This is the fourth article in a series on Family Systems Theory, a way to understand and navigate relationships.

**Concept Four: Emotional Cutoff**
When a relationship between two people or groups is fraught with difficulties, one party may decide to cut off emotional contact with the other in an attempt to ease the tension. Though this may bring some short-term relief, cutting a person or group off emotionally may cause more stress in the long term because it leaves the underlying problems unresolved.

From: [https://www.topcounselingschools.org/lists/5-concepts-family-systems-theory/](https://www.topcounselingschools.org/lists/5-concepts-family-systems-theory/)

One of the gifts and challenges within relationships is when we deep heartedly disagree or don't resonate with somebody, and anxiety goes up. With an “either/or” mindset, the reactive (less thoughtful) part of our brain (called the amygdala and described as reptilian) is engaged. This is the part of our brain that is attributed to our reactive, fight-or-flight emotions and reactions. This is the part of the brain that we share with the animal kingdom; think, snake striking or a cornered dog growling and bearing its teeth, ready to defend and bite.

Gifts and challenges are also present when we find ourselves on the opposite end of this spectrum identified as “fusion” – when we too tightly identify (or agree or resonate with) another. When we emotionally fuse with another, we lose sense of our unique self and thoughts.

While managing our emotions along the spectrum between cutoff and fusion, a goal when our anxiety kicks-in is to increase our capacity to hold space -- meaning (at least in part) that we engage the pre-frontal cortex of our brain which is responsible for making choices, responses, and thoughtfulness. This might also be described as mindfulness. Being thoughtful and mindful, we can remain curious and present (connected) with each other.

The challenge and opportunity in holding space and thoughtfully responding is that you can only manage yourself. Conversely, you cannot control or change anyone else’s choices or reactions. However, doing the hard work of being aware of our internal anxiety and exercising our brain’s pre-frontal cortex (choosing to respond rather than react) can be very fruitful in nurturing relationships and remaining in challenging, strained situations.

*Continued on page 2*
**Systems pondering for this month:** Everybody’s brain is equipped with an amygdala and prefrontal cortex. We all have the capacity to engage in connected relationships (especially when we overly disagree or agree). As you receive this invitation to reflect on ideas or ways of remaining connected and holding space with people or situations that you find yourself reactive (at least initially), in what ways might you exercise the values of increased thoughtfulness and mindfulness? How might you exercise your brain’s prefrontal cortex so as to be a blessing to others or be transformed for the sake of God’s redeeming work among peoples? With whom might you practice being less reactive and more responsive? With the help and encouragement of God’s grace, when will you do it?

**Next Month (final in the series):** Multigenerational Transmission Process
A Greeting from Josephine
Dear Partner Churches,

Grace and peace to you from God our Father and the Lord Jesus Christ. Your partnership in ministry is a rich gift as we continue a caregiving community for all generations. Thank you.

As the seasons turn and we head towards the liturgical season of Advent, our thoughts are turning towards Christmas preparations. Planning has begun for the **Christmas Giving Tree**.

Like the rest of us, folks at Josephine delight in knowing they are remembered. For the past few years, this community has offered gifts to each of our nursing home, rehab, and assisted living residents. With you, we approach the task of acquiring and delivering over 200 personal gifts, thoughtfully wrapped in love, prayer, and connection.

It takes some time to do this well. A volunteer coordinator from your church will work with you to decide if and how many gifts your congregation would like to contribute. Our activities staff provide you with 2-3 ideas from each resident for gifts (under $20) that they would be glad to receive. You decide what to give, then acquire the presents and bring them to us. We then distribute them to the residents at Christmas with your well-wishes.

My request of you at this time is to pray about your participation. Then let your coordinator know how many resident gifts you would like to give, hold these precious people in prayer, and share some of God’s abundance. (If your congregation doesn’t already have a coordinator for this, reach out to your Josephine Delegate to see if they might be willing to head this up or find someone to help...perhaps even you!) We hope to hear from you this month.

As Paul reminds us in Acts, Jesus said “It is more blessed to give than to receive.” May you find blessing in your generosity of prayer and presence and presents with Josephine!

Peace,
_Helen McPeak_
Interim Spiritual Care Director, Josephine Caring Community

Josephine Christmas Gift Giving Tree
Josephine Caring Community would like to celebrate this Christmas by giving each of their 200 residents a gift this year. Salem, as a church partner, can help make that happen. Please sign up to receive a gift tag request. Sign ups will be available after church service until November 3 and at Friendship Group. A tag with gift suggestions, under $20.00, will then be distributed in November. Gifts need to be back at Salem by December 9. Muriel Neely and Melody Kue are Salem delegates to Josephine. Please ask us if you have questions (Melody Kue 360-293-4490). Merry Christmas all!

Craft Bazaar! November 3!
Calling all crafters, bakers, and makers! The annual craft bazaar is a wonderful community event that raises funds for youth service trips. Please consider donating your creations to the craft bazaar. Contact Ann Klitzke-Nelson at 360-424-1163 for more information.

Enjoy Sunday Afternoons at the Y
A reminder to all that Salem members can partake of all the activities available at our neighboring YMCA on Sunday afternoons until 4:00 p.m. for FREE.

If you haven’t already done so, you just need to fill out an Event Guest Pass (available on the church office counter) and present it at the time of your first visit.

Enjoy this generous opportunity for free exercise!
A Busy Fall for Salem Youth

CONNECTIONS
The Sunday School students will be teaming up with our neighbors at Salem Village on the first Sunday of the month through April. We will be sharing Bible stories, songs, and other activities in the hour before worship over at Salem Village. A big thank-you to Nancy Slind, the care team, and the adult Sunday School class for their support. Feel free to join in the joy – Next one is November 3rd.

Poinsettia Sales begin!
Support the high school youth group! This summer, they will be attending Champ Camp and serve as buddies to campers with disabilities for a week at Lutherhaven in Idaho. To raise funds, they are selling beautiful poinsettias that will be available for purchase for your own home, as gifts, or to donate to the sanctuary for Advent and Christmas decorations. Look out for sales after worship.

Craft and Cookie Bazaar
November 3rd, 8:30am-1pm.
Please make donations and price items. Baked goods, preserves, plants, knitted items, crafts, ornaments, any brand new items are all welcome. This is a chance to invite friends from the community and introduce them to our church family.

All donations go toward Salem Youth Programs. For more information, contact Ann Klitzke-Nelson 360-424-1163.

3rd Grade and Pre-K Bibles...
Will be presented during worship on November 10.

Turkey Dinner
November 24, 2019, 5-7pm.
Community Dinner! All are invited to join together around the table in this celebration of gratitude!

No donations will be taken at this event.

However, you are certainly invited to contribute in advance to help offset the costs of this delicious dinner!

Volunteers!
This is a large dinner that requires the work of a community!
Contact Laurie Benson if you're interested in volunteering or helping in some way. Laurie_Benson@frontier.com

November Schedule
November 2 – High School Baking Party
November 3 – Craft Bazaar
November 10 – Confirmation and Gathering and Going
November 24 – Turkey Dinner
November 24 – Pageant Music Rehearsals Begin

...And for All

Sewing for Others
The Wednesday sewers who make quilts for LWR are in desperate need of sheets to use as quilt backing. We put together around 15-18 quilts a month, and we are down to 10 in the closet. If you find sheets in a thrift store or are cleaning your linen closet in the next few months and find sheets you don’t use, please, consider passing them on to the quilt makers. We prefer regular, queen or king FLAT sheets. Twin size works if it is at least 62” wide. Bring them to the church with a note saying for “quilter’s” and I will put them away in the right closet. Thanks for any help you can give us.
Linda Dunlap, 253-863-8627

Worship & Music Team
Help Decorate for Advent & Christmas
The Worship and Music Team encourages anyone willing to help-youth in particular! Sunday November 24 after Worship - moving decorations from downstairs to upstairs Saturday November 30 at 10 am to decorate the church.
Many hands make light work!
Year-to-Date Financial Comparison for Salem

<table>
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<th>Financial Comparisons</th>
<th>2018 Year To Date</th>
<th>2019 Year To Date</th>
<th>2019/2018 % Change</th>
<th>2019 Budget Year To Date</th>
<th>2019 Act/Bud % Change</th>
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<tr>
<td>Total Income</td>
<td>$252,551</td>
<td>$258,977</td>
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<tr>
<td>Total Operating Expense</td>
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<tr>
<td>Total Payroll Expense</td>
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<td>Total Expenses</td>
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<td>$317,560</td>
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<tr>
<td>Income compared to Expenses</td>
<td>-$72,790</td>
<td>-$58,584</td>
<td></td>
<td>-$67,873</td>
<td></td>
</tr>
</tbody>
</table>

Veterans Day Celebration

Saturday, November 9th ~ 1pm to 3pm @ Hillcrest Park Lodge located at 1717 South 13th Street.

Join us for coffee and refreshments at the Hillcrest Park Lodge in Mount Vernon as we hear from honored guest speakers and celebrate our veterans. All veterans, their families and friends, and all community members are encouraged and welcome to attend this event. Admission is free. For more information call Mount Vernon Parks and Enrichment Services at (360)336-6215.

September Financials:

- Total Income: $28,496.22
- Total Expense: $33,866.46
- Net Income: ($5,370.24)

Worship Notes:

- Sunday, Nov. 3 is All Saints’ Sunday. During worship we will remember with candle lighting the saints of our community who dies in the past year, and saints of all times. Those whom we will remember are: Arlene Darr, Bill Meador, Dee Leake, George Dewey, Nancy Johnson, Olga Palm, Kathy (Jacquet) Hart, Jack Woodmansee, Steve Schultz

- Thanksgiving Eve Prayer and Pie will be on Wednesday, Nov. 27 at 7:00pm. We will join together and share our thanksgivings and fellowship with pie. Sign-up on the bulletin board to bring a pie to share. All are welcome.

CHURCH COUNCIL NEWS...

October 2019

- Received preliminary anticipated 2020 income of approximately $400K ($44K less than 2019 projections)
- Office Volunteers are serving in the office Monday thru Thursdays and are doing very well. Note: Kat Clark is coordinating ALL building and room use requests — email her at building_use@slcmv.org
- Stewardship ministry team reported that 58 persons completed the Time & Talent survey (so far), and for ministry team leaders to contact those who signed up to serve. October is Salem’s financial appeal month. A blessing of all pledges and commitments will be on Sun., Oct. 27, during worship.
- Next meeting: Thursday, Nov. 21, 6:00pm
The family of Steve Schultz would like to thank everyone so very much for your assistance in planning Steve’s service. Many thanks to your volunteers who baked cookies! We are very grateful to you all.

Lee Riggins
Family of Steve Schultz

Family Promise Thank you everyone once again for your generous support of Family Promise. On Sunday Nov. 10 we will be hosting our Family Promise guests for one week. As of last week we have a total of 4 families (10 individuals) in the In House rotation that visits the various churches.

Promise House and Allen House (former parsonages to Bethlehem Lutheran and Allen Methodist) respectively serve 4 families with 10 individuals and 2 families with 7 individuals. Families in these houses provide for themselves, cooking their own meals, pay a nominal rent, and receive education and training if need be in disciplines that will help them avoid future homelessness, while looking for housing and work.

Grace House, serving new and expectant mothers is currently serving 5 mothers and a total of 15 individuals. Young pregnant girls faced with shuffling between various housing and often bad situations find a safe loving home with a private room for their family here. Grace House has truly become a godsend to these families.

This past month, approximately $55,000.00 was raised through the Homeless for a Night event, and annual and monthly contributions. Currently serving a total of 42 individuals, Family Promise has become a major player in alleviating homelessness.

Watch for the sign up sheets in the church Narthex, and please take a brochure to see how you can help.

Let us serve God.....by serving others!

Don Moe

Lutherwood Annual Auction! This year features, many fun baskets, Kayak Tours, and restaurant gift cards. Our featured item for 2019 is: A 7-day trip cruise for two to Alaska, the Caribbean, Mexico, or Canada/New England!

What to do: Call 360-734-7652 to get your square, request a specific box or go random! Drawing will be held evening of November 16th during our annual Auction. You don't have to be present to win.

Missing in your pew?

If you notice a regular attendee hasn’t been in a Sunday pew lately, please let whom-ever is at the Welcome Desk in the narthex know. (There is also a clipboard on the Welcome Desk.). Or you may note the name(s) on your Connection Card.

We can then make contact with the “missing” person(s) to let them know they are missed.
Installation of Bishop Shelley Bryan Wee - Opportunities to Participate!
Saturday, November 2, 2pm at St. Mark’s Episcopal Cathedral in Seattle
Our ELCA Presiding Bishop will be in town to officially install our new synod bishop (and the synod staff.) All are welcome to attend! (Rostered Ministers invited to vest - color of day is red - meet at 12:45pm.) Reception Help: If you would like lend a hand for the reception, we are using a few more helpers during these times: Friday, 10am-12noon; Saturday, 10am-12noon; or during/after reception. Please contact Susan at susan@lutheransnw.org / 206-783-9292.

Open Door Ministries Annual Gala
Saturday, November 2 at Brockey Center, South Seattle College - check in begins at 5pm
As you may have heard, their annual Gala is coming soon and they are so excited for this special night. If you have never attended before, the Gala is the annual fundraising dinner where we come together as LGBTQ-affirming Reconciling in Christ churches and celebrate all of the year’s accomplishments. For more info, go to www.opendoorelca.org. *From the Synod Office - Thank you to the ODM Gala planners who have adjusted the time on this annual event! As you know, the installation of Bishop Shelley Bryan Wee will happen earlier that afternoon. (The installation date was assigned by the ELCA Presiding Bishop’s office.) Our hope is that as many folks as possible will be able to attend both events and/or support ODM with a generous donation! See their website for details!

ELCA Youth Gathering 2021 Theme Announced!
We are so excited to announce the theme of the 2021 ELCA Youth Gathering, ”boundless: God beyond measure.” Our primary Scripture will be Ephesians 3:19 CEV: “I want you to know all about Christ’s love, although it is too wonderful to be measured. Then your lives will be filled with all that God is.” For more information about the theme & to check out the logo - visit the revamped website: elca.org/gathering.

CELEBRATIONS

November Birthdays

Nov 1 Jerry Schlicker
Nov 2 Susie Girard
Nov 3 Anna Rogers
Nov 11 Kristyan Nelson
Nov 14 Oliver Berentson
Nov 15 Sharon Bowen
Nov 16 Carl Carrothers
Nov 17 Jay Duffy

November Anniversaries

Nov 5 Dan & Patti Mitzel
Nov 8 Bill & Eunice Summers
Nov 13 Clyde Lohman & Mildred Dunn
Nov 26 Dale & Susan Ragan
Nov 29 Torey & Melissa Nelson
OUR MISSION STATEMENT:
It is our mission as members of this congregation to share the unconditional love of God in Jesus Christ with all people, and to serve God by serving others.

SALEM STAFF:
Rev. Marc Hander, Pastor
prmarc@slcmv.org
Allison Ross, Director of Student Ministries
ARoss@slcmv.org
Jesús Gomez, Director of Worship & Music
jgomez@slcmv.org
David Sloat, Collaborative Musician
dsloat@slcmv.org
Jim Bowers, Custodian
Church Office
office@slcmv.org
Building Use Requests
building_use@slcmv.org

SALEM LUTHERAN CHURCH, ELCA
2529 N. LaVENTURE RD.
MOUNT VERNON, WA 98273
RETURN SERVICE REQUESTED

If you would prefer to receive your newsletter via email, or you would no longer like to receive this newsletter, please call the church office 360/336-3600.

OUR WORSHIP SCHEDULE:
Worship Sundays, 10 a.m.

CHURCH OFFICE HOURS:
9 a.m.-4 p.m.  Monday-Thursday

WEBSITE:
www.slcmv.org

“Salem ELCA” App
(Apple & Google Play Stores)

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@Salem Lutheran Church E.L.C.A.