



June 2025 1 Volume 30, Issue 6

MONTHLY Newsletter

A PUBLICATION OF OUR SAVIOR LUTHERAN CHURCH

FROM OUR PASTOR... The Day of Pentecost

On June 8, we will celebrate the Day of Pentecost. Pentecost is one of the most significant days in the Christian year, often referred to as the "birthday of the Church." It marks the moment, fifty days after Easter, when the Holy Spirit descended upon the disciples with power, wind, and fire (Acts 2). In that moment, something new was born—not only in the disciples' hearts but also in the world. The Spirit sent them out to share the good news of Jesus with people from every nation, and the Church began its mission of love, witness, and service.

Before Pentecost, the disciples gathered in uncertainty. Jesus had ascended into heaven, and they weren't sure what would come next. But just as Jesus had promised, the Holy Spirit arrived. A rushing wind filled the room. Tongues of flame rested on each disciple. They began to speak in different languages so that people from all over the world could understand the message of Jesus' life, death, and resurrection. It was chaotic, bold, and beautiful—and 3,000 people were baptized that day.

For the Christian Church, Pentecost serves as a reminder that the Holy Spirit is still alive and active. The Spirit isn't merely a historical occurrence. Rather, it is God's presence with us today, inspiring us to faith, inviting us into community, equipping us to serve, and sending us out into the world.

As Lutherans, we understand Pentecost as a sign of God's grace in action. We believe the Holy Spirit comes to us not because we deserve it, but because God delights in giving it. In baptism, we are sealed with the Holy Spirit and marked with the cross of Christ forever. That's not just a nice phrase—it's a promise. The same Spirit who ignited the fire at Pentecost lives in us now, calling us to live boldly, love generously, and proclaim the good news of Jesus with our words and our lives.

Pentecost also reminds us that the Church is not limited by language, nation, or culture. On that day, people from all around the world heard the gospel in their own language. This was no accident. It served as a powerful statement that the good news of

Jesus is for everyone. As Lutherans, we value the diversity of the Church and are called to welcome all people. The Spirit invites us to break down barriers, listen to one another, and celebrate the ways God speaks through many voices.

In a world that often feels divided and uncertain, Pentecost gives us hope. The Spirit meets us in our fear, breathes new life into our communities, and sends us out with purpose. We don't need to have it all figured out. We just need to be open—to listen, to pray, and to follow where the Spirit leads.

So light a candle, wear red, and remember: the wind still blows, the fire still burns, and the Spirit is still moving. Pentecost isn't just a story from the past; it's a promise for today.

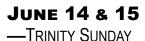
Blessings, Pastor Chad



COMING UP IN JUNE...



We celebrate Pentecost June 7 & 8 as a rebirth for God's people. We ask that all worshippers wear something red to proclaim the presence of the Holy Spirit. It is wonderful to see a sea of red in worship, as we acknowledge the Holy Spirit who inspires our worship and our faith, and gives us the power, week by week, to proclaim the good news about the kingdom of God. Pentecost is the birthday of the Christian Church, the Church that is not a building, but a people.





Through Jesus we have peace with God, whose love pours into our hearts through the Holy Spirit, giving us lasting hope. We celebrate the gracious One-in-Three, eternal Three-in-One: *Father, Son and Holy Spirit.*

—FATHER'S DAY Donuts with Dad

Celebrate Dad! Join us for **Donuts with Dad!** on **Sunday**, **June 15**, **during the Fellowship Hour from 9–9:45am**. Come for a treat and fellowship time as we **celebrate Father's Day! All are welcome!**

JUNE 22

- --- Install New Council Members
- —New Member Orientation

A new member orientation will be held on Sunday, June 22, following worship for anyone interested in joining the church.

JUNE 29

- —BLESSING OF NEW PARAMENTS
- —RECIEVE NEW MEMBERS

You're Invited...

60[™] ANNIVERSARY OPEN HOUSE

The congregation is invited to attend an open house in honor of Pr. Bill & Valerie Koeber's 60th Wedding Anniversary on **Sunday, June 8, from 2-4pm**; with a special presentation at 3pm. The couple requests no gifts, please.

NEIGHBORS IN NATURE: FAITH, FLOWERS & FLYING FRIENDS

The congregation and community are invited to attend a presentation/workshop on Pollinator Plantings on Tuesday, June 10, 1pm, at Our Savior Lutheran Church.

Join us for an inspiring and hands-on community event celebrating pollinators and the plants they love! Pastor Chad opens the event with "Pollinators as Our Neighbors," a thoughtful reflection on how God calls us to love all our neighbors—big and small—and how honey, a gift from bees, has sustained people even in the Bible. Horticulture extension educator ian peterson will share practical wisdom on the benefits of native plants and habitats, including how to identify the best species to support pollinators in your own backyard. Nikki Luhr, crops and water extension educator, dives into how bees impact our food supply, from pollinating essential crops to the sweet rewards of honey. Then, walk with ian through a guided tour of current and future pollinator beds, as he explains how to design your own pollinatorfriendly space. You'll also learn how to prepare a planting bed and proper planting techniques to give your pollinators the best start. We'll finish strong with a community work session—planting the bed together, making a tangible difference for local biodiversity. Whether you're new to pollinators or a seasoned gardener, there's something here for everyone!



Charity Circle will host an All-Church Picnic on Wednesday, June 25, 6pm, at Bressler Park (we'll gather in the church social room if it's too hot to be outside). Broasted chicken, potatoes and water will be provided; please bring either a vegetable, salad or dessert to share and your own table service.

Please sign up at the information desk in order to get count for food. All are welcome!



May 31 & June 1 Sue Olson, pianist

June 7 & 8

Connie Webber, organist

Connie Webber, organist

Connie Webber, organist

Shelly Armstrong, pianist

Connie Webber, organist



THANK YOU'S...

Colleen & Brittney Janke—Thank you for sponsoring the 47th Annual KTCH & KCTY Easter Egg Hunt. Our family looks forward to this every year, and were thrilled we found the "egg" this year! Your prize of a \$50 gift card to H.I.S. Baking Co. is very much appreciated!

Connie Webber—I am so grateful to Pastor Chad and my church family for all your prayers and texts of concern, cards and visits, food from friends and Caring Cooks, and the happy floral bouquet from Joyful Noise ringers. I am recovering well from my surgery and look forward to being back on the organ bench soon.

Brayden Woehler—I am writing to express my heartfelt thanks for awarding me the scholarship through Our Savior Lutheran Church. I am truly grateful for your generosity and for investing in my future through this scholarship.

Being part of this church community has been a blessing, and your support is a powerful reminder of the love and encouragement that surrounds me.

Thank you again for your support, prayers, and faith in me.

A NOTE OF APPRECIATION was received from the Evangelical Lutheran Church in Tanzania, Northern Diocese, Kotela Lutheran Church.

"We are grateful to God for the partnership between Northern Diocese and Nebraska Synod. We thank God for the partnership between Kotela Lutheran Parish and Our Savior Lutheran Church in Nebraska. We thank God for the 25 years of partnership between us. We have experienced lots of blessing since 1999."

A copy of the full letter can be found the kiosk.



REMEMBRANCES

The Our Savior Foundation Board would like to thank all who contributed to the Foundation with a Memorial Day Remembrance. The generous gifts received will continue to grow and provide financial assistance to support many worthy needs in the future.

- In Loving Memory of -

- Our parents by Darrell & Cynthia Miller
- My husband, Darrel Rahn by Phyllis Rahn
- Our parents, Kenneth & Lucille Olson and Clinton & Mildred Von Seggern by Dave & Sue Olson
 - Kermit Benshoof and Keriane Benshoof by JoAnne Benshoof
 - Charles Koeber by Bill & Valerie Koeber

"COMPANIONS IN CHRIST"

A GROUP STUDY ON SPIRITUAL FORMATION TO BEGIN IN SEPTEMBER

Do you long to be a part of a loving, caring group within our church? Are you wondering what is out there for you to get involved in? Are you looking for something new to learn? Are you willing to dig deep into the study of spirituality?

If you can answer "yes" to any or all of these questions, then Companions in Christ might be just the thing for you.

- * By participating in this group study of Companions in Christ, you will explore the depths of scripture, learn to listen to God through it, and allow your life to be shaped by the Word.
- * You will experience new dimensions of prayer, try fresh ways of opening to God, and learn what it means to practice the presence of God.
- * You will reflect on Christ's call in your life and discover anew the gifts that God is giving you for living out your personal ministry.
- * You and your group will grow together as a Christian community and gain skills in how small groups in the church become settings for spiritual guidance.

Look for more information in coming months as we prepare to offer this valuable course of study. Mary Mohl will be facilitating the group study and we will choose a day and time that is convenient for those eager to participate.



CIRCLE & MINISTRY GROUP MEETINGS

EXECUTIVE BOARD MEETING

• Tuesday, June 3, 10am

JOY CIRCLE

 Wednesday, June 11, 2pm Program: Tie Quilts Leader: Marilyn Carhart Hostess: Dorothy Wert

CHARITY CIRCLE

 All-Church Picnic—June 25, 6pm @ Bressler Park Leader: Lynette Lentz, Dorothy Wert

VISITATION MINISTRY GROUP

• Wednesday, June 18, 1pm

QUILT MINISTRY GROUP

Monday, June 23, 9am



GREETINGS!

here has the time gone? It seems like I just wrote an article and here it is time to do it again. Anyway, I hope your spring is going well for you.

We have a <u>Sign-up Sheet</u> on the Information Desk in the Narthex for the Charity Circle June 25th Church Family Picnic. This is so we have a count of how much chicken to buy. Chicken, potatoes and lemonade will be provided. We ask that you bring a salad or dessert along with your own table service. We will meet at Bressler Park at 6pm. If the weather is bad, we will move it to the church social room. Hope to find your name on the list. It is always a fun evening of fellowship!

I also want to tell you a little more about the 2025 Saved to Serve Opportunity Retreat at Mosaic in Beatrice, on August 8th, 6pm to August 10, 1pm. Come learn about Mosaic's new and existing programs, spend time with Mosaic's clients and hear from individuals sharing their stories. The weekend will also include devotions, Bingo, bell ringing, sing-a-longs with Karaoke, jokes, a picnic, jewelry making, a tour of the campus, worship will be held in the Mosaic Chapel, the closing group hug, and of course, food. Spending time with your sisters-in-Christ, making new friends, and renewing

continued friendships as we have a fun weekend. Registration forms are due Friday, August 1, 2025, along with a fee of \$39.00. If you are planning to go, please let me know so we can collect items for the Tangible Offering.

Joy Circle will be tying a quilt at their June 11th meeting. Come join in the fun and conversation at 2pm.

We enjoyed a rainy day in Atkinson for the Spring Gathering. Lois Poessnecker, St. John's WELCA President and Judy Stahlecker, Conference Coordinator, welcomed the 24 ladies and two pastors in attendance. The Theme for the day was "LOVED BEYOND MEASURE" and it was definitely felt throughout our day. It was a feeling of closeness, friendliness and love. We heard from our NSWO President, Elysia McGill and NSWO Treasurer, Julie Reiser, on what is happening in their positions. Our morning Bible Study was lead by Gretchen Ahrens, Director for Youth & Justice Ministries with the Nebraska Synod. It was all about 'Christ's love being too wonderful to be measured," based on Ephesians 3:15-21 and on Paul's writing from prison (Acts 19:23-41). We did group discussion after reading Boundless Love Stories from Genesis 9:1-13; Luke 15:11-23; Exodus 5:22-6:7; and Luke 19:1-10. We were served lasagna, lettuce salad and peach cobbler for lunch. After lunch, we were entertained by local pianist, Mitchell Lasetsch. Linda Olson, Executive Director of Bright Horizons then gave a thank you for our Tangible Offerings and explained their programs. Thrivent Representative, Aaron Losing, gave a short talk on Thrivent. A report of the offerings was \$587.00. The day closed with worship and communion with Gretchen Ahrens and Pastor Glen Stahlecker of St. Johns. We were given water and a snack for our drive home at 2:30pm.

Friendship and love, may it bloom and grow,

Blessings, Dorothy Wert, WELCA President



Altar Guild workers for June: Cheryl Henschke, Mary Stalling, Peggy Hank, Julie/Jim Hansen, Virginia Backstrom, Debbie Bargholz, Melia Hefti, Marsha Roth, Rhonda Blecke, Madge Bruflat, Janet Sievers, Julie Grone, Mary Hansen.

Bread Bakers for June: Dorothy Wert, Mary Woehler, Kelly Grone

Please check the worship assistant schedule for the date.



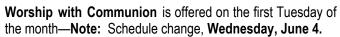
PASTORAL ACTS

- A private family memorial service for *Mark Wiltse* was held on Friday, May 16, 2025. Mark passed away Monday, December 30, 2024.
- Quincy Dale Taylor, son of Garrett & Cara (Lubberstedt) Taylor, was baptized on Sunday, May 18, 2025. His sponsors are Jaci Brunssen and Dylan Taylor.
- A memorial service was held Friday, May 23, for *Richard Korn.* Dick died Monday, May 19, 2025.

WITH SYMPATHY

- Our sympathy is extended to the family of *Curt Frye*.
 Curt passed away Tuesday, May 13, 2025. A memorial service will be held Friday, June 27, at 4pm.
- Our sympathy is extended to the family of *Jacki Zeiss*. Jacki passed away Saturday, May 3, 2025. A memorial service will be held at Our Savior on Friday, July 11, at 11am.

WORSHIP SERVICES at Wayne Countryview & Kinship



- Wayne Countryview at 2pm
- Kinship at 3:30pm.

WACAM Worship Services

• June 16-20—Radio Devotions

IN OUR PRAYERS

We remember in prayer those who were hospitalized in the last month: Dawn Bargholz, Connie Webber, Carol Griesch

"YOU VISITED ME..."

The Visitation Ministry Group meets to sign and send cards to church members and to share a visit with friends. Please come and be a part of our Visitation Ministry Group. The group will meet on **Wednesday**, **June 18**, **at 1pm**.

OWL'S BIBLE STUDY



The OWL's Bible Study is currently doing a study on the book of Isaiah. The study guide we follow consists of 6 chapter sessions taking us through the month of July. We meet on the 1st and 3rd Wednesdays of each month at 10am and plan on meeting during the summer.

Consider joining our group and learn along with the rest of us! We encourage adults of any age to participate. If you're wondering if this Bible study is right for you, just come and see. We'd love to have you join us.

Join them this month on Wednesdays, June 4 & 18, 10am, in the multi-purpose room.

KINSHIP BIBLE STUDY

Bible Study at Kinship meets on the 2nd and 4th Thursdays, at 3:30pm. This study led by Sharon Garvin uses Lectionary Bible readings and a resource from the ELCA entitled, *Daily Discipleship*. Join them on Thursdays, June 12 & 26. Everyone is welcome.

SLEEPING MAT MINISTRY

Sleeping mats are made from plastic shopping bags. This is a great way to recycle all those plastic grocery bags! (A basket is available in the narthex to collect CLEAN bags.) There are several steps to preparing the bags before the mats can be crocheted...so there are opportunities for all to participate! Join us on Thursday, June 5, and Monday, June 16, from 9–11am.

Consider being a part of this wonderful ministry; both the VA in Omaha and Orphan Grain Train look forward to receiving the mats!

QUILT MINISTRY GROUP

Our Savior's Quilt Ministry Group welcomes anyone who would like to help "tie" quilts. You don't need to know how to sew or quilt; simply "tie" a knot!

Consider joining the Quilt Ministry Group as they tie quilts to be given to Lutheran World Relief and other organizations that need them. The group will meet on Monday, June 23, at 9am.

Everyone is welcome!

Note: The quilters are in need of flat sheets (any size) to use for quilt backs; they can be dropped off at the church office.



- 1 Blayne Dunklau, Don Koenig
- 2 Robbie Gamble
- 3 Gage Barrone, Mike Grosz, Liz Hagmann, Ryan Stalling, Dalton Victor
- 4 Cristy Jorgensen, Pam Nissen
- 5 Darin Bargholz, Ryan Eskens
- 6 Don Larsen, Dean Young
- 7 Nicolle McLagan
- 8 Chase Nelson, Maya Spahr
- 9 Sami Scheffler
- 10 Rick Gathje
- 11 Megan Magnuson, Jennifer Staverman
- 12 Sawyer Brudigam, Chad Henderson, Ronnie Karel
- 13 Josh Swanson
- 14 Vickie Damme, Carrie Wendte
- 15 Jack Wieland
- 16 Joslynn Victor, Kara Woehler
- 17 Tim Hansen, Trisha Peters
- 19 Robert Carhart, Christina Roberts
- 20 Ashlyn Milligan
- 22 Denise Broders, Johen Piper
- 23 John Magnuson, Roger Willers
- 24 Rebecca Onderstal
- 25 Talesha Hopkins, Grant Miller
- 26 Sophie Hansen, Evan Lubberstedt, Micky Rutenbeck
- 27 Ryan Grosz, Katriona Koenig
- 28 Stefanie McLagan, Doug Mohl, Donna Tietsort
- 29 Mitch Baier, Larry Lueders
- 30 Brianna Nissen

RHUBARB FOR Pies-4-You



If you (or your neighbor!) have rhubarb ready and would like to donate it to the annual Pies-4-You fundraiser, *please chop it up into small pieces* (ready for a pie) and put into freezer bags. It can be put in the church freezers (storage area at back of social room, north freezer). If you have questions, please contact the church office.



- 2 Dan & Sharon Gustafson (59), Rod & Melia Hefti (51), Kelvin & Cynthia Puntney (47)
- 5 Bill & Valerie Koeber (60)
- 6 Don & Sue Larsen (60), Zach & Katie Wacker (10)
- 7 Rick & Sandra Gathie (45)
- 8 Aaron & Sami Scheffler (6)
- 10 Matt & Kara Woehler (19)
- 11 Terry & Ronnie Karel (58)
- 12 Louis & Mavis Lutt (59)
- 14 Ron & Pat Carnes (61)
- 16 Dennis & Carroll Baier (57), Rod & Jennifer Greve (24)
- 18 Eric & Kelly Grone (37), Tim & Mary Hansen (48)
- 19 Chad & Marcia Spahr (27)
- 21 Ron & Karma Magnuson (50)
- 22 Tim & Sharon Garvin (41)
- 23 Kevin & Kandy Frerichs (52)
- 26 Corby & Amy Schweers (32)
- 28 Grant & Audra Miller (11)
- 29 Mike & Peggy Grosz (34), Brad & Joyce Hoskins (34)

If we have missed your birthday or anniversary, please accept our apology and let the church office know.

DOLLAR DOOR OFFERING —WSC CAMPUS MINISTRY

Each month our Dollar Door Offering (offering plate in center of the Narthex) goes to support the efforts of a different ministry. The **June Dollar Door Offering** will go to WSC Campus Ministry.

Together our dollars can help them reach college youth!



You can give electronically to OSLC—just download the Vanco Mobile app OR go to our website at https://oslcwayne.org/give/

GENERAL FUND FINANCIAL REPORT

	AS OI	
	May 15, 2025	Year-to-Date
Beginning balance	\$51,799.33	\$50,000.00
Add: Income	26,362.83	157,840.64
Less: Expenses	-33,907.97	-163,586.45
Ending balance, 5/15/2025	\$44,254.19	\$44,254.19

If you have any questions about this report or other church finance matters, please contact Tom Hansen (402-518-0640) or Kim Dunklau(402-369-1696).

COUNCIL CORNER

-Monday, May 12, 2025 Meeting

- Chad Henderson was welcomed onto council to fill the vacancy left by Marion Arneson.
- Vacation Bible School will be held July 28-31.
- Fathers will be celebrated on Sunday, June 15, with Donuts for Dad during the Fellowship Hour.
- May baskets were delivered to members at Countryview, Kinship, and senior members in their homes who are unable to worship in person with us.

The next meeting of the Church Council will be **Monday**, **June 9**, **2025**.

You're Invited... TO COFFEE with Council



Coffee with Council is an opportunity to meet with members of the church council for coffee, refreshments and discussion. Join them prior to worship, 9am, **Sunday morning**, **June 8**, in the church narthex.

MASTER CALENDAR

CALENDAR ITEMS

Reminder...please contact the church office regarding any meetings or gatherings scheduled; especially those held after office hours, so that they can be added to the master calendar. If no evening activities are listed, the church building is locked at approx. 5pm.

PUBLICATION DEADLINES

For the Weekend Bulletin: by 11am each Thursday.
For the Monthly Newsletter: 20th of the month.

RESOURCES

- Wayne County Family Coalition (402-375-2200)
- Wayne Food Pantry & Backpack Program (402-375-2669 – fpcwayne.org/food-pantry) In order to use the Wayne Food Pantry, please call or email in advance if you need assistance. All inquiries are confidential.
- Wayne Food Truck Saturday, June 28, at Journey Christian Church



This newsletter is published monthly as an update on the life and activities of

Our Savior Lutheran Church

421 N Pearl Street (located at the corner of 5th & Main Street) Wayne, Nebraska 68787 402/375-2899

A congregation of the Evangelical Lutheran Church in America

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Website:

www.oslcwayne.org

Weekly Worship Opportunities:

Saturday Evening: 5:30pm Sunday Morning: 10am

(streamed live and posted to our Facebook page: Our Savior <u>Lutheran Church</u>, <u>Wayne NE (ELCA)</u> and broadcast live on AM 1590 and FM 98.9)

> **Sunday School:** (N–5th) Sundays—10am; Fall/Winter/Spring

Confirmation: (6th–8th) Wednesdays—6pm; Fall/Winter/Spring

- Staff -

Rev. Chad Rademacher
Pastor

Connie Webber
Director of Music

Bridget Vaith

Coordinator of Youth & Family Ministry

Virginia Kniesche

Coordinator of Children's Ministry

Kris Robinson

Administrative Assistant

- Church Council -

Kelly Grone
Larry Lueders
Kim Dunklau
Mary Mohl
Ron Carnes
Tim Hansen
Amber Labenz
President
Vice President
Secretary
President
Vice President
Vice President
Vice President
Vice President
Vice President
Vice President
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Our Savior Lutheran Church

5th & Main Street l Wayne, Nebraska 68787 402/375-2899

God of Tempest, God of Whirlwind



JUNE 2025



Non-Profit Organization U.S. Postage PAID Wayne NE Permit # 7

Giving Thanks For:					

June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Nebraska Synod Assembly in Kearney 9:00am Fellowship Hour 10:00am Worship	2 5:15pm Executive Committee 5:30pm Property Team Meeting	3 10:00am Cluster Text Study 10:00am WELCA Executive Board	4 10:00am CWIL's Bible Study 2:00pm Communion @ Wayne Countryview 3:30pm Communion @ Kinship Pointe	5 9:00am Sleeping Mat Ministry 6:00pm Women Who Love to Talk-and Eat	6 6:00pm Wedding Rehearsal	7 3:00pm King/Finn Wedding 5:30pm Worship
9:00am Coffee with Council 10:00am Worship 2:00pm Koeber 60th Anniversary Open House	9 10:30am Staff Meeting 6:00pm Christian Ed Mig 7:00pm Church Council	10 10:00am Cluster Text Study 1:00pm Neighbors in Nature	11 10:30am WACAM 2:00pm Joy Circle	12 3:30pm Bible Study @ Kinship	13	14 Flag Day 5:30pm Worship
15 HOPPY Day Trinity Sunday 9:00em Donuts with Dad 10:00am Worahip	16 9:00am Sleeping Mat Ministry 10:30am Staff Meeting 5:00pm Worship & Music Ministry Team	17 10:00am Cluster Text Study	10:00am OWL's Bible Study 1:00pm Visitation Ministry Group	19	DEADLine	21 5:30pm Worahip
22 9:00am Fellowship Hour 10:00am Worship 11:15am New Member Orientation	9:00am Quilt Ministry Group 10:30am Staff Meeting	24 10:00am Cluster Text Study	25 6:00pm All-Church Picnic @ Bressler Park	26 3:30pm Bible Study @ Kinship	27 4:00pm Frye Memorial Service	9:30em Wayne Food Truck @ Journey Christian Church 5:30pm Worship
29 9:00am Fellowship Hour 10:00am Worship	30 10:30am Staff Meeting					





Amelia Legler
Daughter of Christian & Kelly
plans to attend
University of North Florida, Jacksonville FL





Norah Armstrong Daughter of Matthew & Shelly plans to attend Belmont University, Nashville TN



Alec Schaffer Son of Jeff (deceased) & Peg





Alexis Frye Daughter of Erick & Katie



Brayden Woehler Son of Matt & Kara plans to attend Northeast Community College

2025 HIGH SCHOOL GRADUATES & SCHOLARSHIP RECIPIENTS

Our Savior's High School graduates were recognized on Sunday, May 4, during worship. Following the service, the graduates were also honored with a reception hosted by the Fellowship Ministry Team.

The recipients of the annual **Youth Servant Leadership Scholarship** were *Norah Armstrong, Amelia Legler and Brayden Woehler.* This scholarship is awarded annually to graduating seniors who have applied for the scholarship and in their application have made reference to their contributions to their church and community. A committee reviews the applications; the scholarship is funded by donations.

The **Gordon M. & Helga V. Nedergaard Scholarship** assists qualified members of Our Savior Lutheran Church with first-year expenses for college or vocational schools. This year's recipients are: *Norah Armstrong, Amelia Legler and Brayden Woehler.*



Carlyle Young Son of Todd and Jamie



Centering Prayer

It is good to continually remind ourselves that prayer is more than talking with God. It is meant to be a dialog with God; placing ourselves in God's presence, both speaking and listening to God. Centering Prayer is a form of prayer that centers entirely on silence as a way to open oneself fully to the presence of God. The more you practice Centering Prayer, the more comfortable with silence you will become, and the easier it will be to quiet your inner-self and come fully awake to the presence of God.

Becoming familiar with Centering Prayer and practicing it regularly has definite benefits. Centering Prayer adds depth or meaning to prayer as it opens your mind, heart, and soul to God. It will foster and deepen your relationship with God. You will find yourself in a state of relaxation as you release stress or tension from your body and are then able to rest in God.

To practice Centering Prayer:

- 1. Find a quiet place where you won't be interrupted and sit comfortably.
- 2. Choose a sacred word with which you are comfortable to remind you to be present to God. Examples of a sacred word might be God, Jesus, Spirit, Father, Love, or Peace.
- 3. Close your eyes and begin to repeat your sacred word.
 - When you are ready, you can let go of the sacred word and simply rest in God.
 - Should you notice other thoughts entering your mind, return to your sacred word to bring you back towards God's presence.
- 4. Continue to rest in silence.
- 5. At the end of the prayer time, remain in silence with your eyes closed for a couple of minutes. You are welcome to dedicate this time of prayer to a person or a concern, end with the Lord's Prayer, or say a prayer of gratitude to God for this sacred time.

As long as your intention is to be with God you can't do the prayer wrong. Let go of expectations for the time of prayer. It is recommended to sit for 20 minutes but if all you can manage is 5 minutes, sit for 5 minutes. The first few times, 3 minutes might be all you can do. It's okay; just sit for as long as you are able. Don't worry about whether this prayer time is "good" or "bad". Be grateful for this special time alone with God.

Soaking Prayer

Soaking Prayer is another way to simply rest in God's love. It is not a time for intercessory prayers, but rather it is a time of prayerful rest and relaxation allowing us to experience God's presence in and around us. This type of prayer helps us love the Lord with all of our heart, mind, body, and soul.

To practice Soaking Prayer:

- 1. Find a quiet place where you won't be interrupted and sit or lay comfortably.
- 2. Play peaceful worship music to help guiet your mind and bring your heart closer to God.
- 3. Be aware of the warmth of God's love surrounding you.
- 4. Imagine yourself in a pool of water or lying on the beach with waves washing over you.
- 5. Visualize a tree gently swaying in the breeze.
- 6. Allow yourself to slowly rock from side to side, as if you were being cradled.
- 7. Lie still and let God's light seep gently into every part of your body, as water soaks into a sponge.

Soaking Prayer can last as long as you need, from fifteen minutes to an hour or more. Enjoy the quiet stillness as God's presence fills your entire being.



The Welcoming Prayer

By Mary Mrozowski

Welcome, welcome, welcome.

I welcome everything that comes to me today, because I know it's for my healing.

I welcome all thoughts, feelings, emotions, persons, situations, and conditions.

I let go of my desire for power and control.

I let go of my desire for affection, esteem, approval, and pleasure.

I let go of my desire for survival and security.

I let go of my desire to change any situation, condition, person or myself.

I open to the love and presence of God and God's action within. Amen.

The welcoming Prayer invites us to be in touch with the feelings in our bodies as our starting point. First, focus and feel what you are experiencing in your body at the moment. It may be a physical pain or an emotion. Don't try to analyze it, simply feel it. It may be difficult at first because we are so used to keeping our feelings under control and not expressing them. Second, welcome and embrace what is happening within you. You may say, "Welcome, pain," or "Welcome, anger," or whatever the feeling is. It is important to distinguish that you are welcoming the physical or emotional feeling in the moment; you are not welcoming an external situation. For example, you wouldn't say, "Welcome appendicitis,", but rather you would welcome the pain you are feeling because of the appendicitis, so you might say, "Welcome, pain." By focusing on the feeling and embracing it, you actually release its hold on you, removing its power to hurt you. (Adapted from an article *in Living Contemplatively* by Nancy Sylvester.)

The Welcoming Prayer is a powerful practice, helping us get in touch with strong feelings within us. When we welcome "what is" in our life, it means we accept what comes our way and invite God into it. In His presence we bring to Him our needs, our desires, our thoughts, our emotions, and our circumstances. Instead of fighting these things, we welcome them and God with them so that we can consent to His presence in all areas of our lives. We offer to let go of our desires because when we cling to them we are attempting to control. When we are able to "let go" we actually become free and experience God's presence which does heal, provide our needs, and transform us.

Let Your God Love You

By Edwina Gately

Be silent. Be still. Alone. Empty. Stand before your God.

Say nothing. Ask nothing. Be silent. Be still. Let you God look upon you.

That is all. God knows and understands. God loves you with an enormous love.

God wants only to look upon you with love. Be guiet. Be still. Be.

Let your God love you.