



March 2025 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.

March Madness

March Madness is here! Or is that just an Indiana thing to be interested in college basketball? Well, what else is March known for? Daylight savings time is coming up on March 9th. Better get ready to set your clocks ahead. You don't want to be late to church that Sunday! St. Patrick's Day is March 17th. Do we have any Irish representation here at Our Savior's? It's always fun to get to know the different nationalities that make up our church, so let me know! You know what else is coming up in March? Lent! We have Ash Wednesday kicking off our new season of the Church Year on March 5th. Join us for a time of togetherness and reflection upon our place in this broken world. We are in need of rescue. We are in need of forgiveness. May the Lord Jesus remind us of the vast stores of mercies that He brings in love to His people.

How can we set our minds on things above and learn to appreciate the season of Lent? My encouragement to you, as your pastor, is to get out your Small Catechism. Take a look at the Ten Commandments and meditate on what God's Law means. Certainly, you could take five minutes to reflect on the will of God and read a commandment with meaning as a daily meditation. With 40 days of Lent, look at the same commandment four days in a row. The repetition will help you take that command to heart. And maybe you'll even recall how to recite the meaning from memory! If you are looking for more insight, turn to the Explanation in the second half of the book. So many Bible verses, so many insightful lessons can be learned from the questions and answers recorded from the bold teachings of our Church. May your Lenten season be blessed with renewed Christian faithfulness and a yearning for Christ's forgiveness.



God's peace,

Pastor Gadbow

Mark Your Calendar!

The Hand of the Lord Lenten Schedule

March 5th

Ash Wednesday

“The Hand of the Lord Who Freely Gives”

Soup supper hosted by the Guild

March 12th

“The Hand of the Lord Who Creates and Saves”

Soup supper hosted by Health Ministry

March 19th

“The Hand of the Lord Who Casts Out Demons”

March 26th

“The Hand of the Lord Who Heals the Sick”

April 2nd

“The Hand of the Lord Who Raises the Dead”

April 9th

“The Hand of the Lord Who Holds All Things”

April 17th

Maundy Thursday

“The Hand of the Lord Who Serves and Feeds Us”

April 18th

Good Friday

“The Hand of the Lord Who Was Pierced For Us”

April 20th

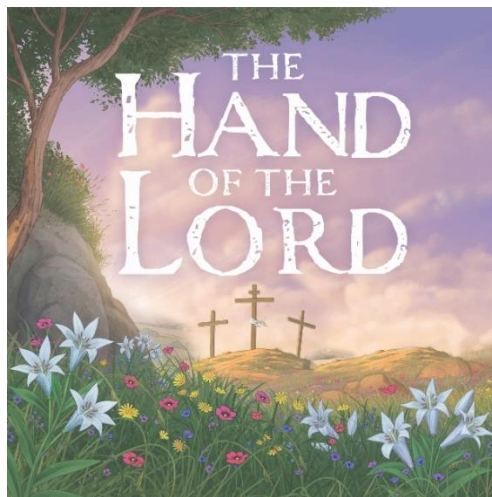
Easter Sunday Sunrise

“The Hand of the Lord Who Made Us”

April 20th

Easter Resurrection (Divine Service)

“The Hand of the Lord Who Is Risen”



Important News About Protein Drinks

Do you really need one of these to get enough of this essential nutrient?

THERE'S NO DOUBT protein is an important nutrient, especially for older adults, who need to get enough to prevent age-related muscle loss, known as sarcopenia. Meeting the goal of at least 0.55 gram of protein per pound of body weight a day (around 83 grams for someone who weighs 150 pounds), though, can be a challenge if appetite or chewing problems are an issue. It seems logical, then, for people to turn to protein powders and bottled drinks, such as Boost, Ensure, Muscle Milk, and Owyn, to supplement their diet.

But is it a good move? There may be times when a protein drink can be helpful, like if you've just had surgery and need extra protein to recover, or if you're feeling unwell and have a poor appetite. But most people don't require them to get their daily dose of protein, says Nancy Oliveira, RD, manager of nutrition and wellness service at Brigham and Women's Hospital in Boston. And there are plenty of reasons you're better off eating your protein than drinking it.

What They Contain

While the protein in food comes packaged with other nutrients—from calcium in yogurt to fiber in beans—drinks and powders contain ingredients like soy protein isolate, pea protein, or whey (dairy) protein. These proteins are extracted from food in a lab. Fat and carbohydrates (including fiber) are stripped out, making these highly processed ingredients. "Research has shown a link with a high intake of ultraprocessed foods and weight gain, type 2 diabetes, and premature death," says Oliveira.

The protein is then mixed with other

ingredients that may not be good for you:

► **Sweeteners.** Protein drinks can have a lot more sugar than you might expect. For instance, there are 46 grams of added sugars in one Naked Chocolate Protein Smoothie. That's almost 12 teaspoons—more than you'd get in two scoops of Ben & Jerry's chocolate ice cream. The drinks without sugar are typically made with noncaloric sweeteners like monk fruit, stevia, and sucralose. A body of research suggests frequent consumption of these may increase the risk of type 2 diabetes, cancer, and heart disease.

► **Gums and emulsifiers.** These are used to give protein drinks a thicker texture and to keep ingredients from separating. They may cause digestive upset in some

people, or even chronic inflammation of the intestines that could lead to ulcerative colitis or other conditions. They've also been linked to type 2 diabetes. A 2024 study in *The Lancet* found that for every 0.1 to 1 gram of these additives consumed, such as carrageenan, xanthan gum, and guar gum, the risk increased between 3 and 15 percent.

Are Powders Better?

When you use a protein powder, you have more control over the other ingredients in your drink because you make it yourself. However, protein in powders are the same isolated sources found in ready-made drinks, and some contain sugar or other sweeteners.

Also, manufacturers of protein powders and drinks can choose to market their product as a supplement rather than a food. The Food and Drug Administration doesn't require that supplements be proved safe and effective. Foods are subject to more regulation. You can tell what a drink is by checking the label on the back of the package; foods have a nutrition facts panel and supplements have a supplement facts panel.

Healthier Options

While many protein drinks, especially Ensure and others geared to older adults, are positioned as healthy and necessary, you have better choices if you need more protein than you're getting from food. Yogurt drinks, kefir, or even soy or dairy milk is naturally rich in protein, containing about 7 to 10 grams per cup. Just check the nutrition information for added sugars and opt for a drink that has 8 grams or less.



PHOTO: SCOTT MEADOWS/CONSUMER REPORTS



For more on protein, go to [CR.org/proteinneeds](https://www.consumerreports.org/proteinneeds).

Upcoming Guild Events

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

- √ Our meeting in **March** will be on a **Saturday** in case you cannot join us during a weekly meeting. Saturday, **March 8th at 9:00 am** the Guild ladies will be gathering for coffee and treats and for Bible Study with Pastor Gadbow. Regular meeting to follow. Remember to bring an item to fill the grocery cart for the food shelf that day. Monetary donations will also be accepted.
- √ Food Shelf Sunday is **March 9th** - bring your food items and/or cash donations to church that day!
- √ The Guild will be serving Soup Supper on Ash Wednesday, March 5th. We need both helpers and soup eaters! Look for another Guild Soup Supper in April!
- √ Quilters will meet in the Commons on Monday, March 17th at 9:00 am.
- √ Ablelight (Bethesda) Thrift Store visit-March 13th. Contact Sharon Haberkamp.
- √ The April meeting is Tuesday, April 8th. Linda Butzin/Sharon Haberkamp will be leading us in Bible Study. Candace Metzger will have an Easter Craft for us.
- √ LWML McLeod Zone Mission Event (Spring Rally) is set for Saturday, April 5th at First Lutheran Church in Glencoe. The event begins at 9:00 am. The program will center around comfort dogs.
- √ Don't forget the 2025 LWML 41st National Convention is scheduled for June 26-29 in Omaha, Nebraska. The theme this year is "Growing in God's Grace" from 2 Peter 3:18. Information about the meeting can be found in the last Quarterly or on the LWML website. Anyone can attend! Registration is online only and begins on March 1st.
- √ You might want to mark your May calendar for May 13, 2025, as our Guild meeting will be hosting Jim and Susan Kaiser who have been working with Lutheran Bible Translators. Our meeting will begin at 11:30 am with lunch and then a presentation from the Kaisers as our program with regular business meeting to follow.

Mission Statement

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

Vision Statement

The LWML is the leading group for LCMS women where each woman is welcomed and encouraged to use her unique God-given gifts as she supports global missions and serves the Lord with gladness

Highlights of the February 11, 2025 Guild Meeting

The OSL LWML Women's Guild met on Tuesday, February 11, 2025, beginning at 11:30 am with lunch served by Candace Metzger and Karen Gensmer. Twenty-two people were in attendance even with below zero temperatures!

- Treasurer Linda Butzin, in absence of the President and Vice President, introduced Bev Bonte, Director of Common Cup Ministry, who spoke to the group about the work of the Common Cup organization in McLeod County with a multitude of outreach programs to assist those with basic needs in the communities within our county.
- The group voted to contribute \$200.00 to Common Cup as our Guild's February mission project.
- Human Care/Christian Life Chairman Candace Metzger reported that our February/March human care project will be a collection of needed items for Common Cup. A basket has been placed at the rear of the sanctuary for the items to be collected through March 16th. A list of items needed (diapers, wipes, mittens, snow pants and boots) is in the basket and in the Sunday bulletin.
- Cheer Chair Vivian Gonzalez reported that she sent out eight cards in January.
- Sharon Haberkamp reported that 22 lbs. of food was taken to the food shelf in January. In 2024 we donated 475 lbs. of food and contributed \$1,944.00 in monetary donations to the food shelf. She reminded the group that we will be collecting food shelf items at our March 8th meeting. Sunday, March 9th will be an ingathering of items from the congregation for the food shelf. Monetary donations are also welcome. Sharon will be traveling to Ablelight (Bethesda) this Thursday.
- Jeanette Bening reported that the quilters will be meeting on Monday, February 17th at 9:00 am in the Commons to tie quilts.
- Diane Knuth was welcomed as a new member of the LWML Women's Guild.
- The group voted to contribute \$500.00 from bookstore funds towards the purchase of baby changing stations for both the men's and women's bathrooms across from Pastor's office.
- Group 1 is in charge of serving a Lenten Soup Supper on Ash Wednesday, March 5th. Group 2 will be serving a Lenten Soup Supper in April.
- Our next regular Guild meeting will be on **Saturday**, March 8, 2025 beginning at 9:00 am in the Commons. Pastor Gadbow will lead the group with Bible study before the regular meeting. The Guild Executive Board is in charge of refreshments for the meeting.

The Lutheran Women's Missionary League (LWML) is an official auxiliary of The Lutheran Church—Missouri Synod. Since 1942, the LWML has focused on affirming each woman's relationship with Christ, encouraging and equipping women to live out their Christian lives in active mission ministries and to support global missions.

Sages Gathering



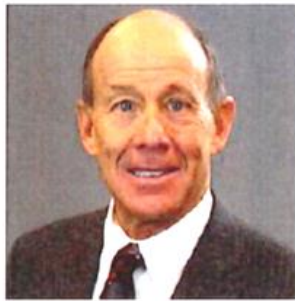
ANNOUNCING
SAGES



GATHERING XXXV

MAY 5 AND 6, 2025

AT COUNTRY INN AND SUITES IN MANKATO MN



**Rev. Dr. R. Reed
Lessing,
Featured Presenter**

**“OVERCOMING
LIFE’S
SORROWS”**

Learning from
Jeremiah



WORKSHOPS, MUSIC, VENDORS, BANQUET
LOOK FOR REGISTRATION INFORMATION
IN THE SPECIAL MAILING IN FEBRUARY



*Presented by SAGES
(Saints Alive, Growing, Ever Serving)
Minnesota South LCMS Older Adult Ministry*



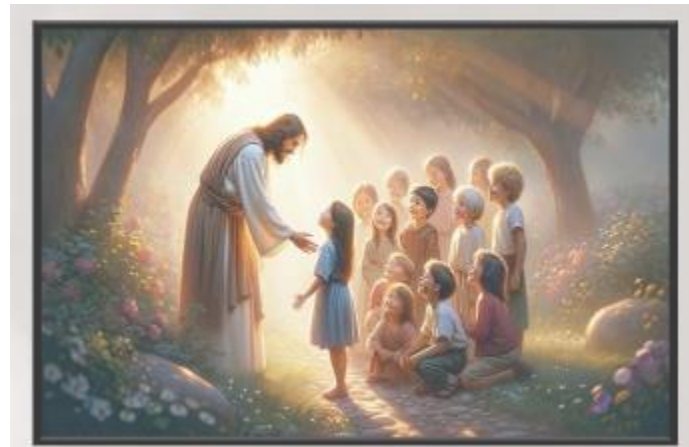
Save the date!
Watch for registration information in the bulletin.

News from the Early Learning Center

Happy March –

The new floor now covers the entire hallway of the ELC. The walls are also painted, the door frames are now dark brown. Families have commented on how modern and fresh it looks. Thank you to all who made this project a success. Those who helped: prepare, repair, paint, put back together and more! It was a **big** project!

We will be using donations to update our wall décor. Below are a few of the ones we purchased. They will all have a black frame. We will also be including 8x10 photos of the ELC in action. Some décors will be in soon, others won't be delivered until March.



Lori Holtberg
OSL Director



This and That

March is Minnesota Food Share Month

All food & financial donations received by 1:00 pm, Monday, April 7th are eligible for additional grant funds!

Sunday, March 9th will be Food Share Sunday at OSL! Monetary gifts may be given through your Sunday morning offering. Mark your envelope accordingly or put a check in the offering plate made out to **McLeod Emergency Food Shelf**. Cash donations purchase perishables and keep foods safe and fresh!

THE FOOD SHELF IS ENCOURAGING HEALTHIER DONATIONS:

Whole Grains: Cereal, Grains, Crackers, Pasta, Assorted Flours

Proteins: Nuts, Nut Butters, Canned & Dry Beans, Lentils, Eggs, Canned & Frozen Meat, Poultry, Fish

Dairy: Milk, Cheese, Yogurt, Milk Alternatives

Fruits & Vegetables: Canned, Dry, Frozen, & Fresh*

*low sodium, no added sugar; (no home-processed foods please)

Cooking & Baking Items: Condiments & Sauces, Seasonings & Spices, Baking Items, Assorted Flours

Meals & Sides: Soups, Canned & Dry Meals & Sides

IMPORTANT ITEMS TO HAVE BUT THE FOOD SHELF CANNOT PURCHASE

Personal Care Items: Shampoo, Deodorant, Toothpaste, Toothbrushes, etc.

Soaps: Hand, Laundry, Dish, Misc. Cleaning Supplies

Paper Products: Toilet Paper, Paper Towels



**G
O
R
E
D**

The picture above is of some of the members of our congregation who wore red on Sunday, February 2nd, 2025. Members were encouraged to wear red in support of “Go Red for Women” as designated by the American Heart Association.

This and That

Lent begins on Wednesday,
March 5th with Ash
Wednesday.



Don't forget to direct
Choice Dollars®

Direct Thrivent Choice Dollars by March 31st

All dollars made available for your direction in 2024 that have not been directed to a qualified non-profit by March 31, will expire. If you are uncertain if you have dollars and are a Thrivent member, please call 800-847-4836 and say 'Thrivent Choice' to be directed to someone who can help you. These dollars do not come out of your account funds but from Thrivent's profits.

Doris Wegner received a wonderful letter from the family of Evelyn Marxhausen. Mrs. Marxhausen was the wife of Rev. Victor Marxhausen, the first called pastor here at Our Savior's. Evelyn was a resident of a memory care facility in Woodbury and passed away at the age of 97. Feel free to contact Doris if you would like any additional information.

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.

There is no confirmation
on Monday, March 10th.



Daylight Savings Time
begins on March 9th.

FRIENDSHIP CLUB

The next social event of this group is scheduled for **Friday, March 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

Orphan Grain Train

22nd Annual Orphan Grain Train Drive

By Sharon Haberkamp

Thank you to everyone who participated in the Orphan Grain Train Christmas Project! The following items were collected from the tree in church: 13 scarves (3 handmade), 54 handmade winter hats (all sizes), 15 handmade neck gators, 2 neck gators, 7 children's hat & mitten sets, 37 ski caps, 1 ski mask, 12 winter hats with tassels, 2 furry hats, 1 hat with earmuffs, 1 handmade hat/scarf set, 1 hood, 20 headbands, 77 handmade fleece reversible mittens (all sizes), 6 pair men's gloves, 1 pair men's mittens, 8 pair women's gloves, 29 pair one size fits all gloves, 3 pair children's thermal insulated gloves, 2 pair cozy gloves with Christmas ornament attached, 22 pair toddler girls' tights, 6 men's Classic A shirts, 4 men's T-shirts, 3 men's sleep pants, 2 men's flannel pajama sets, 8 toddler pajamas with feet, 13 pair children's slippers, 4 pair women's slippers, 2 pair men's slippers, 8 pair cozy socks, 20 pair men's socks, 18 pair women's socks, 3 pair unisex comfort socks, 4 pair men's shoes, 1 pair women's shoes, 2 pair adult flipflops, 4 pair youth flipflops, 14 pair children's flipflops, 2 pair adult sandals, 7 pair children's sandals, 1 pair youth sandals, 6 pair infant shoes, 2 pair toddler shoes, 1 pair youth shoes that light up, 6 pair youth/adult winter boots, 2 pair adult winter boots, 2 pair toddler winter boots, 2 pair adult cowgirl boots, 1 pair child's cowgirl boots.

Thank you to Candace Metzger for organizing the LWML Women's Guild project of making handmade mittens for the tree and to all who cut out and sewed the mittens! Thank you to Donna Luhring and her knitting/crocheting group for making the winter hats, etc! Thank you to Sue Forcier for preparing the boxes for packing. Thank you to David Radunz for helping close the boxes and moving them to storage. Thank you to those who helped carry the boxes to Shirley's car. Thank you to Shirlee Landskroener for taking all the packed boxes (12) to Mayer, MN to the person connected with Orphan Grain Train.

Orphan Grain Train, an LCMS Recognized Service Organization, reaches people all over the world with Christ's mercy. Many people will be blessed because of your loving hearts and generous spirits. Praise God for your giving spirits! God is so good!



Celebrating this Month



March BIRTHDAYS

- 3/1 Cindy Von Berge
- 3/2 Katherine Fenrich
- 3/3 Rev. Daniel Gadbow
- 3/3 Lavonne Kaufmann
- 3/4 Betty Bach
- 3/4 Franklin Boller
- 3/6 Paula Rannow
- 3/6 Todd Roethemeier
- 3/7 Sandra Winseman
- 3/9 Leland Teichert
- 3/9 Carol Zarndt
- 3/12 Ralph Bach
- 3/14 James Gadbow
- 3/14 Lee Larson
- 3/14 David Schwarzrock
- 3/16 Alicia Barchenger
- 3/16 Cheryl Beilke
- 3/16 Rebecca Christians
- 3/16 Mark Mlinar
- 3/18 Valerie Doering
- 3/24 David Lee
- 3/25 LeVonne Erickson
- 3/26 John Abraham
- 3/31 Janine Hallman
- 3/31 Jackie Morris



March ANNIVERSARIES

- | | | |
|------|-----------------------|----------|
| 3/7 | Dale & Joan Ewald | 66 Years |
| 3/13 | Lee & Sandy Larson | 26 Years |
| 3/16 | Jim & Laurie Hulkonen | 47 Years |

Our Savior's Lutheran Church & ELC

800 Bluff Street, Hutchinson, MN 55350

320-587-3318

Website: www.oslhutch.com

Ministry Staff

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

2025 Church Officers

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

Elders

Marshall Kranz, Chairman
Paul Barchenger
Mark Bening
Jason Coyle
Craig Jergens
Jim Lauer
Mike Smithers

Trustees

Mike Metzger
Chuck Esser
Adam Field

Custodians

Jeff Radunz
David Radunz

Early Learning Center Staff

Lori HoltbergEarly Learning Director
Carrie Farley Healthcare Consultant
Shirley Alsleben..... Cook
Cora Bjornjeld..... Childcare Team
Rachel Carlson Childcare Team
Rebecca Chapin Childcare Team
Laila Dubay..... Childcare Team
Lucy Dubay..... Childcare Team
Cheyenne Fischer..... Childcare Team
Gabrielle Gabrelcik..... Childcare Team
Morgan Glieden Childcare Team
Alysha Hatton Childcare Team
Miranda Heine Childcare Team
Hallie Hoff Childcare Team
Lorna Johnson Childcare Team
Casey Koski Childcare Team
Tessa Kurth Childcare Team
Shelby Norgaard Childcare Team
Ginny Rogers Childcare Team
Paige Slinden Childcare Team
Ana Sullivan..... Childcare Team
Kathryn Vesely Childcare Team
Courtney Williams Childcare Team
Kiera Ziemer Childcare Team
Wendy Ziegenhagen Snack Coordinator

Early Learning Center Committee

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

