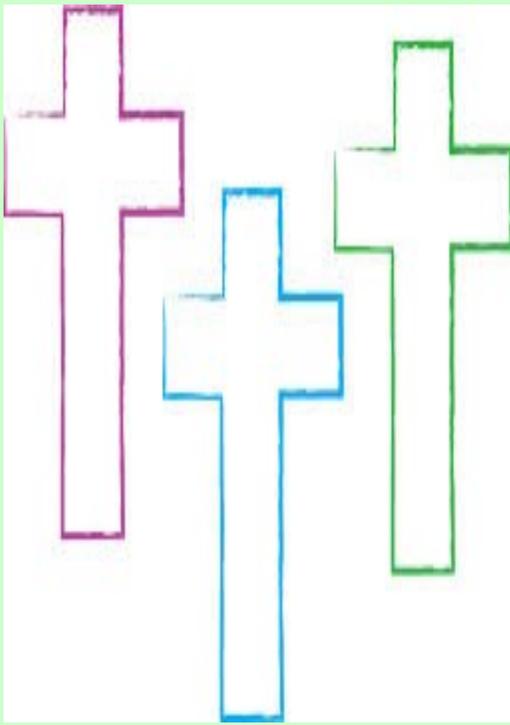


Our Saviour's & Balsamlund Lutheran Church; ELCA E-News

May 15, 2022

DAILY BIBLE READINGS 5/15–5/21

SUNDAY- 1 Samuel 9:1-27
MONDAY- 1 Samuel 10:1-16
TUESDAY- 1 Samuel 10:17-27
WEDNESDAY- 1 Samuel 11:1-15
THURSDAY- 1 Samuel 12:1-25
FRIDAY- 1 Samuel 15:1-9
SATURDAY- 1 Samuel 15:10-35



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5/14 Saturday

10am Faythe Kinnunen Visitation
12pm (Noon) Faythe Kinnunen Funeral

5/15 Fifth Sunday of Easter

9am Fellowship
10am Worship / Holy Communion /
Strayer Baptisms

5/18 Wednesday

9am Quilters
5:45pm Council Meeting

5/22 Sixth Sunday of Easter

9am Fellowship
10am Worship



Balsamlund Announcements: Please continue to watch for updates.

OSLC Announcements:

* **Faythe Kinnunen, a longtime parishioner passed away, May 8th.** Her services will be held at Our Saviour's Lutheran Church in Sebeka. Please take note of the times above. Sincere condolences to the families and friends in Christ of our beloved Faythe.

* **Want to serve as Altar Guild?** Sign-up sheet is on the Fellowship table and/or contact the church office. Months open are: June, July, August, September, & November.

* **Please note: Fellowship Hall Reservations** May 21 (time TBD).

* The morning of May 18th is a “Day of Caring”. The Sebeka High School students and teachers will be out in the community to help with yardwork, simple home projects, city & park clean-up, and road & ditch clean-up. Want some extra help and extra care this day? Call 218-837-5101, ext.104. *(In the event of inclement weather, we’ll do this on May 20th).*

* POTATO BOOTH July 28, 29, & 30 - It is time to start planning the potato booth. With the Sebeka All School Reunion being held in conjunction with Red Eye River Days we need to decide now if we will be open both Friday and Saturday. Bear in mind that there are many of us who graduated from Sebeka and would like to participate in our own Class get togethers and it may be hard for some to volunteer their time. There may also be some All School Reunion activities beyond our individual class gatherings. Sign-up sheets for time slots are posted in the Fellowship Hall and we will be looking at having these spots filled by the middle of May so that we can determine how to move forward.

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

- Matthew 11:28-30 (The Message)

This is a scripture I return to often, particularly in seasons of transition. When we're in the thick of a busy season in our lives, whether it's because of work, sports, school, family, volunteering, or any of the other ways we stay busy, it's not necessarily a good time to take stock of our lives because we have our heads down to get to the next thing.

Seasons of transition are a good time to hit the pause button and help us evaluate where we are and make plans for the season ahead.

As the weather gets warmer, the flowers begin to bloom, and the snow (thankfully) has melted away, I'd like to invite you into a time of resting in the care of God.

Jesus invites his disciples to a time of rest in the passage from Matthew that starts out our devotion today. Being a disciple is hard work. Following Jesus in a world where it's just as easy (if not easier) not to is hard work.

Yet there is still a need for rest.

I feel like that last part might need some repeating: **there is still a need for rest.**

Rest can look different for each of us. I like to think of rest as a part of the things in life that restore us. We can see the actual resemblance in the words "rest" and "restore".

What are the things in your life that restore you?

Where are the places you go that feed your soul?

For the extroverts, who are the people you spend time with to recharge your batteries?

Once we've identified these, there's really only one more question: How can we get this in our lives?

How do we make space for rest in our lives in an increasingly busy world?

Taking time and making space to ask ourselves those questions is an important first step. Then the next step is listening to your body and your spirit for the answer.

If you're active on social media (particularly Facebook or Instagram), The Nap Ministry is a great account to follow. They are unapologetic in their resting and are a great inspiration for us when we're feeling tired, worn out, or burned.

May you hear the invitation of Jesus in this season to come to him and rest. May he teach you the unforced rhythms of grace, just as he promised. And may you continue to move through these days unhurried and full of life.

Grace + Peace,
Pastor Eric