

# The Messenger

Newsletter of Our Saviour's Evangelical Lutheran Church  
Hastings, Minnesota

A Congregation of the Evangelical Lutheran Church in America

Volume XL - No. 3

May-June 2023



**Sunday Morning**  
**8:00** Worship  
**9:00** Traditional Blended Worship  
**10:30** Modern Blended Worship



We continue to offer an online option for our Sunday services. We invite you to join us each week if you are unable to attend in person:

- Our website: [www.osel.org](http://www.osel.org)
- Like our page on Facebook @our saviours
- Subscribe to our YouTube channel: Our Saviour's Hastings

Visit sites often but especially on Sunday mornings for the most recent service.

For those who do not have access to a computer or internet, please tune in to **KDWA 1460 AM** or **97.7 FM** radio at 6:30 pm on Sundays or 6:30 pm Wednesdays.



**Special Worship Services**  
**at Our Saviour's**  
**Sunday, April 30**

**Hymn Festival Worship**  
**"Celebrating 40 years of**  
**Singing Our Faith"**  
**9:00 & 10:30 am**

**Reception Honoring Diane Pearson**  
**11:30 am**

Diane Pearson is retiring after 40 years of sharing her gifts and talents with Our Saviour's Lutheran Church by serving as our Organist and Director of Sacred Music. There will be a celebration of her music ministry that day with identical Hymn Festival Worship services at 9:00 & 10:30 am followed by a reception in her honor at 11:30. Please join us!

*(Note: No 8:00 service that day.)*

Plan to greet and thank Diane on April 30 during the 11:30 reception time. There will not be an opportunity to do so between the two services.



**Daughters of All Ages Spring Brunch**  
**Saturday, April 29 ~ 8:30-10:30 am**  
**Our Saviour's Fellowship Hall**

*Bringing together women and girls of all ages  
for community, laughter, and renewal.*

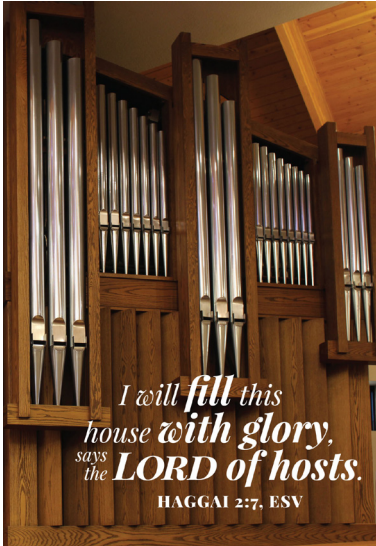
Program with special music, Janet Martin, speaker and guest of honor, Diane Pearson. Join us!  
Your freewill offering supports OSEL Youth Ministries. Call the office at (651) 437-9052. Donate online at [www.osel.org/give](http://www.osel.org/give).



# Pastor's Page

*"Praise the LORD! Sing to the LORD a new song,  
his praise in the assembly of the faithful."* Psalm 149:1 (NRSV)

## Praise the Lord!



Throughout the ages music has been an important part of worship. Words alone cannot express our praise the way music can. It should not be a surprise, that the bible contains 150 hymns in the book of Psalms. All of the psalms were intended to be put to music. They were a part of Israel's worship music.

Anyone who has participated in worship knows that music not only expresses praise to God, but it influences us. You have experienced how music moves you and touches you.

Recently, science has confirmed what you already know. Music lowers anxiety and depression and increases life satisfaction, self-esteem, and a sense of control. Research has also demonstrated that singing together deepens as sense of "social bonds," promotes a loss of self-protective "boundaries," and increases feelings of empathy.

In addition, in a 2018 study, Luedke demonstrated worship increases BDNF, a neurotransmitter that helps us grow healthy brain cells, helps us feel closer to God and increases our capacity to understand the goodness of God.

"Praise the Lord!" is not just a pious command on the part of the psalmist. The psalmist knows the power of worship and music to not only praise God, but also the life-giving benefits that come for participating in worship. In telling us to praise the Lord, the psalmist is inviting us to engage in worship and receive those benefits.

### Thank You, Diane Pearson!

Our Saviour's has had a long history of outstanding music to lead, enhance, and accompany our worship. We have been blessed with talented musicians that have enriched worship through a variety of styles and genres.

On April 30<sup>th</sup>, one of those musicians, Diane Pearson, will be retiring. Over her 40 years of service at Our Saviour's, she has planned worship, served as organist, an accompanist, and as a choir director for both the chancel and children's choirs. We owe a debt of gratitude to Diane for the ways she has contributed to our worship life. ***There will be a reception following the 10:30 worship on April 30<sup>th</sup> to honor Diane for her years of service.***

Diane's retirement will create a hole that will not be easily filled. Nonetheless, rest assured that there is a strong commitment to preserve and continue the long tradition of excellent music to enhance our worship at Our Saviour's. The music search committee is diligently searching for candidates. In the meantime, your prayers and patience are appreciated. Maintaining outstanding music to accompany your praise remains a high priority.

With God's help we will continue to praise the Lord with wonderful music for many years to come, for to do so is God's desire.

Pastor Lloyd Menke



**Our vision:** *Rooted in God's grace, always made new.*

**Our mission:** *Living as the hands, feet and heart of Christ.*

**Our promise:** *Rejoicing together in God's grace, hope and love.*

Our Ministers:  
All members of Our Saviour's

Pastoral Staff:  
Lloyd Menke, Senior Pastor  
Joel Rova-Hegener, Associate Pastor

Our Website: [www.OSEL.org](http://www.OSEL.org)  
Church email: [OSEL@OSEL.org](mailto:OSEL@OSEL.org)



# Worship and Music Ministry



CONNECT Learning will continue through Sunday, May 21, at 10:00 a.m. in the Fellowship Hall

Have you joined us for CONNECT learning yet? If you haven't, you are invited each Sunday (during the school year) for a short time of learning and discussion. Topics and speakers vary, but the friendly setting and relaxed atmosphere (grab a cup of coffee!) make for a great opportunity to grow in your faith.

Starting with Memorial Day weekend CONNECT will take a hiatus over the summer. We will resume in the fall of 2023.



## Communion

### Assistants are needed:

- each Sunday at 10:30
- first Sunday each month at 9:00.

**Greeters** are needed at 9:00 and 10:30 each Sunday. Arrive 15 minutes early and welcome and direct those attending worship.

Sign up at [www.osel.org](http://www.osel.org) (What's New) or contact Theresa at [theresa.chatelle@osel.org](mailto:theresa.chatelle@osel.org) or the church office.



## Wednesday Evenings

- Meal served 5:30–7:00 *See weekly menu below*
- JAM (Jesus & Me) 6:00–6:45
- REFRESH Service 7:00
- God+Life 7:00–8:00

Menus planned by Chef Johnny:

April 26 - Shrimp Tacos with Tropical Salsa

May 3 - Chili Dogs & Brats

May 10 - Stuffed Italian Peppers

Everyone is welcome. Freewill donation.



## Wednesday Desserts and Serving

Thank you to all who have provided desserts and helped with serving for our Wednesday meals during the past year. With just a few weeks left, sign up to provide 2-3 dozen treats for our Wednesday meals. Bring to the church anytime on Tuesday or by 3 pm on Wednesday. *Important note!* If your dessert contains peanuts, nuts or other allergens, label them or let Chef Johnny know!

## Wednesday REFRESH meals and worship conclude on May 10.

Our Saviour's REFRESH evenings of dinner, children and youth ministries and REFRESH Worship will conclude on Wednesday, May 10. The break is during the summer months. We welcome you back for REFRESH evenings in the fall of 2023!

## Financial Update

by Ashley Dellwo

Friends of Our Saviour's Lutheran Church, as your new Treasurer, I wanted to say "hello" and offer you my first financial update. I promise I'll try to be brief and to the point. 😊

A quick rundown of the numbers: giving through March is down 4.3% compared to March of last year and expenses are up 5.3%.

	2023	2022	Difference
Giving	\$237,414	\$248,133	- \$10,719
Expenses	\$264,516	\$251,204	+\$13,312
Net	-\$ 27,102	-\$ 3,071	- \$24,031

Increased expenses are mainly due to higher payroll, utilities and maintenance expenses (including increased snow plowing), and final expenses for the 150<sup>th</sup> Anniversary Book.

From a budgeting perspective, giving is below plan for the year by \$62,500. Expenses are slightly below plan but trending upward and we are currently forecasting a year-end loss around \$54,000. To mitigate this forecasted loss, we need to increase giving or decrease expenses. Please prayerfully look at your personal budget and consider increasing your giving so we may continue to enjoy the ministries and services we currently appreciate here at Our Saviour's.

The school year is winding down but we are gearing up for a busy summer. Summer Blast will be back this summer with service projects and fun activities. We're looking forward to another fun-filled week of Vacation Bible School. And we also have many students planning to attend Camp Wapo and the youth mission trip to Colorado Springs. Thank you to everyone who supported our youth fundraisers and Camp Wapo 'Fund Match Challenge' to help with the mission trip and camp expenses.

Our Wednesday evening *REFRESH* meal and worship service will be taking a break during the summer but we will continue our three Sunday morning services at 8 am, 9 am, and 10:30 am. You can also watch our online services any time it's convenient for you; you can find a link to the worship services on our website at [osel.org](http://osel.org) or look for our YouTube channel by searching for Our Saviour's Hastings. We look forward to worshipping with you!

It cannot be said enough. THANK YOU, for your partnership in ministry and for your continued financial support for the work we do together to live the mission statement of Our Saviour's: *Living as the hands, feet and heart of Christ.*

God's Peace,  
Ashley

## Visit: [www.osel.org](http://www.osel.org)

Donate and/or Pay Registration fees:

[osel.org/give](http://osel.org/give)

(Click: Give Online)

- Current Fund
- Building Fund
- Youth Fundraiser
- Youth Mission Trip
- Tanzania Scholarships
- Planting Hope Campaign
- Endowment Camp Wapo Challenge

Recent Sermons,

*Photo Gallery and more!*

You can view

*The Messenger* in color on the website. You can also expand it to a larger view if you find the printed copy difficult to read.

[osel.org/events-news](http://osel.org/events-news)



Donate to Our Saviour's Lutheran Church with the above QR Code or mail your donation to the church office

at: Our Saviour's,  
400 9th Street West,  
Hastings, MN 55033.

Thank you for your support.

### Second quarter giving

**statements** were sent to contributors by email. If you would like to have a printed copy, please call the church office (651-437-9052) and ask for Ann Traeder.



FREE Summer Fun for Those Entering Grades 5th-8th! Rain or Shine!

Located at:



2023 Dates:  
June 20-22, 27-29;  
July 11-13, 18-20, 25-27;  
August 1-3, 8-10, 15-17, 22-24  
from 11:30am-2pm

**SPARK summer is back!**

To register please go to [www.hastingscommunityed.com/k-12/summer-options](http://www.hastingscommunityed.com/k-12/summer-options)

SPARK program calendar coming soon!

If you would like to get more info, contact Theresa; [Theresa.chatelle@osel.org](mailto:Theresa.chatelle@osel.org) or call 437-9052.

FOOD  
4 KIDS



Student weekend food initiative of United Way of Hastings in partnership with



## Food 4 Kids

### Have you wondered why we have boxes of food on metal shelves in the Fellowship Hall?

Our Saviour's is collaborating with United Way of Hastings and Coborn's for the Food 4 Kids weekend meals. Hunger is everywhere, even here in Hastings! These meals are sent home privately with kids in the Hastings schools whom the school counselors have identified as kids who would otherwise not have food to get them through the weekend. United Way funds the program, Our Saviour's orders the food, Coborn's buys the food at cost and delivers the food to us. Our Saviour's schedules a variety groups to pack the 225 bags that are needed each week. Some of the groups who are regular packers include Knights of Columbus, Senior Center, 4H groups, our God+Life youth and Pine Harbor schools. The bags are then picked up by another volunteer and delivered to all of the schools.

Thank you, Our Saviour's, for hosting this important program.

We will be offering a free bag lunch this summer through the Loaves and Fishes program. The meals will be available on Tuesday through Thursday from June 20 through August 24. Meals will be available from 12:00 Noon - 1:00 pm at Our Saviour's Lutheran Church. *No meals during the week of July 4.*

If you would like to get more info, contact Theresa; [Theresa.chatelle@osel.org](mailto:Theresa.chatelle@osel.org) or call 437-9052.

## Fare For All

Stretch your monthly groceries.

The next two food pick-ups are:

**Thursdays, May 4 and June 1, 4-6 pm** at All Saints Lutheran (8100 Belden Blvd, Cottage Grove.)

No appointment needed. Cash, credit, debit, or EBT cards accepted. Check website or call 763-450-3880. For more information visit <https://fareforall.thefoodgroupmn.org> or contact Parish Nurse Sherri at [sherri.lohmann@osel.org](mailto:sherri.lohmann@osel.org)

# Children, Youth & Family Ministry

*Amy Hanson*

Director of Children, Youth and Family Ministry  
651-437-9052, ext. 30; [cyf@osel.org](mailto:cyf@osel.org)



## Gertens Spring Flowers Youth Fundraiser

Youth and families need to pick up their orders on May 11, from 3-6 pm.

Call the office to volunteer to help sort orders and with any questions, 651-437-9052.

## Thanks for a Great Year!

Believe it or not, we will be wrapping up this year's JAM and God+Life groups in just a few days! The last day for JAM (Jesus & Me) on Sundays will be Sunday, May 7, and the last day for JAM and God+Life on Wednesdays will be Wednesday, May 10. We appreciate you and your families for making your growing faith a priority!

## Donuts & Devos

Calling all High Schoolers! Start your day with a beverage, a short devo, and a prayer with us at Froth & Cork. Bring a friend! All days meet at 7 am upstairs. Our remaining dates for the school year are: **May 12 and June 2.**



## Thank You For Supporting Our Campers!

We asked and you answered! The Endowment Committee raised the challenge of a matching \$2,000 gift to support our campers headed to Camp Wapo this summer. The congregation responded generously, and we are able to support over 50 campers with \$100 each! We cannot thank you enough for your continued support of our youth and their faith journeys!



## 2023-24 Youth Programming

### Registration Opens in May at [www.osel.org](http://www.osel.org)!

Whether you have a 3 year old or a 13 year old, we have something for the children in your home. Check out next Fall's programming offerings on [osel.org](http://osel.org) and get registered!

- **JAM (Jesus & Me) – Ages 3 years – 6th Grade**

A perfect start to one's faith journey, JAM offers crafts, games, science experiments, and Bible stories to learn more about the love of Jesus for each and every one of us. Offered on Sundays at 9am and Wednesdays at 6pm weekly throughout the school year.

- **God+Life – Grades 7 – 9 (This is our Confirmation Program)**

As youth transition to their teen years, they need more substance and truth. God+Life digs deep into the Bible and how we can learn from those before us. Each week, our God+Life participants attend the Wednesday REFRESH Service and then enjoy time in small groups discussing topics related to their faith. Students are invited to be confirmed in the Fall of their 10th grade year.

## 2023 High School Mission Trip – You Can Still Support Us!

Our group of 32 high school students and chaperones will head out to Colorado Springs, CO in July to be the hands, heart, and feet of Christ. If you'd like to support this group in having a memorable and impactful experience, simply note "2023 Mission Trip" on your donation. These donations will elevate the experiences throughout the week for our group including additional team-building opportunities. Thank you for your prayers and support!



## Baccalaureate

### Baccalaureate Service – Save the Date!

We will be honoring the Class of 2023 with a special service, music, and refreshments on **Sunday, June 4 at 10:30 am**. All graduates and their families and friends are welcome to attend! Please watch your email for further information in the coming weeks.

### Congratulations to Our Saviour’s 2023 graduating seniors:\*

- |                   |                 |
|-------------------|-----------------|
| Averie Amundson   | Lilly Meier     |
| Haylee Blackstad  | Lindsey Nadeau  |
| Kira Chatelle     | Pacer Ruble     |
| Savannah Dworshak | Zayne Schmitt   |
| Isabel Fritz      | Rowan Shelhamer |
| Allie Haas        | Carter Simpson  |
| Emma Hagen        | Mikaylah Steele |
| Zachary Hudella   | Ryan Swanson    |
| AJ Jaeger         | Jordyn Tveter   |
| Clara Mattson     | Jacob Urbach    |
| Riley McCullough  | Grace Whitfield |

\*If you are a graduate with musical talent, please contact [Jcraftmusic@gmail.com](mailto:Jcraftmusic@gmail.com) to be a part of the service music.

### \$1,000 for College!

In partnership with the ELCA, Our Saviour’s is honored to offer a \$1,000 scholarship to support a student currently attendin, or who will be attending, an ELCA accredited school in the Fall of 2023. The student does not have to be in ministry, they just simply need to be attending the ELCA accredited school. Contact the office at (651) 437-9052 or Amy Hanson at [cyf@osel.org](mailto:cyf@osel.org) for the application. **All applications are due to the church office by May 15.**

### Blankets for our Graduates

Each year, dozens of handmade fleece blankets are created by volunteers for our senior class. Sign up at the Information Desk or call the church office. Reminder to those who have signed up—please return finished blankets to the church by **Monday, May 16**. Thank you for this gift to our graduates.



## Summer at Our Saviour’s Mark Your Calendars



### Vacation Bible School

**June 26-28, 2023 ~ 9 am – 11:30 am daily**

Come along through the “Twists & Turns” as we learn more about how Jesus is with us every step of the way. Each day of VBS is filled with active games, creative snacks, fantastic music, and a TON of fun! Open to all kids ages 3 yrs – 4th grade. Invite a friend and get registered today at [osel.org](http://osel.org)!

### VBS Volunteers

To make this summer’s VBS epic, we need your help! From being a station leader to supporting a small group, there are many ways you can share your gifts. Contact Amy at [cyf@osel.org](mailto:cyf@osel.org) for more details.



### Summer BLAST – Various Dates

Inviting all Middle Schoolers to spend a day or two (or all 6!) serving our community and sharing in a fun adventure! Summer BLAST brings laughter and service together and is open to those who have completed 5th grade – 8th grade. Adventures will include SkyZone, the Hastings Aquatic Center, and the Science Museum, and service projects include working in a community garden, creating kits for those experiencing homelessness, and sorting items for a local shelter. Drop-off is 8 am-9 am and pick-up is 4-4:30 pm each day, lunch is provided. Dates are June 15, June 28, July 13, July 19, August 9, and August 23. (\$25 per day or \$125 for all 6 dates!) Register online at [osel.org](http://osel.org) today!



## Parish Nurse Notes

by Sherri Lohmann RN

**Sadness, irritability, lack of energy.** You might feel this way today as you read these words. Feelings like these can occur as we navigate daily life challenges. However, if low moods and physical symptoms persist and interfere with daily living, they **may be signs of depression.**

**Depression is a serious illness that can affect anyone.** It requires understanding and medical care. Our genes, biology, environment, and psychological factors seem to contribute to its development. Depression can occur with other mental illnesses, as well as with chronic pain, cancer, and other medical conditions. **Types of depression:**

- Major depression - at least 2 weeks of symptoms that interfere with ability to work, study, sleep, and eat. People may have one or more episodes in their lifetime.
- Persistent depressive disorder (dysthymia) - usually 2 years of less severe symptoms
- Perinatal - major depression in pregnancy, or after delivery (post-partum depression)
- Seasonal affective disorder – usually late fall through early winter, can be summer
- Depression with psychosis – more severe, includes delusions and hallucinations
- Also - people with bipolar disorder experience depression at times

**Diagnosis of depression involves identifying depression symptoms occurring most of the time, for at least 2 weeks.** Many symptoms are experienced in grief, so depression might not be diagnosed in the first few months after a loss. But if symptoms are pervasive and interfere with function for someone in grief, they may also have depression. **Symptoms may include:**

- Feeling sad, irritable, hopeless, worthless, and other depressed thinking and moods
- Loss of interest in activities previously enjoyed
- Trouble with focus, memory, making decisions
- Fatigue, low energy
- Sleep problems - too much, or too little

- Changes in appetite or weight (loss or gain)
- Body aches, headaches, or digestive problems not resolved with treatment
- Thoughts of suicide or attempts of suicide

**Depression affects people differently due to age and gender. Here are some differences:**

- **Children** – more irritable, than sad (though can be sad). May be anxious, refuse to go to school, pretend to be ill, wish they were never born, cling to parents, worry parent may die, have nightmares. 2% of children ages 6-12 appear to have depression (NAMI MN)
- **Adolescents** – may show irritability, acting out or grades dropping in school, self-loathing, self-mutilation, excessive sleep, diet changes, withdrawal from usual activities. May be very sensitive to criticism and have symptoms such as body aches and nausea. Females experience depression more often due to biological and hormonal factors. Tend to spend more time with friends if depressed (if think only friends can understand the depth of their pain) though might withdraw from friends. Hard to differentiate depression from typical adolescent moods. Seek help for increased severity of mood (especially anger, sadness, or irritability) and change in function (sleeping, eating, or increased acting out, risk taking, withdrawal) lasting at least 2 weeks.
- **Young adults** – likely irritable with a negative view of life and the future. Tend toward weight gain and excess sleep. May also have anxiety, social phobia, panic disorder or substance use disorders. More likely to have depression than older adults.
- **Middle-aged adults** – depressive episodes, trouble staying asleep, digestive problems.
- **Older adults** – Depression is experienced by more than 6.5 million of the 35 million Americans aged 65 or older (NAMI MN). Common to feel sadness or grief. May show lack of emotions. Often goes untreated. Not easy to recognize. Risk factors: chronic medical conditions, disability, female, poor sleep, lonely, socially isolated, family history, medications, brain disease, misuse alcohol or drugs, stress from loss, or caregiving for someone. Depression is a high risk for suicide in older adults.
- **Men** – may appear angry or aggressive rather than sad. Less likely to recognize, talk about, or seek help for depression than women. Depression affects many men. May lose interest in work, family, or hobbies. Trouble with sleep. Mental health symptoms may show as physical symptoms like racing heart, tight chest, headaches, or digestive symptoms. More likely to see doctor if physical symptoms.



Cont. from p. 8

- **Women** – can occur when physical and hormonal changes take place such as in premenstrual, pregnancy, and perimenopause. Example - postpartum symptoms include extreme sadness, anxiety, fatigue, and difficulty caring for baby and self.

**Treatment is available.** A medical provider can rule out medical issues and refer for mental health. Mental health assessments for children may be a wait. Reach out to schools, and support groups such as NAMI MN (National Alliance on Mental Illness Minnesota). You can reach out to me, as Parish Nurse. Call Dakota County Crisis (952-891-7171) for help with a mental health situation. If someone may be thinking about suicide, ask them. It will not give them the idea. Offer to help them find help. Call or text 988 if feeling suicidal. In imminent danger, call 911, ask for crisis intervention trained officer, for mental health crisis.

**Dear Lord,** thank you for being with us at all times, even when we or someone we know feels the depths of despair, or times when we relate with Psalm 119:28 “My soul is weary with sorrow; strengthen me according to your word.” You know darkness and sorrow. “Bring joy to your servant, Lord, for I put my trust in you,” Psalm 86:4. **Guide us through the darkness and fill us with Your peace. Amen.**

If you or a loved one has vision and/or hearing loss and would like to receive **large-print sermons** in the mail, please contact the church office.

### Our sincere Christian sympathy is extended to:

Lee & Jan Samson - death of Lee's mother  
David & Laura Leak - death of David's mother  
Jan Falkingham - death of husband  
Marv Hakseth - death of aunt  
Carole Kirtz - death of husband  
Debbie Schuno - death of mother



Please remember these and others you may know of in your prayers.

### Meal and A Prayer

Meal and A Prayer serves to help individuals or families going through a time of transition or a difficult time due to sickness. Not needing to worry about meals helps ease the burden and is a great blessing for them.

Contact [Theresa.chatelle@osel.org](mailto:Theresa.chatelle@osel.org).  
(651) 437-9052:

- If you know anyone who could benefit from these meals.
- If you are interested in being contacted when such a need arises, or just want to hear more.



Our prayer chain is composed of church members who pray daily for those requesting prayers for themselves and others. Prayer requests can be for anyone, not just members of our church or community. Requests are kept confidential unless otherwise specified and may be submitted to the Prayer Chain: [oselprayerchain@osel.org](mailto:oselprayerchain@osel.org) or to the Prayer Chain Anchor, Sherri Lohmann by phone or text at 651-307-6220 (voicemail is available if no one answers). You may also call the church office, 651-437-9052.

### Personal and Family Devotionals and Care Notes

Provided by the Pastoral Care Team, these are available for free and found in the racks outside the church office.

Some large print devotionals are available. Stop by M-F, 9-4:30 or pick them up when you come to worship.

### Tanzania Scholarships

Our Saviour's has committed to providing scholarships to 10 students from each of our sister congregations in Ilambilole and Ihominyi. We are hoping to raise \$10,000 for these scholarships. These students' ability to attend school is dependent upon our generosity.



Thank you to those who have already donated \$9,121 toward reaching our \$10,000 goal.

Please indicate on your donation TANZANIA SCHOLARSHIP. Thank you for your willingness to assist those less fortunate. Donate online at [Osel.org/give](https://www.osel.org/give) or bring/mail your donation to the church.



**Happy 15<sup>th</sup> Birthday, Food with Friends!**

Join us as we celebrate 15 years together on **Thursday, May 4, 6:00 pm**. The menu is a Taco bar with all the fixings.

We will offer meals to-go if desired, which can be picked up in the hallway by the kitchen.

*No reservations needed, just come!*

If you'd like to donate food and/or help on a team to *Prep, Serve or Clean Up*, please see the signup sheets at the Information Center, or contact Cathy Shores at 651.208.6244 or email: [cathyshores@me.com](mailto:cathyshores@me.com)



Our Saviour's will be hosting the movie night at Levee Park Rotary Pavilion on Friday, July 14  
 Activities from 8:00-9:00 pm  
 Movie starts at 9:00 pm  
 See you there!

**Addiction/Recovery Team**

*Creating a focused ministry team to assist the congregation to welcome, support, educate, build faith and connect with people living, experiencing Addiction and Recovery*

We have heard some ruminations on gathering as a team to discuss, survey and follow-up with Addiction and Faith. Here is the first gathering:

**Monday, May 8  
 6:15 pm  
 OSEL Chapel**

All those that have left your names and all those who wanted to, let us gather to seek out how God wants us to pursue and assist with addiction issues in our church and community. We can create a zoom link if anyone is interested. Contact Dorothy Sandahl, (651) 442-6770 with any questions.

**FREE "POPS" CONCERT  
 May 7, 2 PM**

Hastings Middle School Auditorium

The River Valley Concert Band, under the direction of Mr. Thomas Maeck, will be presenting a free "POPS CONCERT" for Hastings and surrounding communities. The concert will feature music of The Beatles, Andrew Lloyd Webber, Simon and Garfunkel, Henry Mancini and the cartoons. As a special attraction, Hastings own Heather Doffing will bring her talents to the stage and sing a selection from "Les Miserable". This concert will showcase some wonderful and well known family-friendly instrumental music for your enjoyment. So come, bring the kids and bring a friend too. A food donation to Hastings Family Service will be gathered and a free will offering to support the Band will also be taken.

Four of the Midwest's premier handbell ensembles will combine for a first-ever mass concert:

**"United in Song:  
 A Handbell Extravaganza"  
 May 6, 3 pm  
 St. Philip's Lutheran Church  
 1401 15<sup>th</sup> St. West, Hastings.**

The event will feature Bells of the Bluffs, Bells of the Lakes, Rochester Area Handbells and Twin Cities Bronze. Each group will perform a number of solo pieces and all four will combine for exciting mass ensemble pieces, including some arranged specifically for this concert.

"We are excited to present this unique experience for music lovers," said Marilee Anderson, musical director for Bells of the Bluffs. "This will be a joyous event, filled with amazing sounds and thrilling moments as talented musicians from across our region come together for the first time. If you have never heard handbells played outside a church service – or haven't heard and seen handbells in any setting – you won't want to miss this extraordinary opportunity."

Bells of the Bluffs, directed by Marilee Anderson, is completing its 10th season and includes ringers from east-central Minnesota and western Wisconsin. Learn more at [bellsofthebluffs.org](http://bellsofthebluffs.org).

Bells of the Lakes is directed by Bill Mathis and was founded in 1996. It includes ringers from throughout the greater Minneapolis-St. Paul metro area. Learn more at [bellsofthelakes.org](http://bellsofthelakes.org).

Rochester Area Handbells, formed in 2017, is directed by Paul Kingsbury and includes ringers from southeastern Minnesota and northern Iowa. Learn more on Facebook.

Twin Cities Bronze is in its third decade and includes ringers from across the Minneapolis-St. Paul metro area. Cathy Moglebust is the group's artistic director and Bonnie Tranby serves as its rehearsal coach. Learn more at [twincities-bronze.org](http://twincities-bronze.org).



## Baptisms at Our Saviour's

*Baptized March 26, 2023:*

**McKenna Rose Larson**

Born: May 12, 2022

Parents: Colleen Siebenaler  
and Mitchell Larson

Sponsors: Andrew & Bethany  
Stephans

**Dawson David Barsness**

Born: August 28, 2022

Parents: Derrick & Desiree  
Barsness

Sponsors:

Danielle Lewicki  
Brittany Barsness

*Baptized April 23, 2023:*

**August Kent Mischke**

Born: November 23, 2022

Parents: Derek & Megan Mischke

Sponsors:

Jeb & Samantha Virchow  
Matthew Persson

**Ada Jo Mischke**

Born: October 6, 2022

Parents: Gary & Jolene Mischke

Sponsors:

Megan & Derek Mischke

**Rudi Anne Mischke**

Born: January 29, 2023

Parents: Matthew & Elizabeth  
Mischke

Sponsors: Celia Kolarik,  
Nicholas Kolarik

If you wish to be baptized or have a child baptized, you must first attend a seminar. Please call Ann Traeder at 651.437.9052, x10 or email [ann.traeder@osel.org](mailto:ann.traeder@osel.org) for more information.

## WELCOME New Members

**Polly Carlon**

on April 1, 2023

**Marilyn Foss**

on April 18, 2023



We rejoiced on April 16, 2023 as the following young people celebrated First Communion at the 9:00 and 10:30 services:

Colton Berg

Gabriella Caponigri

Jacob Farthing

Landon Hadler

Troy Hansey

Lennyn Hanson

Merissa Huebsch

Alex Illa

Gwenyth Johnson

Lydia Johnson

Evelyn Latch

Ian Lavergne

Liam Magnus

Chloe Mattson

Luke McNamara

Luke Moritz

Laynie Nelson

Harper Peterson

Reese Peterson

Treyson Quiring

Brody Schmidt

Addie Seleski

Kaela Story

Cole Watts

Patrick Wayne

Sawyer Weber

In preparation for First Communion, these students completed a seminar where they learned the meaning of receiving communion. They also had the opportunity to make their own communion cups. May God bless them and their families.

### 150<sup>th</sup> Anniversary Books Available

#### HONORING THE PAST, EMBRACING THE FUTURE

This 150<sup>th</sup> Anniversary Book is an update focused on the most recent 25 years of Our Saviour's according to those who have lived it, supported it and watched it continue to thrive and grow.

If you would like a copy, the suggested donation is \$10. Available on Sundays at the Information Desk or in the church office during business hours.

**Hastings Family Service celebrates 53 years and exists because the Hastings community cares.**

Since April 21, 1970, Hastings Family Service has helped neighbors in need in the Hastings community through your continued financial, food, and thrift donations.

With your help, Hastings Family Service offers the following programs and services:

- **Market Food Shelf Programs:** in-person or drive-thru Food Shelf appointments
- **Emergency Assistance:** grants to assist with a short-term crisis (rent, utilities, prescriptions, etc.)
- **Just Friends Transportation:** rides to medical appointments
- **Meals on Wheels:** meal delivery to neighbors
- **School Supplies:** distributed in August
- **Project Share Holiday Assistance:** holiday meal and gifts
- **Rivertown Treasures:** free clothing & household items to neighbors in need
- **Volunteer Program:** help your neighbors-volunteer!
- **Business Center, Information & Resources**

With inflation and the cost of housing, utilities, and food continuing to rise, the need continues to increase. THANK YOU for helping Hastings Family Service meet these needs for our neighbors in the Hastings community!



**Our Saviour's**  
**LUTHERAN CHURCH**

400 West Ninth Street  
Hastings, Minnesota 55033-2025  
(651) 437-9052  
[www.OSEL.org](http://www.OSEL.org)

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## **Join us for “Music By the River” ~ June 14 and August 30, 2023**

Our Saviour's Lutheran presents, The New Creation and *REFRESH* bands & guests in concert!

On the Wednesdays of: June 14 and August 30

Gather down by the Mississippi at the Rotary Pavilion in Levee Park at 7:00 pm.

All are welcome to these evenings of music!

If you have questions, call the church office at: (651) 437-9052.