the stroke. Being a disabled person was to be part of my life.

So I could be pissy about this or I could see the bright side. What I've learned is that life is 10% what happens to you and 90% what you do with it; that people have busy lives and forget you if you forget them; and that everyone has problems so why are yours so special?



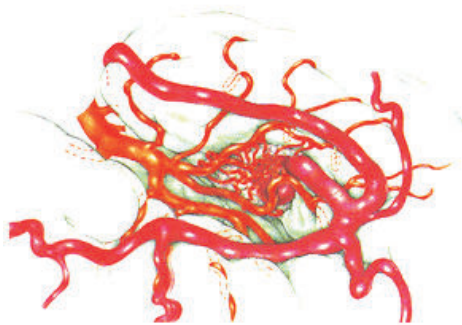
Sincerely being interested in others makes people interested in you. They call and you feel good that you have been of service.

Oh yeah, a year ago, they also thought I had cancer and I might not have the stamina, post stroke, to endure. I truly thought I was going to die. And I am a baby boomer who turned against the church years ago, having been raised a fundamentalist Southern Methodist and having gone to church every week of my life until age 20 something. So I hated the hypocrisy of the church, which talks of God, but was created by Man with all his foibles.

So when I thought I was going to die, well, then I realized that money really doesn't matter much. I could have won the lottery and it would not have changed a thing. You think about the plight of your fellow man, the suffering that is life, and wonder if you have the stamina to die, and then what? Buddhism promises to provide panaceas for fear of death. But Jesus and all the dogma I was brought up with? What did that have to do with my current world? His message seemed to be, 'give all your cares to me, and I will suffer for you' but I really wasn't looking for a scapegoat. My friends, doctors, and husband all wanted me to get better, they EXPECTED me to overcome and be happy. Could Jesus help me with that?

I realized my first life had been all about the usual trials I see my friends going through – seeking food and shelter, suffering through a job to pay for it, not ever having enough money or time to pay for it, struggling to lose weight, staying sexy and young, keeping health intact, and trying to meet all obligations. The usual rat race. My first life is gone. I had so much, so many gifts, like speech and walking, but I was not happy.

I woke up the morning of the stroke not able to walk, my vision was blurry, and I talked like a drunk, when I could talk. Swallowing was awkward. I was told I had a one in ten chance of a full recovery (and God willing, I will be that one in ten yet), that strokes take years to recover from, and I had a 50% chance of becoming seri-



ously depressed within one year. One in two people who have strokes become depressed due to changes in lifestyle (no social life and not working), isolation, and financial ruin.

I decided I could beat my body with exercise and doing what therapy told me to do. But fighting my own head---a 50% chance? Dear God, my head has such a good imagination about negative things. I was going to have to improve my spirituality to avoid this depression debacle. Truly, in all cases, depression is worse than stroke.

If you have not had a stroke, you are still a candidate for depression. I have learned that these things will help you avoid this all-too-common malady. While pills can treat the symptoms, they can also mask the causes.

To avoid depression:

1. Develop a network of friends – or revitalize the ones you have. The worst thing you can do is sit home and think about yourself and your problems. Everyone has problems – what makes you think you are so special? And your job is to ask people how they are, show an interest in them, so they will take an interest in you. Give yourself away to others, to the world around you. Volunteer. Support a cause. Be a gym buddy for a friend and talk them into going to the gym with you --on the same night every week – you do both you and them a favor...you'll both establish good workout habits.
2. Establish an online calendar and address book so you can “recruit” people to give you rides, go to events, email/educate them about your condition and activities you can do together. In the early days, I would “ask”-recruit if you will. I would find a play, a movie or a cooking class I wanted to go and then *asked* people to go with me. Friends were ecstatic they didn't have to think of an “appropriate activity” for my disability and by spreading my “recruiting” e-mails amongst my 30



best friends, I didn't wear them out seeing me. I was *not* a burden because I spread my “asks” around amongst a large group of people..

3. Always have something to look forward to.
4. Listen to your body. If it wants to rest, obey it. Slow living is less stressful living
5. Tend to your spirit. Read philosophy, argue with Rush Limbaugh, read the Bible and practice Tai Chi (a Chinese meditative discipline). Look at both sides of the question with an open mind. You may better understand how God, prayer, and spirit buoy you to take on the next moment's challenges.
6. Pray for others. I received prayers from this church and from my family's church. I may have issues with the church, but in my recovery, I have felt the remarkable power of prayer.
7. Never give yourself the luxury (?) of a negative thought. Remember that two words – “THANK YOU” are the antidote to anger. Your husband/caretaker/God himself might make you mad, but it is given with a good heart, even if the gift itself made you livid. Say 'Thanks' for the good heart. It is amazing how a positive conversation, not steeped in anger, really gets somewhere. Emerson said it well: 'Now is not the time to think of what you do not have. Think of what you can do with what there is.'

There is a spirit in all of us that can do good if is allowed to shine. The Church of the Brethren is peace-loving and tolerant. I still question, but the purpose of a church and a good pastor, is to find answers – and generate relevant questions.

Never stop asking. Never think something that God made, namely yourself, is half as bad as you may fear you are. You have to be positive to let the light shine.

Attitude is everything.

# Seattle CROP Hunger Walk Sunday, October 4

CROP Hunger Walks help children and families worldwide -- and right here in the U.S. -- to have food for today, while building for a better tomorrow. Each year some two million CROP Walkers, volunteers, and sponsors put their hearts and soles in motion, raising over \$16 million per year to help end hunger and poverty around the world -- and in their own communities. And you are part of it!



**1:00** registration

**1:30** Walk begins

**Start and Finish at  
Alki Congregational UCC**

6115 SW Hinds St., West Seattle



A formal course of 10 kilometers has been laid out from [Alki Congregational United Church of Christ](#) (our host congregation) along the Alki boardwalk towards downtown and then back again.

The course is flat throughout, and for the most part borders a public waterfront park. You will pass the historic Alki Lighthouse, as well as monuments commemorating the landing of the Denny party on Alki Point in 1851 (the first settlers in Seattle), and a replica of the Statue of Liberty.



The 10 kilometer distance is in place to help those who want a specific walking or running goal, but participants are free to turn around at whatever point seems right to them. The views are spectacular, it is common to spot wildlife, especially birds such as bald eagles, osprey and blue heron, and every step of the way is fully wheelchair (and stroller) accessible.

## Other Information

October 4 is the traditional feast day for St. Francis of Assisi, Patron Saint of animals and of the environment. In keeping with his celebration of all creation and the creatures in it, we encourage you to bring not only your human friends for the walk, but, if appropriate, your pets on leash as well.

October 4 coincides with the Jewish Holiday of Sukkot, a week-long holiday that celebrates both the autumn harvest and the wandering of the Israelites in the Sinai Desert en route to the land of Israel. In modern times it has also been viewed as an environmental and food awareness holiday. At the conclusion of the walk, representatives of the Kol HaNeshamah Synagogue Community will be present, and have invited all interested walkers to join them in their sukkah for a brief introduction to this old/new Jewish holiday.

Funds raised will help support the **Northwest Harvest**, West Seattle Food Bank, and White Center Food Bank locally as well as international relief and development.





**Locally based**  
**Statewide**  
**Independently operated**  
**Community funded**

**Read how Northwest Harvest, the recipient of 75% of money raised by this year's CROP walk, describes itself:**

Northwest Harvest, Washington's own state-wide hunger relief agency, provides a proven, successful, and cost-effective model for getting nutritious food to those who need it. We strive to be the most efficient hunger response program in the state of Washington, with **more than 93% of our budget** going directly to food distribution. Knowing that good nutrition is key to health, Northwest Harvest is committed to providing the freshest, most nutritious food possible to our clients. Fruits and vegetables account for over 65% of the food we distribute.

Last year we secured **over 24 million pounds of food** for distribution to more than 300 food banks, hot meal programs and elementary schools across Washington. Our no-fee policy enables our partners to do more with their own limited resources, providing a combined **600,000 food services** in their communities each month. Our food provides a bridge from temporary crisis to stability, allowing those on limited incomes to use their cash for medical expenses, housing, transportation costs, utilities, and childcare.

**Northwest Harvest** receives no city, county, state, or federal funding for operating expenses and relies solely on contributions from individuals, businesses, foundations, and other organizations. Much of our work is made possible by volunteers of all ages, who give **66,000 hours of their time** each year to feed the hungry.

**Our Mission**

*The mission of Northwest Harvest is to provide nutritious food to hungry people statewide in a manner that respects their dignity, while fighting to eliminate hunger.*

From [northwestharvest.org](http://northwestharvest.org)



**Cider Squeeze**  
**at Shepherd's Garden**  
**(Wilkinson's Farm)**  
**Saturday, October 17**



Kate Miller Riemann fulfilled a life-long dream sitting behind the wheel of Northshore' Fire Dept.'s Pumping Engine #57

## Why the change?

**Let it not be said that we are sticks in the proverbial mud.**

By Ken Miller Rieman

For many years, Olympic View had two different schedules for Sunday meetings. During the school year, Sunday school began at 9:30, and worship began at 11:00. During the summer, we suspended Sunday school and held worship at 10:00.

Then we tried something different. We didn't have so many kids or young adults showing up for Sunday school at 9:30. Some would be there, some would show up late. Some suggested switching the order of Sunday school and worship, in the hope that more folks would show up for worship, and then be inclined to stick around for Sunday School.

The idea was proposed at General Assembly and, with considerable discussion, approved.

With Worship at 10:00 and Sunday School from 11:30, some things changed. Some didn't.

More young adults showed up! They launched a new class, with the leadership of Bill & Sylvia Hershberger. The time they spent together in class fostered more time together outside of class. It was cool.

We didn't really improve attendance in the children's or youth classes.

What's more, some folks in the Upper Room class found the change less convenient and elected to stop coming.

At last Spring's General Assembly, we discussed the situation. Pro's and Con's were weighed.

Those who didn't care to attend Sunday School had to get up earlier to go to church. Social Hour was being cut short by worship on the front end and the beginning of classes on the back end. Special after-church programs would either conflict with Sunday School or require school non-attenders to wait around for pot-lucks or programs to start once classes were over.

On the other hand, it was a bit easier for Choir and others offering leadership to prepare, without having to give energy to Sunday School during the same time. It was also easier for visitors who enjoyed worship to try out Sunday School after they'd already established some comfort with who we were.

In the end, we decided that we didn't want to disturb what the young adults had going, so decided to keep the revised schedule.

But one piece was missing. The young adults had never actually discussed whether they might be willing to try moving their class to the new schedule.

They met and discussed said issue. They were fairly agreed. They ap-

preciated the deference the congregation showed to the young adults. It was an affirming show of support and encouragement. But they also felt like returning the sensitivity and decided they'd be willing to try going back to the old schedule that forced Sunday Schoolers to turn out earlier on Sundays.

So they shared this with the Board. Input was invited from the rest of the congregation, the issue was again, at not inconsiderable length, discussed. And the board elected to go back to the way things had been.

But that's not the end of the story. The real questions remain. The evidence reveals that churches that grow have strong Sunday School programs and participation. How can we encourage more attendance of Sunday School? Will the young adults show up enough to maintain their solid core of participation, and welcome their peers to their ranks? Will others invest energy in other classes?

These questions are for you to answer. The story is yours to complete.



Olympic View's very own AV geek squad





Teamwork yields choices at Bower's August All-Church Potluck.

## The power of a choice

by Jana Helmuth

My husband, Mike, was watching the speech Rod Woodson gave at the Football Hall of Fame. He found the words powerful and passed them along to me. Now I would like to share Rod's words with you.



Rod encourages us to make choices that, in reality, are the backbone of our faith, to live simply, peacefully and together. Please read his speech and take it to heart as we did.

Whether you are a player, a worker or a church member, you make the choice to be part of the team. In a team everyone has to decide the goals and then work together to obtain them.

*From the conclusion of Rod Woodson's Hall of Fame Acceptance speech, August 8, 2009:*

*As I look back on the teams that I've faced and been a part of over the years, there is one common denominator about all those teams. I chose to be a part of the team. We have to live under the rules and the guides. If you want that team to function as one, you have to be obedient to the rules and regulations.*

*So I will leave you today to talk about choices.... Choices made throughout our lives...determine our destiny.*

*Choose. Choose to love rather than hate. Choose to create rather than to destroy. Choose to persevere rather than quit. Choose to praise rather than gossip. Choose to heal rather than wound. Choose to pray, rather than curse. Choose to live, rather than die.*

*Rod Woodson, born in Fort Wayne, Indiana was a record-setting defensive back who played for the Purdue Boilermakers, Pittsburgh Steelers, Baltimore Ravens, San Francisco 49ers, and Oakland Raiders. He holds records for career interception return yardage (1,483) and interception returns for touchdowns (12). He was the NFL Defensive player of 1993, and achieved the 3<sup>rd</sup> most interceptions in NFL history (71).*



## Young Adults Carve Pumpkins

The sweater-wearing, leaf-raking, cider-sipping, football-watching, squash-harvesting, pumpkin-carving time of year is coming upon us! Young adults take heart. We'll potluck our lunch after worship **Sunday, October 25** and head out to the pickin' patch. Carving and warm beverages at the Bisterfeldts' will follow. Your friends are most welcome.



## William Cannon "Granddaddy" Matthews

June 12, 1927-September 14, 2009

A Remembrance by Cabe Matthews

My dad's mom, known to me as Granny, walked down the aisle at First United Methodist Church of Pineville, Louisiana, accompanied arm-in-arm by her older brother James, the same brother that led her down the aisle at her wedding fifty-six years ago. Behind her followed her three sons, known to me as Uncle Bill, Uncle Al and Dad, her ten grandchildren (including myself) and various daughters-in-law, nieces and nephews and other relations. The congregation stood as we passed by, accompanied by a solo piano playing Great is Thy Faithfulness.



And that's when it really hit me, fully, that he was gone.

Of course I teared up a little a few weeks ago when I visited him and he reached for my hand and held it, weakly, but warmly and affectionately. He didn't say much of anything to me, but he did look at me, eye to eye, for an extended period of time, and I think he knew who I was. As I remember it he even smiled ever so slightly without breaking his gaze, that old sly smile of his.

I'd also been to the visitation the day before the funeral, and lightly wept as I stared into his face and tenderly touched that same hand, now cold and stiff, with my own warmer, fleshier one.

We had also all cried together as an extended family as, over and over again, we watched a video made in his honor by his employer for the celebration of his retirement many years ago, a photo slideshow set to music, featuring pictures of him the way I'll always remember him: with all his humor and wit, his playfulness, tenderness and strength. And that smile. His face in those pictures was so full of vitality and energy.

But in spite of these things, it still seemed as though my coming to grips with his passing did not yet seem complete. As special as he was to me, as much love as he poured out on me

throughout my whole life, in light of all the gratitude I have for who he was as a grandfather and as a man I had expected from myself a much stronger reaction. (I wasn't by any means preoccupied or self-conscious about this, but it was just something I had noticed.)

As a whole, it was a beautiful funeral. The pastor summarized the obituary that was penned by my dad and his brothers; my Uncle Bill and some friends told stories about him - of which there are many good ones; I had the privilege of reading the 23rd Psalm and parts of John 14, and the pastor talked about Jesus at his friend Lazarus' funeral, among other things.

But the most memorable moment for me was walking down the aisle in that caravan of Matthews' and McCabe's. We were there to remember, mourn and celebrate the life, death and resurrection of William Cannon Matthews, known to me as Granddaddy, and my ability finally to fully remember, properly mourn and adequately celebrate was only realized as the piano melody to Great is Thy Faithfulness rushed into my ears. I sang quietly to myself:

*Great is Thy faithfulness!  
Great is Thy faithfulness!  
Morning by morning new mercies I see.  
All I have needed Thy hand hath provided;  
Great is Thy faithfulness, Lord, unto me!*

Now that that family caravan is spread back across the United States, and I'm here sitting at my desk in Houston, it almost seems like a strange song for a funeral. But it isn't. That lonely piano preached to me a sermon that I needed to hear. It turned out that on that day, it was only in the context of remembering God's own faithful love and mercy that I was able finally to situate my grief at Granddaddy's death, as well as the fullness of the joy I have for having been a part of his life.

Granddaddy used to tell us grandkids, usually in connection with a lively embrace, "I love you so good." It was such a unique way of expressing that sentiment, and he said it so often, that it became his signature expression. His great and persistent, generous and extrava-



Cabe Matthews

(Continued on page 9)

(Continued from page 8)

gant love for me, his grandson, is to me like a parable of God's love for us.

I've said it before: Christianity is basically all about death and resurrection. In Christ the crude physical reality of death has been overcome and the life and love of the Kingdom of God now reigns. Because of the great faithfulness of God, I can affirm that the cold, dead, stiffness of Granddaddy's hand won't have the last word.

The Christ who suffered so brutally on the cross before being raised up and shown to be Lord of all has taken up the collective suffering of Granddaddy's life into his arms, and with his own pierced hands finally restores and makes new Granddaddy's hands, restoring warmth and life greater than any previously imaginable.

And the same Christ in his faithfulness and mercy takes my grief at the loss of Granddaddy, and not just that but all the grief and suffering of the entire universe, into his arms as well.

That same Christ promises to wipe away tears from every eye, and to destroy death for forever. And that same Christ promises to make, not just Granddaddy, but all things, new. Great is his faithfulness.

## Coming this Month Guest Preacher—Mike Stern

Singer/songwriter Mike Stern has sung & preached for us several times before, & each time has warmed us with his music, humor & inspirational reflections. He will be filling the pulpit for us again twice this fall.

His topic on October 11th, "Hurt Not the Earth" will address the wonder of nature, giving thanks to God for mother earth, & our call to protect her from environmental disasters caused by human greed & carelessness. Reference scriptures will be from Revelation 7:3, Psalm 24:1, & Psalm 147:3-6.

Mike's topic on November 15<sup>th</sup>, "Sustainable Loving" will follow up on his previous message by addressing ways that the struggle for environmental sanity & sustainable **living** might be served by considering overlapping lessons from a variety of other personal & historical struggles (such as the civil rights & peace movements, as well as long-term relationships). In this way perhaps we can become better prepared for the long haul of sustainable **loving**.

For more about Mike or his latest CD that's especially for children, parents & teachers, visit [www.mikesongs.net](http://www.mikesongs.net)



## Our October Outreach: World Mission Offering

Washing another's feet or hands is a simple act that becomes hospitality and healing, humility and servanthood, forgiveness and reconciliation, community and acceptance. Each "abstract concept" is heavy with complex and poignant meaning. Each is a quality of "Christ-likeness" which followers of Jesus long to share with others, near and far. Jesus' simply profound example propels us to "go in the world" to witness to the love of God that is available for all. The Church of the Brethren shares Jesus' love world-wide. Our outreach offerings in October will support Church of the Brethren missions:



- In **Vietnam**, training others to compassionately mainstream the physically disabled;
- In the **Dominican Republic**, by being a church community that overcomes immigrant prejudices;
- In **Sudan**, by healing the trauma of war and violence;
- In **Nigeria**, through fellowship, organizational development and capacity building;
- In **Haiti**, bringing forth the emerging Eglise Des Freres Haitiens;
- In **India**, through theological education; and
- In the **United States**, working towards God's realm on earth through ecumenical witness.



## Sharing Together in Prayer

### In Our Community:

- For the family of **Jean Ulery** who died from cancer on September 17.
- For **Mary Nash** who suffered a severe stroke Monday night. She is recovering at Stevens hospital. Any greetings or questions may be directed to her daughter, Dianne West at 425-205-0520.
- For **Nancy Louise Wilkinson** who was diagnosed this week with ALS (Lou Gehrig's disease).
- For **Goldie Barnes'** sister **Cheryl** who is seriously ill.
- For **Pauline Danzer's** family mourning the death on September 2 of her brother, Russell Herington of Olympia.
- For healing in **Jimmy Barnes'** back, from chronic nerve pain.
- Thanks for **Bob Landis**, recovering well from a mild heart attack, with no new damage to his heart.

### Ongoing Prayer Requests:

**Lowell Geiver; Jimmy Barnes;  
Gloria Sherwood; Geraldine Campbell;  
Chris Pride; Eunice Jarboe;  
Peggy Cochran; Adam Ford;  
Dan Fredrickson; Patty Berg;  
Vera Gastfield Wolfe; Elsie Clayton  
Bill Case & daughter, Carol Kamada  
Lew Fortin's nephew, Michael Rogers  
Eileen Birky's mother; Gene & Donna Harnden  
Sharon Haley's siblings:  
Mark, Paul Andrews, and Ruth  
Pauline Danzer's son-in-law, Eric Emmer.**

### Our Nation, State, and World:

- For those suffering the physical, psychological, and spiritual wounds of war.
- For all who have been affected by rising unemployment and economic challenges, including all of our locally situated family and friends impacted by layoffs.
- For peace in Iraq, Afghanistan and all countries.
- For a de-escalation of international tension between the United States and Iran and North Korea.

## A practice of prayer for the power to heal

Many of us have experienced the power of prayer in different ways. **Aimee Bisterfeldt** has begun her own practice of prayer as a ministry to those in need of healing. Crocheted with love and the hope that God's strength and comfort would bless the recipient, her prayer shawls become a gift that keeps on giving.

When I was grieving the loss of my parents this last Christmas, her shawl became a tangible reminder of the support of this entire congregation. As Jean Ulery lay in the hospital this summer, recovering from pneumonia that attacked her in the midst of fighting cancer, she was warmed by thoughts of your love, knit into the shawl Aimee made for her.

Crocheting isn't everyone's thing, but if you'd like to support Aimee in this ministry, she'd love some help. There are others who are struggling and we'd all like them to feel us holding them close. Just let her know and she'll find a way for you to help. You can reach her at 425.232.4643.



## Pray Without Ceasing

**Readings:** I Thessalonians 5.16-22;  
Romans 12.12; Luke 18.1

**By Robert S. Lehigh** from *Fresh from the Word*

*Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you (I Thess. 5.16-18 KJV).*

**Meditation:** We need to maintain a spirit of prayer continually and be in a proper frame of mind to lift up our hearts to God for his blessing. We need to persevere in prayer and not grow weary even though it seems our prayers are not being answered. We need to cherish the spirit of prayer and live near to the heart of God. We must not allow trifling causes to keep us from our regular prayer time, including personal devotions, family prayer time, or prayer in the assembly of the believers in Christ. We must always be mentally prepared to pray publicly or privately when the need arises. We must diligently guard against allowing worldly cares, frivolous conversation, vanity, reading an improper book, feelings of bitterness, lustful thoughts, or inappropriate companions to prevent us from being able to instantly engage in prayer. Nothing should stand between us and the Lord. We need to diligently test everything and hold on to those things that are good. Our soul and spirit ought to be in such a state that we can engage in prayer and communion with God at any time and find pleasure and fulfillment in approaching his holy throne.

**For the day:** Prayer is similar to conversing with an ever-present friend., sharing in the happy moments as well as in those moments of perplexity and despair. Be ready to converse with God during the course of your routine activities, just as you would talk with a friend.

**Prayer:** Dear Lord, keep my heart in a continual state of readiness to commune with you. Help me to stay in tune with your Holy Spirit and not repress your voice. In Jesus' precious name, Amen.

The *New Olympian* is published monthly by the Olympic View Community Church of the Brethren

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**We welcome you to our services.**

## Jean Ulery: A Remembrance

By Ken Miller Rieman

with contributions from David Horsey

Long-time Olympic View member Jean Gorden Ulery died peacefully in the early morning of Sept. 17, 2009, surrounded by family members.

Jean had been diagnosed with cancer early this last summer and had undergone chemotherapy treatments to fight the disease. We are grateful for the care shown her by Northaven, Northwest Hospital and Foss Home in these last months.



Jean was born April 14, 1928 in La Porte, Indiana. Jean grew up in northern Indiana and, after high school, enrolled at Manchester College where she met her future husband, Denver Ulery of Wenatchee, Washington.

Jean and Denver moved to Seattle in 1953 where they raised four daughters. Jean was very involved in the activities of the schools where Denver taught; first at Seattle's Ingraham High School, and later, at the Overlake School in Redmond where the family lived on campus.

Jean's life in Seattle was centered at Olympic View, where she served in numerous volunteer capacities. After Denver's death in 1999, Jean moved to Northaven where she also became active in the retirement center's community life.

Jean's greatest joy came from her extended family. She is survived by her daughters, Nole Ann Ulery-Horsey (and husband David Horsey) of Seattle, Beth Hormann of Lynnwood, Tammy Wieland (and husband Rob Wieland) of Poulsbo and Jodi McCollum (and husband Duane McCollum) of Maple Valley; grandchildren, Darielle Horsey, Daniel Horsey (and wife Claudia Horsey), Ryan Jahrman, Scott Jahrman, Evan Jahrman, Anden Hormann, Jaren Hormann, Allana McCollum and Meagan McCollum; and sisters, Mary Lou Swank of La Porte, IN, and Karen Calderon of Denver, CO.

About 150 people gathered Sunday, September

20th, for Jean's memorial service. Family and friends shared appreciation for Jean's life, her sense of humor, her generous hospitality, her devotion to family and church, and her zest for living. Jean invested herself in the relationships and connections which strengthened the world around her. She strove to see that visitors to church felt welcomed, and that those looking for a retirement community chose Northaven! We miss her greatly.

## Adult Fall Sunday School Classes

Beginning each Sunday at 9:30 am

*The mind, once stretched,  
never returns to it's former perception.*

### *The Upper Room*

This class uses the classic devotional guide 'The Upper Room' as a springboard for conversation and personal sharing. All are welcome.

*Teacher: Jimmy Barnes*

*Location: The Upper Room (just kidding) This class meets in the Germantown Room, adjacent to the social hall on the lower level. Maybe we should call it the Lower Room.*

### *Fingerprints of God*

#### *The Search for the Science of Spirituality*

The class title is shared by the 2009 book by Barbara Bradley Hagerty, National Public Radio's religion correspondent. Her study seeks to connect those who've long celebrated the depths of spirituality and religious experience with those who are applying the latest scientific methods and technology to understand what happens in the biology and chemistry of the brains of people who describe their encounters with the divine. This class seeks to help participants find common language for exploring, understanding and sharing about their own faith and questions about God.

*Teacher: Ken Miller Rieman*

*Location: The Social Hall*

### *Young Adults a.k.a. Kewl it up Krue*

#### *A Guide for Biblical Studies*

The Young Adults are using the Church of the Brethren fall 2009 curriculum which studies Covenant Communities as they appear in scripture.

*Copies of the book are available in the office. Facilitation of group conversation is shared by group participants.*

*Location: The Friendship Room (Library) is next to the Sanctuary.*