



Spiritual Care Newsletter for September

Devotion by Pastor Tim



A Busy Time of Year

It's hard to believe, but Labor Day is upon us already. As summer starts to wind down, our thoughts turn to fall, and the beginning of many new activities around church.

Sunday school begins soon. Worship schedules change as we prepare for choirs to sing, holiday celebrations, the Advent worship season, Christmas, the list goes on and on. It really is a wonderful time of year, but a busy time too, and at times, a bit stressful.

To be truthful, it 'always' seems to be a busy time in our world. Things seldom slow down for

many of us. We find ourselves running from one thing to another until we lose track of the beauty of just resting in each, new moment that God gives us. Sometimes we need to take a moment out of our busy days, to just sit and be.

One of the ways I find my quiet time, is when I sneak off into our chapel at church for a time alone with God in prayer. My favorite way to do this is by practicing a devotional style called, "Lectio Divina," or "divine reading." It intertwines the use of scripture, meditation, and prayer. It goes like this:

- First, find a quiet place to be alone for awhile with God. For me it is in our chapel at church.
- Second, focus on a reading from scripture. It doesn't have to be a long reading, sometimes I will work my way through the Psalms, reading one at a time each day.
- Third, meditate on the scripture itself. What does it say to you today? What has been it's meaning for you in the past, or as you look to the future? Put yourself in the reading, what is God trying to say to you in these words?
- Fourth, reread the scripture now that you have thought about it.
- Lastly, enter into a time of prayer. Clear your thoughts of all the business of your life, and just 'be' in conversation with God. Listen to what God has to say to you, God does speak to our heart. It's not a booming voice that comes from the sky, rather a reassuring presence of God with you, hearing you, caring for you...we all need that!

There is nothing more important than quiet time alone with God in the midst of a busy world. We need these moments to recharge our batteries, and remind ourselves of God's loving presence in our life, and in our world. May you find these moments in your life each day, to slow down, and just 'be' with the God who loves you.

God's peace! Pr. Tim



Karla's Korner

By Karla Cazer Faith Community Nurse

Greetings from the Faith Community Nurse office. I can't express how fun it was to see my Stay Active & Independent for Life (SAIL) class again this morning. We have re-started this older adult fitness class on Monday & Thursday mornings at 9:00 am in the Hub. The class is pretty full, but if you are a member and want to check it out, just let me know. We can probably move chairs around so you can join in the fun.



Last month's Intercom announced the return of Wellness Weekends. As our team reviewed the calendar with other ministry staff, we decided to utilize our resources more efficiently and will integrate these concepts and topics within other ministries of the church, as it seems appropriate— ie. Friendship Club, Youth & Children's Ministry, and Stephen Ministry have each provided us opportunities to present within their curriculum in the coming year. There will not be a wellness weekend speaker, rather watch for our topics to be weaved within the life of the church. In this way, we can support the OSL mission with members of all ages and stages.

However, we do have a few stand-alone topics in the works and will let you know as those dates approach.

Blood Pressure Screenings will now be scheduled for the 1st Sunday of the month (starting on Kick-off Sunday which is the 8th, but after that it will be the 1st ☒). Seeking volunteers to check BP's on Saturday evenings as well. Let me know if you are available to assist.

Parents: Helping Children Cope with Back-to-School Anxiety

The back-to-school season can be filled with all sorts of feelings including anxiety. Prepare your child for the upcoming changes to help them manage the emotions that come along with a new season. Scan the code above to find their website.



Brooke Knudson-Wiggs, first grade teacher at Susan B. Elementary, kneeling next to a table stocked with school supplies.

Stock the School Donations Overflowed the Table in the Church Office By Brooke Knudson-Wiggs

Dear Our Savior's Lutheran Church Congregation;

Oh, my goodness, our feet are totally naked because you completely knocked our socks off!

Let's do some "teacher math".

Add up 131 boxes of crayons, 97 boxes of markers, 81 boxes of colored pencils, 41 boxes of Kleenex, 33 packages of band-aids, 29 containers of Clorox wipes, and 11 bags of candy and you get 22 happy and hyped SBA teachers!

You've given our teachers everything they need to keep their classrooms running smoothly (and maybe a little more organized than before)!

Our teachers are now officially the happiest and most uplifted group around—seriously, other schools are going to be wondering if we get extra caffeine in our workroom! Your generosity is truly appreciated, and we are beyond grateful to have your support.

Thank you for helping us make this school year a colorful and fun-filled adventure where students and staff feel able to soar!

With gratitude (and our socks back on),

Susan B. Anthony Elementary



Saints Among Us

Our September Saint is Tim Schavee.

Tim and his family have been long time members at OSL. He has his own cleaning service but is always receptive to volunteering his services. Recently Tim has helped us prepare for the SD Synod assembly and has volunteered his time refinishing the floors in the sanctuary and hallways. His remarkable “can-do” attitude is an inspiration to all. And he does it all with a smile on his face and kindness in his heart.

Thank you, Tim!

This new feature in the Spiritual Care Newsletter focuses on the people around us who devote time and energy to helping others and who make OSL a better place to work and worship. Someone who embodies the spirit of the Good Samaritan.

If you know someone who fits this description (maybe it's you!) please contact Dorene Weinstein at 605-336-2942 ext. 28. Or through email dweinstein@oslchurch.com.



Stephen Ministry at OSL

By Curt Olson

Mission statement: Stephen Ministry at OSL shares the love of Jesus Christ by providing confidential, one-to-one, distinctively Christian care to individuals who are experiencing life's challenges.

In the sermon Sunday, August 18, we heard that it is okay to ask for help with a reference about people in the Bible that asked God for help. But asking for help is a difficult thing to do for many of us who think we

are in control.

It takes courage to ask for help. But what a blessing it can be for the one asking and for the one being asked.

That is where Stephen Ministry comes in.

If life's challenges or frustrations are having an impact on your life, ask for someone who will listen to your concerns, perhaps a Stephen minister can help.

A Stephen Minister is a person who will actively listen in a one-to-one, confidential, non-judgmental way. No concern is too small.

Just taking the time to talk through your feelings about a challenge in life can open your eyes to new avenues of healing. And it doesn't have to take a long time. You may feel better in a few weeks.

If you or someone you know would like the support of a Stephen Minister or if you are interested in training to be a Stephen Minister, contact Pr. Tim at 605-359-7376.

The next Stephen Series class starts January 7 and ends April 1, 2025.

Welcome Our New Interim Lead Pastor



Hello Our Savior's! I am Pr. Karen Young Trenne. I love Jesus and sharing Jesus' love with the world. I grew up in Fargo, N.D., and graduated from the University of North Dakota and The Lutheran School of Theology in Chicago. I have been a pastor in the Evangelical Lutheran Church in America since 1990, serving Jesus with the people of ten congregations including three multi-point parishes. I have served on the Northwestern Minnesota Synod staff as a Minister for Community and Leader Engagement. Most recently I have served with Sharon Lutheran Church, Grand Forks, as their Interim Administrative (Lead) Pastor.

My husband, Pr. Paul Trenne, and I have made our home in Grand Forks for 26 years. We are parents to two adult children, Benjamin and Rachel. I love to spend time at our little cabin on Lake Miltona near Alexandria, Minn., be outdoors, cheer for my favorite football and hockey teams, read, and travel.

September Calendar

September 1 – Name tag and prayer card Sunday.

September 2 – Labor Day. Church office closed.

September 3 – Friendship club starts

September 7-8-Kick Off Sunday. Full breakfast sponsored by the OSL Foundation. Sunday School starts. Wear your favorite team jersey.

September 11- Friendship Club starts 11-12 in the Friendship room.

September 14 –Center For Disabilities Run, Walk & Roll Event 8:30-12:30 Elmwood Park - an inclusive event open to people of all ages and abilities. Events include a timed 10k and 5k, and a 1-mile FREE fun run, walk & roll. Registration: <https://runscore.runsignup.com/Race/Events/SD/SiouxFalls/CenterforDisabilitiesRun-WalkRoll>.

September 14-bible study begins second Saturday of the month from 8:30-10:30.

September 21 – Walk to Defeat ALS – Meet at Sertoma Park 4500 Oxbow Ave. Walk distance: 1 mile. Check in at 8:30 a.m., walk starts at 10 a.m.

Fall Friendship Club

Friendship Club begins its fall program September 3rd with a presentation from our Faith Community Nurse Program. A host of topics will be offered for us to consider throughout this programming year. Plus, you will receive information on special events, like our Thanksgiving Program, and our traditional trip to the Old Nora Store.

- Date: September third. Each month after, on the first Tuesday.
- Time: 11:00 a.m. to 12:00 noon program in the Friendship Room, followed by lunch in the Gathering place.

We hope to see you all there, and remember, bring a friend, to “Friendship Club.”



Welcome Our New Li-

brarian

By Dorene Weinstein

The OSL library is the best kept secret in town, says Kristie Schreck, the new Library coordinator.

If you are looking for the latest bestsellers, graphic novels or current information you can find

it at the library.

Furthermore, it is open to the public, and is welcoming to all families, regardless of age, income or ethnicity.

"It's a ministry that can feed so many needs," Schreck says, who hopes to expand the hours and get the word out to make people aware of our hidden jewel.

Schreck previously worked for the Sioux Falls school district as a classroom teacher for 20 years and as a library media specialist for 13 years. She ultimately retired but it only lasted a year.

"I missed the interactions with people and I missed everything about the books."

Working at the OSL library is a good fit. "Everyone has been so welcoming." Inclusiveness is key, she says.

"You know that saying, 'all are welcome here?'"

"They really mean it."





DEANNA WEHRSPANN

Minnehaha Mandskor

By Dorene Weinstein

You don't have to be Norwegian to be in Mandskor, the community Norwegian men's chorus that meets at Our Saviors Lutheran Church.

That requirement was removed years ago when it became an impediment for men who wanted to participate in the all-male community singing group, says Deanna Wehrspann, OSL Music & Worship Professional and accompanist for the group.

In fact, most of the 15 active members are not Norwegian, says Wehrspann, standing in the choir room at OSL where the group holds weekly practices during fall and winter.

The Minnehaha Mandskor is the oldest community Norwegian men's chorus in the state.

Started in 1892, the all men's group performs at area churches, retirement homes and for other community activities.

Mandskor used to be a much bigger group. "Covid hit all musical groups really hard," says Wehrspann, who's been playing for them for 25 years.

"There used to be four area singing groups. Two in Sioux Falls, one in Canton and one in Sioux City."

"Covid ravaged it." But this group has hung on and draws men from all across the eastern corner of the state.

You don't have to be a member of OSL to participate. Any man who likes to sing is welcome.

Fall rehearsals begin Monday, September 9th at 7 p.m. in the choir room.

There are more chances to sing!

Check them out:

The Our Savior's Choir (high school and above) meets for the first time Wednesday, Sept. 4, at 6:30 in the Choir Room, thereafter they meet Sunday mornings 9:30-10:45 am. They sing for the 11:00 Festive service about three times a month.

The elementary children's group, Joyful Noize, meets for the first time on Wednesday, Sept. 11, from 5:30-6:15 pm. They sing, do drama and art, play instruments, and assist in worship about once a month.

The Our Savior's Bell Choir begins Tuesday, Sept. 10, and rehearses each Tuesday from 4:45-5:30 pm.



All are welcome.

Where is the Choir room?

Go down the stairs beneath the clock in the Gathering Space, turn left, and follow the arrow down the hall a few feet. It is on your right.



Just a Note...

From Marilyn Quam and Peace By Piece quilters

Yesterday Nicole Hofer from the Sioux Falls chapter of Sleep in Heavenly Peace came and visited with us about their organization.

She is so pleased that we have partnered with them to help provide safe environments for children in our area by making children's quilts. These quilts are then given out with the beds they make for children in need. We shared with her 10 quilts that we had finished and when she left she left this nice note on our table that I wanted to pass along to you. We plan to continue making these quilts along with the more adult ones we have created in the past. If you search on Facebook for Sleep in Heavenly Peace-SD Sioux Falls she has posted a picture of the quilts we gave to her and a nice message. There is also a brochure lying on the table downstairs about their organization.



