

The Sentinel

February 2024

*Our Saviour's Lutheran Church is a dynamic community,
centered in Christ, called, nurtured and sent-
to celebrate, serve and do justice.*

Jesus, Healing Power, is Here Among Us

*Jesus, Healing Power, is here among us
In the ordinary waters of the font,
In the ordinary stories of our faith,
In the ordinary bread at this table,
In the ordinary people who become the body of Christ.
-Song by Ray Makeever*

As I write this article, it is 50 degrees on January 31 in Minneapolis. I receive the day as a gift from our Creator God, and yet the temperature is a stark reminder of the climate crisis and all of the ways that our world is out of whack. Even though the sun is shining, I feel clouds of worry gathering in my heart.

Daily, we are aware that our world and our lives are in need of healing. Our own bodies and souls cry out for healing and hope from personal and collective crises. Our neighbors in Camp Nenookaasi were again evicted yesterday, and we know there is more work to be done to find pathways for healing, stability, and community for our neighbors living outside and living with substance use disorders. As we look at our broader world and see the wounds of war and violence still being inflicted, peace and reconciliation feel far off.

On February 14, we enter the season of Lent as we gather for Ash Wednesday worship at 6:30pm. We tell the truth about our need for healing and redirection, and we turn to the God who offers us healing for our bodies and souls. Our Lent theme this year is drawn from Ray Makeever's beautiful song, "Jesus, Healing Power, is here among us." We will confess and embody this truth together as we come to the well of divine love and mercy at the baptismal font, as we listen for the Spirit's wisdom that comes to us with both comfort and challenge through the ancient stories of our faith, and as we share in our holy meal where Jesus is present to fill us with the vitality of his spirit - abundant life. Through these ordinary things, we become the body of Christ together – we bear one another's burdens, weep together, rejoice together, and are sent out together to follow in Christ's way of humble service and radical love.

Jesus, Healing Power, will be flowing among us during Lent in many different ways, including:

- Ash Wednesday and Holy Week services
- Contemplative Prayer on Wednesday nights, with a prayer labyrinth in the sanctuary
- Community meals on Wednesday nights, where we will also engage in faith practices and Living Questions together around the table
- An anointing and healing prayer station at the font on Sunday mornings
- An adult forum focus on repentance and forgiveness
- And in all the other, ordinary ways we are the body of Christ to one another and the world

May the Healing Power of Jesus flow among us freely in this season, bringing release and hope, and renewing our strength and good courage. Amen.

Pastor Martha



***Jesus, Healing Power, is Here
Among Us***

Lent and Holy Week at Our Saviour's 2024

Feb 14 Ash Wednesday

5:30pm Community Meal

***6:30pm Worship with Holy Communion
and Imposition of Ashes***

Holy Week

March 28 Maundy Thursday

***6:30pm Worship with Holy Communion
and Foot Washing***

March 29 Good Friday

***6:30pm The Passion with Stations
and Prayer at the Cross***

March 30 Easter Vigil

***6:30pm Worship with Stories of our Faith,
Baptism and New Member Welcome,
Holy Communion and a Feast!***

Wednesday Evenings in Lent

5:30pm Supper and Living Questions

7:00pm Contemplative Prayer

7:30pm Choir

OSLC Annual Meeting – February 11 after worship, with a Potluck after!

Yes, we said potluck! Bring your favorite dishes to share. When our business is over, we will celebrate by eating together. Hope to see you there.

Annual Meeting and Potluck Our Saviour's Lutheran Church

**Sunday, February 11, 2024
after worship at 12:00pm in person
at church (Zoom option available)**

Join us after worship on Sunday, February 11th for the Annual Meeting to review and celebrate the year past and do the business of the congregation. We'll vote on the budget for 2024 and set the stage for the coming year as we focus in on our strategic goals.

Childcare will be provided.

Open to all members. Associate members have a voice but no vote and are encouraged to attend.

Zoom invite information will be available the week prior on the website, in the weekly update and in the Sunday morning worship email.

Mission of the Month: Calvary Food Shelf

Gayle Lamb

Feeding our neighbors is an act of faith and compassion. Please remember all those that are hungry and in need of nourishment. The following article is our witness to feeding and supporting our community. As stated below donations of dollars go furthest in supporting this mission, but donations of food stuffs are also needed. Put donations in collection box in narthex.

Calvary Food Shelf is the Mission of the Month for February at Our Saviour's. The food shelf has been in transition over the last 16 months. Calvary Lutheran Church buildings were sold to Trellis a developer chosen by the congregation. The church and parking lot were converted to 41 apartment units. The food shelf had operated in the basement of the church. So during construction the food shelf worked out of a temporary space next to Jakeenos Pizza at 36th and Chicago Avenue. To give proper service to the customers, appointments had to be scheduled. There were 8-9 families scheduled every 15 min twice a week. Serving between 50-80 families per each distribution day.

Now we are currently back in the church location at 39th and Chicago Avenue. The space is very functional and allows the food shelf to continue serving the people of the neighborhood. Plus the residents of the new Belfry apartments. A majority of which are low income. To better serve the customers in a respectful

atmosphere, appointments are now scheduled 5-6 families or individuals every 15 min.

Calvary Food Shelf currently has 3800 families that are using the food shelf with 80 families on the waiting list. The customers can only come once per month. Distribution days are Wednesdays and Saturdays. Food deliveries are made on Tuesdays to shut-ins.

Supplying the food shelf is a challenge. Melissa Brooks the coordinator and logistics master has the task of sourcing food to meet the dietary and cultural needs of the customers. Food is purchased from Second Harvest, Food Group and stores such as Costco. Besides purchasing food at discount pricing Melissa does have access to random free items.

The food shelf is unique in that fresh fruit, vegetables, proteins and dairy are offered. Eggs, milk, oil, spices, salt are always needed

The following items are purchased with donor dollars:

- 36# of chicken breasts \$36 for 10 families
- 15 dozen eggs for \$33 (when she is not able to them for free)
- A case of 12x24oz vegetable oil \$22
- A 12 pack of garlic powder for under \$10

The wishlist is:

- Financial donations
- Cooking oil 24oz
- White flour & Maizal/Maseca masa
- Garlic powder & Cumin
- Canned fruit
- Non-dairy milk (soy, oat, almond)
- Peanut butter

If anyone has a Costco account bulk purchase of toilet paper is a good donation item. Feminine products are also a needed item.

The food shelf is primarily run by volunteers and there are opportunities for all ages to participate.

Sign-up is at foodshelf@clchurch.org. Scroll down to the food shelf section.

Please contact Gayle Lamb lamb1300@comcast.net or Maryellen Skan if you have questions or are interested in volunteering.

Pastor Martha's Sabbatical 2024

April 15 – July 15, 2024

Pastor Martha

In November, OSLC church council voted to approve a sabbatical leave for me from mid-April (after Easter) through mid-July. For those of you unfamiliar with sabbaticals, sabbaticals are recommended for pastors in the Minneapolis Area Synod every 5-7 years of ministry. As I begin my 8th year at Our Saviour's serving as a pastor, I am very grateful to receive this time for rest and renewal, learning and leisure! Pastor Esther and I will be working on a sabbatical coverage plan in the coming months. I am deeply grateful to this community for generously granting me this time away. I am cognizant that many others in our society are not afforded time for renewal like this. My sincere hope is that this time will be a gift for all of us, as you will have time to bond with Pastor Esther, and I will have time to renew my energy and refresh my imagination for the big work we have ahead of us in reimagining our property and continuing to live out the gospel in Phillips neighborhood and beyond.

Adult forums in February

Pastor Martha

Adult forums are at 9am in the hospitality center and on Zoom.

Here is the link: <https://us02web.zoom.us/j/86297261334>



February 4 – Property Reimagining forum

Members who participated in the 5-week property development study group will share their learnings and invite congregational input as we get ready for a March 2 retreat with OSCS to keep moving this project forward together.

February 11 – Rebecca Blumenshine on community-minded personal finance – back by popular demand!

Rebecca Blumenshine presented with us back in November and is back for a second session. Last time, she helped us think expansively about “using finance for good,” and she explained The Finance Matrix - a framework for thinking critically about different financial worldviews. You can find more information about her and her work at bothandfinance.com.

February 18 – Outreach and Ministry of Community and Faith Formation Tables – In person only (no zoom)

Join a table and dig into conversation about outreach, community life, and faith formation at Our Saviour's, facilitated by our table leaders. Everyone is welcome.

February 25 – Lent series begins on Forgiveness and Repentance

Starting this week and through the rest of Lent, we will dig into the topics of forgiveness and repentance. What does the bible and our tradition have to teach us about the call and practices of forgiveness and repentance? How do we struggle with these in our daily lives? Where have we seen the transformational, healing power of repentance and forgiveness at work?

Living Questions for newcomers and beyond – On Wednesday nights during Lent this year

Pastor Martha

Beginning February 21, the week after Ash Wednesday, we will have Living Questions. This is a ministry we began many years ago, where we pair newcomers with members, engage in faith practices, and have small group conversations together about faith and life. This year, we're doing Living Questions during the community meal, at tables in the hospitality center. Everyone is welcome to participate, and we will have childcare/kid activities available elsewhere.

Welcoming New Members – this Spring

Pastor Martha

If you are new to OSLC and interested in membership – wonderful! We hope you have already experienced a warm and heartfelt welcome at OSLC. We have a practice of welcoming new members all at once, once/year. This time is coming up this spring, during the season of Lent. New member welcome day will be our Easter Vigil service on Saturday, March 30, at 6:30pm. More information to come. Feel free to reach out to Pastor Martha with any questions.

Wilderness Canoe Base Work Weekend

Nancy Johnson

Mark your calendar for Fri May 17th – Sun May 19th for our annual work weekend at Wilderness Canoe Base. We'll head up Friday morning and return Sunday late afternoon. We'll work on projects to help open the camp and there will be time for a sauna! This is an intergenerational event. More information will be coming. Any questions, contact Nancy Nygaard Johnson at n2j2@comcast.net.

Hope Academy Parking Ramp available on Sunday mornings

Nancy Johnson

On Sunday mornings, between 8am and 1pm, you are welcome to park in the Hope Academy parking ramp located on 24th street between Chicago and Park Avenues. Make sure you exit the ramp before 1pm as the arms will come down at that time. Parking at other times may be available and will be announced for each specific event.

Communion Bread Baking

Nancy Johnson

It's time to bake some communion bread for our services. We will bake from 9am until about 11am on Saturday Feb 3rd. No experience necessary. Children are welcome with an adult.



Nenookaasi Healing Camp Update

Pastor Esther

With heavy sadness, Nenookaasi Healing Camp was evicted the morning on January 30th with no transition to temporary/permanent housing! The residents only had 90 minutes to evacuate with no notification from the city! Allyson Green and I were able to be there to accompany the residents by helping moving things out of the area, tore down yurts and tarps. We were there with many people who care for the residents. At this point, the relatives (residents) are now moved to 2213 16th Ave S. Minneapolis, MN 55404.

I thank you to those who have helped out for the last three months especially our Sunday school children for putting together wonderful kits, supply drives, and for some of us who brought items in abundance or helped the residents in quick response and prayed with them! We were with them as our neighbors and we continue to pray for their lives and safety. We continue to be present with the relatives of the encampment and to advocate for housing in Minneapolis through ISIAAH, Align Minneapolis, and other community organizing groups.

Wilderness Canoe Base Intergenerational Trip Our Saviour's Family Camp July 25 - 28, 2024



Join the fun at Wilderness Canoe Base this summer. It's an intergenerational family camp.

All are welcome to enjoy time in this beautiful north woods setting. Activities include canoeing, swimming, hiking, campfires and more. We'll be staying in the camp's cabins and all meals will be provided.

Interested? Add your name to the document. Use the QR Code to be included in the Camp updates and information. Questions? Jeanne Heer at 763-954-1552.



Property reimagining updates – things are moving along

Pastor Martha

Over the 5 weeks of January, we had a marvelous crew of members show up weekly for a property development study group. We began our work with a devotion using Genesis 1. Where is the creative activity

of God already at work among us, present here and in relationships with our neighbors? How can our property project magnify that? These are questions we can return to as we prayerfully continue in this work.

Over the 5 weeks, we highlighted our key objectives and needs for the project, surfaced some strategic alternatives, and listed out some evaluation criteria. We had small groups research various sub-topics to help us go deeper and learn from other projects. These sub-groups have focused on housing (rental and home ownership possibilities), climate innovation/design, landback and reparatory development, 'think outside the box' group, and church building/LVC's future group.

Five weeks is a rich time, and as we have made progress, we also know we have more work to do to get ready for a retreat with OSCS on March 2. At that retreat, a small group from OSLC church council, OSCS board, and the joint property committee – about 15-20 folks in total – will come together and hope to coalesce around a common vision for the campus. We are welcoming Sara Joy Proppe of The Proximity Project, a development consultant, to help facilitate the retreat. She comes to us highly recommended from Calvary Lutheran Church down the street, as she worked with them to steward along their property project. She also worked with us at our last property development study group meeting.

Members of the joint property committee are also laying more groundwork for future work ahead, including continuing conversations with Normandale Housing (who own a house on Chicago in the middle of the campus), pursuing capital campaign bids so we are ready to have partners to work with when we're ready to begin that phase of this project, engaging in a free design event with volunteer architects to workshop some possibilities, and continuing to show up in the neighborhood. We are mindful that as we keep going, we need to loop back to neighbors, as community engagement isn't a 'one and done' thing, but a relational process.

I hope many of you can join us on February 4 for the forum. If you can't make it, or have other ideas and insights you'd like to share, please don't hesitate to reach out to me or members of the joint property committee, which includes me, David Scheie, Rico Morales, Tal Anderson, and Renate Willer along with OSCS representation.

Update: Let's bring our four fearless youths to the Multicultural Youth Leadership Event (MYLE) and the Youth Gathering in New Orleans!

Pastor Esther



Thank YOU for your prayers and generosity to our youth envelopes fundraising! In just three Sundays, we raised close to \$2500! We are half way to our goal of \$5,100. We will continue to have you pick one or two envelopes after worship until we reach our goal. For those of you who are not able to get an envelope, you could mail your check to the church with a note for Youth Gathering funds or using this **QR Code**. The youth is also excited to host Easter breakfast and if parents are in need for a nice night out, youth can definitely help watch over your children. More details to come!

Bible Study in Person!

On Wednesday, February 7, Bible Study at 10:15am will be in person and on Zoom.

A Letter from Mary Preus

Dear Our Saviour's Community,

It is with many mixed emotions that I write to officially tell you that I will be retiring from my position as worship and music director here at Our Saviour's on October 1, 2024. I am going to be 70 years old in June (!) and it finally feels like the time has come. My overwhelming feeling is one of gratitude. This community of faith has sustained and supported me in my work and in my spiritual life for over 30 years now! During that time I have grown as a song leader, musician, choir director, leader of worship, bible study facilitator, and as a child of God and member of the body of Christ. What a blessing. Thanks be to God! Along with profound thankfulness, I also feel sad and slightly panic-stricken thinking about leaving Our Saviour's.

I will miss you so much!

As for October and beyond, I will continue to worship with and coordinate worship for the Community of St. Martin and assist with teaching worship at Luther Seminary. Maybe I'll also find an opportunity to be a part-time percussionist with a jazz band (ha ha). Partner, Tom Witt will continue to play piano at OSLC as needed.

This community is so healthy and vibrant, claiming the promises of baptism (new life!) while facing the brokenness of our world with compassion and resilience. What a gift! I have been blessed to work with such fine pastors, staff and musicians in these 30 years. It is comforting for me to imagine leaving this place while you continue to have such able servant shepherds. I'll be here for nine more months, so you're not rid of me yet!

I will relish this time.

It is God alive in our midst and at work in the world that has made this all possible.

I give God all the praise 🎵

Mary Preus



Getting ready for this transition with grace, grief and gratitude

Pastor Martha

Praise God for Mary Preus and all the ways she has kept our worship vibrant and joyful, faithful and fresh! Over these 9 months we will relish singing together with Mary. If you've been waiting to join the choir – now's your time!

We will also be getting ready for this transition in these ways:

- **Formation of a Celebration and Farewell committee (aka, the Party People):** This group will plan celebrations (ie, a choir concert) and other ways of saying a loving and heartfelt goodbye after Mary's amazing 30 years of leadership among us.
- **Formation of a Worship and Music task force (looking for clever nickname):** This group will work with Pastor Martha to review Mary's duties, articulate our values for the future of music and worship, do an assessment of our music and worship needs, aid in discernment about welcoming an interim in October, and write a new job description as we get ready for a new permanent position.

- **Welcoming an interim music leader in October:** I have been in conversation with faithful lead pastors who have navigated similar transitions and with personnel committee. From these discussions, we have discerned that the best course for us is to have an interim musician join us in October instead of rushing to fill the position. We need time to grieve and space to imagine where God is calling us next. If you have ideas for someone who might be a good fit for us as an interim musician, please reach out to me.

As Mary said – God is at work and alive among us! We will continue to praise God with a new song in this season of transition. And we will be gentle with ourselves in our grief, share loving goodbyes, celebrate, and give all praise to God our Maker.

Resolution regarding killing of civilians

Amy Blumenshine

Sometimes the heart feels too heavy to share. As I write, the US backed Israeli military is bombing, starving, terrorizing, and sickening over 2 million people—inflicting suffering and killing mostly unarmed civilians, mostly children. In addition, the US backed Israeli government has stopped water, electricity, communications, and medical care for these bombarded, 2 million of whom have had to flee their homes.

I realize that there are very different news sources but the only justifications I've heard is that Hamas is really bad. I do not support Hamas, but I do know that there are better ways of addressing the Oct 7 attack. It's obvious— if mostly unstated— that the US erred massively in how we responded to the 9/11 attack. As Christians and as members of humanity, we seek to not respond to evil with evil. Unfortunately, the US and Israel stand in opposition to a world that demands a ceasefire.

That fire hurts us all. We are fueling the fire with funds that have been stolen from our own dire domestic needs. Indeed, people are suffering and dying in this country due to their preventable poverty.

The fire is likely to spread. Already our troops have suffered harm. Numerous other sparks are evident both in the region and in our own country, with some feeling license to engage in religiously prejudicial actions.

The fire creates a beacon for other tyrants to impose their military might, seeing that humanity will not stop them.

The fire also creates embers that will light more fires in the future as some of the traumatized survivors will project their pain onto others, including those they love.

The fire itself is toxic; we all share the atmosphere and climate emergency. Every flight, every bomb, every destruction of concrete, every tank fueled by gas spurs not just toxic residue but climate poison — in our rapidly diminishing window of opportunity to avert climate catastrophe.

I listened to the South African attorneys as they made their case before the International Court of Justice that Israel was committing genocide. I found them convincing. (I also note the raised bar for sermons: they quoted the Bethlehem Lutheran pastor's Christmas sermon!)

To be clear, traumatized people deserve sympathy and recovery options, but nothing justifies repeating horror on others. Never again means never again to any group. All of our humanity is diminished if we fail to stop this fire. Friends don't let friends commit mass murder. Prevent moral injury! Prevent suffering and death!

OSLC will be considering a resolution for the early May synod assembly at our congregational meeting Feb 11. Preview the resolution as it is currently written at. Here is the link: <https://oursavioursmpls.org/1248-2/>

Lectionary Text for Home Devotions

February 4

Isaiah 40:21-31
Psalm 147:1-11, 20c
1 Corinthians 9:16-23
Mark 1:29-39

February 11

2 Kings 2:1-12
Psalm 50:1-6
2 Corinthians 4:3-6
Mark 9:2-9

February 18

Genesis 9:8-17
Psalm 25:1-10
1 Peter 3:18-22
Mark 1:9-15

February 25

Genesis 17:1-7, 15-16
Psalm 22:23-31
Romans 4:13-25
Mark 8:31-38

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PRAYER LIST

- Pastor Esther and her family, grieving the death of her second cousin, Michael
- Reginald Page, dealing with health issues
- Hawah Borbor, recovering after a hospital stay
- Susan Erickson, grieving the death of her friend, Julie
- Jim Unglaube, recovering from knee surgery
- Mary Preus' brother, Joel, undergoing cancer treatment
- Paul Rogers, in hospice, and Cam Rogers accompanying him
- Kristie Hennig's niece, Sarah, receiving chemo
- Kristie Hennig's brother, Kenny, recovering from surgery for oral cancer
- Emily, Jeanne Heer's niece, diagnosed with cancer
- Patrick Herson's brother-in-law Michael, who has stage 4 cancer
- Anton Moore, undergoing physical therapy
- Noah, Bruce Pederson's son, undergoing treatment for prostate cancer
- Deanna Thompson, Linnea's mother, who has a recurrence of breast cancer
- Peace in Ukraine, Middle East and in the world

How to Reach Us

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Deadline for the March 2024 Sentinel is Monday, February 26

February 2024 at Our Saviour's

Sunday, February 4	9:00am –10:30am	Sunday school, Godly Play, Nursery and Adult Forum
	10:00am	Choir and Hospitality
	10:30am	Worship in Sanctuary and Online
Tuesday, February 6	12:45am-2:00pm	Staff Meeting (CR)
Wednesday, February 7	10:15am-12:00pm	Bible Study in Person and on Zoom
	5:30pm	Community Meal
	6:00pm-7:00pm	Kids' Choir
	7:00pm	Choir and rehearsal
Sunday, February 11	9:00am –10:30am	Sunday school, Godly Play, Nursery and Adult Forum
	10:00am	Choir and Hospitality
	10:30am	Worship in Sanctuary and Online Annual Meeting and Potluck after Church
Tuesday, February 13	12:45am-2:00pm	Staff Meeting
Wednesday, February 14	10:15am-12:00pm	Online Bible Study on Zoom
	5:30pm	Community Meal
	6:30pm	Worship with Holy Communion and Imposition of Ashes
	7:30pm	Choir and rehearsal
Sunday, February 18	9:00am –10:30am	Sunday school, Godly Play, Nursery and Adult Forum
	10:00am	Choir and Hospitality
	10:30am	Worship in Sanctuary and Online
Tuesday, February 20	12:45am-2:00pm	Staff Meeting (CR)
Wednesday, February 21	10:15am-12:00pm	Online Bible Study on Zoom
	5:30pm	Community Meal + Living Questions
	7:00pm	Contemplative prayer
	7:30pm	Choir and rehearsal
Sunday, February 25	9:00am –10:30am	Sunday school, Godly Play, Nursery and Adult Forum
	10:00am	Choir and Hospitality
	10:30am	Worship in Sanctuary and Online
Tuesday, February 27	12:45am-2:00pm	Staff Meeting (CR)
Wednesday, February 28	10:15am-12:00pm	Online Bible Study on Zoom
	5:30pm	Community Meal + Living Questions
	7:00pm	Contemplative prayer
	7:30pm	Choir and rehearsal

