



August 2026

CrossTalk Newsletter

The Mission of Our Savior's Lutheran Church and School is 'connecting families in Christ' by proclaiming the forgiveness of sin in the Gospel and the Sacraments.

Brothers and Sisters, Friends and Neighbors

God's blessings to you this summer month of August. As we appreciate our vacation time and enjoy the great outdoors, we are also preparing to spend some time with our neighbors and connect with friends and family. Maybe we'll even re-connect with those we haven't seen in a while. It is a blessing to a man's heart to enjoy the company of good friends. I hope we can be the "friendly church" as we invite the community to join us for our Ice Cream Social on the 6th. These opportunities not only bolster our reputation with longtime residents, but it helps build relationships with Our Savior members as we spend time serving together. All this is to say, we are blessed to walk together as the body of Christ, extending the hand of friendship to everyone who walks through our doors. Christ centered values treasure the neighbor as a brother or sister connecting us all the way back to Adam & Eve. And the ministry that Jesus carries out among us today is to bring the love of God to the Hutchinson community, one friend at a time!

Even as a young lad, I've always appreciated the nature of the Church as an extended family, all gathered around Christ and made one through Holy Baptism. It was a little mind boggling that I would consider perfect strangers as "brothers or sisters". But what is Jesus doing by drawing us together? Is there some kind of higher purpose? I truly believe our Savior is giving us a picture of heaven. Where else on Earth do we go for sacred ground to spend time with God? Shouldn't His Church and His people reflect the holiness of our Father in heaven? Shouldn't the divine love of God be seen in the life of the congregation? Jesus wants the local church to be a gathering of friends and family that we can encourage one another, forgive one another, help those in need, and share the stewardship of all that God has given us. National Friendship Day is Sunday, August 2nd. Say, "Hello!" to your friends here at church, extend the hand of peace, and show your neighbor you are thankful that God has put them in your life. May the Lord grant us to be a blessing and enjoy the fellowship we find here in God's house.



God's peace,

Pastor Gadbaw

From the Health Ministry



The Surprising Benefits of Snacking

Boost energy, stay stronger, and even help prevent illness with these choices

BABY BOOMERS TEND to view snacking as a treat and are less likely to see it as a source of energy than younger generations, according to a recent survey from the International Food Information Council. If you're grabbing pastry or a bag of chips, that may be the case. But snacks can be part of a healthy diet if you plan well, says Gretchen Dueñas-Tanbonliong, RDN, associate director of health and wellness at the National Council on Aging.

A Dietary Dilemma

Snacking can help counter a quandary of aging: It's important to eat enough protein, vitamins, and minerals, but your appetite may decrease.

"Levels of hormones that regulate appetite change as we get older," Dueñas-Tanbonliong says. For example,

cholecystokinin, which sends signals of fullness to the brain, increases, while ghrelin, which triggers hunger, drops.

Some people experience declines in smell or taste as they get older. Certain medications—such as some used to treat high blood pressure or cholesterol—can affect taste and smell as well. Digestion also slows down as we age. This can lead to symptoms like acid reflux, bloating, and constipation.

All of these changes may make eating less enjoyable and add up to difficulty in consuming enough nutrient-dense food if you stick to just three squares a day. "Adding healthy snacks can make up for shortfalls in meals," Dueñas-Tanbonliong says.

6 Smart Snack Strategies

The key, though, is to practice strategic snacking, not mindless munching. Most of the calories you take in should

work hard for your body, says Sandra Arévalo, RDN, director of community health and wellness at Montefiore Nyack Hospital in New York. "Think of a snack as a nutritional supplement to meals," she says. Use these tips to help you fill nutrition gaps and stay energized.

➤ **Add healthy foods you might not get at mealtime.** "Eating fruit with meals is not the norm, for instance," Arévalo says. So consider a snack as an opportunity to work the vitamins, minerals, and fiber from fruit into your diet. Not getting much dairy in your meals? "Having a yogurt or string cheese will add some calcium."

➤ **Aim for protein and fiber.** Both nutrients help give snacks staying power, keeping your blood sugar stable (and making you feel satisfied) for longer. Fiber also helps with digestion. Men and women older than 50 should aim for 30 grams and 21 grams per day,



From the Health Ministry

You can turn a favorite treat, like ice cream, into a healthy snack by pairing a small serving with a more nutrient-dense food, like berries.

respectively. A snack with 3 grams or more makes a good contribution.

Muscle mass naturally declines with age. “The only ways to slow its progression are eating adequate protein and strength training,” Dueñas-Tanbonliong says. Experts recommend 25 to 30 grams per meal; aim for at least 5 grams per snack.

For a good protein-fiber pairing, try whole-grain toast with ricotta cheese and pear slices, black bean dip with bell peppers, or Greek yogurt with mango and shredded unsweetened coconut.

➤ **Include fruit or vegetables.** Most older adults don’t get the daily recommended 1½ to 2 cups of fruit and 2 to 3 cups of veggies. The antioxidants in produce help to prevent cell damage that’s linked to conditions like heart disease and cancer, according to Dueñas-Tanbonliong. Produce also offers fiber. When you can, incorporate foods like vitamin C-rich berries, oranges, and bell peppers; lycopene-packed watermelon, pink grapefruit, and strawberries; and beta-carotene-filled mango, spinach, and papaya.

➤ **Focus on key nutrients.** It can be a challenge to get enough vitamin B12, calcium, and vitamin D, in particular. Stomach acid production declines with age, and that can affect B12 intake. “As many as 30 percent of adults over the age of 50 have trouble absorbing enough vitamin B12 from food,” Dueñas-Tanbonliong says. A deficiency can lead to fatigue, irritability, and cognitive issues. You can’t increase absorption, but eating more B12-rich foods gives you more chances to boost your intake of the vitamin.

Calcium and vitamin D are important for bone health. Eating too little can contribute to the development of osteoporosis, weak and fragile bones that can make you more susceptible to fractures and falls. Dairy foods like low-fat cheese, cottage cheese, and kefir can pack vitamin B12, calcium, and vitamin D. Fortified cereal with soy milk, or flaked salmon (tossed with dill and lemon juice for flavor and served on whole-grain crackers) also provides all three.

➤ **Eat hydrating foods.** “Not a lot of people know this, but 20 percent of our water intake comes not from beverages but from food,” Dueñas-Tanbonliong says. Try water-rich produce like melon and cucumbers, or snacks you can sip

or slurp, like minestrone or tofu miso soup, a blueberry-banana smoothie, or yogurt layered with fruit.

➤ **Indulge a little.** “It doesn’t have to be an all-or-nothing approach,” Dueñas-Tanbonliong says. Just make a treat healthier by pairing a small serving with a more nutrient-dense food. Try ice cream and berries to boost fiber and antioxidants. Dip a handful of tortilla chips into a blend of salsa and cottage cheese for protein. Or crumble a chocolate chip cookie on yogurt.



LEARN

For easy, healthy DIY snack ideas, go to [CR.org/sweetsnacks](https://www.consumerreports.org/sweetsnacks).

3 GREAT READY-MADE SNACKS

You don’t always have to make your own snacks. These are some of the better-for-you packaged foods from CR’s tests. They all provide at least two key nutrients that older adults should be getting more of in their diet.



Back Roads Original Granola
(½ cup)
200 calories
4 g saturated fat
4 g fiber
3 g added sugars
5 g protein
0 mg sodium

A small serving has a decent amount of protein and fiber. You can add more antioxidants by mixing in some dried fruit and a few dark chocolate chips.



Jonesbar PB and J
(1.7-ounce bar)
190 calories
1.5 g saturated fat
4 g fiber
0 g added sugars
6 g protein
40 mg sodium

This is made with fruit (dates, strawberries), peanuts, and chia seeds for a nice protein and fiber combo.



Norr Organic Non-Fat Probiotic Skyr Yogurt Strawberry & Rhubarb
(4.4-ounce cup)
90 calories
0 g saturated fat
0 g fiber
5 g added sugars
12 g protein
40 mg sodium

This contains 10 percent of the daily value for calcium. Stir in some fresh strawberries to bump up the fiber.

PHOTOS: GETTY IMAGES; CONSUMER REPORTS

Our Savior's Lutheran Women's Guild News

Upcoming Guild Events

Remember all ladies of the congregation are invited to join us!

- √ Just a reminder that there is no LWML Women's Guild meeting in August. We will be busy working on organizing and serving the Ice Cream Social.
- √ Group 1 will be providing lunch for the Bloodmobile workers on Tuesday, August 11th at Peace Lutheran Church. We will also be providing cookies for the blood donors.
- √ Sharon Haberkamp will be traveling to AbleLight Thrift Store on **Thursday, August 13th**, to assist with duties of operating the store. Please see her if you are interested in riding along to help at the store.
- √ Quilters will be taking the summer months of June, July and August off! See you on September 21st at 9:00 a.m. in the Commons to resume quilt production for Orphan Grain Train and Dakota Boys and Girls Ranch.
- √ Don't forget! Come for a delicious supper at the **Ice Cream Social** scheduled for **Thursday, August 6th** at Our Savior's. See flyers posted around church for more details. Free will donations for meals will be collected. Sign-up sheets for cash/food/help needed are posted on the black doors in the hallway on the way to the Activity Center. The Guild could not sponsor this event without the help of the congregation. All proceeds to be forwarded to local, national and global missions.
- √ Looking ahead to September please mark your calendars for Tuesday, September 8th, for the Guild's annual Friendship Buffet at 6:00 p.m. in the Activity Center. The Guild will be honoring the OSL Choir and Bell Ringers as their guests that evening. Invitations will be sent in August.

Rewatch the 31st LWML Biennial Convention!

You can rewatch the convention at the following links:

Facebook: <https://www.facebook.com/MNSLWML>

1. [First Session](#)
2. [Second Session](#)
3. [Worship Service](#)
4. [Fourth Session](#)

YouTube: <https://www.youtube.com/channel/UC7phzkN4AJqcxxKaZg23w6Q>

1. [First Session](#)
2. [Second Session](#)
3. [Worship Service](#)
4. [Fourth Session](#)

The videos will be available for 1 year before being deleted.

Our Savior's Lutheran Women's Guild News

The OSL LWML Women's Guild met on Tuesday, July 14th, 2026 beginning at 9:00 a.m. with breakfast provided by the Guild Executive Board. Nineteen attended including two guests.

- The guest Speaker was Jennie Tillman, Hutchinson Hospital Education Coordinator and Auxiliary Liaison who shared with the group some very interesting information about what her job involves and the work of the Hospital Auxiliary.
- As our July Mission Project, the Guild will donate a \$100.00 Cenex Gift card to Sherry Drahos, our church Administrative Assistant, to assist her in covering family medical travel expenses. Human Care project for June/July will be the collection of food/cash donations for the Ice Cream Social in August.
- Karen Gensmer, one of the OSL delegates to the 2026 LWML MN South District Convention in Mankato on June 18-20, reported on her trip to the event.
- Cheer Chair Vivian Gonzalez sent 4 cheer cards in June.
- Sharon Haberkamp traveled to the AbleLight Thrift Store on July 9, 2026 to assist in store operations.
- A total of 6 lbs. of food was taken to the McLeod County Food Shelf in June
- The quilters are not meeting to tie quilts during the months of June, July and August.
- The Ice Cream Social is scheduled for Thursday, August 6, 2026. Please see the sign-up sheets on the black doors leading to the Activity Center for donations of cash/food/help needed. **We need the help of the entire congregation to make this event a success.** All proceeds to be forwarded to local, national and global missions. See flyers posted throughout the church and community advertising the event.
- We do not have a regular Guild meeting in August.
- Group 1 will be serving the Bloodmobile workers at Peace Lutheran Church on Tuesday, August 11th. A Thrivent card has been applied for to cover the cost of food. Members signed up to donate 10 dozen cookies for the blood donors.
- Our Saviors will be hosting the LWML Zone Fall Board meeting on Sunday, August 23rd. The Guild Executive Board will be serving refreshments.
- Our next regular Guild meeting will be on **Tuesday, September 8, 2026**, beginning with a potluck Friendship buffet at 6:00 pm in the Activity Center. We will be honoring the choir and bell ringer members as our guests. Shirley Landskroener, music director, will be our guest speaker for the evening.
- Honey Sundays for Dakota Boys and Girls Ranch are scheduled for Sunday, September 20th and Sunday, September 27th.

Statistics from the 2026 LWML MN South District Convention June 18-20, 2026

Attendance: 316

Voting Delegates: 194

Mission Goal 2026-2028: \$272,500

12 Mission Grants selected.

Silent Auction Baskets/Quilt \$3,120 (for mission grants)

Four Offerings collected:

Dakota Boys and Girls Ranch	\$6,586.27
Lutherans for Life	\$6,123.00
Mission Goal for 2026-2028	\$6,685.11
Orphan Grain Train	\$5,769.00

Biannual Ice Cream Social



ICE CREAM SOCIAL

**Our Savior's
Lutheran Church
Activity Center**
800 N Bluff St. Hutchinson

 **August 6, 2026**
4-6:30 pm

MENU



Turkey Salad Sandwiches
Barbecues
Hot Dogs
Potato Salad
Baked Beans
Chips
Pickles

Pies
Ice Cream
Root Beer Floats
Lemonade
Coffee

 **Take outs available**

 **Free Will Donations**
Supplemental Funds provided
by Thrivent Financial

News from the Early Learning Center

Summer has been full of FUN in the ELC. We will be soaking up this last month of fun and sun.

Our infants continue each day to surprise us with their ever-changing development and growth. Mondays they come back and have surprise us with a completed learning skill or started another.

Our toddlers love everything from being outside, water days, gym time, etc. Their teachers have amazing energy. Thankfully they also nap well so staff can also re-energize for the rest of the day.

Our Preschoolers love to learn; the smallest things are learning opportunities whether it be a bug outside, a new craft, or our VBS fun. Being a teacher in this room reminds us how much, at this age, little things are big to them and can make a special memory.

School age group is loving their summer fun. When pastor was gone and we did not have chapel, an 8-year-old girl said- "bummer, chapel in one of my favorite things this summer" I am amazed when I am doing VBS at the comments and testimony of faith that comes from this group! The faith they carry with them is the biggest thing they will take with them. This year's theme verse is Jesus Seeks and Saves.

Thanks for supporting the ELC. That matters in so many ways, but the faith piece will go with them long after they leave the ELC and will be there when they need to rely on it. We know life will be filled with trials and tribulations. Having this faith, shown through verses and lessons, will matter.

Lori Holtberg
OSL Director



Servant Fair Opportunity of the Month

In January 2025, the Health Ministry hosted a Servant Fair to showcase the wide range of volunteer opportunities available at OSL. Each month, we'll spotlight one or two of these opportunities to help you discover meaningful ways to connect—and stay connected—with your church family. Stay tuned and consider how you might get involved!

Our Saviors Lutheran Church Servant Fair *Volunteering to Serve Our Lord*

Name of Group: OSL Trustees

Contact Person: Mike Metzger

Time Commitment: One-hour monthly meetings, time and talent to do building and grounds maintenance when called upon

Description of group's work:

- Supervise and maintain all property belonging to the Church
- Church Spring & Fall cleanup
- Lawn mowing
- A complete listing of Trustee responsibilities is available



This and That

FRIENDSHIP CLUB

The next social event of this group is scheduled for **Friday, August 7th** from 1:30-3:00 p.m. in the Commons here at OSL. All widows and widowers are welcome!

"Blessed be the God and Father of our Lord Jesus Christ, the source of all mercy and the God of all consolation. He comforts us in all our sorrows so that we can comfort others in their sorrows with the consolation we ourselves have received from God." (II Corinthians 1:3-4)

Monthly Sunday Door Offering Designations

- 1st Sunday **Habitat for Humanity**
- 2nd Sunday **Common Cup**
- 3rd Sunday **Lutherans For Life**
- 4th Sunday **Seminarian**
- 5th Sunday **"5th Sunday Giving"**
(Red Stocking)

The current designation is listed in the bulletin each Sunday in the weekly calendar in case you forget.



Pastor Gadbow will be out of the office from Thursday, July 23rd thru Thursday, July 30th. As a result, there will not be Bible study on Monday, July 27th. Our thanks to Pastor Grein for filling in during Pastor Gadbow's absence.

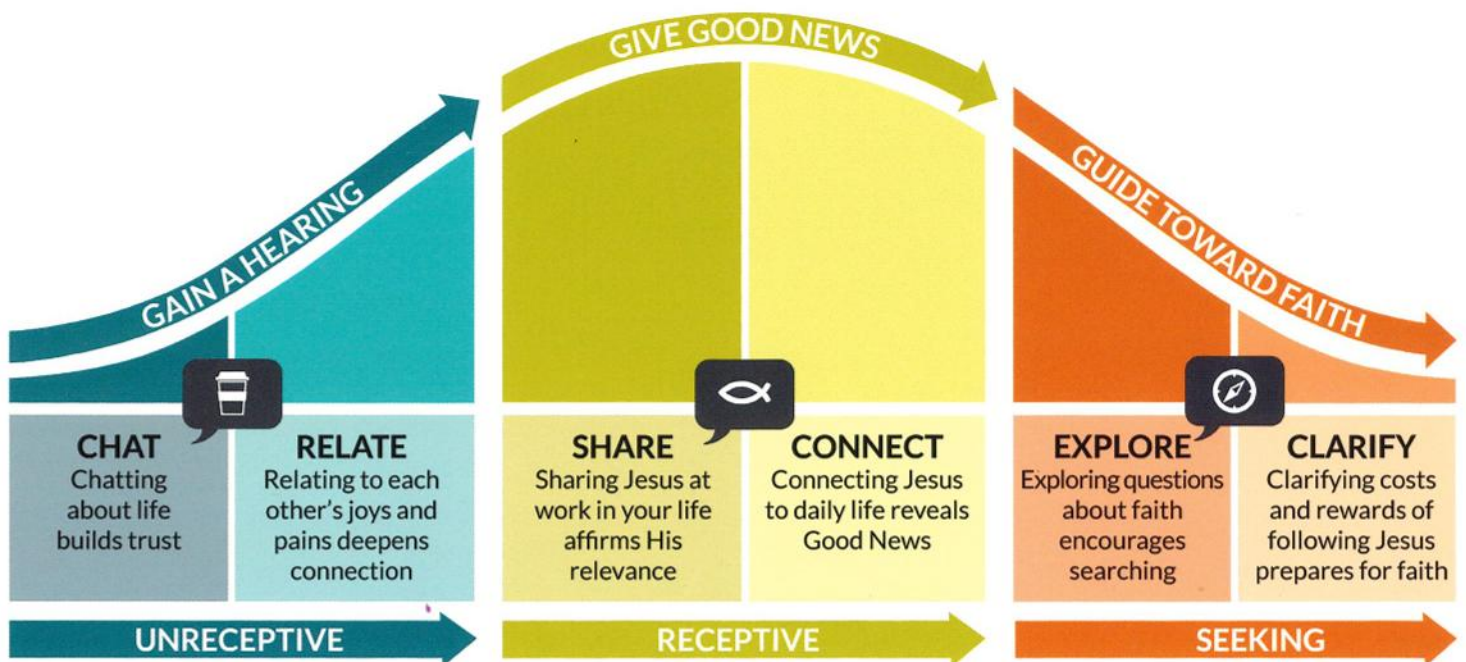
Back to School Drive - The annual Back-to-School Drive for Common Cup will take place again until August 9th. This year, however, there is a slight change in how donations are collected. While donations of school supplies—such as backpacks, scissors, pencils, crayons, and folders—are still welcome, the primary focus is on cash and gift card contributions. Through partnerships and corporate donations, Common Cup is often able to purchase supplies at lower costs than individuals can. This also allows them to buy items that are needed but may not be donated, and it saves you the time and uncertainty of shopping. Gift cards can be given to Dale Ewald. Cash or checks can be placed in your regular offering envelope—just be sure to write "School Supplies" or "Common Cup" on the outside of the envelope. Any way you choose to donate, your gift is greatly appreciated.

Spiritual Conversations in the Digital Age

Technology and rapid cultural shifts, including the impact of social media, have redefined the ways we communicate and have altered the face of evangelism. Spiritual Conversations in the Digital Age focuses on this shifting definition of evangelism and the perceptions of faith sharing from both sides of the conversation: the sharer and the hearer. Through this research, church leaders can coach Christians to be effective in sharing the unchanging Good News in the digital age. www.lhm.org



THE SPIRITUAL CONVERSATION CURVE



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Celebrating this Month



8/2 Andrew Barchenger
8/6 Karla Dostal
8/7 Luanne Nygaard
8/9 Evan Metzger
8/12 Wayne Kuehl
8/12 Jvonne Larson
8/12 Kevin Mathews
8/12 Denise Stoll
8/15 Michelle Metzger
8/17 Vicki Lasley
8/19 Aubree Schwanz
8/20 Kimberly Weerts
8/21 Vonnie Broten
8/21 Shaun Schindler
8/23 James Lauer
8/25 Connie Huber
8/25 Viola Renner



8/4	Ryan & Jennifer Ortloff	25 Years
8/10	Tyler & Ashley Buresh	7 Years
8/18	Justin & Amy Sauter	25 Years
8/22	Keith & Stacy Messner	39 Years
8/26	William & Mavis Abraham	54 Years
8/27	Michael & Laura Knodel	32 Years
8/28	Jeff & Roxanne Siedschlag	44 Years
8/29	Arnie & Shirley Alsleben	20 Years

Our Savior's Lutheran Church & ELC

800 Bluff Street, Hutchinson, MN 55350

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Website: www.oslhutch.com

Ministry Staff

Rev. Daniel Gadbaw.....Pastor
Shirlee Landskroener..... Music Director
Karen Ostlund..... Sunday School
Sherry Drahos..... Administrative Assistant

2026 Church Officers

Chairman	Marshall Kranz
Vice Chairman	Kevin Mathews
Secretary	Wanda Rannow
Treasurer	Dale Ortloff

Elders

Mark Bening, Chairman
Paul Barchenger
Jason Coyle
John Gillard
Jim Lauer
Jeff Siedschlag

Trustees

Mike Metzger
Chuck Esser
Adam Field

Custodians

Jeff Radunz
David Radunz

Early Learning Center Staff

Lori Holtberg	Early Learning Director
Shirley Alsleben	Cook
Marlys Schimmelpfennig	Snack Coordinator
Libby Bradford	Childcare Team
Rachel Carlson	Childcare Team
Laila Dubay	Childcare Team
Lucy Dubay	Childcare Team
Kaloni Erickson	Childcare Team
Alysha Hatton	Childcare Team
Miranda Heine	Childcare Team
Katarina Larson-Schmidt	Childcare Team
Shelby Norgaard	Childcare Team
Hannah Peterson	Childcare Team
Kadi Powell	Childcare Team
Rachel Sauter	Childcare Team
Paige Slinden	Childcare Team
Jovilynn Stoll	Childcare Team
Ana Sullivan	Childcare Team
Kathryn Vesely	Childcare Team
Courtney Williams	Childcare Team
Kiera Ziemer	Childcare Team

Early Learning Center Committee

Dean Brehmer	Chairman
Gaylen Timm	Finances
Ashley Buresh	Secretary
Rev. Daniel Gadbaw	Pastor
Lori Holtberg	Director
Linda Esser	Representative

