

The Sentinel

March 2024

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

Holy Week – Come and See



Holy Week – Come and See

Early in John's gospel, Jesus calls his first disciples through these simple words of invitation, "Come and see." I am sure there have been millions of dollars spent by Christian organizations on evangelism strategies over the centuries, from billboards to Super Bowl commercials, but I don't think any could possibly improve upon Jesus' simple, personal, loving, direct approach. Holy Week is a time when the Spirit invites and gathers us as Christian community to "Come and see," to behold Jesus' healing power at work from the streets, to the table, to the basin, to the garden, to the court, to the cross, to the tomb, to the dawn of resurrection. You don't want to miss this!

On the journey of Holy Week, we are not merely passive observers of our sacred story – we are companions engaged in the great adventure of being the body of Christ together. We involve our whole bodies in the ritual actions and drama of these days, which in turn shape us for lives of praise and protest, loving service, lament, prayer, and fierce resurrection hope.

Maybe you haven't been to Holy Week services before, and you're not sure what it's all about. Maybe you have a neighbor who needs to encounter Jesus' healing power in community. Maybe you have a congregation friend you haven't seen in a while. What an opportunity to hear the call of Jesus freshly, and to extend a simple, personal, loving and direct invitation to some friends to join you at services on Maundy Thursday, Good Friday, Easter Vigil, and Easter Sunday. Jesus invites us, as he stretches his arms out in love: "Come and see."

Pastor Martha

Jesus, Healing Power, is Here Among Us

Lent, Holy Week, and Easter at Our Saviour's 2024

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!*

March 31 Easter Sunday
9:00am Youth-led Easter Breakfast
10:30am Easter Sunday Worship with Holy Communion

Wednesday Evenings in Lent

5:30pm Supper and Living Questions
7:00pm Contemplative Prayer
7:30pm Choir

March Mission of the Month:
MN FoodShare/Community Emergency
Service (CES)
Maryellen Skan



Our focus on hunger in Minneapolis continues in March (February's Mission of the Month was Calvary Emergency Food Shelf). We will support the CES food shelf and food-related services. Our Saviour's will participate in the largest grassroots food and fund drive in the State - the March Minnesota FoodShare campaign. MN FoodShare envisions a future where all Minnesotans have access to healthy food, and no one struggles with food insecurity. This year's theme is **Nurture Your Local Food Shelf**.

CES serves the OSLC (Phillips) neighborhood where 38% of the households live at or below the federal poverty level. 84% of visits to the CES food shelf were made by BIPOC neighbors (self-identified as black, indigenous, or a person of color); up 10% from the previous year.

To better serve diverse neighbors, CES prioritizes the distribution of culturally familiar foods, offers multilingual signage, and recruits multilingual staff and volunteers.

During fiscal year 2023 CES:

- ◆ Served over 115,000 low-income neighbors experiencing hunger (a 6% increase), providing food and hope.
- ◆ Distributed 639,984 pounds of food through all food-related programs including the food shelf, home delivery, meals on wheels and ani-meals. The equivalent of 533,320 healthy meals.
- ◆ Distributed 224,304 pounds of groceries through the food shelf, enough groceries for 186,920 healthy and culturally familiar meals. The food shelf now operates as a Super Shelf food program allowing neighbors to shop for their specific needs.
- ◆ Delivered 147,716 pounds of healthy and culturally familiar foods to 389 seniors through the home delivery program.
- ◆ Delivered 75,920 nourishing meals to 538 homebound seniors and adults with disabilities or health condition.
- ◆ All the above were accomplished with the help of 4,223 dedicated volunteers engaged in over 11,325 hours of service.

Contributions are needed more than ever. Food shelf visits continue to increase at record levels. The higher cost of living (including food prices) along with stagnant wages/fixed income hamper low-income Minnesotans. Many must make difficult decisions about how to make ends meet – pay bills (utilities, housing, transportation, medical) or buy food. Food is often where they must sacrifice. Feeding America reports that 390,000 Minnesotans are facing hunger, 30% are under the age of 18!

To be more sustainable, the CES Food Shelf is implementing a new model for how food is sourced.

This includes increasing the number and quantity of items from food rescue and donations and decreasing the amount of bought food from food banks. Through this transition CES hopes to be able to create a more sustainable model - lessening food waste and serving more neighbors.

Help keep the shelves stocked! Financial donations allow the CES to obtain supplies at a significant discount through purchasing programs. Your \$1.00 donation will buy \$6.00 of food. In addition, CES can purchase items that are most needed in our community.

You can support CES's food programs in several ways.

- **Donate Funds:** Make a donation to the food shelf through OSLC's website (click on the QR Code below and enter the amount in the Mission of the Month line) or note CES on the memo line of your check.
- **Volunteer:** sort food donations, restock the shelves, deliver meals (meals on wheels), etc.
For more information contact Melanie LaPointe at mlapointe@cesmn.org or 612-481-9467.
- **Donate Food:** 'Needs lists' will be on the baptismal font on March 3. The lists will also be in a 'pocket' on the FoodShare poster in the welcome area/narthex. Please be sure and check the expiration date on your donations. Drop off your bags of groceries in the coat area. CES has requested the following items:
 - Canned goods: beef stew, chili, hominy, port & beans, fruit corn, diced tomatoes
 - Dried beans
 - Mac & Cheese
 - Salt
 - Breakfast Cereal
 - Brown paper bags

Your generous sharing of your resources (time and money) is greatly appreciated!



Bible Study in Person!

On Wednesday, March 6 Bible Study at 10:15am will be in person and on Zoom.



OSLC + OSCS Property Planning News

Save the date for Sunday, March 17 for congregational property update at 11am, and add your input before that
Pastor Martha

Retreat with OSCS on March 2

On Saturday March 2, OSLC church council members, OSCS board members, and members of the joint OSCS/OSLC property committee and will be gathering for an all-day retreat, facilitated in part by Sara Joy Proppe, a development consultant who worked with Calvary Lutheran on their project. We hope to make some key decisions about the direction we are heading for reimagining our campus, addressing questions including: what will the essential elements be, how will we phase development of different parcels on campus, what will our decision-making structure be, and when will we hire a development consultant. The OSLC church council members attending the retreat include: Allyson Green, Paula Keller, Tal Anderson, Aneesa Parks, Mike Troutman, and both pastors. OSLC members who serve on the joint property committee include: Rico Morales, David Scheie, Tal Anderson, Renate Willer (though she is wearing her OSCS operations manager hat), and myself.

Many OSLC members have contributed significant work to get us to this point, including members of the OSLC/OSCS joint property committee and leaders in the OSLC property study work group that began in January and has continued through February in various subgroups. We have taken congregational and neighborhood input in many forms over the last couple of years. All of these discerning conversations and research work have contributed to strong preparation for a positive March 2 retreat.

One piece we are bringing to the March 2 retreat is a list of our top key objectives for our reimagined property campus. The January property development study group discerned these goals as our top 4:

- More space for children and youth
- Environmental sustainability/green innovation/climate resilience
- Reparations lens for development (defined here as development that addresses historic harm against BI-POC communities via landback and/or wealth-building)
- Affordable housing

Special worship and congregational property update on Sunday, March 17

On Sunday March 17, we will have a special 30 minute worship service - which will include the baptism of Sebastian Lau! - followed by time for the whole congregation to receive a thorough update from Pastor Martha, Mike Huffman and other leaders about where we are at with our property project. We will share about the outcomes of the retreat on March 2 and invite your questions and input towards next steps. Worship will be from 10:30 – 11am, with the property update from 11am - noon. We will move to Zoom for the property update; a link will be sent out in the Sunday morning email on March 17.

Invitation for Your Input by March 15 – Via Google Form, and/or Boards in Narthex

Between now and March 15, please give your input about what kind of spaces we need for congregational

ministries in the coming 25+ years. You can fill out our Google Form by using QR Code below. Or, you can add your thoughts at church - you will find interactive bulletin boards set up for you to engage and mark up with your opinions and wonderings. They have already been up for a couple of weeks – thanks to everyone who has already weighed in! We'd love to hear from as many folks as possible. We will share back what we heard at the March 17 congregational property update.



Property Project Blog is coming

We are working on creating a blog dedicated to our property project on our website, so that any time you feel like you need more information on our property project with OSCS, you can go there and catch up on all the news.

That's a lot. And – it's exciting that things are moving along! Please reach out with any questions to myself or to members of the joint property committee (David Scheie, Tal Anderson, Rico Morales, Renate Willer).

Special Guest Preacher on Sunday, March 10 – Rev. Jim Bear Jacobs

Pastor Martha

Rev. Jim Bear Jacobs helped to launch us on our reparations journey back in March of 2021, when he spoke with us at a Zoom adult forum. He gave us a biblical case for reparations, invited us to jump into the Truth and Reparations process that the MN Council of Churches was just launching, and encouraged us to do our own work of truth-telling, learning and relationship-building instead of expecting him or other Indigenous and/or Black leaders to do the sacred work for us.

Since his time with us, Rev. Jim Bear has been published in a new book called *Gone for Good?: Negotiating the Coming Wave of Church Property Transition*. He calls for predominantly white churches to reckon with the history of land theft and genocide as they discern what to do with their church properties. This is a very timely call for us, especially as we find ourselves in the midst of reimagining our properties with OSCS.

Rev. Jim Bear also serves on the board of MNIPL and Urban Homeworks. Here is his bio from the MNIPL website:

Born in St. Paul, Jim Bear Jacobs is a member of the Stockbridge-Munsee Mohican Nation, an American Indian tribe located in central Wisconsin. He has degrees in Pastoral Studies and Christian Theology and has served various churches as youth minister, adult Christian educator, and director of Men's Ministries. Presently, he is Co-Director for Racial Justice for the Minnesota Council of Churches. He has served as a parish associate at Church of All Nations Presbyterian Church. He is a cultural facilitator in the Twin Cities and works to raise the public's awareness of American Indian causes and injustices. He is founder of "Healing Minnesota Stories," an initiative dedicated to creating events of dialogue, education, and healing, particularly within faith communities.

Wednesday evenings during Lent (through March 20): meal, Living Questions, kids activities + nursery, contemplative prayer

Pastor Martha

On Wednesdays, we have a community meal starting at 5:30, followed by kids' activities, nursery, and Living Questions for newcomers we are welcoming into membership and ALL adults at OSLC at 6:15. Everyone is invited to be part of these conversations and spiritual practices. Then at 7pm, we will move into the sanctuary for contemplative prayer. Choir rehearsal follows at 7:30.

We hope you will join us.

Adult forums in March

Pastor Martha

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

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

March 3 – March 24 - Lent series on Forgiveness

Throughout the season of Lent, we are exploring in our adult forums one of the ways that Jesus' healing power flows among us – through forgiveness. Using *Forgiveness: A Lenten Study* by Marjorie Thompson as a guide, and learning from our women's retreat participants, we will dig into the promises and the questions related to

forgiveness. What does the bible and our tradition have to teach us about forgiveness? How do we struggle with practicing forgiveness in our daily lives? Where have we seen the transformational, healing power of repentance and forgiveness at work?

March 31 – Easter Sunday – Come to the annual Easter Breakfast

Support our youth going to New Orleans this summer for the ELCA Multicultural Youth Leadership Event (MYLE) and the National Youth Gathering! (No forum, just eating together!)

Welcoming New Members this month – Bread bakers needed for gift on Sunday, March 10

Pastor Martha

We will joyfully welcome many new members at Our Saviour's as part of our Easter Vigil service on March 30. One new member, Ruth, will be welcomed through holy baptism! Leading up to this joyful day, we will be giving newcomers gifts each week of March during Sunday worship. On March 10, we hope to present the gift of a freshly baked loaf of bread. One of our members is gluten free. If you would like to bake a loaf of bread for March 10, please contact Pastor Martha (martha@oursavioursmpls.org).

Direct Thrivent Choice Dollars by March 31st

Nancy Johnson

If you are a Thrivent member and have paid qualifying premiums, you could have Thrivent Choice Dollars to direct to a Charity/Church. Please considering directing dollars to Our Saviour's Lutheran Church. In the past we have used Thrivent Choice dollars to help pay for a church picture directory, help with the Bread oven, and as part of our budget. To direct dollars, log into www.thrivent.com with your user id and password, select Direct Choice Dollars from the left or bottom of your overview screen, and then select the organization you want to direct dollars to and enter the amount. You may want to consider giving to Our Saviour's Community Services or other organizations in their catalog, along with OSLC. To direct dollars over the phone, call 800-847-4836 and when prompted, say Thrivent Choice.

If you have questions about this, contact Nancy Nygaard Johnson at n2j2@comcast.net.

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! We raised more than \$4,800 from the envelopes! Thanks be to God! We will no longer be collecting youth envelopes as we are very close to reach our goal. We have one more fundraising event which is the Easter Breakfast on Sunday March 31, 2024. Our youth will be serving scrumptious breakfast starting at 9 AM-10:15AM in the Hospitality Center. All proceed will go to the Youth Gathering and the Youth Fund.

See you at the Easter Breakfast!

Youth and Confirmation Students

Pastor Esther

This Sunday March 3, all youth (7-12th graders) are invited to join the Lunch and Learn after worship. Please bring your own lunch as we gather and learn together with other folks from the church making sleeping mats from plastic. We hope to donate them to our encampment residents.

See you there!

Retreat for Confirmation Students (7th-8th grades)

Pastor Esther

On Saturday March 16, 2024 our confirmation students will have a fun engaging half day retreat! We will begin with volunteering in the Calvary Food Shelf with some folks from the Outreach Table from 10-11 AM and then, we will go to the home of Mike Troutman and Amy Blumenshine for lunch and faith conversations from the Small Catechism led by Pastor Martha and God's Abundance Manna & Mercy led by Pastor Esther. We should be finished by 1:45 PM. We look forward to seeing you there.

For questions, please contact me [*esther@oursavioursmpls.org*](mailto:esther@oursavioursmpls.org)

UPDATE on Nenookaasi Healing Camp

Pastor Esther

Let Everyone Advance with Dignity (LEAD) has been working closely with the encampment residents since they moved to the new location. LEAD focused on the East Lake Street corridor, provides harm reduction-based, intensive case management to individuals who commit law violations due to unmet behavioral health needs, homelessness, and/or extreme poverty. LEAD is supported by Pillsbury United Communities and the Family Partnership as well as Hennepin County. LEAD has received an influx of approximately 20 referrals from Nenookaasi Healing Camp. They are working closely with the city to get the care and services for the residents of Camp Nenookaasi.

City Council recently introduced 3 key ordinances:

1. Safe outdoor spaces ordinance
2. Humane encampment response ordinance
3. Encampment removal reporting ordinance

Currently the three ordinances have made it to the Public Health and Safety Committee and Business, Housing and Zoning Committee. When enacted, these ordinances will directly impact residents of Nenookaasi Healing Camp and unsheltered neighbors citywide by curbing the cruel eviction cycles in Minneapolis.

However, some Council members are actively working against the ordinances even at this stage. Please help counteract them by emailing the entire council today to express your support for the future changes. Click on the QR Code below to email the entire City Council. Thank you.



1 on 1

Pastor Esther

I would still love to get to know you and learn more about your faith stories and aspirations.

Please call or email me (612-871-2967 opt 4, esther@oursavioursmpls.org) to sign up or if these dates and times do not work for you, we can certainly set up a better time.

Lunch & Learn

Sunday, March 3 after worship will be our first Lunch & Learn.

Jeanne Heer



Bring your own lunch and join us after worship.

We will have the opportunity to visit and learn about using plastic bags to make sleeping mats.

Coffee and tea will be provided.

2024 Women's Retreat - Reflection

Pastor Esther

Go! Just go! As my first time in this retreat with beloved women from OSLC and Valley of Peace Lutheran church, I want to go again. I enjoyed getting to know more of the women from our group and meeting others from Valley of Peace during the retreat. The session led by Pastor Kathryn Tiede were meaningful and real! The prayer around the Cross and hearing the Godly Play story deepened my faith and my call in God's ministries. Given the weather was beautiful and sunny, we had free time to enjoy the trails and spectacular views, and social evenings with full of laughter, sharing stories, hard conversations, playing music, singing songs, and many more.

The next Women's Retreat will be on February 21-23, 2025, at Dunrovin Retreat Center!

Pastor Martha's Sabbatical 2024

April 15 – July 15, 2024

Pastor Martha

My sabbatical is really coming up! I am so deeply grateful to receive the gift of this time for rest and renewal, learning and leisure, and I know this time away will help me to return with fresh insight and energy for the gospel work ahead of us. Pastor Esther and I have created a strong sabbatical coverage plan. Pastor Esther will be full time for these months, preaching 1/3 of all Sundays and taking on many of my usual duties. Pastors and members Grant Stevensen and Dave Comstock will also be offering support to the congregation. We have an amazing slate of guest preachers, from within and beyond our congregation, and I'm excited for them to bring the good news to you in fresh ways.

One wise retired pastor in our congregation told me that when he returned from a sabbatical once, it was a very humbling experience – he recognized the church didn't need him as much as he thought they did! I wonder what humility lessons God has in store for me. I already know and trust that OSLC is a place where the Spirit is alive, activating the gifts of everyone for the common good at OSLC and in the wider community. We have always been a leader-full congregation with such incredible lay leadership. I look forward to learning from you when I return about the ways God called, nurtured and sent you while I was away.

I will have stories to share as well when I return! Many of you have asked what I'll be doing. I'll share more in April, but suffice it to say that family time, reading, music and gardening will be the core spiritual practices of my sabbatical.

Please do not water the plants!

Every Saturday Cammy Horne waters the plants, so please do not water them during the week. Too much water can kill some of the plants.

Thank you!

Wilderness Canoe Base Intergenerational Retreat July 25 - 28

Jeanne Heer

People from Our Saviour's will be retreating at Wilderness this year. Do you want to join in the fun? Register with the link below.

General Information: Wilderness Canoe Base is located 6 hours from the Twin Cities on Seagull Lake. The camp is a part of the beautiful north woods next to the Boundary Waters. Activities include canoeing, swimming, hiking, campfires and more. Rustic cabins and family style meals are provided.

Price - July 25th, Thur. - July 28th, Sun.

Infants (ages 0-3): Free

Children (ages 4-11): \$270.00/person

Youth (ages 12-17): \$300.00/person

Adult (ages 18+): \$330.00/person

A non refundable deposit of \$50 per person will hold a spot for you.

Wilderness has the capability to welcome up to 30 individuals for this intergenerational retreat.

Use the QR Code below for the registration link.

Questions?

Contact Jeanne Heer

763-954-1552, heerjm@gmail.com



Lectionary Text for Home Devotions

March 3

Exodus 20:1-17
Psalm 19
1 Corinthians 1:18-25
John 2:13-22

March 10

Numbers 21:4-9
Psalm 107:1-3, 17-22
Ephesians 2:1-10
John 3:14-21

March 17

Jeremiah 31:31-34
Psalm 51:1-12
Psalm 119:9-16 (alternate)
Hebrews 5:5-10
John 12:20-33

March 24

Mark 11:1-11
Isaiah 50:4-9a
Psalm 31:9-16
Philippians 2:5-11

March 31

Acts 10:34-43
Psalm 118:1-2, 14-24
1 Corinthians 15:1-11
Mark 16:1-8

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PRAYER LIST

- Reginald Page, dealing with health issues
- Hawah Borbor, recovering after a hospital stay
- Jim Unglaube, recovering from knee surgery
- Mary Preus' brother, Joel, undergoing cancer treatment
- Kristie Hennig's niece, Sarah, who had very encouraging test results following surgery and chemotherapy.
- Kristie Hennig's brother, Kenny, gradually healing enough to receive radiation therapy 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 April 2024 Sentinel is Monday, March 25

March 2024 at Our Saviour's

Friday, March 1	7:00am –8:00am	Men's Breakfast @Butter Bakery Cafe
Sunday, March 3	9:00am –10:30am	Sunday school, Godly Play, Nursery and Adult Forum
	10:00am	Choir and Hospitality
	10:30am	Worship in Sanctuary and Online
	12:00pm - 1:00pm	Worship Table
	After Worship	Lunch and learn Youth event
Tuesday, March 5	12:45am-2:00pm	Staff Meeting
Wednesday, March 6	10:15am-12:00pm	Online Bible Study in Person and on Zoom
	5:30pm	Community Meal + Living Questions
	7:00pm	Contemplative prayer
	7:30pm	Choir and rehearsal
Sunday, March 10	9:00am –10:30am	Sunday school, Godly Play, Nursery and Adult Forum
	10:00am	Choir and Hospitality
	10:30am	Worship in Sanctuary and Online
	After Worship	Council Meeting
Tuesday, March 12	12:45am-2:00pm	Staff Meeting (CR)
Wednesday, March 13	10:15am-12:00pm	Online Bible Study in Person and on Zoom
	5:30pm	Community Meal + Living Questions
	7:00pm	Contemplative prayer
	7:30pm	Choir and rehearsal
	7:00pm	Contemplative prayer
	7:30pm	Choir and rehearsal
Sunday, March 17	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, March 19	12:45am-2:00pm	Staff Meeting (CR)
Wednesday, March 20	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, March 24	9:00am –10:30am	Sunday school, Godly Play, Nursery and Adult Forum
	10:00am	Choir and Hospitality
	10:30am	Worship in Sanctuary and Online
Monday, March 25	1:30pm	OSLC Foundation Board of Directors meeting

Tuesday, March 26	12:45am-2:00pm	Staff Meeting (CR)
Wednesday, March 27	10:15am-12:00pm	Online Bible Study on Zoom
	7:00pm	Choir and rehearsal
Thursday, March 28	6:30pm	Worship with Holy Communion and Foot Washing
Friday, March 29	6:30pm	Good Friday The Passion with Stations and Prayer at the Cross
Saturday, March 30	6:30pm	Worship with Stories of our Faith, Baptism and New Member Welcome, Holy Communion and a Feast.
Sunday, March 31	9:00am –10:00am	Youth-led Easter Breakfast
	10:00am	Choir and Hospitality
	10:30am	Worship in Sanctuary and Online

