

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

August 1, 2021

DAILY BIBLE READINGS 8/1/21—8/7/21

SUNDAY- Philippians 1:1-11
MONDAY- Philippians 1:12-30
TUESDAY- Philippians 2:1-18
WEDNESDAY- Philippians 2:19-30
THURSDAY- Philippians 3:1-21
FRIDAY- Philippians 4:1-23
SATURDAY- Deuteronomy 31:1-29



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7/31

10am-10pm RERD Potato Booth

8/1/21

8:30am Balsamlund Worship
10am Community Worship in the Park
11am Visitation for Syd Nelson
12pm Funeral Service

8/4/21

9am Ladies Coffee Hub 71
No Campfire Worship

8/8/21

NO am Balsamlund Worship
10am OSLC Worship
5:30 Balsamlund Campfire Worship

Balsamlund Announcements

We had such a great response to our Sunday evening camp service that we're doing it again! Sunday, August 8th, we will gather for hot dogs at 5:30pm and worship to follow at 6pm instead of our 8:30am worship time. Join us for camp songs and worship!

OSLC Announcements

Midweek campfire worships will be on the 1st & 3rd Wednesdays of the month. Bring a chair and join us!

*Summer office hours will be as follow Monday 9am-2pm, Tuesday 8-3, Wednesday 8-3, Thursday 8-3, Friday closed.

The Summer Olympics in Tokyo have been going on for the last week or so and have the whole world watching all kinds of wonderful athletic feats in so many sports and competitions.

One that captured my attention was the Men's Triathlon. An Olympic triathlon is just under a 1 mile swim, a 24.9 mile bike ride, and a 6.2 mile run.

Kristian Blummenfelt - a 27-year-old triathlete from Norway - won by doing all of this in 1 hour, 45 minutes, 4 seconds. Whoa!

I looked more into his training regimen. He trains up to 8 hours everyday and each week he swims up to 28 miles, bikes up to 250 miles, and runs up to 75 miles. EACH WEEK.

It's an incredible feat of endurance to be able to train like that and how gratifying it must be to then be able to translate that when it comes to the big stage of an event like the Olympics.

Watching him go through his course reminded me of a part of 2 Timothy in the New Testament where the writer talks about the endurance required in a life of faith as well.

The writer says, "I have fought the good fight. I have finished the race. I have kept the faith." This is his way of passing on the torch, so to speak, to the next generation of the faithful.

We've all endured so much in our lives - not least of which the last 18 months - that it's important to remember that faith, indeed, requires endurance.

Faith helps us stand in the face of all that comes our way and push through, with God's help, to the dawn of a new day.

As we move through these summer weeks that seem to have us running faster and faster, I want us to take a bit of a lesson from an Gold Medal triathlete. He's the best endurance athlete in the world right now and *he rests twice as long as he works*.

He trains for 8 hours everyday, which means 16 hours everyday are spent resting and recovering.

It's important for us as we run our race of faith as well.

If we run, run, run and never rest, we'll never make it to the finish line.

As we move through another busy week in the middle of a busy summer, may you be blessed to remember that life and faith are made for endurance. We're here together for the long haul. May God continue to bless this journey we're on.

Grace + Peace,
Pastor Eric