

## Memorial Tribute for Mary Nash

By Alice Dalrymple

Mary, you have been my TRUE friend since 1951, the year I started going to this church. In Revelation 15.3 it says, "Be true to each other." That was Mary. I always admired you because you exemplified what a Christian woman is.

Today, you are not here in body, but you are here in memory—many treasured memories that will continue to bloom in our hearts.

One of Mary's hobbies was her love to grow flowers. She shared her flowers with friends. Mary grew miniature roses and come an occasion, she would place these roses in a small vase and present it to the person that had been ill or for any other reason. Friends were also the recipient of her other talent—pressed dried flowers on a card accompanied by a poem. I treasured the thoughtfulness of this gift.

I remember years ago when visiting Mary, I was taken on a garden tour of her yard, and then I was given plants that she enjoyed sharing with me. Mary

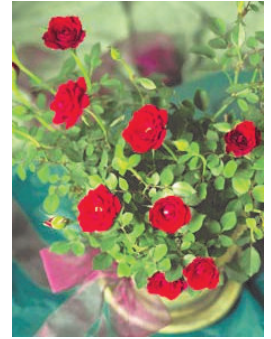
not only knew the common name of a flower, but the botanical name too! This really impressed me! I was secretly glad I knew the names of roses and pansies. In Ephesians 4.32 it says, "Be kind and tender-hearted." That was Mary.

Mary's crowning beauty was her snow white hair—she looked so Sainly. Her inward beauty was her kindness, caring for other people's welfare and her honesty. "Always be honest." Proverbs 12.22 That was Mary

Mary and Dick made many visits to hospitals and homes to visit sick friends with words of comfort and cheer. "Look after each other." Deuteronomy 15.11. That was Mary and Dick.

When my husband passed away, Mary and Dick, wanting to share my grief, the following week took me away to the Arboretum and Japanese Garden. There we enjoyed the beauty of the flowers and plants as we walked the various pathways. "Bear each other's burdens." Galatians 6.2 and "Comfort one another." Thessalonians 4.18. That was Mary and Dick.

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NASH, Dick & Mary  
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I remember Mary and Dick as being a happy couple who treated each other like they treated their friends. Matthew 7.12. That was Mary and Dick.

Mary and Dick "counted their blessings." Their family, home, health and their many friends. Psalms 34.1-3. That was Mary and Dick.



Mary and Dick "loved one another deeply from the heart." I Peter 1.22. That was Mary and Dick.

I miss you, Mary.

Love, Alice Dalrymple

Thank you, Mary and Dick, for being Dal's and my friends these many years.



## Cider, Friends & a Prayer Shawl

On first glance, Saturday, October 17 was not the ideal day to be outside all day. All Friday night and Saturday morning heavy rains were having an effect on Saturday morning traffic. However, Skagit Valley, where the Wilkinson's live, has about half the rain of Seattle, so I was hopeful that would be the case. A quick look at the web showed that the least rainfall would be right when we were carving, crushing and squeezing apples – so there was hope! Traffic reports on Saturday were not good – standing water on the roadway at Smokey Point and I-5 north of the Tulalip Casino. I wondered how many would be discouraged from coming. It turned out to be a wonderful day in spite of the weather. One of our best cider squeezes.



Frosty and Mike Stern had built a shelter for us to work under which was really welcome when the one big rainfall dumped on us. Though we tasked it to its limits, the apple squeeze machine did not break. There were plenty of apples, and plenty of hands to produce some really good cider.

In addition to Frosty and Nancy-Louise Wilkinson and Mike and Carol Stern, we had Haile & Nancy Bedada, Jimmy & Goldie Barnes and Andy, Roger & Kathy Edmark, Aimee, Ahnna and Joshua Bisterfeldt, Kathy Korff, Bill

and JoAnn Shoemaker, and Kevin and Bennet (Wilkinson's son-in-law and grandson).

After a meal around the Wilkinson's table, we presented a prayer shawl to Nancy-Louise to let her know that she is covered with prayer by her friends at Olympic View as well as many others as she and her family deal with her health issues.

We finished the day with a few songs by Mike, a visit to the animals, and a delicious apple crisp made from the best apples in the basket.

It was a great day of fellowship with friends!



## A Friend Like Barnabas

[from Fresh from the Word]

**Reading:** Acts 9.22-31

*When he had come to Jerusalem, he attempted to join the disciples; and they were all afraid of him, for they did not believe that he was a disciple. But Barnabas took him, brought him to the apostles, and described for them how on the road he had seen the Lord, who had spoken to him, and how in Damascus he had spoken boldly in the name of Jesus (Acts 9.26-27).*

**Meditation:** After Saul's transformation on the road to Damascus, he went from persecutor to proclaimer. As a persecutor, Saul literally hunted down the followers of Jesus. I can almost imagine Saul as a bounty hunter with a stack of "Most Wanted" posters, searching for disciples, leaving a wake of fear and death.

Once a believer, Saul (soon to be Paul) used the same intelligence, knowledge of the law, and determination to bring others to Christ. But, for the disciples, Saul the "bounty hunter" was hard to forget, to forgive, and to trust.

The transformed Saul needed the supportive network of the disciples. Even with his many gifts, he could not do it alone. Along came Barnabas, who introduced Saul to the apostles and convinced them that Saul was transformed. By believing in Saul, Barnabas opened a door that helped bring Jesus

to the Gentiles.

How often do we encounter others needing a friend? We are not all blessed with the gifts of Paul, but we can all be a friend like Barnabas. We can support our pastors and their families. We can open the door and invite others into the community of believers. We can simply help someone in need.

**For the day:** Look for people needing a friend today. See how you can lend a hand or open a door that may lead to a transformation in their lives.

**Prayer:** God, you are always there for me. When rejoicing, when hurting, when longing, you are there. I pray that I can be present for others today. That I can be a friend who opens doors, gives a hug, encourages, and supports others. Amen.

Roy Winter



Chris Alsobrook helps with a project in the church workshop.



Some of our CROP walkers

## Ministering to Vets and Their Families

by Dan Smith-Derksen



News today on NPR reported that October has been the deadliest month on record for US forces since the war against the Taliban started in 2001 in Afghanistan. It is a reminder that many families and individuals continue to suffer the devastating effects of war. Though the overt violence and destruction is far away, the deeper wounds that aren't always visible, come much closer to home. How can faith communi-

ties respond to our neighbors who have served or are presently serving with the military?

This was the focus question of an inter-faith workshop I attended October 15 in Renton co-sponsored by The United Church of Christ, Pacific NW Conference, Valley Cities Counseling and Consultation Services, St. Matthew's Lutheran Church (ELCA) and the Washington Association of Churches.

I joined around 30 others representing numerous faith congregations, denominations and organizations to hear three speakers sharing from their personal and professional experiences within the military, an area of life I have no personal experience with. I was not alone. Many of us attendees were conscientious objectors to military service and action, though there were several veterans present as well. We may not have all agreed on the use of military force, but we shared a common concern for the growing spiritual, physical and economic issues facing more and more individuals and their families who are returning vets from tours in Iraq and Afghanistan.

Whether we believe the US is doing the right thing in these wars or not, the reality is the same, that there are more vets returning these days from active and very traumatic tours of duty than our country has experienced in many years. These vets are often going through very serious challenges of mental and physical health as a result of the trauma they experienced. The military has made great efforts to provide necessary resources to aid and assist these folks, but they do not live or work in a vacuum. The fact is, we civilians will encounter vets somewhere, at some time, Perhaps as members of our own families. How will we respond? I hoped this workshop would better prepare me when my time comes.

We heard from three individuals during the day. Sarah Holmes is a vet having done tours in both Iraq and Af-

ghanistan. Today she is studying through the ROTC program at Seattle University and plans to go back into the military to work in Intelligence. Her husband is currently on tour in Iraq. Sarah works for Valley Cities Counseling & Consultation services as their Outreach Specialist of their Veterans Program. She was there to give us an overview and introduction to military culture, so as to better understand various aspects of military life which many of us were ignorant about. I learned some terminology, like "redeployment," which, contrary to how it sounds, means when the soldier comes home. So if you ever hear of a vet having trouble with their redeployment, it's not about doing another tour of duty, but rather the issues they're facing at home.

Another speaker was Dr. Larry Knauss, a psychiatrist at Madigan Hospital at Fort Lewis. He described what many whom he sees are going through. Today's vets are returning home with a multitude of issues to overcome, and not necessarily having the best ability to manage it, despite the best intentions of their friends and family or the best efforts of the military. Depression and suicide have been on the rise during recent

years as the wars in Iraq and Afghanistan linger on. Some vets feel disillusionment with the aim of these missions and have questioned military values, but not all. Many find it most difficult to return to civilian life where they must "turn off" the instincts they needed to survive on tour. Symptoms soldiers are experiencing include, sleeplessness, hyper-attention, irritability, anger, and reclusiveness.

These feelings may be magnified by the contradictory feelings that others can not understand them and that they may not want anyone to understand what they've been through. Dr. Knauss gave us two websites that include a lot of information primarily geared towards military personnel and their families, but which are broadly informative about these current issues.

[Afterdeployment.org](http://Afterdeployment.org) has wellness resources for the military community.

[Nationalresourcedirectory.org](http://Nationalresourcedirectory.org) is an online resource for wounded vets, families and those who support them.



David Teeson - Dallas Morning News / Reuters





confidentiality. Soldiers are trained to be loyal and you need to earn their trust. Whatever we can do to become better educated can also help, even some training in counseling. He offered some reading suggestions as means for self-educating:

- *Night Falls Fast* by Kay Jamison (understanding suicide)
- *War and Redemption* by Larry Dewey (treatment & recovery in combat-related injury)
- *Odysseus in America* by Jonathan Shay (combat trauma and trials of homecoming)
- *War and the Soul* by Dr. Edward Tick (healing vets from post-traumatic stress)
- *Facilitating Posttraumatic Growth - A Clinician's Guide* by Lawrence G. Calhoun

Our final speaker of the day was Chaplain Billy Hawkins who is director of the Clinical Pastoral Education program at Ft. Lewis. He shared with us the struggles that chaplains face as they try to meet the spiritual needs of the military personnel. This can be very taxing and chaplains have difficulty getting their own support as well. We were surprised to learn that among military divisions, the chaplaincy corps has the highest rate of suicide right now. He helped us understand some of the emotional scars vets bear. Some of these include: disappointment with God and humanity and moral injury due to the "unforgivable acts" soldiers are forced to do to survive. Pastor Hawkins referred to this as "soul murder" caused by the choice of either to kill or be killed. For soldiers dealing with these wounds, it is not easy to seek help. There is some stigma about consulting with a counselor, and also there tends to be an unspoken fear that if a soldier shares their struggles that they may be rejected. Because it is so difficult for soldiers to reach out for help, that makes it doubly important to receive a good response when they do. He told us that soldiers who feel that they didn't get help when they tried become very unlikely to try again. For this reason, he says, "if a soldier comes into your congregation seeking help, that's monumental."

So what can we do? Pastor Hawkins offered some suggestions. One important step to start with is to suspend judgment. Statements against the military might be taken as personal attacks against him or her. If you want to help someone, leave your personal agenda aside. Also, it's important to go slow with vets and to protect their

Perhaps the most creative idea Pastor Hawkins presented was for places of worship (not just Christian) to network with one another to promote each one's different strengths as a means of providing a variety of options for healing. It was shared as a brainstorm, but it presents a challenge. What are the strengths we can offer as individuals, but also as a congregation? How might we engage with other religious communities to enable us to offer reasonable and proactive suggestions if our own capabilities to respond to certain needs are lacking?



Actually, the Church of the Brethren is already active in this very kind of question. On Earth Peace has initiated **The Welcome Home Project**. This project offers us some resources and suggestions to help develop ministries for vets. These typically include prayer, information gathering, education and outreach. Their website, [onearthpeace.org](http://onearthpeace.org), has a page offering 10 ideas for ministry with returning veterans, and other articles and resources as well.

Most of us can not begin to imagine the particular trauma that war produces, and we may not be personally called to a ministry with vets. However, as members of the body of Christ and members of society, we have our duty to reach out to all who are suffering. I was grateful to have this opportunity to become a little better educated and to have gained some knowledge about additional resources for ministering to vets and their families.



**Xuny Haley** helps with the Disaster Relief Auction at District Conference

## Sharing Together in Prayer

### In Our Community:

- For the family of **Mary Nash** who passed away ... after suffering a stroke.
- For **Chris Pride**, now receiving hospice care.
- For **Maurice Carlson** recovering from a fall, now at Park Ridge Nursing Home in Shoreline.



### 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, Iran and North Korea.
- For all those suffering from the catastrophic effects of seismic shifts in Indonesia, Philippines, American Samoa and elsewhere.



Lew Fortin's nephew, **Michael Rogers**  
Sharon Haley's siblings:

**Lowell Geiver**  
**Jimmy Barnes**  
**Geraldine Campbell**  
**Chris Pride**  
**Peggy Cochran**  
**Adam Ford**  
**Dan Fredrickson**  
**Nancy-Louise Wilkinson**  
**Bill Case & daughter, Carol Kamada**

**Mark, Paul Andrews, and Ruth**

**Gene & Donna Harnden**

Pauline Danzer's son-in-law, **Eric Emmer**

Goldie Barnes' sister, **Cheryl**

**Eunice Jarboe**

**Ed Enzi**

**Patti Berg**

Eileen Birky's mother

**Vera Gastfield Wolfe**

**Elsie Clayton**

**Gloria Sherwood**



One session at District Conference, Camp Koinonia