



OUR SAVIOR'S
LUTHERAN CHURCH
Connecting Faith to Everyday Life.

Spiritual Care Newsletter

Devotion from Pastor Tim

In Matthew's Gospel, Jesus reminds his listeners, and us, that there are only so many hours in a day, and only so much we have control over. So how are we to respond to these realities? Jesus gives us some advice.

Therefore, do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day." Matthew 6: 34

Comforting words indeed, and advice from Jesus that I try hard to live by each day in my own life. But sometimes, 'not' being anxious is easier said than done.

Things have been busy around Our Savior's lately to say the least. As we work through this time of transition together, I have found keeping up with my pastoral duties is not always an easy thing to do. There are only so many hours in a day, and meeting the needs of a congregation our size can be a daunting task, especially now.

Some days I find myself being anxious because I am unable to return a phone call as quickly as I would like to, or respond to a request for pastoral presence without having to find a place in my calendar to schedule it in. My priority as your Pastor of Spiritual Care is to provide nurturing support to those of you who are going through difficult times, whether that would be an illness, loss, crisis, or other unexpected life change. When I can't immediately be there for you, it causes me to be anxious about your care. Every one of you is important to me, please know that.

So, I ask for your patience with me, and your help too. I don't always know what everyone is going through, so let me know if you, or someone you know, is in need of a pastoral visit, I'd be happy to do what I can, as soon as I can. Reach out to me with a phone call or an email, or stop by my office, I will make time for you.

We also have additional Spiritual Care volunteers that are willing to offer you caring support through Christ-centered love. Our Stephen Ministers are here to walk with you. Our Visitation Ministers are available each month to visit with you if you are unable to get to church anymore. Our Caring Friends are there to visit with our members living in care facilities within our community. There is much we can, and want to do to 'be there' for you when you need us, just let us know.

"Therefore, do not be anxious about tomorrow, for tomorrow will be anxious for itself."

God's promise is to always be with us, in that we find our strength and comfort each day. May we too, always be there for each other, and may God's peace be with us all.

In Christ's love, Pr. Tim

May Calendar



MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Visit [OSL's May Calendar](#) to see the schedule of activities each day! Here are some highlights from the Spiritual Care Area:

Sunday, May 5

It's name tag Sunday! In an effort to get to know one another stop at the table

and write out a name tag. Fill out a prayer card if you wish.

Join us in the Spiritual Care area of OSL as we say goodbye to Pr. Rolfe Johnstad and his wife, Margaret, who are moving to Story City, Iowa, where they lived for over 30 years before their retirement. Pr. Rolfe faithfully served as one of our Visitation Ministers until his retirement last year. As a thank you for their ministry, enjoy cake and refreshments between services at 9:45 a.m. to 10:45 in the Spiritual Care Area.

Monday, May 6

The Minnehaha Mandskor Music Group meets in the choir room at 7 p.m.

Tuesday, May 7

Friendship Club meets at the Great Plains Zoo at 10 a.m. Lunch will be provided for those who sign up at the church office.

Wednesday, May 8

Bring work gloves and your favorite gardening tools to help spruce up the grounds of OSL.

Join a group of volunteers coming together to help clean up the OSL grounds prior to the South Dakota Synod Assembly.

The work will include general spruce-up, removing and replacing some bushes, raking leaves, etc. Work starts at 8:30 a.m.; come and go as your schedule allows. No need to sign up, just bring yourself and a friend. Many hands make light work!

Questions? Contact Andy Erickson, OSL Facility Manager, 605-336-2942 or aerickson@oslchurch.com.

Saturday, May 11

Join us for a Mother's Day potluck from 11:30 a.m. to 1 p.m. in the Gathering Place.

Bring a salad or bars. The church will provide deli meats and bread. Sign up at the desk or call Debbie Theis at 605-496-2256.

Sunday, May 12

Happy Mother's Day! Celebrate the special moms in your life.

"God could not be everywhere and therefore he made mothers." - Rudyard Kipling.

May 30-Saturday, June 1

Synod Assembly will be hosting voting members and visitors from across the state and beyond.

Items made by the Peace By Piece Quilting Group at OSL will be for sale, the public is welcome to purchase items.

OSL staff and members attended a Community CPR/AED Education session Tues., April 16. It is a fun, informative way to be prepared in case of an emergency. We learned hands-only CPR, how and when to use the Automatic External Defibrillator (AED), and what to do if someone is choking. SF Fire & Rescue Educator, Jeremy Roberts, keeps it relaxed, yet makes it well worth your time to attend.

What's the first step to saving a life? **KNOW WHERE** the AED is located! Time is of the essence and this simple 1st step can make a difference in life or death.

If you don't know where the AED's (we have 2) are located at OSL, please go on a little scavenger hunt this month.

HINT: look on the walls near the library and the gym.

If you or your family (great for all ages) would like to learn more about this wonderful life-saving skill, check out the **FREE** Community CPR/AED Classes through the City of Sioux Falls, or watch the videos on their website so you feel comfortable helping in a crisis at home, church or in the community.

<https://www.siouxfalls.gov/health-safety/fire/community-programs-and-safety/cpr>



The Epidemic of Loneliness -- What can we do?

By Karla Cazer MS, RN, Faith Community Nurse

A recent study report from the University of Colorado reported over half of older adults still have not resumed their usual socialization and entertainment activities following the Covid-19 Pandemic.

The older adults attributed much of their isolation and loneliness to the fear of infection - as many have chronic conditions, but the uncomfortable and hostile social and political dynamics present in our communities today are off-putting.

Many older adults in this country are retreating from civic life altogether.

In the 2022 survey, 53% were even attending religious services less often.

Unfortunately, a decrease in social connection has shown to be detrimental to personal health and well-being. Studies show that a lack of social connection can increase premature death as much as smoking up to 15 cigarettes a day.

Social isolation and loneliness are associated with increases in heart disease, risk of stroke, anxiety, depression and dementia. They have even been associated with increased susceptibility to viruses and respiratory illness.

How can we create a culture of connectedness in our country? We, as the church, are perfectly aligned to curb this epidemic.

As Christians, we are called to minister to the sick, poor and the widowed; and to love others as ourselves.

In Paul's letter to the Romans he pleads with the people to be a living sacrifice to God and to love others well. He says, "*Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. Love each other with genuine affection and take delight in honoring each other.... When God's people are in need, be ready to help them. Always be eager to practice hospitality.*" Romans 12:9-10, 13 (NLT)

Consider how you are loving others in your family, neighborhood and in the OSL family. How can each of us continue to be the family of Christ who decreases the political hostility, the divisiveness of the world, and bring love, peace and joy in your interactions on the daily?

Consider how you can demonstrate your love in some tangible ways -- maybe you are called to visit someone who can no longer come to church; pick someone up to come to service; or send cards or make calls to people who are hurting or alone. There are

so many opportunities to let your light shine.

A special thank you to all those who are formally and informally ministering to those who are isolated, and may be lonely, in our congregation – especially the Caring Friends, Stephen Minsters, Bereavement Ministry Volunteers, Hospital Visitors, Sunday School Leaders, the Kitchen Team, and many more.

If you are visiting someone who may be alone or hurting, feel free to bring them a prayer shawl from the Spiritual Care Office. They are lovingly made by our knitters and crocheters at OSL.

Gerald Beninga Retirement

By Dorene Weinstein

In 1990 Gerald Beninga was working hard - building a career and raising a family. After several years he had grown tired of traveling.

“I was away from home two out of four weeks every month” for a corporate career.

When a fellow church member told him about a position at the Bergland Center his only knowledge of the facility was through his dad.

“My dad, who had MS, was a participant in the Meals on Wheels program in Lennox. That’s literally all I knew about it.”

The rest was serendipity. Or a calling.

“My experience with Meals on Wheels started my career,” Beninga jokes.

The decision to leave the corporate world began a life of service for the Sioux Falls man.

Beninga, president and CEO of Active Generations for 34 years, has seen the organization grow prolifically. As a multipurpose community facility for active adults, the two centers now serve 12,000 people a year through various programs including Meals on Wheels, fitness and wellness classes, recreation and leisure activities, Life-Long learning classes, craft sales, special interest clubs, support groups and more.

Besides his job at the non-profit Beninga served as city counselor for eight years and currently is Minnehaha County commissioner with two years left in his term.

He’s logged 14 years in public service so far.

His responsibilities include public safety, mental health issues,

juvenile justice and emergency management. He's also a public advocate and public defendant.

"Though it's a part time function it's a public service job and you're really not off the clock," he says. The need to be always available is ever present.

Looking back on his career Beninga notes several milestones.

"The results we've been able to accomplish - to keep people independent and active," are highlights, he says.

"It's been rewarding to see the changes in individuals - to know I've been a part of the changes in their lives."

Also, "I'm proud of moving from a downtown spot, building a main location on 46th Street and expanding to the East side of town."

Active Generations East opened last fall and participants are thrilled.

New member, Dona Schallenkamp signed up right away. "It's close to home and I can go to either one," she says.

Most of the credit goes to the army of volunteers staffing the facilities and helping to run the programs, Beninga says.

"It's a significant resource that Active Generations has had as long as I can remember."

Beninga is convinced that Sioux Falls is a special place to live.

"The thing that consistently surprises me is what the community can accomplish through the volunteers. We are unique in that we can solve a problem, that attitude of looking forward and having a positive outlook is rare. People give back or pay it forward more than other parts of the country."

Beninga isn't sure what comes next. Still "there's an awareness of life changes."

And it's an opportunity to be more engaged in family activities, spend extra time with his wife, Brenda, and visit his children – a son in Maple Grove and a daughter in Atlanta. He's also open to playing golf and biking more.

The rest is a happy question mark.

"I haven't not worked in a long time," he says.

OSL Quilters

By Dorene Weinstein

You don't have to know how to sew to be a part of the Peace By Piece Quilter's Ministry at Our Saviors Lutheran Church.

“We have people that tie for us, cut the blocks, lay it out after the top is sewn and pin it,” says Marilyn Quam, chairman of the group.

The ministry has been around since at least 1976 and Quam has been a part of the group since 2010, becoming chairman in 2014.

She learned how to quilt while she was near retirement. “Quilting was something I wanted to try. It seemed like an interesting hobby.

A woman at work also quilted and I thought, ‘you know, I can do that,’” Quam says, who knew how to make clothes and went on to make at least 10 wall hangings and quilts.

Typically about eight quilters gather in the quilter’s room to cut, pin, sew and socialize the second and fourth Tuesday of the month from 9 a.m. to noon. They used to take the summers off but eventually extended their time together.

“We liked the comradery and chit chat,” Quam says.

The group recently created and donated the quilted cross wall hanging above the stairway to celebrate Easter.

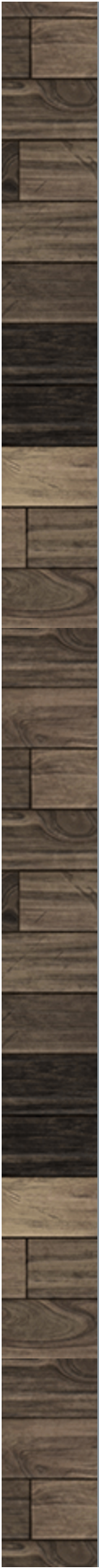
The germ of the idea really started a few years ago when they wanted to commemorate the 73rd anniversary of the church using a donation of batik fabric.

However “the project didn’t get off the ground,” Quam says. The member with the original idea had passed away.

But the idea didn’t.

A few years later they decided to forge ahead.

The next time they got together the group came armed with ideas. They settled on a pattern that Judi Hinz found. The group picked out the coordinating



fabrics and colors, laid them out in a pleasing configuration and set to their task.

“We didn’t buy a single piece of fabric for the cross,” Quam says.

Hinz sewed the design but the creation of the wall hanging was a group effort.

All members were involved though not everyone sewed on it.

The wall hanging was donated the Tuesday before Easter and hung on Good Friday. The Wood Shop at OSL facilitated the placement of the piece next to the stairwell off the Gathering Place.

The quilting group is prolific, last year they crafted 26 baby and youth quilts and 86 quilts measuring 60 inches x 80 inches.


That’s not all, they make lap robes, prayer shawls, pillowcases and whatever else they can think of that matches the amount of fabric on hand.

Nearly all the items are donated to area facilities including Ava’s House, St. Francis House and nursing homes.

“The pillowcases go to McCrossan Boys Ranch,” Quam says. “Often that’s the only thing that is truly their own. It’s not a hand-me-down. It’s new and the only thing they’ve had that is theirs.”

The group is currently making items for the Synod Convention taking place May 31 through June 1 at OSL.

Using fabric donated from The Evangelical Lutheran Church of Cameroon, the quilters are creating articles for sale at the convention including



potholders, bookmarks, table runners, coasters, trivets, shopping bags, purses and skirts.

Items can be purchased by the public during the Synod Assembly.

If you stop by during the Assembly take a peek in the quilting room, it will be open for perusal.

Now that the goods for the Synod Assembly are finished the group found their next project – making children’s quilts for a group called “Sleep in Heavenly Peace” - an organization that builds beds and furnishes bedding to kids in need, aged three to 17, says Quam.

“We have a tub full of kids’ fabric and this will be our summer project.”



Active Generations East
By
Dorene Weinstein

Seniors have a new place to play, socialize, exercise and eat.

The newly built Active Generations East, at 5500 E. Active Generations Place, opened in September and welcomes hundreds of participants every day to the airy, light-filled facility.

Ever wanted to learn how to play pinochle, pickle ball or the ukulele? Active Generations has a class for that.

Maybe Mah Jongg, knitting, wood carving or line dancing is your thing, they've got classes for that, too.

If Medicare benefits have boggled your mind or you need hot meals delivered, Active Generations has got you covered, says Carmen Spurling, CAREgivers Outreach Director.

There are also Adult Day services providing individualized, supervised care for dementia patients to spur interaction, purpose and creativity.

"We even have a men's group," Spurling says. Support for caregivers isn't forgotten. Family caregiver classes and specialized groups are available to foster education, connection, stress relief and grief support.

Furthermore, if you love volunteering, there is always a need to augment Active Generations' staff, says Spurling.

The facility, funded by state and federal grants and donations, needs drivers to ferry people to doctor appointments and grocery shopping. They also need folks to help with home repair, light housekeeping and maintenance jobs.

New Members are Welcome

Dona Schallenkamp learned how to play pickle ball when she joined the new facility last October. She

now plays three times a week and was recently one of a dozen players waiting their turn to use the indoor courts.

When the courts are busy, four pickle ballers play 10 minutes each then rotate out for the next group, she explained.

“I decided to join to play pickle ball with my husband,” she says.

Since she was a new player with limited experience she has taken advantage of the times set aside specifically for newbies.

“There are hours for beginners only. It’s a good environment to learn and get support,” Schallenkamp says.

There are options for new player experience in two-hour increments at various times throughout the week Monday through Friday.

You won’t go home hungry either, lunch is served Monday through Friday at both Active Generations for a suggested donation of \$5.

It’s all in an effort to fulfill their mission statement: To promote positive aging for adults and to enhance the quality of life for all through programs, services and education, says Spurling.

For more information call 605-336-6722 or check out their website at www.activegenerations.org.

Do not let your hearts be troubled. Trust in God.
Trust also in me.

-Jesus Christ

from Brainy Quote

May Birthdays!

Wish someone you know a *Happy Birthday!*

First	Last	Birthday	First	Last	Birthday
T. Jeffrey	Richards	05-01	Marilyn	Christensen	05-09
Dawn	Jensen	05-02	LeRoy	Story	05-09
Myrtis	Kaarup	05-02	Brenda	Toner	05-09
Monica	Lhotzky	05-02	Jeanne	Trigg	05-10
Dorothy	Stone	05-02	Robert	Walth	05-10
Barb	Blumenberg	05-03	Joe	Colby	05-11
Jon	Oien	05-03	Patricia	Flittie	05-11
Mary Jane	Stalheim	05-03	James	Knutson	05-11
Sherwood	Beek	05-04	Gary	Gaede	05-12
Marc	Green	05-04	Kathleen	Lehman	05-12
Eric	Rolfsmeyer	05-04	Leo	Norgaard	05-12
Mary	Erkonen	05-05	Wayne	Mulder	05-13
Dennis	Hanneman	05-05	Sid	Sheggeby	05-13
Greg	Coome	05-06	Martha	Johnson	05-14
Patricia	Pautsch	05-06	Pamela	Putnam	05-14
Margaret	Widmark	05-06	Dorothy	Einerwold	05-15
Cheryl	Gaeckle	05-07	Cheryl	Larson	05-15
Leonard	Johnson	05-07	Willis	Hanna	05-16
Nickolee	Larson	05-07	Marlys	Engebretson	05-17
Judy	Barjenbruch	05-08	Jeffrey	Parks	05-17
Kathy	Lunder	05-08	Goldie	Steuerwald	05-17

First	Last	Birthday	First	Last	Birthday
Terry	Helgersen	05-19	Deborah	Oleson	05-25
Ralph	Johnshoy	05-20	L. J.	Pipgras	05-25
Donald	Knudson	05-20	Coryill	Weeg	05-25
Ann	Pederson	05-20	DeAnn	Corcoran	05-26
Glenn	Wika	05-20	Linell	Madson	05-26
Ione	Anderson	05-21	Gerald	Oltmanns	05-26
Richard	Carlson	05-21	Steven	Ahrendt	05-27
Richard	Lund	05-21	Nancy	Monson	05-27
Brian	Wiswall	05-21	Peggy	Savage	05-27
Pamela	Hoiland	05-22	Jean	Tschetter	05-27
Jilayne	Sova	05-22	Carol	DenOtter	05-28
Olive	Coonradt	05-23	Ervin	Fettters	05-29

Alice	Kelly	05-23	Paul	Canfield	05-30
Gloria	Gill	05-24	Carol	Nielsen	05-30
Robert	Hargens	05-24	John	Quello	05-30
Diane	Pabst	05-24	Debra	Shaw	05-30
Mary	Schriever	05-24	Jon	Veenis	05-30
Suzanne	Veenis	05-24	Michael	Castle	05-31
Cheryl	Nelson	05-25	Janelle	Jarabek	05-31
	Donna		Wilson		05-31

Photos of the month

Submit photos to Dorene to see them in the next month's newsletter!

Indoor pickle ball court at Active Generations East



Carmen Spurling
CAREgivers Outreach Director at Active Generations





Dona Schallenkamp is a new pickle ball player at Active Generations East





Outdoor pickle ball court at Active Generations East





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