

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

August 22, 2021

DAILY BIBLE READINGS 8/22/21—8/28/21

SUNDAY- 1 Timothy 4:1-16
MONDAY- 1 Timothy 5:1-25
TUESDAY- 1 Timothy 6:1-21
WEDNESDAY- 2 Timothy 1:1-18
THURSDAY- 2 Timothy 2:1-26
FRIDAY- 2 Timothy 3:1-17
SATURDAY- 2 Timothy 4:1-22



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8/22/21
8:30am Balsamlund Worship
9am Fellowship
10am OSLC Worship

8/25/21
9am Ladies Coffee Hub 71
7pm Youth Gathering Mtg.

8/27/21
1pm Bridal Shower for Chyna Bergman

8/29/21
8:30am Balsamlund Worship
9am Fellowship
10am OSLC Worship

Balsamlund Announcements

We're excited to celebrate with the O'Keefe family in worship next week, August 29th, as Jolene is baptized and Brooke receives her 1st Communion. Be sure to join us for worship at 8:30 and breakfast after!

OSLC Announcements

*Thank you everyone for making the Potato Booth a success this year. I commend Brenda and Les for their past leadership on this service project for the past few years. It definitely is a challenge and exhausting endeavor. We made just a little over \$3000 after expenses this year. I call that huge success and we couldn't have done that without the support of OSLC family. Thank you from the bottom of our hearts. Alicia & Janet

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

*Up-Coming Dates!

- Confirmation parent/student meeting September 8th at 6:30pm
- Confirmation class 2nd Wednesday of the month 6:30-7:30pm
- SHYG 1st Wednesday of the month 6:30-7:30pm
- Youth Group 3rd Wednesday of the month (time to be determined)

- Sunday School will start on Sunday September 12. Snack at 9am and class at 9:15am.
- We will also be having a Backpack Blessing during worship on this day!



* There will be a informational meeting on Wednesday August 25, at 7pm for parents and students in grades 8th -12th interested in going to the Youth Gathering in 2022. Please contact Pastor Eric if you are unable to attend or have any questions.

*The Youth Group will be having a garage sale on Super Saturday September 18. If you have items you would like to donate for the sale, please contact the church office or Alicia Ahrendt, to make arrangements for dropping off items.

I was making breakfast the other morning and I had the griddle plugged in and the hand mixer turned on. We were listening to music and Milo was watching PBS Kids.

All of a sudden everything shut off.

After reassuring everyone that everything was okay, I went downstairs to check the fuse box and, sure enough, we'd blown a fuse.

Pastor Nadia Bolz-Weber wrote something really powerful last week that I've been reflecting on that sometimes our brains and our emotional systems are like a fuse box.

If we get too overwhelmed with things happening, too much stress at school or home or work, our bodies have a way of telling us that. And parts of our body can shut down.

Maybe you experienced this in school where you'd make the push to the end of the semester only to get sick over Christmas break. Once your body shuts down, it can be long to heal whatever ails it.

Our brains are still on a pretty old operating system. Our brains are meant to have the capacity to handle the things that happen within our village or perhaps the next one over. Anything beyond that begins to extend our brains beyond what they're able to handle and we start to shut down.

I don't know about you, but I've sensed that this week in particular, our operating systems are shutting down quicker than usual.

We have the devastation of the earthquake in Haiti.

We have scenes of chaos in Afghanistan and central Asia.

Wildfires are burning. Droughts are more severe. And COVID cases continue to rise around our state and country.

It's too much.

And it's okay to say it. Our brains were not meant to be able to handle this much tragedy and anxiety.

Pastor Nadia gave some great advice to help get our circuit board back on track: we have to decide what is ours to care about and take action on that. Then we have to trust that there are others who are entrusted to care for everything else.

Some people may have connections to Afghanistan and the troops who served there and are able to help in that capacity. Some people may have family or connections in Haiti who are able to help there. We may have opportunities to help farmers negatively affected by drought up here in Minnesota in unique ways. We can all do what we can to mitigate the spread of COVID.

And then we trust that whatever we are unable to pick up, that there will be others there to take that mantle.

It's hard. It requires faith. It requires trust in God and in God's people.

But it's good news that God is at work more than we could ask, think, or imagine.

We trust that God is at work. Then we do what we can, where we are, with the resources and energy we have in trust that if we do that, the Spirit of God can work wonders in us.

Grace + Peace,
Pastor Eric