

# Our Saviour's & Balsamlund Lutheran Church; ELCA E-News



For November 1, 2020

DAILY BIBLE READINGS 11/1/18/20—11/7/20



SUNDAY, Psalm 92  
MONDAY, Psalm 93  
TUESDAY, Psalm 94  
WEDNESDAY, Psalm 95  
THURSDAY, Psalm 96  
FRIDAY, Psalm 97  
SATURDAY, Psalm 98

Church email: [oscelca@wcta.net](mailto:oscelca@wcta.net)  
Office# 218-837-5831  
Pastor Eric Email: [pastor.eric.clapp@gmail.com](mailto:pastor.eric.clapp@gmail.com)  
Pastor Eric # 701-261-2394  
Church Website: [www.oslcsebeka.org](http://www.oslcsebeka.org)

11/1 All Saints Sunday  
8:30am Worship @Balsamlund  
9:30am Sunday School @ OSLC  
10am Worship @ OSLC

11/4  
6:30pm 7th grade Confirmation OSLC

11/8  
8:30am Worship @Balsamlund  
9:30am Sunday School @ OSLC  
10am Worship @ OSLC

## Balsamlund Announcements

### \*\*MILESTONE CELEBRATIONS

#### Bible Milestone

We'll celebrate our Bible Milestone on November 22nd. If your child is school age and hasn't received a Bible from the congregation, you are welcome to join us in worship for this celebration.

#### Communion Milestone

Our Communion Milestone is open to youth of any age who would like to participate at God's table. We'll celebrate in worship on December 6th & December 13th. First Communion class will take place during worship this Sunday November 1st.

\*Please don't park on the west side of the church in front of the cemetery this winter. We're trying to keep it clear after installing the new septic system. Thank you!

### OSLC Announcements

\* We are looking for ushers for the next 4 months. If you or your family is able to help out please talk to Janet after Worship, or contact the church office.

Paul's letter to the Philippians has been on my mind lately because in this brief letter - it's only 4 chapters, easy to read in 15-20 minutes or so - his deep care for the church and desire to reach out to them in struggle is so apparent.

Here's a bit from chapter 4 of Eugene Peterson's Message translation:

"Celebrate God all day, every day. I mean, *revel* in him! Make it as clear as you can to all you meet that you're on their side, working with them and not against them. Help them see that God is about to arrive. He could show up at any minute! Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life."

He makes it sound so easy, doesn't he? That line "let petitions and praises shape your worries into prayers" has stuck out to me lately.

Here are a few ways I've found to do this in my life and I offer them to you in the hope that they'll serve you as well.

### **1. Allow yourself to name the grief.**

Life in general often has much to grieve and 2020 has really piled on a wild year to our lives that already carry the grief of lost relationships or opportunities. The more we stuff at grief down or hold it back, the more control it has over us. So name it. Acknowledge it. By acknowledging it, we start to take away its power.

### **2. Spend time around life-giving people and do life-giving things.**

Whether it's watching the news, the cable news commentaries, mindlessly scrolling social media, or whatever your distraction of the day is, at the end of the day that's exactly what it is: a distraction. These things distract us from the people right in front of us and they drain us of any desire to interact with people. Our energy is like a bank account. You can only give so much of it away before you become overdrawn and eventually bankrupt. Go find some friends who energize you or an activity that gives you life and spend some time there.

### **3. Do what you can to find a sustainable pace.**

We've already been in crisis mode longer than anyone thought we would or wanted to be. We're tired. We're worn down. We're sick of not having a clear path forward or any idea how long this will go on. I have a mentor who always says this: *Live today in a way that will help you thrive tomorrow.*

What pace do you need to set today to help you thrive tomorrow? Are you tired and need some rest so you can thrive tomorrow? Do you have some energy to burn to set you up for tomorrow to be great? Pay attention to these things and in doing so, we'll find that pace we need to keep going on.

These are the things I've embraced in the last few weeks to help my worries and fears turn to opportunities to connect with God and with other people.

My prayer for each of us is that we'll find ways to stay connected to God, each other, and ourselves. It's the way we'll get through this together, by God's leading.

Grace + Peace be with you,  
Pastor Eric