

Osakis Lutheran Church Action News May 2020



Call the church office 859-2350 or
Pastor Rich 859-3816 if needing
pastoral care. Communion by
appointment—contact Pastor Rich.

Edition #554
Vicki Hinrichs, Editor

Congratulations to the following Osakis High School Seniors who are members of Osakis Lutheran Church. We will be honoring them during the May 3rd church service.

Camryn Hoffarth

Luke Imdieke

Luke Staloch

Brady Wagner

Jordan Wagner

Tyson Lien

Curtis Woidyla

Carter Grove

Hunter Infanger

The future is wide open, with many opportunities now waiting for you. Congratulations on your great success. May God's love and guidance be with you.



*I hope your dreams take you...
to the corners of your smiles,
to the highest of your hopes,
to the windows of your opportunities,
and to the most special places
your heart has ever known."*

Council's Corner: by Jessie Thornbloom

This past week I attended a Council President Zoom Meeting with other congregation and parish presidents from the Northwestern Minnesota Synod. The topic of conversation was very similar to the conversation we had at our last Council Meeting. The questions were: What can we do to help our members strengthen their faith? How can we get members involved (at the time) in Holy Week? How can we reach the most people with the materials we have? For all of these questions it seemed that the answer was very similar- Follow the guidelines, think outside the box, and try something new! From this, we might find new and better ways of reaching out to our community. I understand for some households sitting in a pew together in church is what seems natural and comfortable. For other households sitting on their couch after dinner watching the Sunday service is what seems natural and comfortable. With technology and social media, it's amazing to think about who OLC can connect with and who might find some peace and comfort from a message that Pr. Rich has shared. I have to take a minute to thank Pr. Rich for going above and beyond these past few weeks. As I was sitting in the Council President Zoom Meeting, some members were sharing that their congregations have recorded only a handful of worship services, if any. So, thank you to Pr. Rich for diving in and getting Lent, Holy Week, and weekly Sunday Services recorded and shared on social media as well as getting materials ready for Palm Sunday! Remember to like and share Osakis Lutheran Church on Facebook, let's see who we can all reach!

Our deepest sympathy to the family and friends of Judy Thornbloom, Pastor David Helgen, and Bud Sorum; who all have recently passed away.

We are sending condolences to you in this sorrowful time. May you feel the light of the Lord bless your family and bring you peace.



Rich Reflections

Just when you thought things could not be more unusual! As I write this, it's the second week of Easter out of seven, with Yom HaShoah (Holocaust Remembrance), Earth Day, and the beginning of the Muslim holy month of Ramadan on three consecutive days. What a combination!

If you've watched worship the past few weeks you've heard me talk about these unsettled times. These days have some striking similarities to the Passion Story of Holy Week and the Resurrection that we read about in the scriptures.

Palm Sunday to Good Friday took a little less time than it took for us to go from business as usual to a stay at home order. We've been closed up in our homes like the disciples were hiding after Jesus' death, for fear of the religious leaders and the Romans. It took 50 days to go from hiding to the outpouring of the Holy Spirit on Pentecost.

Obviously, it's going to take more than 50 days for us to get back to "normal". But life wasn't normal for the disciples after the resurrection either. We will get through this, but things will change. Here are some ways we will get through this.

Some of you have told me that you have used this time to get back into the habit of reading scripture. That's a good and natural response to a time of stress and uncertainty. Especially true when many of us feel overwhelmed. Martin Luther once said, "I have so much to do, that I will spend twice as much time in prayer."

So here are some Bible reading suggestions:

Psalms in general are good choices. Here are some chapters grouped by topic.

Trust: 23, 63, 91, 121, 125, 131

Praise: 8, 100, 103, 104, 111-118, 145-150

Lament: 22, 39-43, 53-57, 90, 120, 130, 139

Gospels: story of Jesus' life:

Matthew: Jesus the fulfiller of promises

Mark: quick, short, Jesus is just the beginning

Luke: Jesus prays, heals, raises up women

John: Jesus the light for a dark world

Epistles/Letters: (this list is encouraging letters)

Ephesians: God's grace from the start

Philippians: letter of joy

1 Peter: encouragement in suffering

1 John: love for God's children

We can also follow practices of *self-care and resilience*.

Please look for those elsewhere in this issue of Action News.

Being isolated and/or in continual, close proximity can also lead some into harmful behavior toward themselves or others. So here are some resources if you know of some who are suffering.

Counseling:

Lutheran Social Services – (320) 762-5124

Lakeland Mental Health – (320) 762-2400

Village Family Service Ctr. – (320) 762-8851

Suicide Prevention Hotline – 800-273-8255

Domestic Abuse, Sexual Assault Resources:

Someplace Safe – 24-Hour Hotline: 800-974-3359

Chemical Dependency:

Alcoholics Anonymous – (320) 762-1116

Al-Anon – (320) 762-1116

Let me know if there's something more we can do with you, or for you during this time:

Email: rich_fitzer@yahoo.com

Call or text: 320-859-3816

We end with this prayer, trusting that God *is* seeing us through this time:

O God, you have called your servants to ventures of which we cannot see the ending, by paths as yet untrod-den, through perils unknown. Give us faith to go [on] with good courage, not knowing where we go, but only that your hand is leading us and your love supporting us, through Jesus Christ. Amen.

Christ has died, Christ has risen, Christ will come again!

Pr. Rich

May Birthdays

- 1 Kearney Frank, Emily Wolf
- 2 Kadya Triebenbach
- 3 Curtis Holt
- 4 Aliyah Kreemer
- 5 Carter Watnaas
- 7 Gerard Johnson
- 8 Maddux Kapaun, Tammy O'Neil
- 9 Cindy Christensen
- 11 Danielle Kreemer
- 16 Jessica Johnson, Dallas Triebenbach
- 17 Gauge Johnson
- 19 Teresa Johnson, Abel Person
- 22 Mara VanNyhuis
- 23 Mary Curtis, Madison Forsell
- 25 Rylee Muzik, Lynnette Swenstad
- 26 Nancy Taft
- 28 Cooper Nosbush
- 29 Ella Gilbert, Charlotte Myhre
- 30 Donald Jensen
- 31 Amanda Schueler



Mission Action Moment

Quilting is happiness, lack of it is sadness.

What I make with my hands, I give of my heart.

Quilting with a friend will keep you in stitches.

One yard of fabric, like one cookie, is never enough!

Procrastinate – it frees up time to QUILT!

Quilts are like mom's cooking – they both give comfort.

Maintaining a Positive Mindset

While tough times can make it difficult to stay positive, try these tips to feel better.

1. Celebrate little wins. Little things that are already happening right now.
2. Practice gratitude. Counting your blessings boosts wellbeing and optimism. Log your gratitude in a journal or in notes on your phone—or thank someone who's made a difference to your life with a text, call, or letter.
3. Note three things you accomplished today. Lack of control can breed negativity. Maybe you're cooped up at home, but you woke up early to take a sunrise walk before logging into remote work. Or maybe you prepared a healthy lunch, or ticked an item off your to-do list. Practice this daily to retrain the brain to focus more on highs.
4. Spend time in nature. The great outdoors improves your mood and cognitive capacity. Engage with nature in an activity such as gardening, the benefits are pronounced.
5. Approach your life from a different perspective. When you're feeling down on yourself, consider how a friend might remind you how far you've come. If you think it will be a bad day, it probably will be. Instead, think: "Today will be a good day", and focus on enjoying it."
6. Do something kind. In a recent study at Yale University School of Medicine, those who performed small acts of kindness reported fewer negative emotions and lower stress levels. Enter, positivity!

Adapted from: <https://www.weightwatchers.com/us/blog/health/positive-mindset>

Resilience in Life

Resilience is positively adapting to adversity like trauma, tragedy, stress, relationship problems, financial stressors, workplace stressors, health problems etc. Resilience can be learned and developed in anyone. It is more ordinary than extraordinary and people for the most part are extremely resilient in the face of difficult things. Ways to Build Resilience:

1. Make connections: Get/stay connected with close family, friends or other significant people. Get connected with God!
2. Accept that change is a part of living: Accept the circumstances that you cannot change and focus your efforts on those circumstances that you can change.
3. Develop realistic goals. Ask yourself, "What is one thing I know I can accomplish today?"
4. Nurture a positive view of yourself: Develop confidence in solving your problems and trust your instincts. You are a good person because God created you that way!
5. Keep things in perspective: Even in the midst of deep adversity, consider the stressful situation in a broader context and keep a long-term perspective. Don't blow the event out of proportion. Sometimes you need to give things time.

[for more: <http://nwmnsynod.org/assets/Resilience.pdf>]

Osakis Lutheran is Faithful & Generous

Thank you! First and most importantly, thank you to all who have continued to give your offerings during the current "stay at home" order. Your generosity is inspiring. Keep up the good work! With help from all of us, we will continue to be the church, supporting bible camps, global missions, hunger and more—even if we aren't in the same physical location. Consider which of the following ways are best for you.

Mail a Check: we will not pass an offering plate for several weeks, but ministry continues. You can mail your offering envelope to: P.O. Box 427, Osakis, 56360

Online Giving: You can make a one-time gift or set up recurring gifts. Go to www.osakislutheranelca.com, click on the "Donate" button, and then provide the information needed.

Stimulus Check: some may decide that you don't need the Covid 19 stimulus check. If you are that fortunate consider giving a portion to God's work at OLC or elsewhere.

Prayer: no matter what your situation, please give prayer support to our staff, members, and the mission & ministry of Osakis Lutheran.

—Your Stewardship Committee

Sunday May 3 Worship Service 10 a.m. Graduation Sunday

Sunday May 10 Worship Service 10 a.m. Mother's Day

Sunday May 17 Worship Service 10 a.m.

Sunday May 20 Worship Service 10 a.m.

Monday May 25 Memorial Day

Sunday May 31 Worship Service 10 a.m.



All Services will be virtual; live on Facebook and later can be viewed on You Tube

Church in Society

Due to the social distancing our committee, Church in Society, has not met in the last month or two. Even though we would like to remind everyone that the month of May is about Lutheran Social Services.

LSS is available to family, youth, young adults, and seniors. There is an abundance of programs available for all areas of living well. On their website they state:

Living and working with dignity, safety, and hope. Physical health, safety, and emotional wellbeing.

The MN Lutheran Social Services telephone number is 651-642-5990 or 800-582-5260.

You may Google MN Lutheran Social Services also, and their website will pop up.

Thank you, Church in Society Committee

Rebekah Circle Members

Rebekah Circle is canceled until we are once again allowed to meet. Check Action News, the bulletin, phone call, etc. We will begin where we left off with our Women of the Old Testament.

Minnesota Food Share

Thank you to all the folks who participated in the Minnesota Food share Project this year. We collected \$400 and many bags of food. All will be distributed between the Outreach Food shelf in Alexandria and the Food Pantry in Long Prairie.

Congratulations MEN of Osakis Lutheran! You did it again with a total of \$269.50. The women's total was \$130.50.

Thank You! Thank You! Thank You! You are the greatest!

CIS Committee

News from the Education Committee

VBS will look different this year with some options for working on things at home.

Family Bingo Night will be postponed until we can gather or find a different plan.

We will honor graduates at the May 3rd service.

Sunday School

May would have been our final month of Sunday School. We would have ended with songs and an ice cream social. Maybe someday soon we can meet again and share stories, songs, and ice cream. Until then, children will be given the weekly readings with questions to discuss with parents and guardians at their home. This month I am also sending some faith based games/activities for children and families to play. I would also encourage families to spend time outside now that the weather is getting nicer. Take time to count your blessings. Spring is a fun time to see new life in almost every aspect of the day. Let nature spark your faith. I know my 6 year old is always asking questions about "how" or "why" something is happening. A lot of times the answer is, "because that's how God wanted it to be." Blessings!

Osakis Lutheran Church Council Zoom Meeting
Wednesday April 1, 2020 @ 7:30 pm

Present: Melanie Stier, Rich Fitzer, Nancy Exley, Kathy Ryan, Diane Zimmer, Paul Christiansen, Mike Curtis and Jessie Thornbloom.

I. President Jessie Thornbloom called the meeting to order. Attendance (Zoom meeting) was taken with prayer requests. Pastor Rich gave devotions.

II. Add to Agenda:

- a.) Holy Week schedule
- b.) Finances

Melanie Stier made a motion to approve the agenda. Nancy E. 2nd approved.

III. Old Business:

- a.) Paul C. made a motion to accept the minutes of the last meeting. Mike C. 2nd approved.
- b.) Unfinished items from previous meetings - none.

IV. New Business:

a.) Holy Week Worship Schedule:

Palm Sunday - pick up palms and communion kit for at home, on-line service April 5.

We did discuss some alternative ideas: for instance - a palm parade with members staying in their cars - but decided we should adhere to social distancing and recommendations to "stay home".

Pastor Rich said it would be nice if people would post pictures with the palms on-line, on facebook, etc...

Maundy Thursday Service - April 9th at 7pm - Pastor Rich provided a recipe in with the bulletin for Communion Bread so that households could make their own for home Communion.

Good Friday Service - April 10th at 7pm - Was held on-line

Easter Sunday Service - April 12th at 10am - Was held on-line

b.) Finances:

Pastor Rich was asked to remind members during the Easter morning service to keep up with offerings by mailing them to the church or through on-line giving. The Stewardship committee will be sending out a mailing and e-mail soon to all church members with this information.

V. Reports:

a.) Treasurer: Income for March \$10,980 Expenses \$12,858

Income to date: \$35,352 Expenses to date: \$38,722

Benevolence paid through February. Sent a check to Luther Crest for \$950, still owing them \$225. Sent a check to the United Way for \$953 (+\$50) for Backpack Attack.

The bill came for the work done in the parsonage bathroom - \$2,241, which was over what was estimated by Mr. Hagedorn. Jim Johnson will look at the bill to see if charges are about right before we pay the bill.

Mike C. made a motion to accept the report. Paul C. 2nd approved.

b.) Pastor's Report:

Non-member couple married on March 20th

Pathfinders and mentors are being sent discussion guide pages and video links.

Sending out weekly worship updates mail and e-mail and posted on website.

Have 5 "friendly phoners" to help check in with 14 isolated households.

Holy Communion supplies provided to Galion for protestant residents to receive sacrament twice (total of 100).

Debbie Bulfer, Office Assistant, is working from home using shared Dropbox folders.

Ordered some equipment to improve video streaming of worship.

OLC now has a YouTube channel

c.) Education: All plans on hold

d.) Church in Society: All plans on hold

Next meeting: May 6, 2020 @ 7:30 pm

Osakis Lutheran Church

P.O. Box 427

Osakis, MN 56360

Osakis Lutheran Church

2020 Church Council

President—Jessie Thornbloom

Past President— Paul Christensen

President Elect—Melanie Stier

Secretary—Kathy Ryan

Treasurer—Nancy Exley

Church in Society—Diane Zimmer

Financial Secretary—Cindy Christensen

Deacons— Wilma Triebenbach

Education—Melanie Stier

Trustees— Lil Ortendahl

Worship—Pat Converse/Shelly Triebenbach

Youth— Lacey Sadlemyer

Stewardship—Mike Curtis/Brent Werven

Ex Officio—Pastor Richard Fitzer

Church Office Hours:

Monday—Thursday 9 a.m.—2 p.m.

Closed Friday

The deadline for the bulletin is
Thursday at 9 a.m.

Church phone number 859-2350

To contact Pastor Rich:

Pastor Rich will typically be
working Monday—Thursday
with Friday as his day off. His
phone number is 859-3816.