



Sammamish Hills Lutheran Church
22818 SE 8th Street
Sammamish, WA 98074
www.shlc.org | worship@shlc.org

Non-Profit
US Postage
PAID
Permit #259
Issaquah, WA



Join us Sundays at 9:00am for a worship
service with band and organ where
communion is served!

Join us for Trunk-or-
Treating, Halloween
games, snacks, prizes
and more!



Trunk
or
Treat

Friday, October 30th
5:30-7:30pm

Sign up to be a decorated trunk in our
parking lot! Need volunteer hours? You
can help at this super fun event!

For an email contact and more information on this
event go to page 5.



Sammamish Hills
Lutheran Church



October 2026

A Letter From Pastor Nyla



BREATHE AND BE REFRESHED

“The Lord God formed man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.” Genesis 2:7

“Jesus said, “Peace be with you.” Then Jesus breathed on his disciples and said to them, “Receive the Holy Spirit”. John 20:21-22

As someone who used to be a runner, and also suffers with asthma, I don’t take breath or breathing for granted. Being able to breathe deeply brings me a sense of peace. I am always aware of the changes in my breathing and what causes me to become out of breath. And I am filled with joy and peace when I encounter fresh, clean air and I can breathe it in deeply.

Today, I passed a group middle school youth who were running. I imagine they were running for cross country. Watching them, I was reminded of how essential breathing is in order to go the distance. When you push too fast at the start, you will only find yourself running out of breath too early. After that initial sprint, you might find yourself bent over trying to catch your breath or slowed and falling behind. If you start too slow, you will find yourself trying sprint at the end and again end up feeling out of breath, doubled over, and maybe even sick. But if you begin running at a steady pace, pacing your breath and finding a rhythm or comfortable breathing pattern, you can run the distance without wavering and even find that you have enough breath to push for a sprint at the end without feeling like you’re completely out of breath. Watching those youth who had found their comfortable pace, made me smile. Compared to the other youth who were already looking exhausted, the runners with a steady rhythm didn’t look worn out or anxious about the distance ahead. They looked relaxed and at peace, and even looked like they were enjoying the run.

What a beautiful image for our faith journey as we begin fall. Often we talk about summer being that time we slow down and fall is when all the activities of life seem to go up a notch or two. I want to invite you this fall, to find a comfortable pace, a rhythm that encourages you to breathe in deeply the breath of God and be filled with peace. Don Postema, in his book Catch Your Breath, God’s Invitation to Sabbath Rest reminds us that “The sabbath is not only for stopping and resting, but for being refreshed. Sabbath is an invitation to catch our breath physically and spiritually.” In this way we continue to imitate God, who said,

“It is a sign forever between me and the people of Israel that in six days the Lord made heaven and earth, and on the seventh day he rested, and was refreshed.” Exodus 31:17

Can you picture God refreshed? What must that look like? And isn’t it beautiful that this is also what God wants for you? God wants and I believe, needs you to be refreshed, so that you are ready to encounter the world around you in such a way that you aren’t worried about going the distance. You aren’t sprinting at the beginning or end, so that the only thing you can see is the ground as you bend over, feeling like the world is crushing you. When you practice adding the discipline of a rhythm of worship, prayer, and hearing God’s Word speak to you and receive Christ’s body and blood each Sunday - this is breathing in the breath of God’s Holy presence! This is one way you to find a steady pace in life and become refreshed each week knowing you are not alone.

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With a steady pace, not feeling rushed to get it done, or slowed because of weight of the world on our shoulders, but taking time for sabbath, allows our souls to be filled with God’s holy breath, allows us to receive the nourishment of Christ’s body and blood, and be cheered on by our brothers and sisters in the body of Christ who join us in this journey. The gift of Sabbath worship is meant to refresh us and fill us. Don Postema writes, “The Hebrew (language) carries the idea that when we are exhausted, we lose our identity, our soul or breath (nephesh). As we sometimes say, “I’m not myself.” When refreshed, we get that identity back and are re-souled (our nephesh is filled). Sabbath is not only for stopping and resting, but for being refreshed. It is for taking time to come alive again....I like to think of sabbath as Holy Breathing Time. “Being active all the time is like exhaling all the time. Breathing out is necessary of course....But we need to alternate exhaling with inhaling. Sabbath is for breathing in deeply so that we can live physically and spiritually.” (Don Postema, Catch Your Breath, page 41,44, 45)

As we begin a new school year; as calendars get filled up with work or school events and dr. appointments, as fall breezes begin to blow, I urge you to find a rhythm in adding sabbath to your week. Create a steady pattern of breathing in deeply the breath of God. Join us in worship, come, sit, close your eyes, breathe in, breathe out, listen for God’s voice offering you peace, receive God Holy Breath breathing new life into you that you might be refreshed. Make a commitment to make Sunday morning a part of your rhythm for breathing and becoming refreshed, so that you can encounter the world around you each week alive, relaxed, and filled with peace and ready to go the distance.



“A small wooden flute, an empty, hollow reed, rests in her silent hand.

It awaits the breath of one who creates song through its open form.

My often-empty life Rests in the hand of God; Like the hollowed flute, It yearns for the melody Which only Breath can give.

The small, wooden flute and I, we need the one who breathes, we await the one who makes melody.

And the one whose touch creates, awaits our empty, ordinary forms, so that the song-starved world may be fed with golden melodies.”

-Joyce Rupp “Instruments of God”



THANK YOU GILBERT FROM SHLC!! We had such a great time welcoming Gilbert Kubwinana (Love With Actions) back to Sammamish Hills Lutheran Church on Sunday, September 13, 2026! We had a great talk about upcoming Mission Trips and then SHLC gifted him a painting to thank him for his support and he presented SHLC with a plaque in thanks for our support. **Check out “Love With Actions” today!! —> <https://www lovewithactions.org/>**



OCTOBER

October 1, 8, 15, 22 & 29: Men’s Faith Talk 7am
October 1, 8, 15, 22 & 29: Choir Rehearsal 7pm
October 4: SHLC Sunday School Starts
October 4: Clink! Post Doc Brewery 6:30pm
October 5, 12, 19 & 26: Men’s Morning Gathering 7am
October 5, 12, 19 & 26: Quilting Ministry 10am-2pm
October 6, 13, 20 & 27: Zoom Prayer Group 10am
October 7, 14, 21 & 28: Open Play 9:30-11:30am
October 7, 14, 21 & 28: Women’s Bible Study 5pm
October 7, 14, 21 & 28: Zoom Bible Study 10am
October 12: Indigenous Peoples Day / Church Office Closed
October 13: Council Meeting 6:30pm
October 15 & 16: Bloodwork’s Northwest Blood Drive
October 15: Clink! Big Block Brewery 6:30pm
October 18: Community Game Night at St. Luke’s 5-7pm
October 20: Women’s Fellowship Group 6:30pm
October 25: Confirmation Sunday at St. Luke’s 4pm
October 25: Reformation Sunday
October 30: Trunk or Treat 5:30pm
October 31: HAPPY HALLOWEEN
No XYZ in October

NOVEMBER

November 1: Daylight Savings, Fall Back 1 hour
November 1: All Saint’s Sunday
November 1: XYZ Luncheon After worship, 10:15am
November 1: Clink! at Post Doc Brewery 6:30pm
November 2, 9, 16, 23 & 30: Mission Quilters 10am-2pm
November 2, 9, 16, 23 & 30: Men’s Gathering 7am
November 4, 18 & 25: Zoom Prayer Group 10am
November 4, 18 & 25: Open Play 9:30am
November 4, 18 & 25: Zoom Bible Study 10am
November 4, 18 & 25: Women’s Bible Study 5pm
November 5, 12, 19 & 26: Men’s Faith Talk 7am
November 5, 12, 19 & 26: Choir Rehearsal 7pm
November 6-8: Synod Youth Retreat
November 10: SHLC Council Meeting 6:30pm
November 11: Office Closed / Veteran’s Day
November 12 & 13: Bloodwork’s NW Blood Drive at SHLC
November 17: Women’s Fellowship Group 6:30pm
November 19: Clink! at Big Block Brewery 6:30pm
November 22: Community Game Night at St. Luke’s 5-7pm
November 26 & 27: Church Office Closed / THANKSGIVING

different brews different views
PUB THEOLOGY
— BEER, CONVERSATION & GOD —

October 4 & 15

**OPEN
PLAY**

October 7, 14, 21 & 28

Confirmation
SUNDAY

October 25
St. Luke’s

**Women’s
Fellowship**

October 20

**Trunk
or Treat**

October 30

ALL SAINTS’ DAY

November 1

Happy Thanksgiving

November 26

COME & WORSHIP



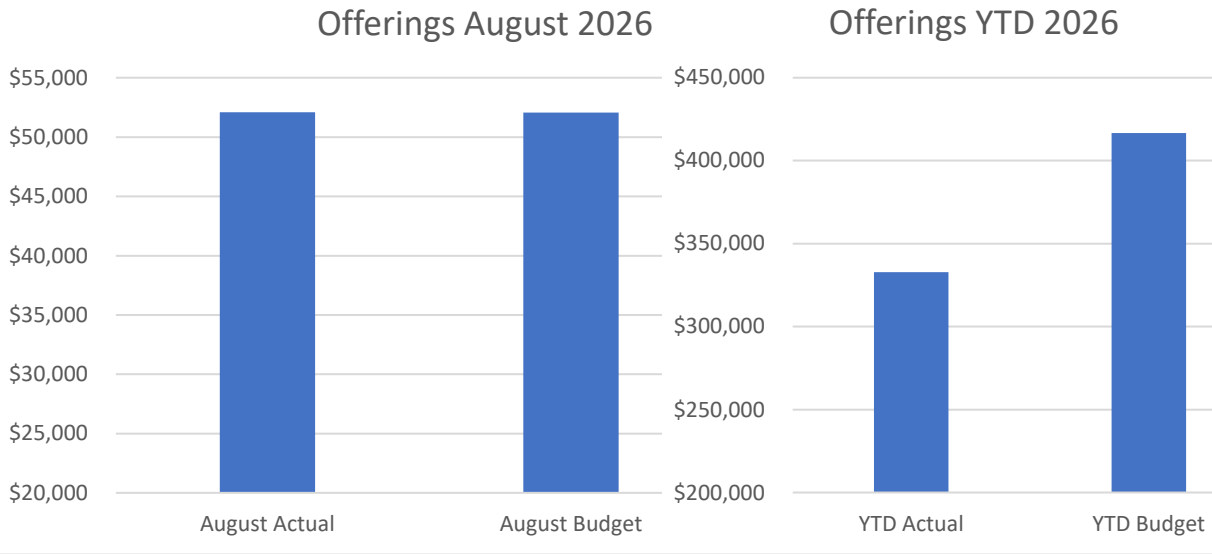
DAY OF SERVICE SAVE THE DATE MAY 1ST, 2027
Put it on your calendar now! Thank you again to everyone who volunteered in any way for 2026!

SHLC NEWS! Weekly Constant Contact Email Eblast’s! Are you receiving our regularly emailed Sammamish Hills Lutheran Church Eblast communications? We send out emails communications to our email Eblast subscribers. If you are not receiving these emails and would like to, please email us at worship@shlc.org and we will get you signed up today!



SAMMAMISH SENIORS Become more involved in your community! Sammamish Seniors sends out a newsletter every month with information about events and activities for adults over 50 years old and their families: <https://sammamishseniors.org/newsletters/> To be put on their monthly mailing list, send a request to: sammamishseniors@gmail.com. For more information, contact Margaret Rosenow 425-868-0476.

August offerings totaled almost exactly on budget, actually over budget by about \$11. Offerings totaled \$52,094 versus a budgeted \$52, 083. Year to date offerings remained below budget at \$332.839 compared to the budget of \$416,667, so a YTD shortfall of \$83,827. Thanks to all of you for considering increasing your giving levels. Please contact me if you want any additional information.



SAMMAMISH HILLS LUTHERAN CHURCH CONTACT INFORMATION

Church Address: 22818 SE 8th Street Sammamish, WA 98074 Church Phone: 425-392-7799

Church Email: worship@shlc.org Church Website: www.shlc.org Church Hours: Monday-Thursday 8:30am - 2pm

SHLC Day of Service Website: www.dayofservice.info Prayer Request Email: worship@shlc.org

SHLC Facebook: www.facebook.com/sammhills SHLC YouTube: www.youtube.com/@SammHillsMusic

PASTORAL CARE

Pastor Dave Schoeld
Pastordave@shlc.org

Pastor Nyla Schoeld
Pastornyla@shlc.org

Grace Sammamish
Pastor Wendy Cheung
wernchew@gmail.com

FAITH FORMATION

Director of Children, Student & Family Ministries
Doug Johnson, youthandfamily@shlc.org

PRESCHOOL

Preschool Director
Julia Dos Remedios, Preschool@shlc.org

MUSIC & WORSHIP MINISTRIES

Worship Coordinator: Jessica Rame
Worship Assistant: David Han
Music Director: Matt Turner

If you're experiencing a pastoral emergency you can reach out to Pastor Dave at 605-691-9814 or email him at pastordave@shlc.org.

2026 CHURCH COUNCIL

President: Wendy Turner
Vice President: Shelley Holmes
Secretary: Sharon Wismeth-Johnston
Treasurer: Doug Hadley
Youth Representative: Lucas Knapp
Property Team Representative: Steve Absalonson

MEMBERS-AT-LARGE

Anne Rankin
Eric Singsaas
Cindy Clark
Arla DeMore
Sue Johnson
Paul Shealy

SUPPORT TEAM

Office Administrator
Aleta Pritchard, worship@shlc.org

Bookkeeper
Chris Brandenfels, bookkeeper@shlc.org

Music Ministry

Music Ministry: Jessica Rame, David Han and Matthew Turner



Join the SHLC choir for rehearsals again!! Join us Thursday evenings from 7:00-8:00pm in the Sammamish Hills Lutheran Sanctuary. We sing spirited songs of varying styles and genres. We will help lead worship one Sunday per month. If you'd like more information about SHLC's choir, talk to Matt Turner or email the office at worship@shlc.org. If you're interested in getting involved with the SHLC contemporary worship band, please feel free to reach out to the Worship Leader, Jessica Rame or David Han via text, call, or email for any inquiries or information! The Worship Band typically meets on Sunday mornings to rehearse for the single 9:00am service. We would love to have you join in leading and creating a joyful noise on Sunday mornings! Jessica's contact info: Cell phone: 206-963-6167 Email: rame.jess@outlook.com.



SUNDAY COOKIE DONATIONS We are always looking for homemade or store purchased baked goods that we can use for Sunday mornings and would love your baked good so we don't run out! Feel free to bring your baked items to the church office anytime Monday-Thursday 8:30am-1:00pm and we will make sure it gets stored properly and be ready to use for the future. **THANK YOU!**

TIDY TEAM Do you enjoy the cookies Sunday morning's? Join our tidy team and help clean up cookies after our worship service. We are looking for one or two people to help with this fun and easy way to serve. Please contact the church office at worship@shlc.org!



SMALL BATCH COFFEE AT SHLC The incredible coffee being enjoyed at SHLC Sunday mornings, at our Open Play and most SHLC gatherings in the Fellowship Hall is a very locally based company from one of our members called HandS Roasters coffee. Thank you for continuing to enjoy the delicious coffee at the church!



CHRIST IN OUR HOME WOULD YOU LIKE A COPY? Email the church office if we can mail you a physical copy of the October, November & December **Christ In Our Home?** Email us your address and let us know if you would like the large print copy or pocket edition at worship@shlc.org..



FRIGHT TOWN EASTSIDE IS BACK!!!! A Family Friendly, Volunteer Run Haunt!!!! From an SHLC Family FrightTown Eastside began in 2021 when 7-yr-old Sam Devine dreamed up an open air "Haunted Hogwarts" themed garage haunt to give families a covid-safe way to celebrate Halloween and to raise money to fight homelessness. It immediately drew tremendous support from across the eastside, welcoming over 1,000 visitors in its first year and raising over \$8k for local nonprofit Giving Hope Project. The haunt moved in 2023 to the historic Red Barn Farm. Over 200 volunteers, teen and adult, came together to scale the haunted house by an amazing 10x. Community sponsors covered the costs of wood, paint, costumes, and more to make this offering possible, and the haunt fully sold out all 6 nights it operated.

FrightTown's mission is to build and strengthen community ties. We provide an opportunity for volunteers to work together to build something incredible that will bring others joy. The haunt itself offers a memorable, family friendly experience to the broader community, and prioritizes creating an accessible, inclusive experience available to all.

FrightTown Eastside currently operates as a Sponsored Program of local nonprofit Sammamish Friends, a 501c3 organization. It is headed by mother-son duo Jessica and Sam Devine, and continues to be fully volunteer-run, with all proceeds donated back into local non-profits. **Check it out —>** <https://frighttowneastside.org/>



SHLC PRAYER CHAIN Over 100 people lift up those in need in prayer as they face the many challenges in their lives where prayer support is vital. Those who wish for prayer support can contact the Church office either by e-mail or telephone and request prayer. That request is then sent to all Prayer Chain members (and staff) via e-mail who, at their own time and place and in their own way, takes the person(s) to God in Prayer. If you want to receive e-mails with prayer requests from the Church office and would like to be a part of this important ministry and receive e-mails with prayer requests email prayers@shlc.org. If you have any questions please contact Aleta in the church office at worship@shlc.org.

Sammamish Hills Lutheran Preschool

Preschool Director: Julia Dos Remedios | Preschool@shlc.org | 425-698-5777 | www.shlpreschool.org



As we step into October, we're filled with gratitude for such a smooth transition into the new school year. September was a wonderful month full of settling into routines, making new friends, and exploring new things together. We started weekly chapel lessons with Ms. Shana — a special addition to our children's week that we know they'll treasure.

As the leaves change and the weather cools, we have lots of fun fall activities planned to help the children learn about the wonders of the season. We'll be visiting a farm, our Cedars Pre-K class will take a trip to the Salmon Hatchery, and we're hoping to get a scare (or some treats!) at the annual SHLC Trunk or Treat.

We're also looking forward to our Trike-a-thon fundraiser on October 5th and 6th. This is the preschool's one big fundraiser of the year and to celebrate the fundraising success of our families we come together over two afternoons to ride bikes, have fun, play in bubbles, and enjoy popsicles and cookies. Last year, we raised \$4,000 that went towards our scholarship fund, classroom curriculum, and preschool improvements (have you seen our wonderful playground gazebo)

Finally, we have a couple of spots still open in our Acorns parent/toddler class. If you know a family looking for a mommy and me style class where parent and toddler can attend together, please send them our way — we happen to think we're the best (but we might be a little biased!). Reach out to preschool@shlc.org for more information or to schedule a tour.



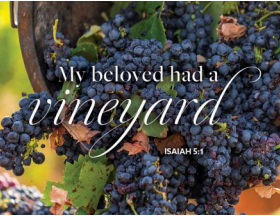
JOIN OUR MISSION QUILTERS The SHLC Mission Quilters meet every Monday from 10:00am-2:00pm in the Fellowship Hall with a sack lunch break at 12:00pm. ALL are welcome to join some quilting fun!

If you would like to help, but can't make it on Mondays, we have precut kits available to sew quilt tops at home. Please keep us in mind as you clean out closets by donating new and reusable fabrics, sheets, fillers (such as blankets, and batting), crochet cord, and thread. Donations can be brought to the church office any time during business hours.

Ways You Can Help: Join the quilters on Mondays • Kits are available if you can't join us on Mondays but would like to help by making a quilt top • Sponsor a quilts shipping cost for just \$3.00 • Help purchase a roll of batting for over 25 quilts that costs \$100.



Worship Life in October



Sunday, October 4th Nineteenth Sunday after Pentecost Gospel: Matthew 21:33-46
In today's gospel reading, Jesus tells a vineyard parable, which serves as an image of Israel, the prophets' mission, and Christ's death. For Christians, the vineyard also speaks of God's love poured out in the blood of Christ, given to us for the forgiveness of sin. Grafted onto Christ the vine at baptism, we are nourished with wine and bread so that we may share Christ's sufferings and know the power of his resurrection.

Sunday, October 11th Twentieth Sunday after Pentecost Gospel: Matthew 22:1-14
In Isaiah we are given a vision of the great feast to come, when God will wipe away death forever. In Jesus' parable about a great banquet, those invited do not come, so the invitation is extended to others. In our liturgy God spreads a table before us. Even amid anxiety and hardship we rejoice in the peace of God which surpasses all understanding. With great joy we feast at the table of the Lord, and we go forth to share the wonderful invitation with others hungering and thirsting for the abundant life of God.



Sunday, October 18th Twenty-First Sunday after Pentecost Gospel: Matthew 22:15-22
In today's first reading God uses the Gentile ruler Cyrus to accomplish divine purposes. When the Pharisees try to trap Jesus, he tells them to give the emperor what belongs to him and to God what belongs to God. To gather for worship reminds us that our ultimate allegiance is to God rather than to any earthly authority. Created in the image of God, we offer our entire selves in the service of God and for the sake of the world.

Sunday, October 25th Reformation Sunday Gospel: John 8:31-36
Rooted in the past and growing into the future, the church must always be reformed in order to live out the love of Christ in an ever-changing world. We celebrate the good news of God's grace, that Jesus Christ sets us free every day to do this life-transforming work. Trusting in the freedom given to us in baptism, we pray for the church, that Christians will unite more fully in worship and mission.



SANCTUARY FLOWERS Can you bring a bouquet of flowers for Reformation Sunday 10/25 or All Saints Day 11/1? We love the splashes of color flowers bring to our Sanctuary. If you or your family would like to donate flowers for the altar in the Sanctuary at one of our Sammamish Hills Lutheran Church Sunday morning worship services at 9:00am, email the church office and let us know what so we can thank you in the back of the bulletin (or not), just let us know at worship@shlc.org.



SHLC MONTHLY NEWSLETTER Would you like to receive a copy of our newsletter each month in your mailbox? Here at SHLC we are happy to get you your SHLC news to you the best way you'd like. If you'd like a hard copy email Aleta in the church office at worship@shlc.org today!



DAYLIGHT SAVINGS NOVEMBER 1ST Don't be late for All Saints Day Sunday worship. Get ready to turn back your clocks for daylight saving time **Sunday, November 1st** from 2am to 1am to fall back. It's recommended to set your clocks an hour back Saturday night before you go to bed. Your cell phones will do the work for you. Enjoy your 1 hour more of shuteye, so go ahead—treat yourself to a later night out the day beforehand.



SKYLINE HIGH SCHOOL STUDENT PARKING AT SHLC Skyline Student Parking is FULL for 2026/27 School Year We are currently full for the 2026/27 school year with an interest list you can be added to by emailing worship@shlc.org. Students must obtain a physical parking pass from the church office before parking on site. Metro spaces are not available for Skyline Students and vehicles parked in these spaces risk being towed, as indicated by property signs. For parking inquiries, please contact Aleta at worship@shlc.org. **The city of Sammamish placed enforceable no pedestrian crossing signs on SE 8th near the church parking lot**

JOIN SHLC SMALL GROUP GATHERINGS



COME FOR CLINK! PUB THEOLOGY Join Pr. Dave and Pr. Nyla for two monthly adult CLINK! Pub Theology gatherings!!! Twice a month we gather at a local brewery to talk about current issues in the news, how we as people of faith can talk about it, and how God might be at work in and through this. We meet on the first Sunday of the month at Post Doc Brewing in Redmond, and on the third Thursday of the month at Big Block Brewing in Sammamish - both start at 6:30pm. Our next Clink! gatherings are October 4th at Post Doc Brewery in Sammamish and then again October, 15th at Big Block Brewery in Redmond. We hope you can join us!



TUESDAY PRAYER GROUP Join Pr. Dave and others for a Tuesday Morning Prayer Group at 10:00am via Zoom lasting about an hour. Email Pr. Dave at pastordave@shlc.org today for more information or your link to join!

BIBLE STUDY Join Pr. Dave for a Wednesday Morning Bible Study Group at 10:00am via Zoom. This online Wednesday Zoom class with Pr. Dave and others lasting about an hour. Email Pr. Dave at pastordave@shlc.org today for more information or your link to join! **We have been on a small break but will see you 10/7.**

MONDAY MEN'S PRAYER BREAKFAST AT SHLC – MONDAYS 7:00 AM
Join us each Monday morning in the Fellowship Hall from 7:00-8:00am. We will gather for coffee, connection, sharing, and to consider how we best live out our faith. This is not a Bible study, it’s a place to talk about faithful living and the challenges/ joys that come along the way – and then we pray together as we start our week.

MEN'S FAITH TALK 7:00AM Join Pr. Dave and others each Thursday morning at McDonalds in Redmond Ridge located at 23545 NE Novelty Hill Rd, Redmond, WA 98053 from 7:00-8:00am. This is an intentional Bible study. We gather to hear the word, discuss the text, consider how it applies to our lives, and then pray together.

WOMEN’S WEDNESDAY EVENING BIBLE STUDY Join Pr. Nyla AGAIN for an evening of Women's Bible Study at 5:00pm that will meet EVERY Wednesday evening in the Fellowship Hall that just started again on September 30th. Please join us if you are able and reach out to Pr. Nyla so you can be added to the mailing list for one or both of these gatherings in case any dates or times do change at the last minute.



JOIN SHLC’S WOMEN'S FELLOWSHIP Join us for an evening of laughter, friendship, and sharing, while getting to know other women from the congregation through our monthly Women’s Fellowship Group. Our next gathering is Tuesday, October 20th, at 6:30pm at the residence of Arla DeMore. For additional details and specific address, please contact Sue Huibregtse at Huibregtse_Family@msn.com. Our next gathering is November 17th.



CHURCH COUNCIL MEETING! Join the October church council meeting Tuesday, October 13th at 6:30pm at Arla DeMore’s residence. All are welcome at council meetings and if you’re interested in attending, please reach out to Wendy Turner at wendybirdd@outlook.com or Pr. Nyla at pastornyla@shlc.org or Pr. Dave at pastordave@shlc.org.



TOWN HALL SEATTLE PRESENTS RICK STEVES AND BISHOP SHELLEY M. BRYAN WEE “THE TRAVELER AND THE BISHOP”
October 13th at 7:30PM | \$10-\$35 Sliding Scale | In-Person & Livestream
Join Rick Steves for a European take on Trump and American democracy (basically his “No Kings” rally speech, updated and with an indoor voice). Rick examines how history is speaking to us, and how we can better understand and meet the challenges facing democracy in the USA. Then, Lutheran Bishop Shelley Bryan Wee (ELCA) will share a hard look (inspired by scripture) at the perversion of Christianity called “Christian Nationalism.”

Whether you consider yourself a person of faith or not, Bishop Shelley’s message brings a new dimension to your thinking about the place of religion in the political discourse of our country. Tickets to this event are free for ages 22 and under. Go to <https://townhallseattle.org/> to find tickets for sale.

Children, Student & Family Ministries



Director of Children, Student & Family Ministries: Doug Johnson | youthandfamily@shlc.org



Welcome back families! While the official autumn season hasn’t quite begun, the start of October brings school schedules, routine, the start of Sunday School. It is exciting to be jumping back into another school year and can’t wait for all the fun things the start of 2026-27 brings.

SKATE NIGHT Middle and High School youth, and their friends, are invited for a fun night of skating at the Rock and Roll roller rink in Issaquah on Friday, October 2nd, 7:45pm-10:45pm. Cost is \$27 (\$20 for entry and \$7 for skates). Sign-ups are in the Narthex. The Rock and Roll roller rink is located in the old Bartells: 5700 E Lake Sammamish Pkwy SE. Questions, contact Doug Johnson.

CONFIRMATION KICK-OFF Our shared confirmation with four of our conference churches will be starting on October 11, 5pm-7pm. This is a two year program for youth who are wanting to learn more about faith and affirm the promised made by their parents and sponsors during their baptism. If you would like to know or would like to help with our monthly confirmation, contact Doug Johnson or Pastor Nyla.

SUNDAY SCHOOL KICK-OFF Sunday school will be starting on October 4, after worship, starting at approximately 10:15am. This year we are having Sunday school in Fellowship Hall. **If you would like to help teach, please contact Doug Johnson or Sue Johnson or sign-up on the sign-up sheet in the Narthex..**



COMMUNITY GAME NIGHT Community Game Night returns! Join in the fun and games on Sunday, October 18th, from 5pm-7pm at St. Luke’s Lutheran Church. All ages are welcome to this event. As always, remember to bring a game, bring a snack, and bring a friend. To sign-up or get more information contact Doug Johnson at youthandfamily@shlc.org. Community Game Night on November 22nd is also at St. Luke’s!

TRUNK OR TREAT! – OCTOBER 30TH– 5:30PM! We cannot wait to see all of the costumes and trunks this year!! MARK your calendars for **Friday, October 30th at 5:30pm.** We’ll be looking for ANYONE to enter our **SPOOKTACULAR TRUNK CONTEST** and decorate your car and also hand out treats for a chance to win a prestigious award!!! More information for this will come but for now tell all your friends, start thinking and let’s fill our lot with even more trunks this year!!!!

CONFIRMATION SUNDAY This year is the first year that we will have youth confirmed with our shared confirmation ministry. We will honor youth from Sammamish Hills with a blessing during worship, however the rite of the Affirmation of Baptism (confirmation), will be doing jointly between all the churches and youth. We invite you to come and support our wonderful youth and all the youth from the shared confirmation who will be affirming their baptismal promises during a special service on **Sunday, October 25th, 4pm-5pm, at Saint Andrew’s Lutheran Church.** There will be an opportunity to meet with the confirmands at 3:30pm, before worship. Questions, contact Doug Johnson

SYNOD YOUTH FALL RETREAT Middle and High School youth are invited to join in the 4th annual Synod Youth Fall Retreat at Black Diamond Camp, Nov. 6th-8th. This year we are exploring the theme of “Faith: The Final Frontier,” exploring faith in places of the unknown. **Early bird registration is \$175 per person before October 7th. \$225 per 8th-21st.** Financial assistance is available, contact Doug for more information. Questions, contact Doug Johnson at youthandfamily@shlc.org.

VOLUNTEER SIGN-UPS Curious about how you can help support children, youth, and family ministries this year? Make sure to keep any eye out for the new volunteer sign-up board in the Narthex. It will be located on the bulletin board near the coffee station. Come and see all the wonderful ways you can help all throughout the year!

Enjoy these 2021 Trunk or Treat throw back photos!





BLOOD DRIVES OCTOBER 15 & 16! We host monthly blood drives with Bloodwork's Northwest at Sammamish Hills Lutheran Church. Join us in the Fellowship Hall October 15th and 16th. Scan the QR code to the left or go to https://donate.bloodworksnw.org/donor/schedules/drive_schedule/69307 and sign up today! **SHLC is sponsor code 920b.** Thank you for always helping fill the need Bloodwork's Northwest has here on the Eastside! Our next blood drives are November 12th and 13th.



STEWARDSHIP GIVING TABLE LET YOUR CREATIVITY FLOW THIS FALL AND HOLIDAY SEASON

We love looking for gifts for the upcoming Fall and holiday season! Please consider bringing something that you have made with your own hands to share. It could be art, baked goods, carvings, candles, soap....or a gift of time to someone. Place it on our table, designated for our Stewardship gifts. This allows others to share our gifts with friends and family for the holidays.

Did you know members can also create a delicious food item (main dish, dessert, side dish, treat etc.) for folks to prayerfully donate? Our members can obtain their food item with a donation earmarked to the Stewardship Giving Table. If you are willing to participate in this act of stewardship, contact the church office at worship@shlc.org today! If you are willing to obtain the food donation, go to the Narthex Giving Table to see what is available, then contact the donator of selected item(s) to make specific arrangements. If you have any questions contact the church office at worship@shlc.org.



DONATION OPTIONS TO KIDVANTAGE SHLC is continuing to collect donations for KidVantage (formally Eastside Baby Corner), a non-profit organization located in Issaquah. KidVantage is in need of new and gently used clothing, toys and books, as well as school supplies and hygiene products, for children from birth to 12 years of age.

WE ACCEPT... We accept donations of clothing for children, birth through age 12 (size newborn to size 14), maternity clothing (especially larger sizes), baby gear, shoes, bottles, unopened/unexpired formula, toys, diapers (new or opened packages), schools supplies, books, blankets, bedding, towels, bicycles and more. See protect the kids below if you're donating a crib, car seat or pack'n'play.

WE CANNOT ACCEPT... Used nipples or pacifiers, crib bumpers, open food or formula packages, flat fabric slings, sleep wedges, medication, teethingers containing gel or liquid, or made with wood, amber, marble or silicone, adult clothing (excluding maternity), home furniture (ie: kitchen tables, beds bigger than toddler size, dressers, etc.) and used electric breast pumps.

Items will continued to be collected in a box located outside the office in the Fellowship Hall. Donations of items can also be made directly to KidVantage at <https://gooddler.com/Wishlist/10454>. Monetary donations may be made directly to the organization at <https://kidvantagenw.org/donate-money/>. Thank you for the recent donations and your support in making a difference in the lives of children in need in our own community. Please contact Abby Arroyo (abbyarroyo@outlook.com) for more information or questions.



SAMMAMISH HILLS OPEN PLAY HALLOWEEN PARADE 10/28 We will be hosting an Open Play Halloween Parade on Tuesday, October 28th at 9:30am. Bring the kids in costume with a trick or treating bag and we will parade around the offices and preschool rooms of Sammamish Hills Lutheran Church!



WE'D LOVE A FEW OPEN PLAY VOLUNTEERS This is a fantastic community program where SHLC opens the Fellowship Hall doors every Wednesday from 9:30-11:30am for a community indoor playtime for babies, toddlers and young children AND their care givers. We provide warm coffee for adults and snacks for the littles as well!!! This program has been very popular and would love to add more names to our list of volunteers who can help. **We are looking for volunteers who can help oversee this gathering each week with others. Our volunteers help with setting up, chit chatting with families during Open Play, helping people check in and put away. If you can may be able to help time to time please email us at the church office at worship@shlc.org.**



SAMMAMISH SENIORS If you are looking for a way to become more involved in your **SENIOR COMMUNITY** then **LOOK NO FUTHER!!** If you like to know more about the Sammamish Seniors, check out our website: <https://sammamishseniors.org> To be put on our emailing list to receive info about events and more, contact: sammamishseniors@gmail.com or Margaret Rosenow at redmond_rosenow@yahoo.com.

WE LOVE USING YOUR PHOTOS! We use your photos in our monthly newsletters and our Annual Report and LOVE receiving pictures from church gatherings/worship services and will happily take them anytime at worship@shlc.org. Help us document our church of ministry, resources, and service through photographs, taken by YOU! Thank you!



BAD EMAILS It is time to be even more vigilant as we head into the Fall and Holiday season with SCAM SPAM e-mails. Some of these are sent out from e-mail addresses looking similar to that of Sammamish Hills staff or from church members known to you asking for "help with a task" or "need gift cards purchased". If you receive one of these e-mails and are not sure of its validity, you can check the senders information by clicking on the sender's name. If it was not sent by a Sammamish Hills staff member (____@shlc.org) then please DELETE.



EASTSIDE FRIENDS OF SENIORS & VOLUNTEERS It's easy to volunteer with Eastside Friends of Seniors! Choose the volunteer activity that is best suited for you, and volunteer when it is convenient for you. (Volunteers are asked to commit a minimum of 2-5 hours of service monthly, for at least 6 months. All volunteers must be 16+ and drivers 21+.) Go to eastsidefriendsofseniors.org for more information! Eastside Friends of Seniors offices are located at SHLC in the upper offices.



CAN YOU BAKE COMMUNION BREAD? A great thanks goes to all who have and continue to bake our Communion Bread for our Sunday services. We are always looking for new bakers so if you would like to try and bake communion bread for the church email Pr. Nyla at pastornyla@shlc.org today!



PRAYER SHAWL MINISTRY Calling all SHLC knitters and crocheters!!!! We are in need of Prayer Shawls. If you are able to complete any please drop off the finished shawl at the church office. They will be blessed at a Healing Service. A prayer card will be attached before they are given out. You may write your own prayer card if you wish. Donations to purchase yarn are welcomed. For any prayer shawl pattern information email the church office and we will send you all the information you need to get started! Members may suggest names of those who might need a prayer shawl to the church office at worship@shlc.org.



BAGS WANTED!

We use 6,000+ shopping bags in our market every month — which costs \$2,000+! If you have extras, we can use them!



Have You Seen These Bags?

They are wanted for use by Food Bank shoppers.

They should be considered handled & extremely helpful.

We spend **\$2,000+**

Paper Bag Donation Drop-Off Location:

930 7th Ave NW, Issaquah, WA 98027

Only Drop-Off During These Times:

Thurs., October 8, 1:00 - 3:30 p.m.

Sat., October 10, 11:00 a.m. - 1:00 p.m.

Thurs., October 15, 1:00 - 3:30 p.m.

Thurs., October 22, 1:00 - 3:30 p.m.

Thurs., October 29, 1:00 - 3:30 p.m.

Thurs., November 5, 1:00 - 3:30 p.m.

Thurs., November 12, 1:00 - 3:30 p.m.

Go to <https://issaquahfoodbank.org/> for more information.



WE ARE HERE FOR YOU Even when our church office may be closed, we are still here for you! Please feel free to reach out to us anytime via email at worship@shlc.org!