

Our Savior's Lutheran Church
138 3rd Street Northwest
Valley City, ND 58072

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March 2019

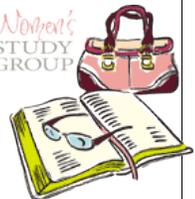
Our Savior's Lutheran Church
138 3rd Street Northwest, Valley City, ND 58072
(701) 845-1328
Email oslcvalleycity@msn.com
Website: www.oursaviorsvc.org

Our Savior's Lutheran Church (ELCA)

| | |
|-----------------------------------|-------------------------------|
| Pastors | Emmy Swedlund & Kyle Symanski |
| Youth Ministry | Kyla Fetsch |
| Office Coordinator | Brenda Skramstad |
| Custodian | Sandi Ley |
| Contemporary Worship Coordinators | Al & Sherri Adams |
| Council President | Rich Schueneman |
| Treasurer | Janet Brown |
| Ministers | All members of Our Savior's |

Our Savior's Lutheran

March 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|--|-----|---|
|  TRANSFIGURATION | | |  <i>Ash Wednesday</i> | | 1 | 2 7:30am Men's Bible Fellowship |
| 3 Transfiguration Sunday Food Pantry Collection 8:30am Worship 9:30am Coffee & Fellowship 9:45am Sunday School, Choir 11:00am Worship | 4 9:30am Prayer 12:10pm Sr. High Lunch | 5 9:00am Ministerial 9-1:00pm Good Samaritans- Quilting | 6 Ash Wednesday 9:30am Bible Study 3:15pm Kids for Christ 5:30pm Lent Supper 6:30pm Worship 6:30pm Confirmation | 7 | 8 | 9 7:30am Men's Bible Fellowship |
| 10 1 Lent 8:30am Worship 9:30am Coffee & Fellowship 9:45am Sunday School, Choir 11:00am Contemporary Worship-Prek-1st grade sing 2:00pm Fat & Faithful Book Group | 11 9:30am Prayer 12:10pm Sr. High Lunch | 12 9:00am Text Study 9-1:00pm Good Samaritans- Quilting | 13 9:30am Bible Study 3:15pm Kids for Christ 5:30pm Lent Supper 6:30pm Worship 6:30pm Confirmation 7:00pm Committees 8:00pm Council | 14 10:00 Bridgeview Bible Study 2:00pm Hannah Circle | 15 | 16 7:30am Men's Bible Fellowship |
| 17 2 Lent/Abused Person Outreach Center Collection 8:30am Worship 9:30am Coffee & Fellowship 9:45am Sunday School 11:00am Contemporary Worship | 18 9:30am Prayer 12:10pm Sr. High Lunch | 19 9:00am Text Study 9-1:00pm Good Samaritans- Quilting | 20 9:30am Bible Study No Kids for Christ 5:30pm Lent Supper 6:30pm Worship 6:30pm Confirmation 7:30pm Sarah Circle- Fireside Room-Mary Creviston |  Women's STUDY GROUP | 22 | 23 7:30am Men's Bible Fellowship |
| 24 3 Lent 8:30am Worship 9:30am Coffee & Fellowship 9:45am Sunday School 10:00am Choir 11:00am Worship | 25 9:30am Prayer 12:10pm Sr. High Lunch | 26 9:00am Text Study 9-1:00pm Good Samaritans- Quilting 2:00pm Bible Book Club | 27 9:30am Bible Study No Kids for Christ 5:30pm Lent Supper 6:30pm Worship 6:30pm Confirmation | 28 9:30am Jamestown Conference | 29 | 30 7:30am Men's Bible Fellowship |
| 31 4 Lent 8:30am Worship 9:30am Coffee & Fellowship 9:45am Sunday School, Choir 11:00am Worship | | |  LENT | | | |



Our Savior's Lutheran Updates

From the February Council Meeting

New Members: McKenzie Nordland and Sara Stanley

Deaths: Sara Whitson (non-member)

The Council is putting together a Planning Team.

The Planning Team will review the results of the Ministry and Building Reviews that were completed this Fall. They will make recommendations for updates to our church building that can enhance our current and future ministries.

A task force will explore the possibility of Our Savior's Lutheran Church being the host site for the Community Closet. The Community Closet is a volunteer run project that provides access to free clothes and household goods to people in our community. The current site has limitations. A more handicap accessible space would enhance this ministry. The task force will make a recommendation to the Council at the March meeting. Please share questions with Pastor Emmy or Pastor Kyle.

Radio Broadcast

Radio broadcast of the 8:30 worship is on Sunday morning at 11:00 a.m. on KOVC 1490 AM. To sponsor a broadcast and/or reserve a sponsorship date for 2018, please contact the church office. The cost to sponsor a broadcast is \$100 and you may provide this gift in memory of or in honor of someone, an anniversary or another significant event. Your gift to this important ministry is appreciated.

Let Me Know...

Changes in Address or phone? Please let us know in the Church Office.

Do you want your newsletter sent to you by email? Just give Brenda a call 845-1328 or email oslvalleycity@msn.com

Thank you



5:30 p.m. Soup Meal (free will donation)

6:30 p.m. Worship

Ash Wednesday

March 6

"Remember that you are dust, and to dust you shall return." Be humbled by God's gracious love for you, given in Jesus Christ.

"You've Got a Friend in Me"

March 13, 20, 27 and April 3, 10

Hear stories about how Jesus is our friend and how we are to be a friend to others.



Monday Prayer Group meets at 9:30 a.m. each Monday.

Come to pray for the church, the world, and all in need.

Stay for coffee and conversation.

March 10th



*What a friend we have in Jesus
All our sins and griefs to bear
What a privilege to carry
Everything to God in prayer*



One of the deep privileges of being a pastor is to hear stories of faith. I remember the conversation I shared with a someone. He had grown up going to church. He worshiped regularly. He learned the stories of Jesus. He knew that Jesus loved him. One day, his faith came alive in a different way. He started to sit down in the morning to pray – to talk to Jesus like a friend. He brought his griefs to Jesus to bear. Jesus came alive in a new way in his life. He found peace and assurance even amidst hardship.

As your pastor, my prayer is that every person connected with our faith community has a growing relationship with Jesus Christ. God is not a good who is far off. In Jesus, God has come to say, “I am here with you and for you.” In John 15:15, Jesus says, “I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father.”

In ancient philosophy, one of the characteristics of friendship is “frankness of speech.” Friends are to be open and honest with one another. Being a friend isn’t about trying to impress another. It’s about being real with one another. As the Apostle Paul says, “rejoices with those who rejoice, weep with those who weep.” (Romans 12:15) What a privilege it is to carry joys, sorrows and everything to God in prayer. What a privilege it is to be known and loved by the Creator of it all.

Lent (the weeks leading up to Easter) is a time to grow in your relationship with Jesus. If you don’t already do so, set aside some time for daily prayer. Pick up a “Christ in Our Home” devotion book from church, read a Psalm each day, journal your prayer, sit in quiet, or set a daily intention. I plan to use the resources found here for my daily devotions: <https://waytolead.org/lent-intentions-2019/>

Grow in your relationship with Jesus by coming to our Wednesday night Lent opportunities. Enjoy a soup meal at 5:30 p.m. and worship at 6:30 p.m., where we gather around the theme “You’ve Got a Friend in Me.” We will hear stories of how Jesus is a friend to us and be invited to live more deeply into our friendships with others.

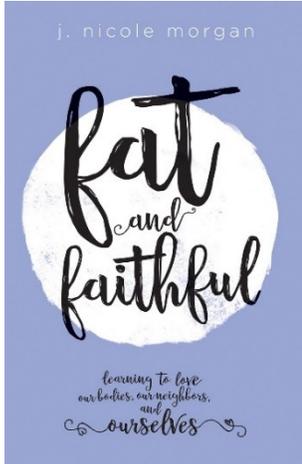
Hear these words, as if they come from Jesus to you:

You've got a friend in me, You've got a friend in me, When the road looks rough ahead,
And you're miles and miles from your nice warm bed, you just remember what your old pal said, Boy you've got a friend in me Yeah you've got a friend in me

Blessings on your life of faith and your relationship with Jesus.-Pastor Emmy

Upcoming Book Study Opportunities

Read the book. Come to the study. Share your impressions. Not a reader? Then, Come, listen, and learn.

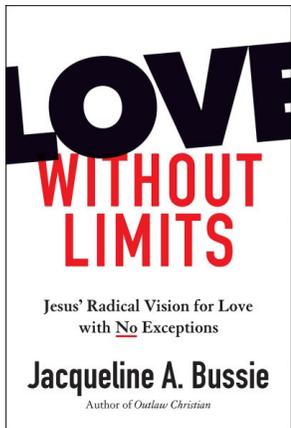


March 10, 2:00 pm in the Gathering Room

“Faithful and Fit:

Learning to love our bodies, our neighbors, and ourselves”

J. Nicole Morgan grew up fat and loving Jesus. But she was forever burdened by what she saw as her biggest spiritual flaw: her weight. In *Fat and Faithful*, she shares her journey from body shame to fat acceptance and shows us how to care for the image of God found in every body—including our own. When the world tells us that our bodies are too much, J. Nicole Morgan reminds us that all people—no matter their size or ability—are beloved of God.



April 14, 9:45 am in the Small Dining Room

“Love Without Limits:

Jesus’ Radical Vision for Love with No Exceptions”

Every day, millions of people lament the loss of civility, respect, and hope, and they wonder if it's possible to cultivate a love big enough to overthrow hate and heal our hurts. With courage, authenticity, and relevance, Jacqueline A. Bussie proclaims, "Yes! It's possible!"

In *Love Without Limits*, Bussie imparts practical solutions for people of faith who yearn to love across division and difference in these troubled times.

Let Pastor Emmy or Pastor Kyle know if we can order a book for you.

Bible Book Club: Amos

Tuesday, March 26 at 2:00 pm in Gathering Room.

Read the book. Come for conversation. All are Welcome.

An Introduction: The messages of Amos insist that God's relationship with people includes all of their lives. Amos insists that because of injustice and oppression, God's anger has been provoked and judgment will come. The judgment that Amos announced was not a final judgment, but a part of God's relationship with the people. This message of God's anger and judgment remains relevant for people of faith today. Because God still loves people, God still is provoked to anger when people cause others to suffer. From enterthebible.org



THIS IS US

Each month in 2019, our newsletter will highlight one of the ministries that make up Our Savior's Lutheran Church.

This month's ministry spotlight is our Monthly Servant Groups

through our Monthly Servant Groups. Each of the 12 Servant Groups has 2-4 volunteers who provide leadership for the their group. All members of the congregation are assigned to a Servant Group and are encouraged to participate when called upon.

On a Servant Group's assigned month, they provide hospitality on Sunday mornings. Volunteers host the coffee hour by bringing goodies, serving coffee, and cleaning up. Greeters provide a welcome as worshipers arrive. These seemingly simple acts of hospitality are a front line of welcome here at Our Savior's Lutheran Church.

On a rotating basis, Servant Groups serve funeral lunches. Some in the group donate bars or cookies; others donate their time. It is holy time as family and friends gather around tables in the Large Dining Room, to share stories and comfort one another in their grief. Bringing a pan of bars to the church may seem like an inconvenience, but it is really an opportunity to be God's hand of comfort.

Servant Groups host our Wednesday soup meals during Lent. Meals are served at 5:30 pm in lower level Large Dining. Volunteers are asked to bring items for the meal, including bread, cheese, milk, and dessert. Families and friends sit down and share a meal together, where they live out our Christian faith by rejoicing with those who rejoice and weeping with those who weep. These mid-week meals provide a unique opportunity for our faith community to come together.

Thank you to our past and present Monthly Servant Group coordinators, who ensure that these ministries are carried out. Your dedication and countless phone calls are deeply appreciated. Thank you to all who say "yes" when called upon to donate or serve. Thank you to the Congregation & Family Life Committee for providing oversight of our Monthly Servant Group Ministries.



Sunday, March 17

Wear Green! Wear your favorite NDSU or UND apparel to show your support for our Lutheran Campus Ministries.

Enjoy a GREEN coffee hour – All donations collected that day will support UND & NDSU Campus

**YOUTH DIRECTOR AND
YOUTH ACTIVITY CALENDAR**

March 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|----------|-----------------|----------|
| | | | | | 1 | 2 |
| 3 Sunday School 9:45-10:45am | 4 Youth Director Office Hours 9:00-11:00am Senior High Lunch 12:10-12:40 | 5 Youth Director Office Hours 9:00-11:00am | 6 Kids for Christ 3:15-5:00pm Confirmation Supper 6:00-6:30pm Class 6:30-8:00pm | 7 | 8 | 9 |
| 10 Sunday School 9:45-10:45am PreK —1st Grade sing at 11am worship service | 11 Youth Director Office Hours 9:00-11:00am Senior High Lunch 12:10-12:40 | 12 Youth Director Office Hours 9:00-11:00am Volunteering at the Community Closet 4-5pm Grades 7-12 First 10 to sign up get to go! | 13 Kids for Christ 3:15-5:00pm Confirmation Supper 6:00-6:30pm Class 6:30-8:00pm | 14 | 15 No School | 16 |
| 17 Sunday School 9:45-10:45am St Patrick's Day Event at the Open Door Center! 2-4pm Youth in grades 7-12 are invited to join us for games and activities! | 18 No Youth Director Office Hours Senior High Lunch 12:10-12:40 | 19 No Youth Director Office Hours | 20 No Kids for Christ Confirmation Supper 6:00-6:30pm Class 6:30-8:00pm | 21 | 22 | 23 |
| 24 Sunday School 9:45-10:45am | 25 No Youth Director Office Hours Senior High Lunch 12:10-12:40 | 26 No Youth Director Office Hours | 27 No Kids for Christ Confirmation Supper 6:00-6:30pm Class 6:30-8:00pm | 28 | 29 | 30 |
| 31 | | | | | | |

Pre K - 6th Grade News!

- **SUNDAY SCHOOL** On Sunday, March 10th, the PreK—1st graders will sing at the 11am worship service.
- **KIDS FOR CHRIST** 20 youth in Kindergarten-6th grade gather each Wednesday from 3:15-5:00pm for fun and fellowship. We learn about God's great love for us, how we can love others, and work on ways we can make a difference at all ages! Please note that there will be no Kids for Christ on March 20th or 27th.
- **VACATION BIBLE SCHOOL** Save the date!! Vacation Bible School is set for June 5, 6, and 7th! Youth entering kindergarten in August 2019 and 2020 are invited to join the "Pre-K Day Camp" and youth entering grades 1-6 in August 2019 are invited to join the regular VBS session. More info this spring!

Red Willow Bible Camp Info!

- Red Willow Bible Camp **registration is open** which is earlier than in the past so don't wait to sign up! Do not let cost affect your decision, scholarships are available! OSLC has a slightly different way to register so please be sure to contact Kyla 840-4540 prior to registering online. Here are the available camps!

Entering Grades K-3 in Aug 2019

Seekers Days(Grades K-6)—May 31 or July 24
Taste of Camp (Grades K-2)—June 5-7 or June 23-25
Pathfinders—June 5-7, June 23-25, or July 7-9

Entering Grades 4-6 in Aug 2019

Seekers Days—May 31 or July 24
Creation Camp—June 23-28, July 7-12 or July 28-Aug 2
Holy Hoops—July 21-26

Entering Grades 7-9 in Aug 2019

Disciples—July 14-19 or July 28-Aug 2
Holy Hoops—July 21-26
Wilderness (Grades 9-12) - Aug 4-9

Entering Grades 10-12 in Aug 2019

CiT Training—June 2-7
Amp Camp—July 14-19

Wilderness—Aug 4-9

7-12 Graders and Families!

- **ST PATRICK'S DAY PARTY AT THE OPEN DOOR CENTER!** All youth in grades 7-12 (and their families!) are invited to join us on **Sunday, March 17th from 2-4pm** for games and activities! Let's make this an awesome event for these amazing people! Please sign up on the bulletin board if you plan to attend!

Jr & Sr High Update!

- **CONFIRMATION** Weekly confirmation time consists of a supper together at 6pm and then class from 6:30-8:00pm.
- **SENIOR HIGH LUNCH** Youth in grades 9-12 are welcome every Monday that there is school at 12:15pm for lunch in the basement at OSLC! Currently 35-45 youth join us each week for lunch, prayer, a bible verse and devotion, and great conversation.
- **SUMMER YOUTH TRIP** The 2019 Summer Youth Trip is set for June 11-13! We will be taking a three day, trip to Minneapolis where we will volunteer at a variety of places and share the love of God with others. We will also enjoy Valleyfair and a Twins game! Youth currently in grades 7-12 are invited to join us and must sign up with Kyla to secure your spot. The first 40 to sign up will go! Just a couple spots available! **If you haven't paid your \$20 deposit, please do so ASAP!** Contact Kyla with any questions or concerns.
- **VOLUNTEERING AT THE COMMUNITY CLOSET** Our youth in grades 7-12 will now have at least one volunteering opportunity each month! The first chance is Tuesday, March 12 from 4-5pm at the Community Closet. We will meet at the church and drive over there together. You must sign up with Kyla if you plan to attend as only 10 can go each time. This is a great way for high schoolers to build up their volunteering hours and it can also count for a servant activity for our confirmation youth!

My office hours are Mondays and Tuesdays from 9-11am. However, please feel free to contact me anytime at kylaoslc@outlook.com or 840-4540.

God's Blessings, Kyla Fetsch, Director of Youth Ministry

Member's of April Our Savior's Servants

Videlle & Doug Hamilton 840-4628

Eileen & Dennis Maresh 845-4636

Don & Mitzi Beutler

Darren & Paige Bjornson

Janet Brown

Derrick Fretheim

Roger Haga

Brian & Lori Heath

Kelli Heath

Beth Holden

Phyllis Hook

Kevin & Kathy Jacobson

Elsie Keys

Howard Langemo

Sue Lloyd

Brett Lloyd

Robert & Beverly Loken

Tom & Stacey Machart

Matt & Lacie Maresh

James & Lucile Riden

Jerome & Edie Schmidt

Rev. Emmy & Searle Swedlund

Thank you to our February Our Savior's Servants
and their Coordinators:

Ruth Larson (Interim), Dale Hildebrant

Altar Committee Members:

Edith Klein, Nicole Johnson

Flower Committee Member: Ethel Gusaas,
Lenore Lebahn

Thank you to our faithful ushers who assist us
every Sunday.

The 2019 Missionary Calendar is waiting to be filled! Claim a date and donate \$25 in support of our missionaries, Willie and Anne Langdji and Global Health Ministries. Donations can be put in the offering, and clearly marked for "Missionary Calendar." Let's go for a missionary calendar "black out" in 2019.

Food Pantry Sunday-March 3

There are many items that the Food Pantry is in need of each month. Some examples are: diapers, soap, shampoo, paper products, and snack foods. These items, along with your other generous donations each month are greatly appreciated.

Rent: Unfurnished ~950 sq. ft. two bedroom, 2nd floor apartment with hot water & heat included, stove, fridge, washer and dryer, private entrance with off street parking. Available immediately. No pets or smoking. References. Call Bobby Koepplin at (701)840-0250.

Servant Group Coordinator are needed for the month of February. If you are interested in becoming a coordinator for a servant group, or are not connected to a group and would like more information, contact Ruth Larson at 845 - 4257.

For Your Information

Church Office Hours

Monday-Friday 8:00 am-3:00 pm

Church Building Hours

Monday-Thursday 8:00 am- 5:00 pm

Friday 8:00 am -3:00 pm

Saturday-Sunday 8:00 am- 12:00 pm

Phone Numbers

Church Office 845-1328

Pastor Emmy Swedlund Cell-(701)552-2419

Pastor Kyle Symanski Cell-(708)467-8712

If we do not answer, please leave a message so that we can get back to you.

A “Survival Guide” for Lent

By: Rev. Tim Brown, Good Shepherd Lutheran Church, Raleigh, NC
Originally published in *Living Lutheran*, Jan. 26th, 2016



Thought One: Go poetically and prophetically

Prophets are the conscience of the people. Journalist H.L. Mencken once wrote, “Conscience: the inner voice which warns us that someone may be looking.” And this year that “someone” will be you. Certainly God too. But it is usually me who neglects to look at myself. The prophetic readings of Isaiah, Jeremiah, Ezekiel, Martin Luther King Jr. and even modern prophets speaking truth in the news should bend the ear. And poetry bends eyes and hearts. Poetry infects the mind and the heart at the same time.

If this is new to you, perhaps start with a modern poet like Christian Wiman (“Every Riven Thing” and “My Bright Abyss”). Join that voice to Maria Rainer Rilke, Rumi, Jan Richardson or John O’Donohue to keep you open to life as you dig into your spirit. Indeed, it will be the spade you use for the digging. The prophets will call you to dig; poetry may be the tool.

Thought Two: Go with your body

This season is not just for the soul, beloved. “In these bodies we will live, and in these bodies we will die,” the band Mumford & Sons reminds us (“Awake My Soul”). Our bodies take on special importance in these days when we’re encouraged to participate in the ancient practices of fasting, kneeling and physically handing over our abundance to those without.

Focus on just one of these practices to embody Lent in these strange days where even watching the news can cause physical fatigue.

Thought Three: Go for broke

We talk about denial in Lent — of sin, of self and perhaps even of sweets or bacon. But Lent is a fool’s paradise if we’re just taking a vacation from these things. A vacation may give me a break from my work, but it doesn’t give me a break from myself.

Instead, have God break you open a bit in Lent.

And if you feel the world has already broken you open, then Lent is the time to allow God to do it differently. We callous ourselves after loss and while away in fear — it’s natural. Lent can be a season for wearing away at that shell so we can emerge like new in resurrection life.

Lenten practices are a divine tool for transformation, not vacation. Only after breaking can resurrection make us into something totally new.

And that’s what we all need most this year: resurrection. Lent can be the primer that prepares our lives for that process, the 40 days of wandering that shows us the light at the end of the empty tomb. Don’t back away from the process; enter it all the more fully. Enter into it and then find yourself exiting a newly empty tomb on Easter morning along with the Christ who has brought you this far along the way.