

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

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May 2020



Our Mission:

We, Our Savior's family of believers, welcome all to share Christ's love, to grow in faith, and to live a life of service glorifying God.

Our Values:

- All Generations
- Neighbors – Near & Far
- Sharing Generously
- Rejoicing & Weeping Together

June Servants

Matt & Kyla Fetsch 840-4540

Ross & Caron Berg 845-8038

Marjorie Anderson

Tara Anderson

Judy Bowen

Deb Feuerherm

Paul & Diane Fritchie

Jerry Huckle

Josh & Tristan Johnson

Kent & Shelly Kosse

Joe & Chrissie Kunze

Jerod & Danielle Lindemann

Jason & Joelle Manlove

Jack & Liz Marthaler

Tyler & Kayleen Marthaler

Sylvia Nathan

Ron & Judy Olstad

June Parker

Kelsey Paurus

Gladys Pederson

Julius Reitan

Kyle & Stephanie Roelfsema

Michael & Jodi Ronningen

Dale & Colleen Sather

Michael & Lori Strom

Travis & Mindy Tvedt

Breanne Wenaas

Kay Winter

Todd & Tina Wurzer



**Let's sing some of your favorite hymns
in worship this summer!**

Please send your hymn requests to
rev.emmy@gmail.com or
call the church office at 845-1328.

Church Office Hours

Monday – Friday | 8:00 am – 3:00 pm

Please enter through the West door. If you need a handicap accessible entrance, please call the church, so that we can have the North doors open for you.

Contact Information

Church Office

845-1328

oslcvalleycity@msn.com

Pastor Emmy Swedlund

Cell – (701)552-2419

rev.emmy@gmail.com

Pastor Kyle Symanski

Cell - (708)467-8712 (YES! It's 708)

klsymanski@gmail.com

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

We want to be in contact with you!

If you'd like to receive periodic emails from the church, please share your email address with the church office.

Know that Pr. Kyle and Pr. Emmy are available to visit over the phone with you. Even when it is safest to not be present face to face, we want to be available to you.



www.oursaviorsvc.org

Like us on Facebook at "Our Savior's
Lutheran Church, Valley City, ND"

Or subscribe to the "OSLC Valley City" You-
tube page.



ND

The 2020 census is important to EVERY community in North Dakota

In North Dakota, we receive over **\$1.8 billion** in federal funds each year that are determined by census counts.

Over
\$883 million
FOR
Medicaid, Medicare and CHIP

More than
\$235 million
FOR
roads and highways

Nearly
\$100 million
FOR
education related grants

HAVE YOU COMPLETED YOUR CENSUS?

We remember that Joseph and Mary were on their way to Bethlehem “to be counted” to satisfy the King’s commands. Similarly, the U.S. Constitution requires that each decade we take a count—or a census—of America’s population. The 2020 Census goal is to count everyone once, only once, and in the right place.

The census is important to everyone in the United States. Everyone counts. One missed resident equals over \$19000 in lost government funding over a decade. If you have received your Census Invitation, please know that you can (a) opt to call in your responses by calling 1-844-330-2020 or (b) submit responses by going online to my2020census.gov.

For parishioners that don’t have internet access, you are invited to call our member, **Ruth Larson, at 845-4257** as she has offered her assistance. *Before calling Ruth, please have your Census Invitation in hand as she will need to input your 12-digit Census ID.* You will be asked to provide information for each household member BUT the census does NOT contain any questions about income status.

Prayers for these Uncertain Times

National distress

Eternal God, amid all the turmoil and changes of the world your love is steadfast and your strength never fails. In this time of danger and trouble, be to us a sure guardian and rock of defense. Guide the leaders of our nation with your wisdom, comfort those in distress, and grant us courage and hope to face the future; through Jesus Christ, our Savior and Lord. (Evangelical Lutheran Worship, p. 76)

Health care providers

Merciful God, your healing power is everywhere about us. Strengthen those who work among the sick; give them courage and confidence in all they do. Encourage them when their efforts seem futile or when death prevails. Increase their trust in your power even to overcome death and pain and crying. May they be thankful for every sign of health you give, and humble before the mystery of your healing grace; through Jesus Christ our Lord. (Evangelical Lutheran Worship, p. 85)

The neglected

Almighty and most merciful God, we call to mind before you all whom it is easy to forget: those who are homeless, destitute, sick, isolated, and all who have no one to care for them. May we bring help and healing to those who are broken in body or spirit, that they may have comfort in sorrow, company in loneliness, and a place of safety and warmth; through Jesus Christ our Lord. (Evangelical Lutheran Worship, p. 79)

Those in affliction

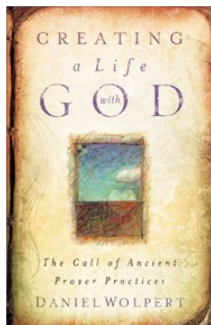
Lord Christ, you came into the world as one of us, and suffered as we do. As we go through the trials of life, help us to realize that you are with us at all times and in all things; that we have no secrets from you; and that your loving grace enfolds us for eternity. In the security of your embrace we pray. (Evangelical Lutheran Worship, p. 84)

Have you heard about...

Recommendations from your pastors about resources to help you grow in your faith.

Pray the Jesus Prayer

- Decide how long you wish to spend in prayer. At first you might try fifteen minutes. You may want to spend more time as the prayer becomes more familiar.
- The Jesus Prayer can be done anywhere – as you take a walk, in your office, late at night in bed, in a church.
- Repeat, in your mind, “Jesus Christ, Son of God, have mercy on me.”
- The repetition should be continuous; that is, the phrase is to be spoken again and again.
- Allow the words to flow into your entire being.
- When you have completed your time of prayer, express your thanks to God.



This explanation comes from “**Creating a Life with God: The Call of Ancient Prayer Practices**” by Daniel Wolpert, Upper Room Books, Nashville © 2003.

For more contemplative and unique prayer practices check it out.

Opportunities to Love our Neighbors

If area residents would like to donate money to the Barnes County Food Pantry, simply write your check out to the “Food Pantry” and mail it to Barnes County Food Pantry, PO Box 298, Valley City, ND 58072. Every dollar given to the Food Pantry is used for food, and only food. No food item donations are being accepted at this time.

News from Our Missionaries



From Global Health Ministries: SALFA, the Lutheran healthcare system in Madagascar, has been helping health outposts across Madagascar prepare for the coronavirus pandemic by providing PPE supplies such as masks and gloves, soap and nutritional supplements to 50 SALFA health centers and 18 tobys. The support was made possible by a grant from GHM in partnership with grants from the ELCA and the Norwegian Mission Society. PPE is being delivered by teams from SALFA, most often traveling on challenging roads (muddy! bumpy!). Ankaramalaza had to receive their delivery, like most things, by boat.

The 2020 Missionary Calendar is located above the information counter. Claim your 2020 date soon. Donations of \$25 a day support our missionaries, Willie and Anne Langdji, serving as ELCA Representatives in Western Africa. They provide support to churches, schools, and medical centers in that region, including our partner synod in the Central African Republic. Donations also support Global Health Ministries, a Twin Cities based organization that supports medical centers around the world, through shipping supplies, sharing expertise.

A Message from your Church Council

People of Our Savior's,

I hope all of you are healthy and staying safe during this challenging time. I appreciate all that you have continued in prayer and in financial support for our church and our mission partners.

As we find new ways to celebrate our faith and continue our ministry, I wanted to communicate with you that the Church Council, in conversation with the Capital Campaign Executive Team, has decided to suspend the Capital Campaign at this time. With that being said we still need to address our leaking roof. The Council decided that we would concentrate on fixing the leaking flat roof above the Family Gathering area and office area. The Property Committee recommended and the Council approved a bid/contract of \$101,710 and a \$5,000 contingency for small change orders for a total of close to \$107,000. This work is currently scheduled for the July 2020 timeframe.

As was discussed at the Annual Meeting, we would only complete the phases of the entire project as funding allowed. At this time, there will be a funding appeal made for this roof project that was identified as the highest of priorities for our building infrastructure. We need to stop the leaks to prevent further interior damage.

Once these trying times are behind us, it is the hope of the Council to revisit the other phases of the project and restart the formal Capital Campaign if warranted.

If you have any questions please feel free to contact me, Pastor Emmy, Pastor Kyle or any Church Council member.

*God is **ALWAYS** our source of protection, strength and peace during unknown times.*

From 1 Peter, chapter 5, verse 10: And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

Sincerely,

Rich Schueneman
Council President



Are you making face masks?

If you are making homemade face masks and wish to share with those in our local community who need them, give the church office a call. We'll direct you to people or organizations who can use them.

Our partner in ministry, Lutheran World Relief, has a goal of sending 75,000 masks to help people around the world by October 1. Learn more at <https://lwr.org/masks> or call the church office and we'll get mask making instructions. We will accept mask donations at the church for this project. You can make a difference right from your sewing room.



Highlights from the April Congregation Council Meeting

The Council met via electronic (Zoom and phone) means for our April meeting.

Bishop Election: Conference Meeting is postponed to April 26. Council members have the opportunity to vote for one candidate.

Capital Campaign Update: The Capital Campaign Executive Team met and determined it was in the best interest to pause the efforts for a Capital Campaign at this time due to the uncertainty created by the Covid-19 situation. We will still move forward with the needed flat roof project and funds raised will be used for this completion.

Flat Roof Project Update: The Property Committee is recommending to the Council to approve the bid received from A&R Roofing of West Fargo at this meeting. A&R has projected they could have the project done end of July, depending on weather and if Covid-19 situation would create limits. The Council approved the flat roof project bid from A&R Roofing at a total of \$101,710 total; and to approve a \$5,000 contingency for the Property Committee to authorize any change orders without further Council action. A \$107,000 draw down line of credit will be prepared at Dacotah Bank to proceed.

Paycheck Protection Program: Under the CARE Act, there is a Paycheck Protection Program (PPP) and churches are eligible to apply. The PPP allows us to borrow to cover payroll and some other expenses, such as utilities, for the next 8 weeks. Money we borrow can be forgiven once submit proof of payroll/expenses paid out. It is a loan that is turned into a grant. OSLC determined an application for a \$35,500 loan, to cover 2 months of payroll average plus extra expenses that fall under the PPP guidelines.

Transitions in the Congregation:

Deaths: Brigita Duffy-burial scheduled for May, Loretta Lovell- non member, Clayton Sather, Marcia Jefferson

A draft of the full meeting minutes are posted on the bulletin board outside of the pastors offices or can be requested by emailing oslcvalleycity@msn.com.



**You can be an
Our Savior's
Caller**

Physical distancing doesn't have to mean social distancing! You are the body of Christ. Please pick up the phone and reach out to neighbors and friends.

If you'd wish to be available to be an "Our Savior's Caller" to make phone calls just to say "hi" to a few members of our church, please email Pastor Emmy at rev.emmy@gmail.com or call the church office at 845-1328.

We are all feeling a wide range of emotions at this trying time. Our reactions may range from feeling emotionally alone and isolated to anxiety and depression. God promises not to abandon us; God promise is to be with us always.



Lutheran Social Services brings high-quality, affordable behavioral health services to people in North Dakota communities. Abound Counseling provides a telehealth therapy network that matches experienced therapists with individuals and families who seek care.

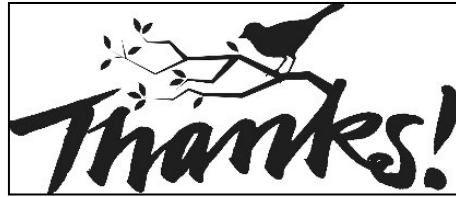
To start the process, contact one of our Therapy Services support staff:

Tina: kristinaj@lssnd.org 701-271-1613
Terri: terrib@lssnd.org 701-271-1618
Lesley: lesleyg@lssnd.org 701-530-2510
(or use the form provided in the link below)

<https://www.lssnd.org/post/you-aren-t-alone-abound-counselors-across-state-ready-to-reach-out-to-north-dakotans-via-telehealth>

"It is the Lord your God who goes with you; the Lord will not fail you or forsake you." Deuteronomy 31: 6b

← BE STRONG
and
→ COURAGEOUS →
Do not be afraid; do not be discouraged,
for the Lord your God
will be with you wherever
you go
Joshua 1:9



A BIG THANK YOU to all who have shared offerings through mail, dropping them off, and online giving. Even when we are unable to meet in person for worship, our ministry continues to happen. Your ongoing financial and prayer support is so appreciated. Thank you!



Did you know we have a new way to give?

Our Savior's Lutheran Church is now able to accept gifts to our ministry online through Credit or Debit Card. There are two ways:

1. Visit our website www.oursaviorsvc.org and click on "Give Online." You can make a one-time gift or create an account to set up on going giving.
2. Apps make life easier. With the GivePlus Mobile app, you can use your smartphone to give anywhere, anytime. Make a one-time gift or set up recurring donations. Set up an account or give as a guest. Securely and conveniently manage donations from your phone. To give through our mobile app, download the free GivePlus app from the App Store or Google Play.

Please note: You'll be given the option to add small percentage to your gift to offset the service fees. Please consider selecting this option. Consider it the small fee of convenience!



As long as it is not safe for us to gather for in person worship, we will be sharing worship via Facebook Live on Sunday mornings at 8:30 am at "Our Savior's Lutheran Church, Valley City, ND" Also check OSLC Valley City on Youtube.com to find past worship services. As we have been doing since 1936, the Sunday Morning service will be broadcast on KOVC 1490 AM at 11:00 am.

Thanks to Pastor Sharayah Robinson from the Kathryn-Nome-Fingal Parish for joining us in leading worship during this time.

Our Sunday bulletin is found at oursaviorsvc.org or call the church office 845-1328, if you would like one mailed to you.

During May, we'll be exploring the theme "Closer & Closer." Even during this time when remain physically distant, we can draw closer to Jesus and closer to each other.

May 3 – "Someone to Watch Over You" We take the necessary risk to trust Jesus, the Good Shephard and one another.

May 10 – "Living Stone" With Jesus as our cornerstone, we work together to build the kingdom.

May 17 – "The Air We Breathe" We live, move, and have our being in God's freedom. We'll also pray for our high school seniors this day.

May 24 – "Bearing Witness" We are commanded to share the stories of what we've seen.

May 31 – "Come, Holy Spirit, Come" We celebrating the Holy Spirit with us on this Pentecost Sunday. Whether we gather for worship in person or in our homes WEAR RED!

Decisions regarding when we will again worship in person will be made with careful consideration based on CDC and ND Department of Health recommendations. Information will be shared with the congregation through email, facebook, and the radio. We know that it is hard to not gather for worship. We also want to keep you safe.

Has the COVID-19 self-isolation kept you busy cleaning this Spring?

The Good Samaritans are always looking for donations of gently used solid colored cotton sheets and fabric! You can bring them to the church AFTER the restrictions are off and we are back to normal! Thank you for your generosity! OSLC Good Samaritans

The WELCA Quilt, Treasure, and Bake sale scheduled for this month has been postponed. We are hoping it can be rescheduled at a later day. Consider setting aside some of your "treasures" to share at the sale.

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 2020, 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.

We're on our way! Great Plains Food Bank

Friday, May 15th
Valley City 11:00 AM – 1:00 PM
Epworth United Methodist Church
680 8th Ave. SW

Clients will line up in their vehicles in the gravel lot at Lokken stadium and drive by the distribution line in the Epworth United Methodist parking lot.

Anyone in need from any community is welcome.

For more information or to volunteer please contact:
Anna Johnson, regional services manager
ajohnson@greatplainsfoodbank.org | 701.361.1004
For SNAP assistance call: 855-405-0000
www.greatplainsfoodbank.org



USDA is an equal opportunity provider, employer and lender.



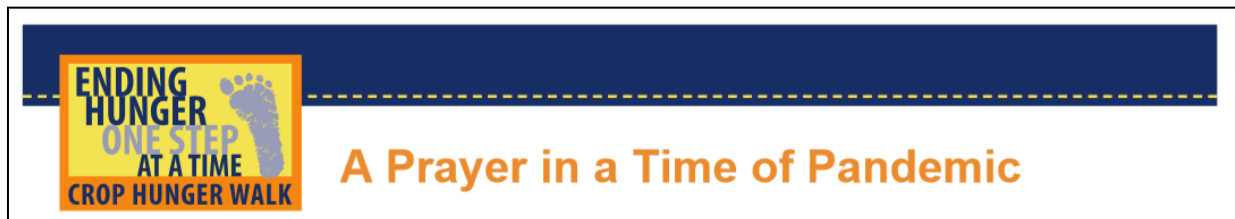


Valley City/Barnes County CROP Walk Week is May 3 – May 9, 2020
Participate together – but on your own or with you family.

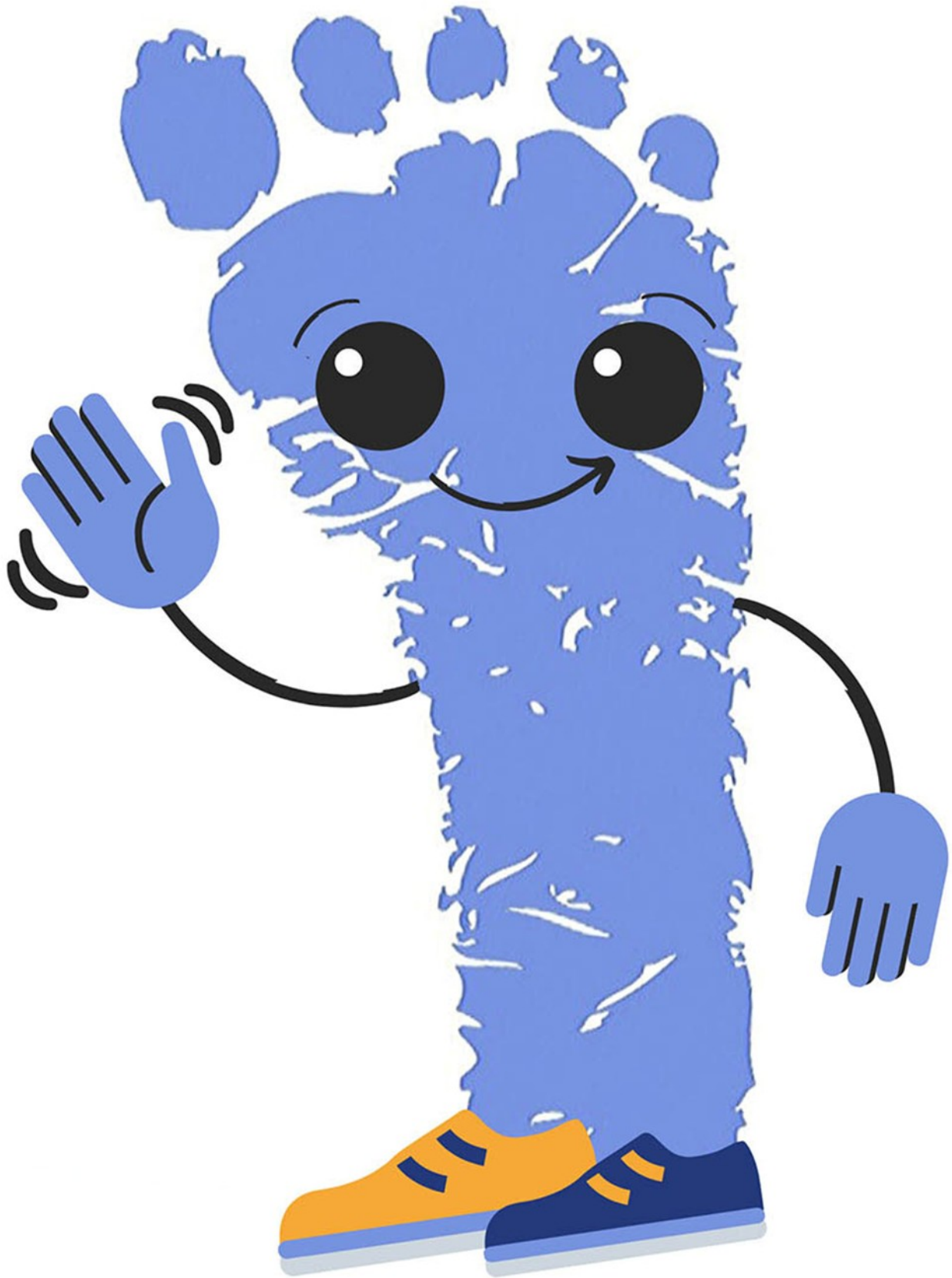
You can participate in one or more ways:

1. Go on a walk any time during the week. It could be 3 blocks, 3 miles or any length. As you walk, pray for people who are hungry and ministries that feed people.
2. Make a donation at <https://www.crophungerwalk.org/valleycitynd/Donate> or send your donation to your church. Checks can be made to CWS/CROP Hunger Walk.
3. Put this CROP Happy Foot in your window or go for a CROP Happy Foot Hunt around town. See how many you can find. Pray the prayer below throughout the week.
4. If you are on social media, check out “Valley City/Barnes County CROP Hunger Walk” Event to show your participation and use hashtags #VirtualCROPHungerWalk & #EndHungerNow

Your support makes a difference: 20% of funds raised goes to the Barnes County Food Pantry and the rest supports hunger ministries around the globe through Church World Service.



Loving God, throughout the Scriptures you call us to “Fear not!”,
but these are troubling times for the hardest souls.
Give us courage to face the challenges of this new threat to your human family.
Give us prudence, to do the necessary things to protect ourselves and others.
Give us the clarity of vision to learn from this disease the lesson we are prone to forget,
that we are all connected, regardless of race or nationality or political persuasion.
We pray for those who are struggling with this disease,
that their health may be restored.
We pray for medical personnel and first responders caring for those in need,
that they remain healthy and unflagging in their life-saving work.
And we pray for all those economically impacted,
that they may find the resources to maintain themselves and their families.
We ask all this, trusting in your abiding love, a love that even death cannot defeat.
Amen.



Pre K - 6th Grade News!

- **FACEBOOK LIVE WITH KYLA!** Through the end of the school year, I am doing some fun activities on FaceBook Live each school day! Join me on my Facebook page (Kyla Anderson Fetsch) at 10:30am for story time and 2:00pm for a craft, baking, game or physical activity idea! We would love to "see" you there!
- **SUNDAY SCHOOL** What a fun surprise for our Sunday School youth to receive Easter eggs from their Sunday School teachers at home this year! Since they couldn't do an Easter egg hunt at Sunday School, they delivered it instead! A huge thank you to Rhonda Broadwell who is stepping down from the position of Sunday School Superintendent after many years of service to this wonderful program.
- **KIDS FOR CHRIST** We are having a blast meeting every Wednesday from 3:30-4:00pm via Zoom! We pray together, do activities, play games, and just enjoy seeing each others smiling faces! We would love to have other youth in grades K-6 join us! If interested, please contact Kyla.
- **VACATION BIBLE SCHOOL** Sadly, due to the current regulations, we have had to postpone VBS. If we are able to have VBS later in the summer, information will be sent out at that time.
- **RED WILLOW BIBLE CAMP** As of right now, Red Willow has cancelled all camps and activities for the months of May and June. They will send out an update when they know more about July and August. I will keep you updated as they make decisions regarding camp, and you can also go to redwillowbiblecamp.org to get more information. If you have any questions at all, please reach out to Kyla.
- **6TH GRADE ZOOM RETREAT** OSLC 6th Graders! I would love to meet with you on May 14th from 4:00-4:30pm via Zoom to talk about all of the fun opportunities you will have next year as a 7th grader! I will email the Zoom information to all 6th grade families prior to the event.

Crop Walk Week!

- **CROP WALK WEEK!** Since we are unable to get together for our annual Crop Walk event, we are encouraging everyone to participate however, whenever, and wherever during the week of May 3-9th! As you walk around town, be on the lookout for "CROP Happy Feet" in windows and see how many you can find! Feel free to take a selfie or video telling others why participating in the CROP Hunger Walk is important to you, and post it using the hashtags #EndHungerNow and #VirtualCROPHungerWalk. Hope to see lots of walking throughout the week!

Jr & Sr High Update!

- **CONFIRMATION YOUTH GROUP** Confirmation classes have concluded for the 2019-2020 school year. 9th graders will continue to receive information regarding mentoring and Confirmation Sunday this fall. We will now have Confirmation Youth Group via Zoom on Wednesdays from 4:30-5:00pm until the end of the school year. This is for any 7-9th graders and friends! We will play various games each week and there will be prizes! I will text out the Zoom information each week for anyone wanting to join in.
- **SENIOR HIGH YOUTH GROUP** All 10-12th graders are invited to join this group via Zoom every Wednesday from 4:00-4:30pm until the end of the school year. We visit about our week and do a fun game or activity. Friends are also welcome to join us! Contact Kyla if you would like to number to join in.
- **SUMMER YOUTH TRIP** The 2020 Summer Youth Trip is sort of hanging in limbo right now. The places we were going to volunteer at are no longer able to take a group of our size. I'm not cancelling yet, but it is most likely going to be postponed or changed in some other way. I will keep you posted when I know more.

My online office hours are Monday 9-11am and Wednesday 1-3pm. However, please feel free to contact me anytime at kylaoslc@outlook.com or 840-4540. God's Blessings, Kyla Fetsch, Director of Youth Ministry

**YOUTH DIRECTOR AND
YOUTH ACTIVITY CALENDAR**

May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 CROP Walk Week! Get out and walk wherever, whenever, and for however long you want this week!	4 Youth Director Online Office Hours 9:00-11:00am	5	6 Youth Director Online Office Hours 1-3pm Kids for Christ via Zoom 3:30-4:00pm Sr High Youth Group (Grades 10-12) via Zoom 4:00-4:30pm Confirmation Youth Group (Grades 7-9) via Zoom 4:30-5:00pm	7	8	9
10	11 Youth Director Online Office Hours 9:00-11:00am	12	13 Youth Director Online Office Hours 1-3pm Kids for Christ via Zoom 3:30-4:00pm Sr High Youth Group (Grades 10-12) via Zoom 4:00-4:30pm Confirmation Youth Group (Grades 7-9) via Zoom 4:30-5:00pm	14 6th Grade Zoom Retreat 4:00-4:30pm	15	16
17	18 Youth Director Online Office Hours 9:00-11:00am	19	20 Youth Director Online Office Hours 1-3pm Kids for Christ via Zoom 3:30-4:00pm Sr High Youth Group (Grades 10-12) via Zoom 4:00-4:30pm Confirmation Youth Group (Grades 7-9) via Zoom 4:30-5:00pm	21 Last Day of School!	22	23
24	25 Memorial Day No Youth Director Office Hours	26	27 Youth Director Online Office Hours 1-3pm	28	29	30
31						

*Congratulations to the 2020 Graduates of Our Savior's Lutheran Church
May God's love and guidance always be with you!*



Avery Bennefeld
Son of Jerry & Kelly Bennefeld



Blake Hagen
Son of Matt & Jolene Hagen



Elisabeth Petersen
Daughter of Chad & Kristin Petersen &
Stephanie & Amy Detzen



Kacey Peterson
Daughter of Emily Peterson



Blake Stephens
Son of Russell & Lynette Stephens



Tate Sufficool
Son of Brad Sufficool
& Nicole McDaniel



Mitchel Taylor
Son of Dan Taylor & Jill Taylor



Trevor Winter
Son of Mark & Andrea Winter

"For I know the plans I have for you," declares the Lord. "Plans to prosper you and not to harm you, plans to give you hope and a future." ~ Jeremiah 29:11

"There remains a Sabbath rest for the people of God." - Hebrews 4:9

Well...

I'm not sure any of us thought that nearly two months after beginning our adventures in isolation that we would be here in May with no clear end in sight. And yet, here we are. Still.

This time of year is normally filled with lots of movement, lots of actions, lots of happenings. Program year things are in wind down mode just as summer programming and trips are in wind up mode. We say goodbye to seniors and start planning for the next wave of Pre-K Sunday schoolers. School things start to slow and we turn our eyes to summers trips and activities. And as the weather starts to warm, we head back outside to our gardens, animals, and lake places.

It seems like normally about now we are looking towards the future with a sense of hope and anticipation. The summers for many of us are a chance at some well-earned rest, a good ol' fashioned Sabbath. God rested on the seventh day, surely we've earned a rest too?! Even for those of us who aren't retired and who work through the summers find rest in evenings spent in the backyard, grilling and enjoying the weather, or weekend out at the lake.

This year, summer is shaping up to feel very different than normal. Things we look forward to year after year, might not happen this time around the sun. And the Sabbath we had so been looking forward to feels so different in light of the forced Sabbath that many of us are dealing with right now.

We haven't been able to do the things that we normally do, that are part of our normal day to day – we're stuck in the house so much more, we haven't been able to go into work, we haven't met with our groups or friends.

As I talked with some of the 7th graders in my confirmation small group this past week, three months ago we would have loved some time being forced to stay at home, to take a break, to rest and just shut down. But now, all we want is for things to go back to normal, or at least close to normal so we don't have to sit around in one place all day.

Unfortunately I am not a miracle worker, nor do I have any governmental authority. I can't just make things go back to normal nor do I have any clue as to when they will. For our mental and physical well-being, and for love of our neighbors, we will continue to be apart for the time being. And for the foreseeable future, we will continue to figure things out as we go.

In times like these, when we are weighed down with uncertainty and fear, we are called to turn back to God for rest – rest for our weary bodies and anxious souls. We are reminded in scripture that Sabbath was created for us, not we for Sabbath. It's a needed thing. And it's a holy thing.

And so this month, I invite you to keep the Sabbath. It's a gift from God and is what you make of it. Try and find a way to have a Sabbath moment in the course of each and every day – whether that's quiet alone time from loud kids, time on the phone or Zoom with friends or family, time in prayer, or anything on the spectrum of things in between. Whatever it may be, may you find God and rest there.

Peace and blessings,

