



# September 2023

## CrossTalk Newsletter

T

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

### The Learn by Heart Challenge.

When I look back at my childhood, Sunday School (or family time) was an important part of my life memory. We would gather in the sanctuary and begin with a group devotion and sing a few songs before breaking up into our various classrooms. Perhaps many of you have similar memories. It was always a big thing to start the year and get a pin for another year of perfect attendance. In a day when prizes were hard to come by it was a big thing for me. To this day I still have that pin with 2<sup>nd</sup> grade or 3<sup>rd</sup> grade etc. added and hanging down for each year.



Another important part of the process was learning Bible verses and catechism parts by heart, rehearsed each week in class. To this day I can remember the verses that I learned by heart back then. The word of God planted in the heart always bears fruit in time.

### Upcoming Events:

Please see the September calendar for a full list of events & times.

#### **September 5th**

Caregiving  
Health Ministry

#### **September 6<sup>th</sup>**

Confirmation Begins

#### **September 9<sup>th</sup>**

Music Kickoff

#### **September 10<sup>th</sup>**

Choir Resumes  
Hog Roast

#### **September 12<sup>th</sup>**

Guild Friendship Buffet

#### **September 13<sup>th</sup>**

Bell Choir Resumes

#### **September 14<sup>th</sup>**

Bethesda

#### **September 18<sup>th</sup>**

Quilting Resumes  
Common Cup Board Meeting

#### **September 19<sup>th</sup>**

Elder Meeting  
Trustee Meeting  
Council Meeting

#### **September 23<sup>rd</sup>**

Table Treasures

As I went to Sunday School, Mom and Dad went to adult class too. They never dropped us off and had coffee until we were done. It was truly a family time of sitting at the feet of Jesus.

What memories do you have? Perhaps you have none. Perhaps you have similar or different ones than mine.

I made friends for life, and can remember the love of Mr. Yule, Mrs. Funfar, and the others who worked so hard to teach Jesus to us. I can vividly remember the pictures, the flyers, the comic books, etc. I remember working on the Christmas Program. It was an important and formative time in life.

As we start a new school year, I want to challenge you to consider how important this Bible family time is. Paul tells us that "Faith comes by hearing and hearing by the Word of Christ". I want to challenge you to join us for worship and family Bible time starting September 10<sup>th</sup>. We will have a WHOLE hog roast get together following. Please invite friends to join us. I will have a children's message during church as well that day, so plan on having your child come up. If you are attending Our Savior's ELC and do not have a church home, please consider joining us that day for worship. We will switch our normal schedule and have Bible Class at 9, Church at 10, followed by the Hog Roast. It will be a fun day.

I also want to challenge you to join us for our weekly Bible verse "Learn by Heart Challenge". We will start that week with:

Week of September 10, 2023 2 Samuel 7:22

***You are great, O Lord God. For there is none like you, and there is no God besides you, according to all that we have heard with our ears.***

It would be good to read the verse together as a family and see if you can learn it by heart by next Sunday. Working together, I am sure you will be blessed in the process.

Together I hope we can make some memories that you and your children will carry with you for the rest of your lives.

I am truly hoping to see you on September 10<sup>th</sup>.

Pastor Oster

# From the Health Ministry

## Tips for Stable Walking

The moves that keep you going, even on rocky ground



**E**ACH YEAR, ABOUT 3 million older adults are treated in emergency departments for falls, so it's no wonder long walks and hikes can sound challenging sometimes. But you can take on difficult terrain and stay safe. In fact, doing so can ultimately make you more agile and steadier on your feet.

"On uneven surfaces, you use your sensory and motor systems, your cognition, and your vision all to a greater extent than walking on a flat surface," says Emily J. Fox, PhD, an associate professor of physical therapy at the University of Florida, in Gainesville, and a research scientist at Brooks Rehabilitation in Jacksonville. "The more you use those systems, the more you retain them as you get older." The key is staying alert, adjusting how you walk, and getting the right gear in advance. These simple steps can make you more stable and help make walks in the woods or on trails a relaxing experience rather than a nerve-wracking one.

### Preparation Is Key

- **Practice.** Walk around your yard, across grass, mulch, and rocky surfaces.
- **Strengthen your lower body.** Simple squats (as you would to sit in a chair) and heel raises (rising onto your toes) target your legs, glutes, and core.
- **Get your eyes and ears checked.** Your vision and inner ear systems are crucial for good balance. Correcting any problems will keep you more sure-footed.



### Find the Right Shoes

- **Match the shoes to the terrain.** Bulky, high-top hiking boots can be heavy and may impede the sensory information your feet and ankles pick up from the ground. Unless you're hiking up mountains with a heavy pack (which might make you wobbly), you probably don't need them. Lighter, low-top day hikers or trail running shoes with stable footbeds and nonslip soles are good choices for gravel and dirt paths. For smooth trails, a regular walking shoe may be enough.
- **Get a proper fit.** If a shoe is too tight or too loose, you may be more prone to taking a spill. Before you hit the trail, walk around with your new shoes indoors to ensure they're comfortable and secure.

### Consider Walking Poles

- **Try before you buy.** "Poles can help you balance and feel more stable by widening your base of support," says Fox. But shop around: They come in various styles, and some have hand straps

for convenience and security.

- **Take them for test runs.** "Practice on a smooth, even surface to get used to the poles before walking on uneven surfaces with them," says Ruth Barclay, PhD, professor of physical therapy at the University of Manitoba, in Canada.
- **Ease into it.** When using poles, "your arm muscles can fatigue a lot faster than your leg muscles," Fox says. Start with short outings on well-maintained trails and gradually increase the duration and difficulty of the terrain. If you use a walker or cane or have hand, elbow, or shoulder problems, talk to a physical therapist before using poles, to help you choose what might work best.

### Minimize Distractions

- **Put away your phone.** "The physical and mental demands are higher when the environment is less predictable," says Fox. "Anything that takes your attention away makes it harder." If you need to use your phone or want to take a picture, do it standing still—preferably on level ground.
- **Use a back or hip pack.** Stow your keys, water, and anything else you bring along. Keeping your hands free makes it easier to balance, and you don't have to worry about dropping anything.
- **Wear well-fitting clothes.** Seams that rub, pants that slide down, or shoelaces that keep opening can all divert your attention from staying steady on a path.

### Adjust Your Walk

With every step you take, sensory nerves throughout your body relay messages to your brain, prompting changes in posture and walking pattern to accommodate varying terrain. Many adjustments happen automatically, but you can be proactive too: Try slowing your pace, bending your knees slightly, engaging your core, taking shorter steps, and picking up (rather than dragging) your feet.



LEARN

For more on exercises that can reduce your risk of falls, go to [CR.org/balancetrain](https://www.crr.org/balancetrain).

# Our Savior's Lutheran Women's Guild News

## Upcoming Events

- September Meeting-Tuesday, September 12 at 6:30 pm. Potluck supper.
- Quilters will meet in the Commons on Monday, September 11<sup>th</sup> at 9:00 am
- Ablelight (Bethesda) Thrift Store Visit-Sharon Haberkamp (September 14)



## LWML MISSION STATEMENT

As Lutheran Women in Mission,  
we joyfully proclaim Christ,  
support missions,  
and equip women to honor God  
by serving others.

## Upcoming Meeting Dates:



**Please join us; all women are welcome!**

## September

**Tuesday, September 12, 2023**-Friendship Potluck Evening-bring your favorite dish to share.  
We will be honoring our church workers.  
6:30 pm in the Activity Center  
Group 3 will be hostesses.

### **Saturday, September 23, 2023**

Table Treasures

Speaker will be Scott Gottschalk-returning to speak to us again!

All ladies are invited to assemble a table for this event-contact Barb Field or Vivian Gonzalez  
Watch the Sunday bulletin for information regarding ticket sales.

## October

**Sunday, October 1, 2023** will be celebrated as LWML Sunday at OSL.  
Guild members will be wearing purple, greeting you at the church entrance, and serving coffee after church.

### **Save the date-Saturday, October 7, 2023**

LWML Fall Conference Rally at St. Paul's Evangelical Lutheran Church in Lester Prairie  
Mr. Joel Landskroener, Executive Director of Mayer Lutheran High School will be the speaker.  
Everyone is invited!

This is a conference rally so the Arlington and Litchfield Zones will be joining us! Come to meet some new faces!

### **October 8<sup>th</sup> and 15<sup>th</sup>**

Honey Sundays-Honey from Dakota Boys and Girls Ranch can be ordered after church services.

**October 10, 2023** Regular Guild Meeting at 11:30 am in the Commons  
Speaker from Dakota Boys and Girls Ranch





## Our Savior's Lutheran Women's Guild News

**Thank you, congregation members, for your donations to the Orphan Grain Train Christmas Gift Boxes project!**

### Christmas in July

The ladies of the Our Savior's Lutheran Church LWML Women's Guild in Hutchinson began their Christmas shopping very early this year. In fact, they asked congregation members to join them in shopping for items from May through the end of July in their efforts to gather gifts for the Orphan Grain Train Christmas Gift Boxes project. These boxes will be sent internationally to recipients who will deliver them to children who may not receive any other Christmas package. A large box wrapped in Christmas paper was placed in the church narthex where members could place their Christmas gift purchase donations. What a surprise when LWML Human Care



Chairman Candace Metzger unpacked all of the items donated and realized that she had enough to put 20 boxes together with some additional purchases to complete each box. Monetary donations in the amount of \$500.00 were also collected so more items could be purchased to assemble another 10 boxes with money left to donate for payment for postage. On a warm morning in August Guild members gathered and assembled the 30 Christmas Gift Boxes that are earmarked for boys or girls with specific items appropriate for either age 2-7 or 8-12. As this LWML work crew gathered they shared the feeling of anticipation that each child would hopefully feel when receiving a box at Christmas marked just for them.

### Save the date!

#### ***LWML Crow River Fall Conference***

Everyone Invited!

**Saturday, October 7, 2023**

**St. Paul's Lutheran Church, Lester Prairie, MN**

Registration and coffee/breakfast treat at 9:00 am  
Program to follow.

Speaker Mr. Joel Landskroener, Executive Director  
Mayer Lutheran High School

Title of Presentation: "Why Lutheran Schools are Essential" based on Colossians 2:8  
"See to it that no one takes you captive by philosophy and empty deceit, according to human tradition, according to the elemental spirits of the world, and not according to Christ." ESV

Lunch before you leave!

**Please watch for posters and Sunday bulletins for further information.**



St. Paul Ev. Lutheran Church

# News from the Early Learning Center

Happy end of summer:

The ELC now has a cook and afternoon snack person. The food cost varies, some weeks it is a larger order and some weeks smaller due to what is needed. It will also change when the school-age group goes back to school. This is probably our biggest expense change.

The ELC does have 2 staff that can take over when the Director is out or handling other items. These are also classrooms staff. They each have specific responsibilities that they do when there is extra time. This gives them the knowledge needed if I am out.

Room 100 (the infant expansion) is ahead of schedule, with the goal of being completed at the end of August. This will work great for the licensor to approve when they come to do our annual license review.

We will be having our end of summer event on August 24<sup>th</sup>, with a small program at 3:30.

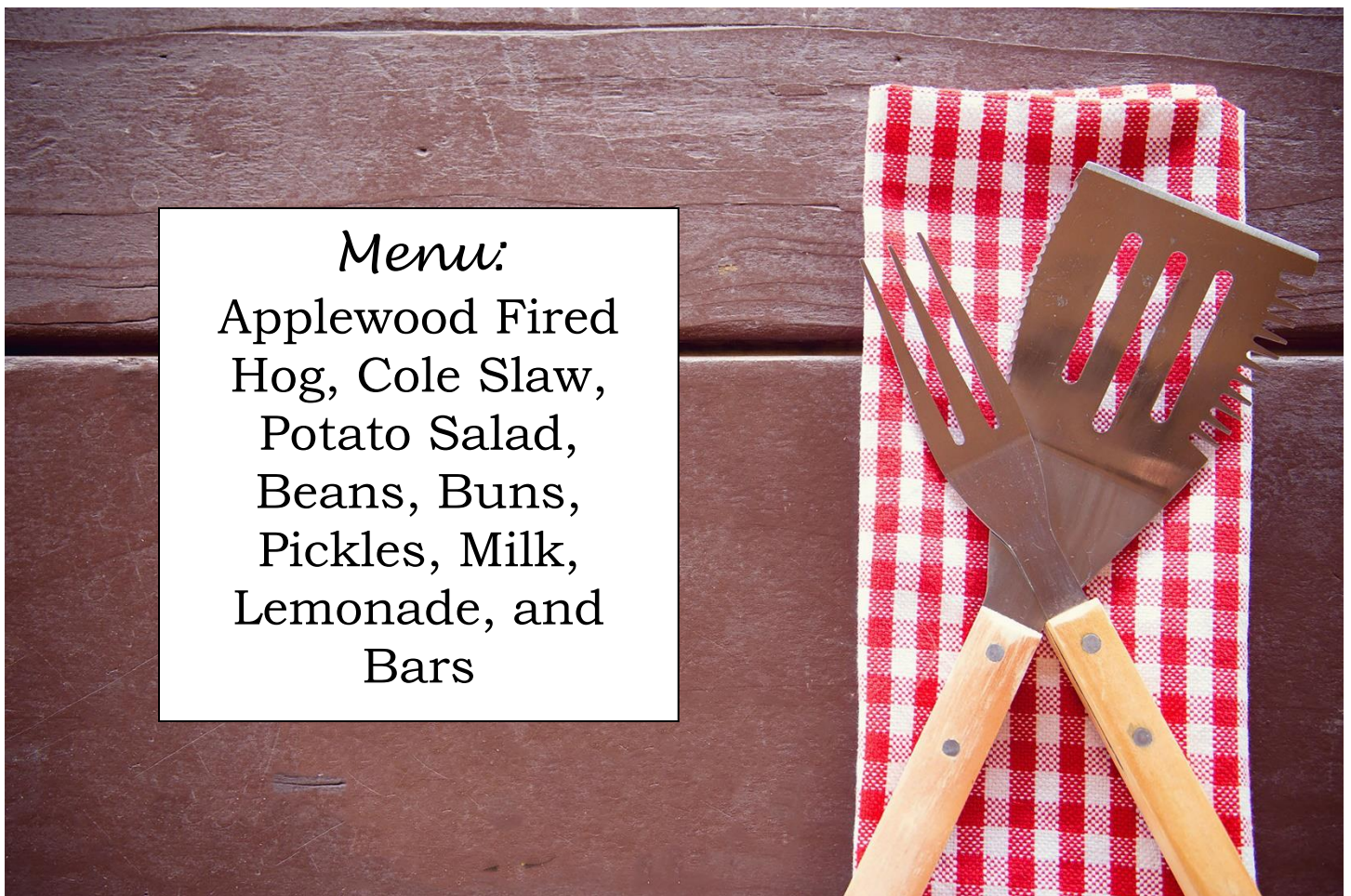
May the Lord Bless you,  
Lori Holtberg, ELC Director





*In appreciation of...*  
**You!**

You and your family are invited to a Hog  
Roast at Our Savior's Lutheran Church  
Sunday, September 10<sup>th</sup> at 11:15 a.m.  
(Following the 10:00 service)



There is no charge for this event. We simply  
want to thank you for being a part of our  
church family.

# From Our Friends in Haiti

I have not had a lot to report since the schools in Haiti are closed for the summer and the gang activity escalates, preventing a planned trip to Haiti in August to be cancelled. This is such a sad situation causing so many innocent people additional suffering to what they already must endure just to survive. Please do not give up on Haiti. Pray for freedom from the evil that is so blatantly alive there.

On a similar subject...I hope you all have taken the time to see some of the great Christian movies that came out this summer - one being "Sound of Freedom". This story about child trafficking and Tim Ballard's attempt to free as many children as he can, even when it meant leaving his job and endangering his own life, is amazing. I know many of you say you just could not see such a movie, but it is time for people to stop thinking about themselves and make a stand to help others. This film brings awareness of an evil that is permeating our culture. It is so widespread that it is becoming acceptable to an upcoming generation. Who will stop this evil if we don't? Many of you feel helpless when asking yourselves how can you help stop this? Well, here is your answer.



After seeing the extraordinary efforts being made by Tim Ballard and his crew my husband found another film he made, Operation Toussaint. Yes, Tim Ballard also rescued children in Haiti. In this film he explains that he goes only to the countries where child slavery is the worst and Haiti fits that category. In my twenty plus years volunteering in Haiti, I was well aware of the corrupt practice of selling children "Restevicks" into slave labor and the authorities looking the other way when this is done, but I did not know how widespread the child sex trafficking business that involves thousands of Haitian children was.

Many Haitian parents who cannot afford to feed their children willingly give them to people they trust. Sometimes even family members who promise to give them a better life. Most of these people are predators and use these children for their own financial gain. This happened in great numbers after the earthquake in 2010. You might ask how these people could do such a thing but until you have been to Haiti you cannot comprehend how people live. Many "peasants" have no education or contact with the outside world. They believe what they are told and only know that their child is starving and do the only thing they know to save them.





# From Our Friends in Haiti

All the more reason for Mission Haiti to keep our schools open. This is what you can do to change things. Educate those living in the remote mountain villages in Haiti. Help us pay our teachers for another year and bring attention of what is going on in their country so they can save their own children. Educating the Haitian people is the key to their freedom.



Blessings, Sue Gross  
MISSION HAITI-Davie, FL

# This and That

Singers and Ringers please mark your calendars! We will have a kick-off gathering at Joe and Jennie Asher's home on Saturday, September 9<sup>th</sup> at 6:30 pm. This is for singers, ringers and their spouses. The address is: 1571 9<sup>th</sup> Ave SW in Hutchinson. If needed Jenny's number is: 320-583-2625.

I would appreciate a RSVP by

September 6<sup>th</sup>. You may text me at 952-913-0908 or email: [shirleedl@hotmail.com](mailto:shirleedl@hotmail.com).



Our rehearsals will begin on Sunday, September 10<sup>th</sup> for singers in the Commons and Wednesday, September 13<sup>th</sup> for ringers in the church. **We welcome new members to join us.** Please contact Shirlee Landskroener 952-913-0908 or [shirleedl@hotmail.com](mailto:shirleedl@hotmail.com) with any questions.

Rehearsal times:

Adult Choir: Sundays 8:00 – 8:40 am

Bell Choir: Wednesdays 5:30-6:15 pm

## Confirmation Class



Will resume on  
Wednesday, September 6<sup>th</sup>  
at 3:00 p.m.  
(or whenever the bus drops off)

## LWML Guild Annual Friendship Potluck

Will be on September 12<sup>th</sup>  
at 6:30 p.m.  
Ladies - bring your favorite  
dish to share.



We will be reading "To Kill a Mockingbird" beginning September 12<sup>th</sup>. Talk to Pastor Oster if you would like to join.



## MARK THE CALENDAR

Table Treasures will be on  
Saturday, September 23<sup>rd</sup>  
At 10:00 a.m.  
Speaker will be Scott Gottschalk



# Celebrating this Month



9/4 Mike Metzger  
9/4 Mike Niesche  
9/5 Lark Vis  
9/9 Craig Jergens  
9/10 Rise Schwanz  
9/11 Carrie Schumann  
9/12 Ashley Buresh  
9/12 Tyson Farley  
9/15 Percy Anderson  
9/20 Paul Barchenger  
9/20 Logan Schwanz  
9/21 Olivia Shimanski  
9/25 John Gillard  
9/25 Oliver Luhring  
9/26 Mary Anderson  
9/29 Paisley Rannow  
9/30 Eldonna Rettman



9/2	John & Gail Gillard	45 Years
9/10	Paul & Laura Barchenger	35 Years
9/18	Robert & Cathy Burns	19 Years
9/21	Luke & Jennifer Primus	27 Years
9/23	Marlow & Diane Knuth	51 Years
9/24	Robert & Jackie Morris	29 Years
9/25	Ken & Diane Binder	47 Years



# Our Savior's Lutheran Church & ELC

800 Bluff Street, Hutchinson, MN 55350

320-587-3318

Website: [www.oslhutch.com](http://www.oslhutch.com)

## 2023 Church Officers

Chairman	Wayne Kuehl
Vice Chairman	Kevin Mathews
Secretary	Michelle Metzger
Treasurer	Dale Ortloff

## Ministry Staff

Rev. Kevin W. Oster .....	Pastor
Shirlee Landskroener .....	Music Director
Karen Ostlund .....	Sunday School
Sherry Drahos .....	Administrative Assistant

## Elders

Keith Kamrath  
Arnold Alsleben  
Paul Barchenger  
Mark Bening  
Craig Jergens  
Marshall Kranz  
Keith Messner

## Early Learning Center Staff

Lori Holtberg .....	Early Learning Director
Carrie Farley .....	Healthcare Consultant
Shannon Gilhooly .....	Cook
Wendy Ziegenhagen .....	Snack Coordinator
Mackenzie Bayerl .....	Childcare Team
Angie Bloemke .....	Childcare Team
Lucy Dubay .....	Childcare Team
Morgan Glieden .....	Childcare Team
Mae Hansch .....	Childcare Team
Miranda Heine .....	Childcare Team
Hallie Hoff .....	Childcare Team
Mia Link .....	Childcare Team
Michaela Longhenry .....	Childcare Team
Hailee Martin .....	Childcare Team
Angela Mays .....	Childcare Team
Ginny Rogers .....	Childcare Team
Carli Rozeboom .....	Childcare Team
Andrea Rubischko .....	Childcare Team
Delia Schenhiet .....	Childcare Team
Paige Slinden .....	Childcare Team
Emily VanderVoort .....	Childcare Team
Courtney Williams .....	Childcare Team
Karlee Wolff .....	Childcare Team

## Trustees

Mike Metzger  
Chuck Esser

## Custodians

Jeff Radunz  
David Radunz

