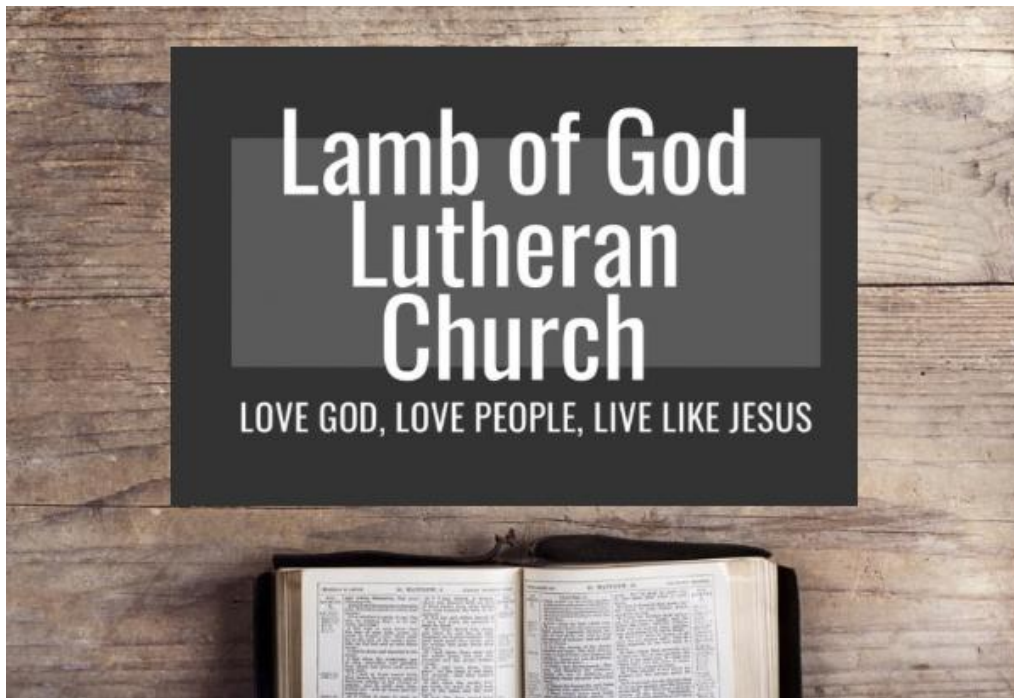


# THE CONNECTION

# NEWSLETTER

MAY 2026

| ISSUE NO. 309



## FROM PASTOR MIKE:

Greetings Lamb of God,

I've been talking to the 8th graders about social media lately. I was relieved to find that nearly none of them were on it and those who were, are heavily supervised. In case you were not aware they continue to use insidious practices to make people addicted to checking their phones, especially teens and pre-teens.

I was listening to how the designers push little alerts so your phone will buzz or vibrate. When you see something positive you get a hit of dopamine in your

*(Continued on p. 2)*

## IN THIS ISSUE

- 1 **From Pastor Mike**
- 2 **Looking Ahead**
- 3 **From the Office**
- 4 **Upcoming Events**
- 5 **Outreach**
- 6 **News from NEHLM**
- 7 **Servants Calendar**
- 8 **Calendar**
- 9 **Reminders**

(continued from p. 1)

brain, like you do when you eat a potato chip. For maximum addiction, however, they realize it doesn't pay to give positive feedback every time. Something like one in nine times is optimal. That way more anticipation is created, and sometimes the craving for dopamine will send the person down a trail of clickbait that is always waiting. I found myself fascinated and impressed until I remembered that their goal is a nation of people walking around like zombies and depression and suicide in teens is at an all-time high.

One of the big problems is that this virtual world leverages what many psychologists call our Default Mode Network. That's a fancy way of saying I'm all about me and what's good for me. This world is available whenever I want it. I enter it anonymously if I want, try to accumulate "likes" and "followers" while harshly criticizing others even if they are doing things I do as well. Forgiveness is seldom asked for and never given. Basically, it's everything Jesus was trying to get us to move away from.

I could throw out some Bible verses here but I suspect you already have stories pop into your mind about Jesus encouraging people to remove the log from their own eye before criticizing others, serving rather than looking to their own needs and forgiving over and over again. It was the heart of His teaching to love your neighbor. It's the way of compassion, what He modeled for us.

While the virtual world of social media is most dangerous to adolescent brains forming neural pathways, we are all vulnerable to giving in to our Default Mode Network. Do you find yourself checking your phone while your kids are trying to talk to you? Or your spouse? Nothing says "you are important to me" like scrolling through cat videos while your wife is talking about her deepest fears.

I know sometimes we have to catch up on work at home. I know sometimes we are on call or we are waiting for an important update from work or about the health of a loved one. I also know that you love your families. But compassion demands that you not only feel love, you show it too. Please make a point of having regular conversations with loved ones where phones are not just turned over, but all the way out of reach. Maybe in another room. Don't just feel compassion, show compassion.

Blessings,

Pastor Mike



### May

- 4—Women's Bible Study Begins
- 7-8—ZLS Drama Madagascar Jr.
- 10—Mother's Day
- 19-20—ZLS Spring Concerts
- 25—Memorial Day
- 29—Men's Logger Cup Event

### June

- 12—ZLS Last Day of School
- 16-18—Basketball Camp
- 21—Father's Day
- 22-26—Joint VBS with Peace

# FROM THE OFFICE



Join us for in-person worship on **Sundays at 10:15 am**. We will now stream to YouTube  
<https://www.youtube.com/@lambogodlakes>  
tevens/streams

[www.lambogod-lakestevens.org](http://www.lambogod-lakestevens.org)

## Church Office Hours

Please contact Pastor Mike, Jan, or Shara directly if you need assistance.

- Pastor Mike (314) 775-6956 or [sidace99@yahoo.com](mailto:sidace99@yahoo.com)
- Jan (425) 418-6270 or [worship@lambogod-lakestevens.org](mailto:worship@lambogod-lakestevens.org)
- Shara (425) 299-1518 or [secretary@lambogod-lakestevens.org](mailto:secretary@lambogod-lakestevens.org)

**You can now find recordings of sermons on our YouTube channel @lambogodlakestevens**

## CONNECT WITH US!

### Pastoral Assistance

Pastor:  
Mike May (314) 775-6956

Worship/Youth Leader:  
Jan Novak (425) 418-6270

Elders:  
Larry Aalbu (425) 422-1016  
Dale Rahn (425) 422-9789  
Gary Beck (541) 740-5727  
Debbie Laskey (425) 319-1381  
Teri Larsen (425) 356-9283  
Phil Bates (253) 381-2008

### Meetings This Month

Council Meeting:  
May 10 (following worship)

Elders Meeting:  
May 3 (following worship)

### Weekly Connection News Emails:

If you would like to subscribe to our weekly Connection News emails, visit the homepage on our website at [www.lambogod-lakestevens.org](http://www.lambogod-lakestevens.org) and fill out the form at the bottom of the page.

### Out of Office Notice

*Shara will be out of the office May 16-21.*

### Directory Update:

Please update your directory:  
*Natalie Hansen  
648 Utsalady RD  
Camano Island, WA 98282  
(425) 7602584*

### Directory Changes:

Moving? New Phone Number? Please contact the church office with address, phone number and email changes so we can update our records. Email [secretary@lambogod-lakestevens.org](mailto:secretary@lambogod-lakestevens.org). Thank you!



## WOMEN'S BIBLE STUDY



Women's Bible Study Group begins on Monday, May 4<sup>th</sup>. The study will be by "Powerful Proof" by Linda Hackenbruck.

Mondays 10:00-11:30 am @ Vicki Beck's home (4514 64<sup>th</sup> AVE NE Marysville). Contact Vicki with questions—(541)231-9609

## CHURCH PICNIC—Sunday, May 24

Mark Your Calendars—The Spring Church Picnic will be held on Sunday, May 24<sup>th</sup> following worship. More details to come.

## STREAMING UPDATE



Find the LIVE stream on YouTube here:

<https://www.youtube.com/@lambofgodlakestevens/streams>

## MEN'S LOGGER CUP—Next Event May 29

Skeet Shoot Contest on Friday, May 29<sup>th</sup> @ 7:00 pm. See the flier on p. 9 for more details.

## BASKETBALL CAMP—JUNE 16-18

Junior Cougar Basketball Camp (grades 2-4) 9:00-11:30 am. Cougar Basketball Camp (grades 5-9) 1:00-3:30 pm. Sign ups will be open shortly. Look for more information in the Weekly Connection News.



## LORD'S LITTLE COOKER

**Men's and Women's clothing needed! Please leave donated items by the back table on Sunday mornings**

Every Saturday Morning from 7:45-9:30 am our faith community joins together with our friends of North Shore Christian Church in Everett to provide breakfast, toiletries, and clothing to those in need.

**Location: Bethel Baptist Church 2625 Hoyt Avenue**

## ZLS School Board Update 04/28/2026

Greetings to all the congregation churches for Zion Lutheran School,

Thank you for all you do to support your individual churches and the school.

The School Board met tonight, and I'll try to put together some of the information to share with you.

- The school is in the middle of MAP Growth Assessment testing. This happens three times during the school year and helps track the progress of the children.
- Enrollment is looking good for the 2026-2027 school year.
- The new gate system is up and running, working out a couple of bugs, but functioning overall very well.
- From August to December 2026, the school will be working on our NLSA re-accreditation documents. This happens every five years to gauge the school on many different areas. Things that need improvement will be worked on and/or corrected.
- Work is continuing on the property to get it ready to submit plans to the County for future buildings to be built on the campus (A new chapel and a new building with 8 classrooms)
- Middle School Musical May 7th - 8th" twice during the school day and two evening performances of Madagascar Jr.

Have a blessed day,

Sandy Bench

ZLS Board Vice President

# NEWS FROM NEHLM

Nord Est Haiti Lutheran Mission

"He is risen." "He is risen, indeed. Alleluia!"

April 7, 2026

Rev. Paul and his ministry did some extra services and care for the church at Baja which is about five miles from their church and school in Ouanaminthe. Thursday, Friday, and Saturday they took people, musical instruments, and food to be with the faithful at Baja from 7:00 a.m. to 4:00 p.m. each day. Rev. Paul explained that there was a lot of singing, and they visited some homes in the area, with seven people desiring to be dedicated to the church. He said, "I gave a lecture on the Easter message and how we have the forgiveness of sins in Jesus Christ."

These four days were full for them because they would be back to La Maison des Agneaux de Orphilenat (MADO-The House of the Lambs of God Orphanage) in the evening for services. These were followed by "a big Service Sunday morning and another big Service Sunday evening."

The attached picture is the gathering in Baja at one of the meals. Over the three days, they served 815 meals and delivered 2100 individual water bags in the area.

Praise God that the people at Baja received some food for this life; but most importantly, in both Ouanaminthe and Baja, the Bread of Life—Jesus Christ—was presented for the people. The "Bread of God is He who comes down from heaven and gives life to the world" (John 6:33).

God's peace,

Rev. Samuel Wiseman  
NEHLM Pastoral Adviser  
[nehlm.org](http://nehlm.org)



April 23, 2026

A Blessed Easter Season to you all. "He is Risen! He is Risen indeed. Alleluia!"

When I called Rev. Paul yesterday, his wife (Clincy) and he were traveling from Cap Haitien to their home in Ouanaminthe. He had some meetings with other professors of the Evangelical Lutheran Church of Haiti (full altar and pulpit fellowship with the Lutheran Church Missouri Synod) concerning pastoral students. The last time I was in Haiti, I got to sit in on a class that Rev. Paul was presenting to four students in his classroom and another ten plus via internet connection. It is encouraging to see the church body striving to train pastors to have the Word of the Lord continue to grow. Rev. Paul and three other Haitians were at Concordia Theological Seminary, Fort Wayne, 1998-2001 with the intent that they would return to be professors for the Haitian church. Praise God for all that has taken place to have this be done.

The church and school in Baja (a rural area about five miles from Ouanaminthe) are gathering more people. There are plans to expand the school. I have attached a photo showing the patio of what was originally the cookhouse but has been converted into classrooms. The patio roof used old metal roofing that obviously needs to be replaced. If you look closely, you can see that the main roof, at the upper right of the photo, has good metal roofing. Replacing the old roof should be able to occur soon with Nord Est Lutheran Mission (NEHLM) support.

# MAY SERVANTS CALENDAR

	3 <sup>rd</sup>	10 <sup>th</sup>	17 <sup>th</sup>	24 <sup>th</sup>	31 <sup>st</sup>
<b>Worship Set-Up</b>	Braidyn Larsen	Braidyn Larsen	Braidyn Larsen	Braidyn Larsen	Braidyn Larsen
<b>Worship Take-Down</b>	Everyone	Everyone	Everyone	Everyone	Everyone
<b>Soundboard</b>	Jason Knapp	Phil Bates	Ruben Alanis	Jason Knapp	Phil Bates
<b>Elder on Duty</b>	Debbie Laskey	Phil Bates	Gary Beck	Teri Larsen	Larry Aalbu
<b>Greeter</b>	Pfiester McClellan	Geiger Larsen	Alanis Schoonover	Frederickson Rahn	Murray Hines
<b>Scripture Reader</b>	Angela Moore	Kjell Larsen	Larry Aalbu	Debbie Laskey	Jennifer Wood
<b>Children's Message</b>	Gary Beck	Vicki Beck	Amanda Pfiester Evey Larsen	Jan Novak	Brock Wolitarsky
<b>Kid Zone</b>	Rilee Henderson	Vicki Beck	Amanda Pfiester Evey Larsen	Stacie Leaf	Marjorie O'Rourke
<b>Altar Guild</b>	Christine Larsen	Heather Stahl	Joelle Cameron	Hayley McClellan	Heidi Llerenas
<b>Power Point</b>	Deb Alanis	Kjell Larsen	Marjorie O'Rourke	Kjell Larsen	Carla Schoonover

# JUNE SERVANTS CALENDAR

	7 <sup>th</sup>	14 <sup>th</sup>	21 <sup>st</sup>	28 <sup>th</sup>
<b>Worship Set-Up</b>	Braidyn Larsen	Braidyn Larsen	Braidyn Larsen	Braidyn Larsen
<b>Worship Take-Down</b>	Everyone	Everyone	Everyone	Everyone
<b>Soundboard</b>	Ruben Alanis	Jason Knapp	Phil Bates	Ruben Alanis
<b>Elder on Duty</b>	Dale Rahn	Debbie Laskey	Phil Bates	Gary Beck
<b>Greeter</b>	Pfiester McClellan	Geiger Larsen	Alanis Schoonover	Frederickson Rahn
<b>Scripture Reader</b>	Angela Moore	Kjell Larsen	Larry Aalbu	Debbie Laskey
<b>Children's Message</b>	Delanie May	Matt Bench	Jennifer Wood	Gary Beck
<b>Kid Zone</b>	Rillee Henderson	Matt Bench	Stacie Leaf	Vicki Beck
<b>Altar Guild</b>	Christine Larsen	Heather Stahl	Joelle Cameron	Hayley McClellan
<b>Power Point</b>	Kjell Larsen	Deb Alanis	Kjell Larsen	Marjorie O'Rourke

# Lamb of God Lutheran Church

LOVE GOD, LOVE PEOPLE, LIVE LIKE JESUS

## MAY 2026

Lamb of God Lutheran Church  
3923 103rd Ave. S.E.  
Lake Stevens, WA 98258  
Phone: 425-377-2173

Website: [www.lambofgod-lakestevens.org](http://www.lambofgod-lakestevens.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b>	<b>2</b> Lord's Little Cooker 7:45 am
<b>3</b> 9:00 am Family Ed 10:15 am Worship with communion Elders Meeting (following worship)	<b>4</b> Office Closed	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> Lord's Little Cooker 7:45 am
<b>10</b> Mother's Day 9:00 am Family Ed 10:15 am Worship Council Meeting (following worship)	<b>11</b> Office Closed	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b> Lord's Little Cooker 7:45 am
<b>17</b> 9:00 am Family Ed 10:15 am Worship with communion	<b>18</b> Office Closed	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> Lord's Little Cooker 7:45 am
<b>24/31</b> 10:15 am Worship 24—Church Picnic (following worship)	<b>25</b> Memorial Day Office Closed	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> Logger Cup @7:00 pm	<b>30</b> Lord's Little Cooker 7:45 am



# SUMMER-ISH LOGGERS CUP



**What** – Skeet shoot contest and get together for men (HS age and up)

**When** – May 29<sup>th</sup> 7:00 PM

**Where** – Meet at the Granite Falls Sportsman Club (gun range) by 7:00 PM for skeet shoot

**Where** – After skeet shoot - On to Jan Novak's house for campfire and goodies

**Cost** – Approx. \$15 per person for targets and shells (can purchase at the range)

**Questions** – Matt Bench 425-501-2163 (call or text), Email: [mgbench@msn.com](mailto:mgbench@msn.com)

**Please RSVP** to Matt by May 24<sup>th</sup> with # attending (not required but helpful)

Cowboy hat, duck call, and beef jerky optional. Let's have some FUN!!!

➤ **Feel free to invite a friend(s)**



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**Lamb of God Lutheran Church**

**3923 103<sup>rd</sup> AVE SE**

**Lake Stevens, WA 98258**

**[www.lambofgod-lakestevens.org](http://www.lambofgod-lakestevens.org)**

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**GET IN TOUCH**



[secretary@lambofgod-lakestevens.org](mailto:secretary@lambofgod-lakestevens.org)



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