

Spiritual Care Newsletter For March



Devotion by Pr. Tim Lemme

"I have said these things to you, that in me you may have peace. In the world you have tribulation; but be of good cheer, I have overcome the world." John 16: 33

Jesus spoke these words of comfort to his disciples just before he was arrested in the Garden of Gethsemane, before his passion and death, before he would give his life so that creation might live.

So often we find ourselves alone, lost in a world full of confusion and trials, and yet, within these comforting words of Jesus, we encounter a God who knows our fears.

The disciples were afraid of what was about to happen to Jesus, and to them. Just prior to these words of comfort, Jesus tells them that soon they would all be scattered, and they would leave him alone. Yet Jesus goes on to remind them that he would not be alone, for the Father would be with him. Even in his darkest hour, God would be with him, in this truth he found his strength to fulfill his mission of Grace.

We may never face the same tribulations as the disciples, but we too know what it's like to feel scattered and alone in a scary and confusing world. So many things come along that we don't expect. Our world can seem so out of control at times. We wonder where our strength to overcome the fears of this world will come from.

"In the world you have tribulation; but be of good cheer, I have overcome the world."

The one who bore our sins, our sorrows, our fears, is the one who promises to be with us in all things. The Father who was with Jesus, is with us, too, always, and the one who overcame the cross, is the one who

stands beside us, offering us peace amid life's storms now and hope for a tomorrow where the tribulations of this world will be no more.

For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation will be able to separate us from the love of God in Christ Jesus our Lord. Romans, 8: 37-39.



Saints Among Us

By Dorene Weinstein

Paul Davidson has been a member of OSL for 40 years and has volunteered the entire time.

“It’s something I feel I want to do. All the gifts I’ve been given from God, this is a small thing I can give back, what’s helped me in the past I want to give that to others.”

Early on Davidson was a Sunday school teacher, he became a mentor when his son was in confirmation. He’s participated in stewardship, the benevolence board and became a deacon in 2012.

“Now I have taken on the role of implementation facilitator, to make sure there’s good communication between the council and congregation.” He also helps with communion.

His desire to help doesn't stop there.

Davidson trained to be a Stephen Minister in 2013.

Imagine a person stuck in the mud. Another person is reaching out one hand and with his other hand is holding on to a tree, says Davidson.

"The tree is God."

The strongest volunteer comes from a person's internal conviction, says Davidson.

"They volunteer not because they're told to or feel pressure it's because it feels important."

For him, it's a personal decision; "I want to help."

Thank you, Paul! You are a saint among us!

Karla Cazer Faith Community Nurse



The City of Sioux Falls, and community health partners released their 2025 Community Health Assessment in a live press conference on February 12. This assessment and report are completed every three years in collaboration with Sanford, Avera, the VA, and Falls Community Health.

Three priority areas were identified and will be the focus for the next three years. These include healthy living, adolescent mental health and access to care with an emphasis on oral health.

Of special note, the numbers of rising syphilis rates across

the entire state; a high percentage of adults living with obesity; high substance use and complications of heavy alcohol consumption; and mental health issues, especially in teens. Suicide is the leading cause of death for those 10 through 29, with a higher rate in veterans and the Native American population. On a positive note, both hospital systems are partnering with Feeding SD to decrease family food insecurity, and Sanford, Sioux Falls Fire and Rescue, and partners are making a significant difference in deaths from older adult falls. There are two versions of the report. The [full report](#) is 100 pages, but a [one-page summary](#) is also available. [Dakota News Now Story](#)



Addiction Awareness in March

During the month of March, Spiritual Care Ministries will be focusing on the topic of “Addiction Awareness,” and how we as a congregation, and as individuals, can support and care for those struggling with addictions. Perhaps it is something you struggle with yourself. There are many resources and people willing to help, and there is hope for recovery and wellness.

Watch for resource tables on display in the Gathering Place the weekend of March 9th and then plan to join us on the evening of March 12, at 7:15 p.m. in the Gathering Place as we welcome guest speaker, Angela Kennecke, to OSL. A veteran investigative journalist, Angela Kennecke, is the founder of “Emily’s Hope, a charity offering hope and treatment scholarships to families struggling with addiction. She will be sharing her personal story on how addiction took the life of her daughter, Emily, and set her on a mission to eradicate the stigma surrounding addiction and to find solutions to the overdose epidemic. We invite you to join us on March 12, to learn, reflect, and support those affected by addiction.

Friendship Club – Tuesday, March 4

Join Friendship Club March 4, at 11:00 a.m. in the Friendship Room, as OSL Library Coordinator, Kristi Schreck will share important information on our Library ministry. She will provide an update on “Beyond the Book,” a two-day celebration April 25 & 26, of literature featuring four authors, a gala with live music, and an author meet-and-greet. Kristi will also share information on our OSL “Book Club” and give us a guided tour of the library. After the presentation, join us in the Gathering Place for lunch and fellowship.

Stephen Ministry at OSL

By , Stephen Minister

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



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. As I am writing this, the temperature outside is below zero, but I stay nice and warm inside. Severe weather has impacted millions in the U.S.A., but the weather conditions here have been mild.

Termination letters have been sent to thousands of federal workers, but I have not received one since I am not a federal worker. What does this have to do with Stephen Ministry at OSL? It is a reminder that life challenging issues can happen. Maybe not the ones listed above, but there are many others that you or folks you know may have experienced.

It could be a medical diagnosis, a relationship loss, a life transition, or any one of a myriad of life challenges. It can be helpful to have the opportunity to talk about it. That is when Stephen Ministry enters the picture. A Stephen Minister will be there to listen as someone shares their concerns. To listen in a non-judgmental, empathetic, strictly confidential manner. Not to solve problems, but only to listen and provide distinctively Christian care. Their training has prepared them to do it. The

formal Stephen Ministry relationship may be for only a short period of time or longer if you need it. If you or someone you know would like to have a Stephen Ministry relationship, contact Pr. Tim.

We did not get sufficient enrollment to hold a Stephen Series training class this January. However, there is a need at OSL for additional Stephen Ministers. Consider being trained to be a compassionate, non-judgmental, intentional listener who can keep strict confidence. And keep your ears open to hear when God calls you to this ministry.

You will be blessed indeed.

Keep in touch!

Make sure the church office has your correct address, email and phone number. Let us know by calling 605-336-2942.

If you would prefer a paper copy of this newsletter pick one up at the kiosks or at the front desk in the library.

Transportation for Seniors

By Dorene Weinstein

Driving is a privilege.

Most people treasure the independence driving themselves provides but what do you do when you need a ride and can't drive due to injury, surgery or no relatives around?

There are several options in the Sioux Empire: **Project Car, Workers on Wheels, Paratransit** and **Sam On Demand**, among others.

Here's a brief breakdown of what each service provides. Call or visit their websites for more information.

Project CAR is a nonprofit ministry that has been in



existence since 1980 and provides OSL members a ride to all activities at the church from 7a.m. to 5 p.m., Monday through Friday.

The service is funded by the church, United Way, the Avera and Sanford Health systems.

"We've got three SUV's and several cars," says Rev. Christopher Montgomery, executive director. The service owns their own vehicles and drivers are volunteers.

Project CAR takes folks to medical, dental, vision care and physical therapy appointments. Book ahead, they fill up fast, Montgomery says.

Rides are free and riders must live within the city limits of Sioux Falls and be able to get in and out of the car by themselves. **Call 605-332-2777** for a ride.

Need a ride to the grocery store or a medical appointment? **Workers on Wheels** provide rides through Active Generations, Monday through Friday from 8 a.m. to 5p.m. Riders must be 60 years old or older, live independently in the Sioux Falls area and be able to get in and out of the vehicle by themselves. The service is funded through federal grants and the rider does not need to be a member of Active Generations to use the service.

Rides are donation based. Recommended fee: \$5 per one-way ride. Please **call 605-333-3317** ahead for a reservation.

Paratransit is for those who live within three-quarters of a mile of a bus route and are unable to use the city bus. To use the service, riders must consent to an interview, have an assessment by an occupational therapist and complete an application. There are degrees of eligibility from full to temporary eligibility due to health conditions. Find the details here:

[Paratransit Rider's Guide](#)

You will be notified of your status within 21 days of applying.

Hours of operation are Monday through Friday from

5:15 a.m. - 7:15 p.m. and Saturdays from 7:45 a.m. to 6:45 p.m. They do not run on Sundays or the six major holidays. Fares are \$2.50 per one-way ride.

[Paratransit | Sioux Area Metro](#) or **Call (605) 460-6256.**

Sam-On-Demand - is a shared public ride service that takes you anywhere in the city of Sioux Falls. Book a trip, meet your driver at the virtual stop, and hop in. Wheelchair accessible vehicles are available. Seniors pay .75 cents per ride. Rides available Monday through Friday from 5:45 a.m. – 9:15p.m. and Saturday from 7:45a.m. to 6:15p.m. **(605) 460-6256.**

support@siouxfallstransit.com

A few more options for folks needing a ride:

- **Sioux Area Metro (605-367-7183)**
- **River Cities Transit (605-945-2360)**
- **Wheelchair Express (605-338-9529)**
- **Wheelchair Transit Plus (605-336-9625)**



Sue Roust might be an expert on Project Car.

The retired county auditor has been a volunteer for the service since 1994.

The work just fits, she says.

Roust first heard of Project Car through the First Congregational Church.

“They had a volunteer fair at our church. Community organizations came and told us what they did. I was

attracted to Project Car.”
It was straightforward: “I was available on Sundays, and it fit my schedule well.” At the time they had a full-sized van and so did her family so “I was used to driving it. I think I was the first woman to drive a full-sized van” for Project Car.

She doesn't volunteer as often now because of her other volunteer activities, such as being a Tax aide with AARP through Active Generations. And she's also on the board of Project Car. But after 31 years, the same things that first drew her to the work still exist and she devotes two to four hours a week to the driving service.

“I remember having a rider at the very beginning who is still riding 30 years later. We drive him to his job.” Without the service he would be stuck.

“It's very clear we're giving them a way to get to work, church, appointments and activities that they wouldn't be able to get to without Project Car.”



Volunteer Opportunities

The **Workers on Wheels** program is looking for volunteers who could dedicate 1-3 hours a week transporting individuals to and from doctor's appointments. For more information contact the WOW Director, Rebecca, at 333-3304 or rbehnke@activegen.org

Did You Know?

A menstrual hygiene product drive is planned for March. The Pad Party and It Takes a Village are partnering to host a hygiene drive as part of International Women's Day.

Last year over 1,700 hygiene kits were donated to the community by It Takes a Village while the past 15 years The Pad Party has provided more than half a million menstrual products and raised thousands of dollars to support the Banquet.

Drop off pads, tampons and incontinence products from 8-2 p.m. at Queen City Bakery **Saturday, March 8.**

Looking for indoor activities to do with the kiddos? Check out the new Urban Adventure Center located at 801 N. Lake Ave.

Day of Play occurs the first Saturday of the month from 10-1 p.m. Cost is \$10 when you bring in the flyer you can print from the website: [Urban Adventure Center | Sioux Council Properties](#)

There is a 40-foot bouldering wall for climbing enthusiasts. STEM activities, a game room for all ages and an indoor 4-square court for active play. Rentals and party packages available.

Utilize Dakota at Home

It's a free information and referral service provided by the Department of Human Services. Individuals with disabilities, aging

South Dakotans, family members and caregivers are encouraged to call to connect to a variety of services and resources such as:

Caregiver services

Community living options to live in your home or with others

Home and community-based services

Support to maintain or regain your independence

Services to remain living in your home longer

Call 1-833-663-9673 or visit the website

dakotaathome@statesd.us

Want a Friend? Be a Friend!

The LSS Better Together Program helps folks 65 and older maintain or reinvigorate community connections. We match older adults, called a "Neighbor," with a trained volunteer. Neighbors and their assigned volunteers meet four hours a month. While together, matches can share a meal, go to a play, visit a park, watch a movie, or grab a coffee and chat, among other activities.

If you would like to meet a new friend, please consider being part of the **LSS Better Together Program**. LSS staff will meet with you and get an idea of your interest and needs before matching you with a volunteer. **Visit LssSD.org or call us at 605-444-7803 to get started.**

March Calendar



**Woman's History Month, National Reading Month,
National Nutrition Month,**

March 1 and 2 Book Sale at OSL Library. March 1 - World

compliment Day

March 2 - Transfiguration of Our Lord. B/P screenings between services. Vacation Bible School registration 9-noon.

March 4 - **Friendship Club** at 11 a.m. **Bells of Our Saviors** 5-5:45p.m. It's also Marching Band Day.

March 5 - Ash Wednesday Services will be one hour starting at noon. The following five Wednesdays (12th, 19th, 26th and April 2nd, 9th,) services will be a half hour at noon and 6:30 with soup served after noon service and prior to evening service.

March 5 - **Foot Care Clinic from 9-4.**

Wood Shop Ministry 6-8 pm in the wood shop.

March 6 - **Good Grief Group** every Thursday at 11 in room 101.

March 9 - **Addiction Resource Fair in the Gathering Place 9-11 a.m.**

March 11th and 25th - **Peace By Piece Quilting Group** meets downstairs in the quilting room

March 12 – 7:15 p.m. Angela Kennecke will share her daughter's story to help break the stigma of addiction and start finding solutions to end the overdose epidemic in the Celebrate Center.

March 12 - Bunco 6-8 p.m. Held the second Wed. of the month.

March 14 - **Bells of Our Saviors** from 5-5:45 in the Bell Room

March 16 - National Panda Day

March 17 - Happy St. Patrick's Day!

March 18 - Global Recycling Day

March 20 - World Frog Day

March 21 - World Planting Day

March 22 - Goof-Off Day

March 24 - Chocolate-Covered Raisins Day

March 25 - Communicating Effectively-an education program presented by the Alzheimer's Association. 5-6 p.m. Dow Rummel Village Gathering Hall.

March 27 – **OSL Book Club** meets in the library at 7 p.m. The book being discussed is *How the South Won the Civil War*.

We need Ushers! Call Debbie Theis at 605-496-2256

Thank You!

Toilet Paper Drive - OSL collected 2,117 rolls of toilet paper for our January toilet paper drive! Thank you!

Warming Hearts - Donations from the Warming Hearts Campaign were taken to Susan B. Anthony Elementary on Monday, Feb. 3. We collected:

-108 Mittens

-63 Hats

-5 scarves

-1 pair of fuzzy socks.

We also provided a meal on February 3 for the teachers who had meetings all day. The meal is funded through our noisy offering.

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Volunteer Opportunities

Fun Things to Do

- **Be a Citizen Scientist! Are you a Fisherman?**

The South Dakota Game, Fish and Parks announces a groundbreaking, online, walleye fishing challenge.

The Midwest Walleye Challenge, hosted by

Anglersatlas.com and the MyCatch app, will include South Dakota, Nebraska, Iowa, Indiana, Illinois, and Michigan, and runs from April 1 - June 29.

This online challenge is part of a multi-state research project aimed to assess the walleye fishery across the Midwest.

As a Citizen Science event, it's very important for anglers to report all of their catches. That ensures the data collected is representative of the angler's actual fishing effort and qualifies the fisherman for more prizes.

Many waters cannot be surveyed each year, but anglers can provide walleye lengths to show biologists what is present in more waterbodies than can be reached. They can compare fish lengths, walleye recruitment and where anglers are fishing. Data collected helps in fish management and access improvements, it also is compared to surrounding states.

The Midwest Walleye Challenge is \$25 to enter, but upon entering their first fishing outing, participants will receive a \$20 gift certificate to Discount Tackle.

- **Lucky 7's Road Race** - March 15 - three races: 5 mile, 5K and 1 mile. First race starts at 9 a.m. go to <https://www.run605.com/> for more information.
- **Looking for indoor activities to do with the kiddos? Check out the new Urban Adventure Center located at 801 N. Lake Ave.**

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