

The *intercom* In Church & Community



The Monthly Newsletter of Our Savior's Lutheran Church

May 2011 Volume 36 Number 5

*Summer Worship (Beginning June 5) 8:45 and 10:30 a.m.
Refreshments in between in The Gathering Place*

More or Less

"Tell 'em what you're going to say, say it, and then tell 'em what you said." That was one of my first lessons in speech class and, not to be redundant, repetitious, or to repeat myself, but I still believe it is a key to communication. So, to say again what I've already said about Another Step Forward in *The InterCom* and in other places:

When someone calls and wants to get together with you to talk about the capital campaign, please make it easy for the caller and say "Yes." You can meet at church or at your home. The visit should take only 20 to 30 minutes. They want to tell you why we're doing this second campaign, bring you up to date on things, and give you the opportunity to make a pledge and/or gift.

You may think you already know all there is to know about this campaign – such as, if we don't clean up the debt left from the building project within the next four years (which \$5,500,000 will do), OSL will pay over \$4,200,000 in interest alone between now and 2030. But do you know the ramifications of OSL having to carry that much debt? Do you know how it will affect our programs and our mission? Every OSL member needs to hear the full story and be fully informed.

The visitor – one of your fellow OSL members – will ask you to "prayerfully

and thoughtfully consider a gift" to help wipe out our debt. The visitor may suggest an amount to consider that's too high or too low. Only you can decide what the right amount is for you. You can take a few days to decide. Then, when ready, you will write down the amount on your pledge card, put it in a sealed envelope, and get it to the visitor or drop it off at church.

Some members are saying, "I'll continue my present pledge for another two or three years." They've discovered they can handle that amount and it will be manageable to continue. In fact, if everyone did at least that, the debt almost would be paid off in four years.

Another thing you'll hear from your visitor is how much and in what ways the new space is being used. It's amazing – to see The Gathering Place, the gymnasium, the youth area, Sunday School, the Celebrate Center teeming with people – people within the congregation and groups from outside. But that's what we built it for – to be used in service of the mission God has given us.

Again, please set up a time with your fellow member when he or she calls. They are doing this because they love OSL and what's happening here and beyond these walls. Most of you will be able to give – some much, some not as much. It all adds

up. Everyone will have to decide how much they can give – or not give – based on their own situation.

As of the kick-off event on April 17, 111 advance gifts and pledges of \$855,917 have been received, mostly from congregational leadership and staff (so far, 87 percent of the members of the Congregation Council have pledged, as have most of the elected Board members and staff). It's a solid beginning, but, in order to wipe out the debt, gifts and pledges from almost every household in the congregation will be required. Prayerfully consider how much you can contribute to this effort.

In any case, thank you for what you may already have done and what you might be able to do. It's when we work together – with God – that great things can happen.

* * *

Summer worship hours – as was done last year – will be at 8:45 a.m. and 10:30 a.m. Breakfast will not be



Pastor Les Svendsen

served during the summer months, but coffee and goodies of some kind will be available in The Gathering Place in between. Again, our kitchen workers deserve many, many thanks for their work on Sunday mornings and on Wednesday evenings. Thank them when you see them.

A word about outdoor worship: Some people are at work on the issues involved so we can give it a try. We hope to begin the first or second Sunday in June at the corner of Summit and OSL Place (that's the old 34th Street). The sun will still be an issue, we might have to sit closer together, but the only way we can figure it out for the long haul is to give it a try now. So, bear with us. Be understanding. And let's hope the weather is better on the Sundays this summer than they were last year.

God love you all!

Leslie G. Svendsen

Thank You, Thank You Very Much!

From St. Dymas Prison Congregation – A huge thank you to the members of OSL. The offering you gave for St. Dymas Prison Congregation was \$3,195, the largest single offering from any church since I became chaplain at the prison two and a half years ago. Thank you again! —Pastor Marlin Wangness

From Luther Seminary – Thank you for your gift of \$500 to Luther Seminary. Your gift has an important impact on the future leaders of our church. Every gift given to Luther Seminary equips leaders who are passionate about serving the church through witness to the gospel, building up the body of Christ wherever they are called to serve. Said one of our seniors, "Financial support has allowed me to decrease my debt and look ahead to a future of greater financial stability, beyond what I could have hoped for."

From Project CAR – A special thank you to the volunteers from Our Savior's Lutheran Church who contribute their time and talents to Project CAR. You helped provide transportation for the elderly so that they may participate in church activities and worship services; volunteer throughout the city; and serve as Senior Companions. In 2010, volunteers traveled almost 60,000 miles, provided about 12,000 rides, and donated almost 6,000 hours. Please join Project CAR in thanking Ron Ahrendt, Bob Caselli, Nancy Gustafson, and A. Richard "Pastor Pete" Petersen for volunteering during 2010.

South Dakota Synod Assembly Meets at OSL in June

About 700 voting member and visitors will meet at Our Savior's for the South Dakota Synod Assembly June 10 and 11. The assembly will include worship, making decisions regarding the common ministry of the synod, and Bible studies. The theme of the assembly is "Walking Wet Together."

Speakers include the Rev. Paul Hill and the Rev. David Anderson from Vibrant Faith Ministries; the Rev. Stephen Bouman, Executive Director of Congregational and Synodical Missions for the ELCA; and Bishop Elizabeth Eaton, Northeastern Ohio Synod. Bishop David Zellmer will preside over the assembly.

The assembly has usually been held at the Elmen Center. Last year it was held at Calvary Lutheran Church in Rapid City, one of the few structures in the synod, along with Our Savior's, large enough to accommodate an assembly of this size.

Voting members elected by Our Savior's include Brian Sittig, Jan Haugen-Rogers, Paul Chekola, David Blegen, Karen Johnson, Tom Berkland, Ron Rossing, Martha Rossing, and Cheryl Dybig. Prs. Svendsen, Binstock, Lemme, and Rakness are also voting members.

PARISH LIFE

Benefit from Making a Gift of Life Insurance to Our Savior's Lutheran Church Foundation

Have you ever considered using life insurance to make a gift to help Our Savior's?

There are many advantages and benefits in doing so, not the least of which is you will be assuring the vitality and future of our ministry together.

You may have a life insurance policy that you took out many years ago but the protection is no longer needed. You can assign ownership of that policy to Our Savior's Lutheran Foundation. At your death, Our Savior's will receive the full proceeds to use in strengthening and expanding its ministry in Christ's name.

You will benefit not only from the satisfaction of having made a significant gift to assist your church, but also from receiving a charitable income tax deduction for the cash value of the policy. If you are still paying premiums on the policy, you make an additional tax-deductible contribution each year to the Foundation so we can pay the premium and keep the policy current.

Or you can take out a new policy through your insurance agent, making the Foundation the owner of the policy. Then each year make a tax-deductible contribution so we can pay the premium. You will

be astounded at how large a gift you can make at a relatively small annual cost by using life insurance to make your contribution!

You can also select a single premium policy, making a single tax-deductible gift to the Foundation for the amount of the premium. Or you can designate the Foundation as a partial beneficiary of an existing or new policy.

If you would like to know more about making a gift utilizing life insurance, call Pr. Les Svendsen at 336-2942, ext. 11, to receive a copy of an interesting and helpful brochure titled "Insuring Tomorrow."

WELCA - OSL Women of the ELCA, by Carolyn Pesicka

"Let us hold unwaveringly to the hope we profess, for He who promised is faithful. And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching."—Hebrews 10: 23-25

This article is being written during Easter Week! Christ has come, is risen – and will return once more! In the meantime, "...in your hearts set apart Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect."—I Peter 3:15

The OSL Women of the ELCA continue to meet together, to encourage one another, and to put their faith into action. Mission giving is an emphasis, and our goal in 2011 is to exceed giving of previous years – in response to the incredible need of people everywhere, at home and abroad.

Ladies, plan to attend the May WELCA luncheon in The Gathering Place on Saturday, May 7. Tickets are available in the Church Office for \$7.00 each. The May event is always an extra-special gathering, our Mother-Daughter/Guest tradition. So plan to attend; bring a guest or two; and encourage others to attend.

The luncheon begins at 11:30 a.m. Our speaker is Suzanne Knudson. There will be special music, good food, fine fellowship, and the fun of being together.

South Dakota Women of the ELCA's Twenty-fourth Synodical Convention will be held June 17-18 at Joy Ranch near Watertown, hosted by Lutheran Church of Our Redeemer, Watertown. Plan to attend with a friend or a group of friends. You can carpool up to Joy Ranch and enjoy the site, the convention, and the time together as you travel.

OSL WELCA recently hosted the annual Crossroads Gathering, a meeting of representatives from area churches. Thank you to each woman from our church who attended, and

to the officers and many others who helped out. Everyone appreciated the Bible study led by Pr. Heidi, the sound system assistance of Steve Kuper, and, of course, the food prepared by Wendy. Chuck and Doug were so very cooperative and diligent in making sure everything was set up. Thank you all.

May Circle Meetings: Watch for the listing of date, time and hostess in the Sunday bulletin prior to the meetings. All women, members or nonmembers, who attend OSL, are invited to join a circle – or suggest the organizing of a new circle. The focus, scope, and outreach of each circle may be decided by its members. The traditional study is available, but it is an option, not an obligation.

Repeating something from an article I wrote last year: "May we continue to be diligent in seeking to serve and in carrying out the work God sets before us. Jesus gave us the ultimate example in carrying through to the end the work that the Heavenly Father intended for him to do. Jesus paid the price. All to him we owe."

Women in Ministry Open House May 1

Stop by the Woman in Ministry open house on Sunday, May 1, 10:00-11:00 a.m., in the Friendship Room. You will receive a May basket to fill with May Day goodies and information from a variety of displays about OSL's women's ministries.

Adult Learning Opportunities for May 2011, 10:00-10:50 a.m.

The Friendship Room

May 1: Women's Ministries
May 8: Tallgrass Retreat Center, Speaker, John Williams
May 15: Fair-Trade sampling & video

First OSL Women's Retreat this Fall

What's Your "Apron"?

"Your strength, your shield, your service" – Broom Tree Retreat Center, Sept. 30-Oct. 1.
Retreat facilitator: The Rev. Cynthia Hoy, Director, Pastoral Services, Sanford Health. Registrations will be available soon!

Dinner Is Served

The Saturday evening meal after worship is May 14. The menu includes roast beef, mashed potatoes and gravy, vegetable, and dessert.

LET'S COMMUNICATE! OUR SAVIOR'S STAFF DIRECTORY

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Last International Dinner of the Season May 5

Enjoy the flavor of North India on Thursday, May 5, at 6:30 p.m., at Shahi Palace, 2527 S. Shirley Ave. This will be the last international dinner of the season, at a new restaurant that has received great reviews. The owner will prepare appetizers, salad, chicken, lamb and vegetable entrees, breads, and dessert for the OSL group. Cost is \$18 per person. Sign up between services at the Information Center, or e-mail susie.wiswall@gmail.com.

PARISH LIFE

Offering of Letters May 1

You will have the opportunity to participate in the Bread for the World Offering of Letters on Sunday, May 1. This is a nationwide campaign focused on making U.S. foreign assistance more effective in reducing hunger and poverty – in a political environment that is deeply partisan. Hunger is not a partisan issue.

Why handwritten letters? Because they work. Research from the Congressional Management Foundation confirms that handwritten, mailed letters are

still the best way to communicate with your members of Congress. In fact, 96 percent of Capitol Hill staff reported that if their member of Congress had not reached a decision on an issue, personalized letters would influence his or her position.

A Bread for the World table will be in The Gathering Place on May 1, with writing materials and sample letters to guide you.

Upcoming OLLI Adult Learning Opportunity

“Memory’s Functioning, Failings, and Fixes” is a lecture by Dr. Elizabeth Babcock, Assistant Professor in Psychology at Augustana College, where she teaches Cognitive Psychology, Research Methods, and Human Lifespan Development. Babcock will give an overview of the different types of memory and how memory functions; examine memory failures, which in many cases are simply predictable (though undesirable) consequences of the

adaptive nature of memory; and include practical recommendations for bolstering memory. This OLLI (Osher Lifelong Learning Institute) lecture is open to the public; OLLI membership is not required. There is no cost, but seating is first come, first served. Tuesday, June 7, 10:00–11:30 a.m., Avera Hall, University Center North. Class limit: 140. University Center North is located at 4801 N. Career Ave. Park in visitor or student parking.

Food to You – Mobile Food Pantry

Thanks to the OSL volunteers who served on March 17 at Augustana Lutheran. A total of 25 volunteers helped to distribute over 3,000 pounds of food to 101 households, reaching about 319 people. Thirty per cent of the households served were new users of the food pantry. In March, Food to You completed two years of distributions of food to families in neighborhoods. Thanks to the financial and ongoing

support of food and hygiene item donations from the thirteen partner churches, the ministry is able to continue. Continued needs are toilet paper, shampoo, soap and toothpaste. Donations of the food of the month are always welcome. The food of the month for May is any kind of pasta. OSL’s next serving opportunity is June 16, so save the date. Contact Cheryl Dyvig, 359-4357, with any questions.

May Friendship Club

Pastor Jo Ann Lemme, Chaplain at the Veteran’s Administration Hospital in Sioux Falls, will be the Friendship Club speaker, on May 17 at 10:30 a.m. in the Friendship Room. Pastor Lemme will give a presentation on her travels to Israel and some of her archeological experiences in that region. The presentation will include a slideshow and a display of pottery pieces that date back to biblical times. Lunch will follow in The Gathering Place, with a suggested donation of \$5.00 per person to help cover costs. Come and enjoy this informative and fun program.


OSL Woodshop Open House May 8

You are invited to an open house in the OSL Woodshop, on May 8, from 10:00 to 10:50 a.m. Coffee and cookies will be served, and tours will be given by members of the Woodshop team. There will be displays of completed and upcoming projects, and Woodshop team members will be on hand to answer any of your questions. You will also have the opportunity to sign up to participate in this exciting new ministry here at OSL.

The Woodshop is located in the southwest corner of the lower level of the church. The entrance to the shop is behind the main staircase; if you use the elevator in the narthex, take a right and follow the signs.

Baptisms

April 3, 2011
Benjamin Michael Swets, son of Daniel and Robyn Swets



Plus One Family Gathering

Join other families with infants through the age of three for the monthly Plus One Family Gathering, May 1, 10:00 a.m., in Fellowship Hall.

Children are welcome to come with their parents, or the Nursery is also available.

Crop Walk Informational Meeting May 5

Representatives from churches in the Sioux Falls community will gather to share ideas and gain information about Crop Walks on Thursday, May 5, at 6:00 p.m. in the Conference Room at Our Savior’s. Crop Walks are community-wide events to raise awareness of hunger and do something about it. Anyone interested in learning more is invited to this meeting.

You’ve Got Mail!

If you’d prefer to receive *The InterCom* via e-mail rather than U.S. Mail, send e-mail to Kathy Nelson in the Church Office, knelson@oslchurch.com

New Members Received

Please welcome these new members, who were received into our church family in April.



Anne Anderson



Janet Arnold



Ken and Colleen Bashore, Henry and Vivian



Gerald and Darlene Boe



Justin and Kari Bolen



Tom Bulfer



Bryan and Denita Dahl



Richard Foster



Devin Christianson & Ashley Holst



Erik and Kimberly Jensen

PARISH LIFE



Jessica Johnson



Rick and Mary McClung



Marino and Marlys Melsted



Dean Poppinga



Kevin Quimby



Bob Raabe



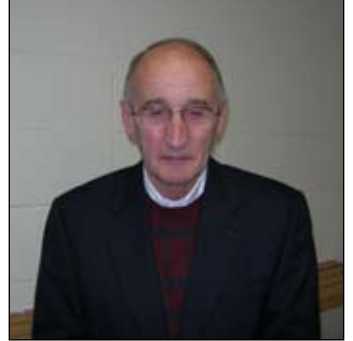
Jason Rhodes and Katie Meyer



Harley and Jean Rieck



Conley and Paula Ruud



Wayne Schnaible



Lucy Selland



Abbey Vandelanotte



Diane Wilson



Bryan and Angela Miller



Ken Olson

Not pictured: Robert and Joey Aldern, Maribeth Anderson, Lori Murphy, Sean and Meaghan, Nathan Obesio

TLC Presentation May 8

John Williams from TLC (Transitional Living Corporation) will be the Adult Forum speaker on May 8 in the Friendship Room, 10:00–10:50 a.m. He will discuss TLC programs and services, including TLC Sober Living Homes, transitional housing for men and women, and TLC Tallgrass, a 30-day spiritual recovery center.

The mission of TLC is to be an essential partner in the community's recovery oriented system of care by delivering a world-class, twelve-step, spiritual program of recovery from alcoholism. TLC's programs and services have assisted hundreds of people and their families, including more than 200 people at TLC Sober Living Homes and over 450 guests at TLC Tallgrass.

The Return of Midnight Madness

OSL will again host Midnight Madness for Augustana College students preparing for their final exams, on May 15 and 16. If you would like to volunteer to help serve the 10:00 p.m. meal on Sunday or Monday (or both), contact Kathy Nelson, 336-2942, ext. 21, or knelson@osl.com. Baked goods, fruits and veggies are especially appreciated.

Calling all Gardeners!

Join us in the Healing Garden every Wednesday morning from 9:00 to 10:00, beginning May 4, for planting, weeding, fellowship, learning, and devotions. All ages and all abilities are welcome. Come and feel the healing power of gardening.

WORSHIP AND ARTS

Thank You

Thank you to all of the choirs, instrumentalists, directors, readers, actors, deacons, communion servers, and ushers who have given so much of their time and talent to worship at Our Savior's during the Lenten and Easter seasons. You are an invaluable part of the Our Savior's family. Thank you for your generosity and faithfulness to the worship life of the church.

Summer Worship Music

Let us know if you are interested in helping with worship music during the summer. Choirs do not meet during the summer, so we rely on volunteers to sing in small groups, play instruments, etc. If you would like to help, call Jeanne Carter (336-2942, ext. 40) or Marilyn Schempp (336-2942, ext. 36) and we will find a time for you to help lead worship music. Watch the bulletins for announcements about summer music happenings.

It Will Soon Be "Summer Hymn Sing" Time Again

Do you have any favorite hymns you would like included in some hymn sings this summer? E-mail Jeanne Carter, jcarter@oslchurch.com, or drop off a list of your top five favorite hymns at the Church Office. Hymn sings will happen monthly during the prelude time at Festive worship in June, July, and August. We will also publish a listing of your votes in next month's *InterCom*.

Children's Choir News

The children's vocal and handbell choirs will have their year-end party on Wednesday, May 11, from 5:00 to 6:15 p.m. in the Friendship Room. There will be games, pizza and ice cream.

The last time they ring and sing is Sunday, May 15, at the 8:45 and 11:00 a.m. Festive services. All of the choirs will be featured for an end-of-the-year Music Sunday.

Music and Arts Explosion for Kids

Mark the mornings of July 18–21 on your calendars for a music and arts summer workshop at OSL. Students in fourth through eighth grade will be involved in varied art and music projects throughout the week. Watch for additional information in *The InterCom* and on the website.

Concerts

The Augustana College Spring Fanfare of Choirs and Brass concert is Sunday, May 1, at 2:00 p.m. in the Sanctuary. The Concert Choir, Collegiate Chorale, Angelus, the Brass Choir, and the Trombone Choir will perform. Tickets are \$5.00 for adults, free for K–12 students and Augie students. They are available at the Augustana Box office (605-274-5320), online (www.augietickets.com), or at the door.

The Sioux Empire Brass Society will present its Spring Concert on Sunday,

May 15, at 4:00 p.m., at Our Savior's Lutheran Church. The concert will include a variety of works for brass choir and brass band, and will feature the Westside Trombone Quartet from the Twin Cities. Area high-school trombonists also will join the concert for a rendition of "Seventy Six Trombones." There will be a freewill offering.

The Sioux Empire Brass Society is a 35-piece brass choir directed by Gary Pederson. It is made up of musicians from Sioux Falls and surrounding communities. OSL members in the choir include Julie Oien, Katrina Gordon, Dennis Bolen, Earl Sherburne, Dave Haugen, Dennis Knutson, and Gary Pederson.

CARING MINISTRIES

Be a Part of the Big Squeeze

May is American Stroke Month and High Blood Pressure Awareness Month. High blood pressure is one of the leading causes of stroke and is a major risk factor for heart and kidney disease. The Big Squeeze is a cooperative effort of the American Heart Association, Avera Health, DAKO-

TACARE, Lewis Drug, Novartis, Sanford Health, the City of Sioux Falls, and Parish Nurses to encourage Sioux Falls area residents to get their blood pressure checked in May. Know your blood pressure and take action. Learn more at www.heart.org/thebigsqueeze.

Blood pressure screenings at OSL in May are every Sunday morning, 9:45–11:00 a.m., and every Wednesday evening, 5:00–6:30 p.m., in the Caring Ministry Suite.

A Healthier OSL: The Church Vitality Project –April Recipients

Vitality: “exuberant physical strength or mental vigor; capacity for survival or for the continuation of a meaningful or purposeful existence; the power to live and grow.” — *The Random House Dictionary*

Caring Ministries is recognizing individuals, boards, or ministries that demonstrate activity in one of these focus areas. The April recipients are:

Service and Faith Building – Nicaragua Mission Trip participants: Pr. Heidi Binstock, Tim Fitz, Cheryl Gaeckle, and Kelli Rolfsmeier.

If you would like to nominate people or groups you think should be recognized in one of the areas mentioned above, e-mail your ideas to Kathy Nelson, knelson@oslchurch.com, or place them in the Caring Ministries mailbox.

A Peek through the Wednesday Morning Window June 8–July 20

Adult Bible Study Prayer	Christ's Kids Adventure ages 4–6th grade
Child Care Walking yoga	Gardening

Vitality Health Focus: What's the “Real Deal” with Calcium and Vitamin D? By Joan Thimjon, R.N.

Why are calcium and vitamin D important?

Calcium and vitamin D together are essential for bone and teeth health. They are also thought to prevent some cancers. Vitamin D helps calcium become absorbed in your system. Without adequate levels you can develop osteoporosis (thin bones); 80% of osteoporosis patients are women. Northern European heritage, family history of osteoporosis, steroid use, and even being thin all increase the risk of osteoporosis.

How can I tell if I'm getting enough Calcium?

You cannot tell by blood tests. Don't be satisfied if the calcium level on your blood test is normal—your body actually will “pull” calcium out of your bones to keep your blood level normal.

Calcium helps your heart, cells and muscles of your body function. We all—women and men—need 1,200 mg of calcium daily, and women need 1,500 mg daily after menopause. Each dairy serving is approximately 300 mg of calcium (read the label). Other sources of calcium include soy, nuts, oranges, kale, and more, so you can get your 1,200 mg through your diet and/or with a supplement.

You also need approximately 800 to 1,000 IU (International Units) of vitamin D daily. Vitamin D is added to milk and other dairy products and juices. You can get your requirement of vitamin D with fifteen minutes of

sun exposure per day (no sunscreen). Up to 2,000 IU daily can be necessary, especially if you have osteoporosis or have had gastric bypass surgery. Higher doses are usually not necessary, unless specifically ordered by your physician, and very high doses can even cause problems in the long term. Make sure your physician knows what over-the-counter medications you are taking.

What about those supplements?

Any calcium supplement can do the job. Calcium carbonate is the cheapest and works fine. However, it seems the cheaper supplements tend to cause constipation. Calcium citrate is good if you have low stomach acid; it, as well as calcium phosphate, are well tolerated and less constipating. Sometimes the pills are quite large to swallow, but they may be broken or crushed, and there is a chewable version on the market. Calcium supplements often include vitamin D as well.

Why the concern about bone health?

Your bone density is pretty well set by your twenties or thirties (teenagers, drink your milk!); after that, it's hard to keep building bone. Spine fractures usually happen first and are very painful. Hip fractures are a leading cause of death after our seventies.

What's a DEXA?

DEXA (bone density) scans determine the density or thickness of your bones. Women need one shortly after

menopause, then typically every two or three years after. There are some women who need to start earlier due to personal history or family history.

If you've been told you have osteopenia, it's your warning to get serious! Osteopenia is the term used for a state between normal bone mass and osteoporosis, which is low bone density with increased fracture risk. Things can be improved, however. Ask your doctor for advice.

Can you take calcium any time of the day?

It's best to take it with meals so it's absorbed better. Do not take calcium at the same time as any thyroid medication. You should take thyroid meds alone an hour before you eat.

What about bone density medications?

There are several. You need a DEXA scan for diagnosis, then talk to your doctor about your options.

How can I help myself?

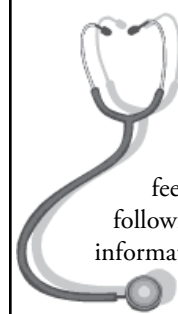
Make sure you are getting enough calcium and vitamin D daily.

Don't smoke.

Limit alcohol, coffee, and soda, especially colas.

Walk, or undertake any exercise that makes your muscles “pull” on your bones; swimming doesn't help much with this.

HEALTH MINISTRIES



Our Savior's has a number of ongoing health ministries that meet on a weekly or monthly basis. Please feel free to join any of the following sessions. For more information, call Joyce Kaatz at 336-2942, ext. 28.

LIVING WITH CANCER

Every Tuesday at 2:00 p.m. in the Friendship Room. People and their families who have or are experiencing the challenge of cancer are welcome. If you cannot attend, but would like to be on our prayer and devotional mailing list, please call 336-2942, ext. 28.



FOOT CARE CLINIC

Cost is \$25 per person. Wednesdays, May 4, and June 1 and Thursday, May 19, 9:00 a.m. to 3:00 p.m. To register, call the Church Office at 336-2942.

THERAPUTIC MASSAGES

in the Caring Ministry Oasis Room. Cost is \$12 for 15 minutes. Wednesdays, May 4 and June 1, and Thursday, May 19, 9:00 a.m. to 12 noon. Call the Church Office to make an appointment.



Wednesday night massages May 4 and 11, 4:00 p.m. to 8:00 p.m.

PRAYER SHAWL MINISTRY

Learn how to knit or crochet prayer shawls to be given to people to remind them of God's presence and love in their lives. Wednesday, May 11, 9:30 a.m. Sunshine Room.



GOOD GRIEF

Every Thursday at 10:00 a.m. in Room 1. Offers support to anyone dealing with loss and crisis in their lives.



Healthy Living Summer Bible Study and Exercise at OSL

Wednesdays, 6 weeks, June 8–July 20, 10:00–11:00 a.m., Room 101

“Walking the Walk” by Leslie Sansone is a daily inspiration to get off the couch and nourish your mind, body, and soul as you explore the powerful fusion of fitness and faith. The study will be followed at 11:00 a.m. by light walking (walk and talk) or other exercise, for those who wish to stay. Suggested donation: \$12.00 for the book and DVD. Scholarships are available.

CARING MINISTRIES

Stephen Ministry: Stephen Ministry Sunday and Commissioning May 15

Brenda Beninga, Mary Liggons, and Mark Sinning will be commissioned as Stephen Ministers at the 8:45 worship services on May 15. Between the services, all Stephen Ministers will be celebrated with special treats and a slideshow in The Gathering Place.



Brenda Beninga



Mary Liggons



Mark Sinning

Stephen Ministry Banquet

Tuesday, May 10, 6:00 p.m.

The Gathering Place.

All are welcome to celebrate the gifts of OSL's new Stephen Ministers \$10.00/person – RSVP Kathy Nelson, 336-2942, ext. 21

OSL YOUTH AND FAMILY

Brent's Bite

April showers bring May flowers! Have you ever thought about how profound that saying could be? I'm going to make a connection here that may seem a bit of a stretch, but give it a shot. Rain, an element sometimes used to symbolize tears, falls to the earth. In addition it has the potential to leave many people in a poor mood ("Rain, rain, go away"). However, it is through this often unappreciated element that the earth receives nourishment to bring about green grass, leaves, and flowers. What we see as bad in the moment is used to bring about the very things we see as good.

Now think about this. During Lent, we may have given up some things we enjoy and taken on a solemn attitude as we focused on Jesus' journey to the cross. This intensified in Holy Week

as we remembered Jesus' betrayal, arrest, trial, torture, and death. Then all of this sorrow and solemnity turned to celebration on Easter morning as we heard again that Christ is not dead, but is risen and alive! What was initially seen as Satan's victory resulted in God's eternal triumph. "For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord (Isaiah 55:8). Simply amazing.

I recently read something that I want to share with you all in the afterglow of Easter:

"We talk about how Jesus went to the cross to forgive our sins ... We treat it as if it's a past event, forever finished. And of course it is finished; it's finished like a wedding ceremony

is finished. The event is over. But the event itself continually reorients and redirects our reality. It makes everything different, and therefore it lives on and demands we live into the new reality it's ushered in. Yet too often we treat the crucifixion like a birthday party. We've received some nice gifts, but it's now past and makes no real demand on the way we live into the next year..." Andrew Root, in *Relationships Unfiltered*, pages 78-79.

Does this describe the way you live? I am certainly guilty of it. The excerpt above brings about May's challenge. Can you think of some way – and it could be anything – to daily remind yourself that Jesus is alive and present with us? For he has told us, "Surely I am with you always, to the very end of the age," (Matthew 28:20).

OSL 2011 Confirmands

These ninth graders will proclaim their Affirmation of Baptism on Sunday, May 1. Congratulations to them all as they reach this milestone in the faith journey.

Zachary Aaker
Joseph Anderson
Leah Bernard
Marisa Christie
Chad Erickson
Emily Ferrington
Kayleah Forehand
Caley Harr
Carter Haugan
Justin Hofer
Keaton Hoff
Parker Klitzke
Tessa Knowler
Alexander Koepke
MacKenzy Larson
Sarah Lehmann
Ashley Lemme
Spencer Mannes
Alexander Meyer
Jayden Molstad
Savannah Murray
Kristin Nassen
Kevin Nelson
Taylor Nelson
Madison Newberg
Taylor Ochsner
Zachary Person
Cole Peterson
Sarah Quinlivan
Jennifer Richardson
Joseph Siegrist
Scott Simons
Jerome Staples
Hannah Stock
Zachary Tate
Carley VanDenBosch
Cody VanDenBosch
Nichelle VanDenBosch
Breanna Wagner
Benjamin Whempner
Kade Wildfeuer
Janine Zimbeck

High School Graduation Recognition May 15

OSL's graduating high school students are invited to be recognized at the 11:00 a.m. Celebrate service on May 15. They will receive a blessing and a gift from the congregation, and there will be a reception in The Gathering Place between the 8:45 and 11:00 a.m. services. All OSL members are invited to come and congratulate these young people. If you are a graduating student, be sure to RSVP by sending your picture, along with a favorite memory from church and your future plans, to Brent, brenth@oslchurch.com – a slideshow will run at all services.

May Youth Calendar

May 1
Affirmation of Baptism, all services
High School Allies, 10:00 a.m., Youth Room

May 4
Confirmation
Youth Group: Worship

May 8
High School Allies, 10:00 a.m., Youth Room

May 11
Confirmation: Service/social night at Sertoma Park

Youth Group: Discussion night: Where have we been and where are we going?

May 15
High School Graduates Recognition, 11:00 a.m. Celebrate service. Reception for graduates between services

May 20-21
Youth Group Celebration Lock-in, 7:00 pm.-7:00 a.m.

May 21
5k/1mi Fun Run Fundraiser for Jorgen Yde (more information to follow) 9 a.m. Lincoln H.S.

May 31-June 3
VBS

June 3
OSL Family Event

Big Things Are Happening This Summer!

June 3 – All OSL Family Event. Watch for details.

June 5, 6:00–8:00 p.m. – Middle-school and high-school youth and parents are invited to OSL for an evening of pizza and dodgeball with youth from Gloria Dei and Spirit of Joy. Friends are welcome! RSVP to Brent (brenth@oslchurch.com) or Nicole (nmindt@oslchurch.com).

June 18–24 – High-school youth mission trip to Milwaukee, Wisconsin.

June 27, 5:30–8:30 p.m. – OSL night out at Pizza Ranch on 41st Street. Bring friends and family for a night out

that supports our youth summer trips. Trip participants will once again be "Helping Hands" for the evening.

July 6, all day – OSL families, members, and friends of all ages are invited to a Minnesota Twins game. Travel will be by coach, leaving OSL at 7:00 a.m. for a 12:10 p.m. game. To reserve spaces turn in a \$25-per-space deposit to the Church Office.

July 10–15 – Middle-school youth are headed to camp at NeSoDak. If you haven't signed up, ask Brent or Nicole how to do so right away.

July 16–23 – High-school youth mis-

sion trip to Hillside, Colorado.

July 27 – All OSL Family Event. Watch for details.

July 29–31 – Family Mini-Camp at NeSoDak. If you haven't signed up, ask Brent or Nicole how to do so right away.

July 31– August 5 – Fourth- fifth-, and sixth-grade youth are headed to camp at Shetek. If you haven't signed up, ask Brent or Nicole how to do so right away.

August 7, 6:00–8:00 p.m. – Middle-school and high-school youth are in-

ited to Gloria Dei for an evening of pizza and volleyball. Friends are also welcome. RSVP to Brent (brenth@oslchurch.com) or Nicole (nmindt@oslchurch.com).

August 10 – Middle-school and high-school youth are going to Valleyfair, leaving OSL at 7:00 a.m. and leaving Valleyfair at 6:00 p.m. To reserve spaces turn in a \$25-per-space deposit to the Church Office.

Contact Brent – brenth@oslchurch.com or 336-2942, ext. 35 – with any questions about these events.

EDUCATION



Christ's Kids' Adventure RENEW A Summer Christian Experience

Children age 4 to 6th grade
Eight Wednesday Mornings

June 8, 15, 22, 29, July 6, 13, 20, 27, 9:00 a.m.-12:00 noon

\$80 per child or \$150 per family (check made out to OSL – don't hesitate to ask about a scholarship)

Children Participating Check here if you need a scholarship

1. Name _____ Grade next school year _____ male female
(To be considered preschool, must be 4 years old by June 15)

2. Name _____ Grade next school year _____ male female

3. Name _____ Grade next school year _____ male female
(If you need additional space attach another sheet of paper. FRIENDS ARE WELCOME!)

Parents' Name _____ e-mail _____

Address _____ Zip _____

Cell Phone _____

Work Phone _____

Home Phone _____

*Christ's Kids' Adventure RENEW
Registration Form*

Return registration by May 15 to: Our Savior's Lutheran Church, 909 W. 33rd St., Sioux Falls, SD 57105
Questions? Call the Church Office, 605-336-2942

Nursery Needs

The Nursery is a busy place throughout the week and on Sunday mornings, and there are needs to be filled to keep the Nursery a fun and safe place for OSL children. Immediate needs include paper towels; AA batteries; a

vacuum; Exersaucer; Bumbo chair (for infants); tissues; and hand sanitizer. Thank you all for your continuing support of the OSL Nursery.

OSL LIBRARY

LIBRARY HAPPENINGS

The Friends of the Library recycled greeting cards feature Mother's Day cards, graduation cards, and spring gift bags this month, in addition to the all-occasion cards that are always on hand.

The Library book sale was a big success. Thank You to all who donated books, bought books, and worked at the book sale. Watch for the next book sale coming in the fall.

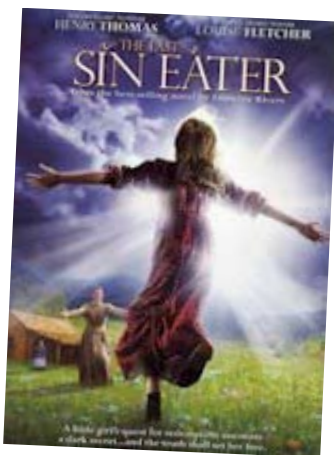
Library Book Club meets the third Thursday at 7:00 p.m. in the Library. The May book is *The Help* by Kathryn Stockett.

Don't forget that the OSL Library is open additional hours – Saturdays from 10:00 a.m.-noon.

The Traveling Library is available for those who are unable to come to the Library in person. Books and other Library items can be delivered to your home and picked up by the Parish Cruiser.

Movie Madness by Betsy Danielson

For some of us movies speak in ways books never can. *Sin Eater* is the movie version of the best-selling novel by Francine Rivers and is directed by Michael Landon Jr. Set in the Appalachian Mountains during the 1800s, a group of Welsh immigrants revive the mystical practice of using a sin eater to take away the sins of those who



die. Young Cadi Forbes feels responsible for the death of her little sister. The guilt is destroying her, and in her quest for redemption she seeks out the one person she feels can take away her sin – the Sin Eater. When a stranger comes to the mountain, Cadi and the community she lives in discover the truth about forgiveness and who can really take away our sins. Rated PG-13.

Kids' Corner - Movie Madness

Letters to God is a true story of a young boy, Tyler, armed with strong faith and courage as he faces a battle with cancer. Tyler prays for those around him – even the bully at school – in the form of letters to God. The postman, along with others, is changed forever after encountering Tyler's shining spirit and grace. Rated PG.



Panda and Friends Summer Reading

Attention, kids! Join Panda and friends and cuddle with a good book. Each time you check out an OSL Library book, sign up for a chance to win a prize. Five names

will be drawn as winners each week and listed in the bulletin. The Panda reading promotion begins May 1 and continues through the end of July.

One Church – Summer Read

The OSL Library Committee invites the congregation to join them this summer in reading *The Confession*, the latest bestseller by John Grisham, then join a group discussion of the

book on September 11. The Library has several copies of *The Confession*, including an audio version and large print version, available for check-out.

Library Movie Night

Library Movie Night will be held on the second Saturday of the month at 6:30 p.m., in the Library, starting Sept.10. Come view a popular movie, and then discuss where and how it reveals God to you. You can bring your children at the same time

for Children's Movie Night in the Theater Room. Make an evening of it with Saturday services at 5:00 p.m. followed by supper in The Gathering Place. Watch for more information about a high school movie night coming in the fall.

Library Hours: Sunday, 8:30 a.m. - 12:30 p.m. | Monday 9:00 a.m. - noon | Tuesday 9:00 a.m. to noon | Wednesday 9:00 a.m. - 8:00 p.m. | Thursday 9:00 a.m. - noon | Friday and Saturday: closed
The Library is open additional hours as staff is available

Anne Anderson Installed



Anne Anderson was installed as OSL's Director of Education at the worship services on April 3...with the help of OSL's kids!

Vacation Bible School

Take a romp to PandaMania VBS, May 31–June 3, 9:00 a.m. to 12:00 noon, at OSL. Registration forms have been mailed out to all Sunday School youth; if you didn't receive one, you can pick one up at the Information Center. Friends are always welcome. The theme for this summer is PandaMania: Where God is Wild about YOU!

Want to start listening to and singing VBS songs? Purchase a CD for \$5.00. If you have already ordered a CD, pick up your copy downstairs at the Panda Hut.

VBS still needs adults who are willing to help with this special event. Contact Anne Anderson, Director of Education, 336-2942, ext. 17, or aanderson@oslchurch.com.

Sun. May 1 - CONFIRMATION -
 8:45am Festive Worship - SA
 8:45am Celebrate Worship - CC
 9:55am Sunday School - LL
 9:55am 6th Grade SS - Rm 016
 10:00am Adult Ed - FR
 10:00am Adult Ed - Chapel
 10:00am Plus One Family - FH
 10:00am Campaign Volunteer Trng - CR
 11:00am Festive Worship - SA
 11:00am Celebrate Worship - CC
 2:00pm Augie Choir Concert - SA

Mon. May 2
 9:30am Low Impact Exercise - YR
 11:00am Writing Group - Rm 103

Tues. May 3
 9:00am All Day Staff - Augie
 9:30am Quilters - Labyrinth
 9:30am Olli yoga - FH
 12:00pm Working Moms - Rm 103
 1:45pm Circle Bibl. Sdy. Ldrs - Rm 103
 2:00pm Cancer Support - FR
 5:30pm Bells of OSL - BCR
 7:00pm Stephen Ministry Series - FR
 7:00pm Stephen Ministry - FH

Wed. May 4
 7:00am Conversation w/God - Chapel
 9:00am Foot Care Clinic - CM
 9:00am Therapeutic Massage - Oasis
 9:00am Friends of the Library - Rm 103
 1:00pm OLLI Class - FH
 4:00pm Yoga - Labyrinth
 4:00pm Massages - Oasis
 4:45pm Joy Ringers - BCR
 5:00pm Wed Night Dinner - GA PI
 5:30pm Joyful Noise Choir - ChrRm
 5:30pm King's Choir - Kings'ChrRm
 5:30pm Young Saints - New BCR
 5:30pm Youth Band - FH
 5:45pm Campaign Steering Comm - CR
 6:00pm Woodshop Ministry - Shop
 6:30pm Faith Stories - Rm 103
 6:30pm Confirmation - FH
 6:30pm Spark Program RecCtr/LL
 6:30pm Youth Group - YR
 7:00pm Celebrate Band - CC
 7:00pm Senior Choir - Chr Rm
 7:15pm Campaign Vol Training - CR

Thurs. May 5
 9:30am Low Impact Exercise - YR
 10:00am Library Storytime - Library
 10:00am Play & Pray - SonRm
 10:00am Good Grief Group - Rm 103
 11:30am Stephen Ministry - FR
 6:00pm Crop Walk Meeting - CR
 7:00pm Celebrate Band - CC

Fri. May 6
Sat. May 7
 8:00am Woodshop Ministry - Shop
 11:30am WELCA Luncheon - GA PI
 5:00pm Festive Worship - SA

Sun. May 8
 8:45am Festive Worship - SA
 8:45am Celebrate Worship - CC
 9:55am Sunday School - LL
 9:55am 6th Grade Sunday School - FH
 10:00am Woodshop Open House - Shop
 10:00am Adult Ed - FR
 10:00am Adult Ed - Chapel
 10:00am Baptism Orientation - Rm 103
 10:00am Campaign Vol Training - CR
 11:00am Festive Worship - SA
 11:00am Celebrate Worship - CC

Mon. May 9
 9:30am Low Impact Exercise - YR
 11:00am Writing Group - Rm 103
 6:30pm Diabetes Class - Labyrinth

Tues. May 10
 9:00am Staff Meeting - CR
 9:30am Quilters - Labyrinth
 9:30am Olli yoga - FH
 2:00pm Cancer Support - FR
 5:30pm Bells of OSL - BCR
 7:00pm Stephen Ministry Series - FR
 7:00pm Library Committee - Library

Wed. May 11
 7:00am Conversation w/God - Chapel
 9:00am Friends of the Library - Rm 103
 9:30am Knitting/Crocheting Minst - SonRm
 1:00pm OLLI Class - FH
 4:00pm Yoga - Labyrinth
 4:00pm Massages - Oasis
 4:45pm Joy Ringers - BCR
 5:00pm Wed Night Dinner - GA PI
 5:30pm Joyful Noise Choir - ChrRm
 5:30pm King's Choir - Kings'ChrRm
 5:30pm Young Saints - New BCR
 5:30pm Youth Band - FH
 5:45pm Campaign Steering Comm - CR
 6:00pm Woodshop Ministry - Shop
 6:30pm Faith Stories - Rm 103
 6:30pm Confirmation - FH
 6:30pm Spark Program - RecCtr/LL
 6:30pm Youth Group - YR
 7:00pm Celebrate Band - CC
 7:00pm Senior Choir - Chr Rm
 7:15pm Campaign Vol Training - CR

Thurs. May 12
 9:30am Low Impact Exercise - YR
 10:00am Library Storytime - Library
 10:00am Play & Pray - SonRm
 10:00am Good Grief Group - Rm 103

11:00am Stephen Supervision - FR
 12:30pm Stephen Mstry Leaders - Rm 101
 7:00pm OSL Board Night - GA PI

Fri. May 13
 6:30am Men's Bible Study Brkfst - FR

Sat. May 14
 8:00am Woodshop Ministry - Shop
 8:30am LMIM - FR
 5:00pm Festive Worship - SA
 6:00pm Supper Following Worship - GA PI

Sun. May 15 - Last Day SS
Senior Recognition | Stephen Ministry
Sunday

8:45am Festive Worship - SA
 8:45am Celebrate Worship - CC
 9:55am Sunday School - LL
 9:55am 6th Grade Sunday School - FH
 10:00am Senior Recap - GaPI
 10:00am Campaign Vol Training - CR
 11:00am Festive Worship - SA
 11:00am Celebrate Worship - CC
 3:00pm SEBS Concert - SA
 6:00pm Midnight Madness - FH/GA PI

Mon. May 16
 9:30am Low Impact Exercise - YR
 11:00am Writing Group - Rm 103
 6:00pm Midnight Madness - FH/GA PI

Tues. May 17
 9:00am Staff Meeting - CR
 9:30am Quilters - Labyrinth
 10:30am Friendship Club - FR
 12:00pm Working Moms - Rm 103
 2:00pm Cancer Support - FR
 5:30pm Executive Committee - CR
 7:00pm Stephen Ministry - FR

Wed. May 18
 7:00am Conversation w/God - Chapel
 9:00am Friends of the Library - Rm 103
 1:00pm OLLI Class - FH
 5:45pm Campaign Steerng Comm - CR
 7:00pm Celebrate Band - CC
 7:15pm Campaign Vol Training - CR

Thurs. May 19
 9:00am Footcare Clinic - CM
 9:30am Low Impact Exercise - YR
 9:00am Massages - CM Oasis
 9:30am Faith Circle - FR
 10:00am Library Storytime - Library
 10:00am Play & Pray - SonRm
 10:00am Good Grief Group - Rm 103
 11:30am Stephen Ministry - FH
 1:00pm Elizabeth Circle - Rm 103
 1:00pm Anna Circle - FR
 1:00pm Peace Circle - Rm 101
 7:00pm Library Book Club - Library

Fri. May 20
 7:00pm High School Lock-in - YR

Sat. May 21
 8:00am Woodshop Ministry - Shop
 9:00am Premarital Workshop - CR
 5:00pm Festive Worship - SA

Sun. May 22
 8:45am Festive Worship - SA
 8:45am Celebrate Worship - CC
 11:00am Festive Worship - SA
 11:00am Celebrate Worship - CC

Mon. May 23
 9:30am Low Impact Exercise - YR
 11:00am Writing Group - Rm 103

Tues. May 24
 9:00am Staff Meeting - CR
 9:30am olli yoga - FH
 9:30am Quilters - Labyrinth
 2:00pm Cancer Support - FR

Wed. May 25
 7:00am Conversation w/God - Chapel
 9:00am Friends of the Library - Rm 103
 5:45pm Campaign Steering Comm - CR
 7:00pm Celebrate Band - CC
 7:15pm Campaign Vol Trng - CR

Thurs. May 26
 9:30am Low Impact Exercise - YR
 10:00am Library Storytime - Library
 10:00am Play & Pray - SonRm
 10:00am Good Grief Group - Rm 103
 5:30pm Congregation Council - CR

Fri. May 27
 6:30am Men's Bible Study Bkfst - FR

Sat. May 28
 8:00am Woodshop Ministry - Shop
 5:00pm Festive Worship - SA

Sun. May 29
 8:45am Festive Worship - SA
 8:45am Celebrate Worship - CC
 11:00am Festive Worship - SA
 11:00am Celebrate Worship - CC

Mon. May 30 - Memorial Day - Office Closed

Tues. May 31
 9:00am VBS - GA/FH/Gym
 9:00am Staff Meeting - CR
 2:00pm Cancer Support - FR
 7:00pm Stephen Ministry - FR
 7:00pm Celebrate Band - CC

WORSHIP SERVICES:

Festive traditional: Saturday at 5:00 p.m., Sunday at 8:45 and 11:00 a.m.
 Celebrate contemporary: Sunday at 8:45 and 11:00 a.m.

TELEVISION BROADCASTS:

Celebrate: 9:30 a.m. - KTTW (Cable 9, Channel 7.1)
Festive: 1:00 p.m. - KSCB (Cable 30, Channel 53)
Dial-A-Devotion: 330-7943 **Website:** www.oslchurch.com

PASTORAL STAFF:

Les Svendsen, Senior Pastor
Heidi Binstock, Pastor of Outreach and Parish Life
Tim Lemme, Pastor of Caring Ministries
Jared Rakness, Pastor of Youth and Family
Don Lehmann, Pastor of Visitation

Giving Update AS OF Mar. 31, 2011

Operating/benevolence giving: (Jan. 1 - Mar. 31, 2011)
 Offerings Anticipated: \$ 452,095.00
 Offerings Received: \$ 467,162.00
 Amount Short: +3.00% \$ +15,067.00

Stepping Forward in Faith (Jan. 1, 2007 - Mar. 31, 2011)
 Amount Anticipated: \$ 7,823,689.00
 Amount Received: \$ 7,338,322.00
 Amount Short: -6.00% \$ -485,367.00

Keeping current in your giving is greatly appreciated and enables OSL to keep our many ministries going. **Thank you!**

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