



January 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.

What's the coldest Minnesota has ever been?! Do you know the answer to that question? Well, I'll admit, I was given a little help from the Minnesota Star Tribune. Tower, Minnesota in February 1996 recorded a temperature of 60 degrees below zero. Just as a point of reference. Steel joints can become brittle at -40 degrees. Do you drive your car when it gets that cold? Perhaps prayerfully consider if it gets that cold this month, I'd be happy to extend to you a nice warm phone call. But I suppose I have no excuse, even if it's -32 degrees. I should toughen up and get my wool sweater out, right? Amusingly I received a very nice winter sweater a few years ago in Indiana, and I thought, "It's never cold enough to wear this!" So, the Lord sent me to Minnesota.

We are happy to share life together here at Our Savior's! During these Twelve Days of Christmas, may we excitedly share the joy of the Lord, celebrating the birth of our Prince of Peace. I pray your Christmas Day was a time of tranquility with family. Whether you are gazing at the pretty lights of your Christmas tree and admiring the ornaments with all the history of family fun, or you are peeking through the living room window at the snow-covered landscape appreciating God's creation, you have a sense of peace in these moments of freedom. Free from work or worry, allowing God's providence to carry you through this Christmas Season. It's good to take heart and trust in the Lord who provides.

One of the beautiful lessons of peace was learned by Zechariah and Elizabeth. While it seemed impossible that they would have a child, the Lord spoke the truth through the angel Gabriel. God would perform a miracle because nothing is impossible with God. At the same time both Elizabeth and Mary were pregnant, rejoicing in the providence of the Almighty. And just as Mary exalted in the Lord, so Zechariah sang praises of what the Lord would accomplish in these miracle births. "By the tender mercy of our God, the dawn from on high will break upon us, to give light to those who dwell in darkness and in the shadow of death, to guide our feet into the way of peace." May the Lord Jesus bring you peace this Christmas Season.



Mary Visits Elizabeth

Pastor Gadbaw



Growing
IN GOD'S
grace
2 PETER 3:18

Lutheran Women *in Mission*
41ST BIENNIAL CONVENTION
Omaha, Nebraska

.....
June 26–29, 2025



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Be the first to see convention updates and announcements from **Lutheran Women in Mission.**

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lwml.org/convention-central

Lutheran Women in Mission

invites you to the

41st Biennial Convention

Thursday, June 26–Sunday, June 29, 2025

in Omaha, Nebraska

Convention Theme:

Growing in God's Grace

Scripture Verse:

But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen (2 Peter 3:18).

Convention Goal Statement:

Through Word and Sacrament, I will grow in grace to serve our Lord and proclaim His glory.

2025 Convention Objectives:

Each convention attendee will be:

- ▶ Inspired to dig deeper in God's Word.
- ▶ Nurtured to share the love of Christ with enthusiasm.
- ▶ Encouraged to support missions and our mission goal with joy.

Convention Logo Explanation:

The 2025 Lutheran Women in Mission Convention logo features green leaves sprouting up and revealing the Lutheran Women in Mission icon to signify Growing in God's Grace. It is based on the convention verse, 2 Peter 3:18 — *But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen.*

A fresh, bright green color is used for the leaves and the word "grace" to indicate new growth and to connect it with God's grace. Including the Lutheran Women in Mission icon links the logo with our organization and the convention goal "Through Word and Sacrament, I will grow in grace to serve our Lord and proclaim His glory."

From Our Health Ministry

Boost Your Immunity with Food

Fight off colds, flu, and other illnesses by eating the right stuff



GETTING A FLU SHOT, washing your hands frequently, and keeping distance between you and those who are sick can help you stay healthier this winter. But there's another way to bolster your immune system that's often overlooked: eating the right foods.

When your immune system faces viruses, bacteria, or foreign substances, it immediately floods the body with new scavenger, natural killer, and other immune cells to neutralize the threat. "The building blocks needed to produce all of those new immune cells come from the food you eat," says Philip C. Calder, PhD, a professor of nutritional immunology at the University of Southampton in the United Kingdom.

Immune System Basics

Broadly speaking, the immune system has two parts: innate and adaptive. Think of the innate immune system (located in the skin, salivary glands, and gastrointestinal and respiratory tracts) as a towering wall protecting a city. Its job is to prevent any invaders from gaining a foothold. The adaptive immune system functions like armed

guards behind that wall, specifically targeting any intruders that get through. This system also remembers the approach that best defeats a specific intruder, so it can attack it more efficiently in the future.

As we age, the immune system may not produce as many immune cells, and those it does produce may not be as robust. But this isn't inevitable, says Simin Meydani, PhD, professor emerita at the Friedman School of Nutrition Science and Policy at Tufts University in Boston. Her research shows that some older adults retain a younger person's ability to fight infection. "There is a lot we can do to prevent the loss of immune function," she says, "and one of the key factors is what we eat."

Eat to Beat Inflammation

Inflammation is the double-edged sword of immunity. When the immune system senses danger, it produces inflammatory cells that help the body fight infection and heal injured tissue. But if those cells stick around longer than they should, they can damage other cells in the body and lead to heart disease, cognitive decline, and other chronic conditions, as well as increase susceptibility to infectious

diseases. "The inflammatory response is like a firehose," Meydani says. "You want it to be strong to put out a fire, but you want it to turn off before it damages your whole house."

Polyphenols, which are compounds that occur naturally in many plant foods, can squelch inflammation. Various types of polyphenols can also bind to different receptors on immune cells, where they trigger communication between cells and regulate the immune response. Good sources of polyphenols include berries, apples, herbs and spices, cocoa, and tea.

You also want to eat plenty of other plant foods. Plants contain antioxidant vitamins and minerals—such as vitamins A and C, and selenium—which protect immune cells (and others) from damaging oxidation and also tamp down inflammation. Some of them (nuts, seeds, and olive and other vegetable oils) have healthy fats, which help keep inflammation in check and regulate immune cell activity.

What's not in your diet is just as important, though. If you consume too much highly processed food, added sugars, saturated fat, and alcohol, you may be increasing systemic inflammation.



From Our Health Ministry

Keep Your Gut Healthy

"It's estimated that about 70 percent of our body's immune cells are located within the structures of the gut wall," Calder says. "These immune cells communicate with each other and interact with the microbes living in the gut. They also move in and out of the gut wall, taking immune signals from the gut to other places in the body."

To keep your gut in good working order, eat a variety of foods rich in healthy bacteria (yogurt, kefir, kimchi, miso) called probiotics. "Healthy bacteria produce compounds called short chain fatty acids," Meydani says. "Some short chain fatty acids have an anti-inflammatory effect, which helps regulate your immune response and strengthen its impact."

Also get plenty of fiber-rich foods—fruits, vegetables, and whole grains. They're prebiotics, which help the good bacteria proliferate.

Get Enough Key Nutrients

No single vitamin or mineral can keep you from getting sick, but certain ones can enhance your immune response.

► **Vitamin C.** This vitamin supports both the innate and adaptive immune responses. The daily value is 90 mg. But research suggests more may be better. A 2020 study in the journal *Experimental Gerontology* found that getting 500 mg of vitamin C daily for three months improved immune function in older adults to the point where it was comparable to that of younger adults. Good sources include citrus fruits, bell peppers, strawberries, and kiwifruit.

► **Vitamin D.** The daily value, 20 micrograms, can be difficult to get in food alone, and the ability to synthesize it from sun exposure diminishes with age. "You can get some from your diet, but many people, especially older adults, are deficient," says Danica Cowan, MS, an integrative dietitian at the University of California San Francisco's Osher Center for Integrative Medicine. Many studies link low levels to a higher risk of respiratory infections. A blood test can check your levels. If you're low, ask your doctor if you should take a supplement in addition to seeking out

more D in your diet. Good sources include fortified milk and orange juice, trout, salmon, and eggs.

► **Vitamin E.** The daily value is just 15 mg, but research suggests that getting up to 90 mg a day can improve age-related declines in immune function. Vitamin E is crucial for cell communication and the production of immune cell-building proteins. Good sources include flaxseeds, sunflower seeds, almonds, and peanut butter.

► **Selenium.** A deficiency of this mineral reduces the number of natural killer cells, while supplemental selenium has been shown to increase their activity. You need 55 micrograms per day. Good

sources include tuna, halibut, shrimp, and brown rice.

► **Zinc.** This mineral is necessary for immune cell production and functioning. "Up to 20 or 30 percent of older adults have low levels of zinc," Meydani says. "And in our research, we've seen that deficiency is linked to double the incidence of pneumonia in older adults." The daily value is 11 mg. Good sources include oysters, fortified cereal, pumpkin seeds, and lentils.



LEARN

Soup can be a good way to get a variety of nutrients in a meal. Go to [CR.org/soupsteps](https://www.cancer.org/soupsteps) for more.

MEALS FOR STRONGER IMMUNITY

Shelby Yaceczko, RD, an advanced practice dietitian at UCLA Health, shares some breakfast, lunch, dinner, and snack suggestions that incorporate the latest advice and research on bolstering the immune system.

BREAKFASTS

► Make a smoothie with plain Greek yogurt, flaxseeds, pomegranate seeds, and a little orange juice.

► Place sliced veggies (like bell peppers and onions) on a baking sheet. Create a space in the middle of them and crack an egg into it. Bake at 400° F until veggies are tender and the egg is cooked. Serve with a slice of whole-grain toast and a side of blueberries.

LUNCHES

► Top arugula with sliced pears and salmon. Add a drizzle of extra virgin olive oil and a squeeze of fresh lemon.

► Add fresh minced ginger to a simple lentil soup (homemade or low-sodium canned). Serve with a side salad



of mixed greens, peppers, tomatoes, avocado, and pumpkin seeds, dressed with a red wine vinaigrette.

DINNERS

► Mix cooked quinoa with chopped mushrooms and use it to fill hollowed-out bell peppers. Top with some tomato sauce and bake at 350° F until the peppers soften.

► Place shrimp on skewers and brush with miso glaze (homemade

or store-bought). Grill the shrimp. (You can also use miso glaze on salmon and grill.) Serve over sautéed vegetables and brown rice.

SNACKS

► Sliced apple with cinnamon and almond or peanut butter.

► Hummus on whole-grain toast with sliced tomato and cucumber.
► Berries and almonds.
► Roasted chickpeas spiced with herbs such as cumin or paprika.

Upcoming Events/Meeting Dates-Please join us when you can!

January

- Regular Guild Meeting Tuesday, January 14, 2025, beginning with lunch at 11:30 a.m. Pastor Jeff Miller will be conducting a Bible Study and informing us about his mission work.
- Quilters will meet in the Commons on Monday, January 20th, at 9:00 a.m.
- AbleLight Thrift Store visit on January 9, 2025. Contact Sharon Haberkamp for details.

February

- Regular Guild Meeting Tuesday, February 11, 2025, beginning with lunch at 11:30 a.m. Bev Bonte, Common Cup Director, will be the speaker.
- Quilters will meet in the Commons on Monday, February 17, at 9:00 a.m.
- AbleLight Thrift Store visit on February 13, 2025. Contact Sharon Haberkamp for details.



Highlights of the December 10, 2024, Guild Meeting

The OSL LWML Women's Guild met on Tuesday, December 10, 2024, beginning at 11:30 a.m. with a Christmas Potluck lunch hosted by the Guild Executive Board. Twenty-four people were in attendance.

- President Donna Luhring introduced Pastor Joe Asher who led the group in a Bible study based on John, Chapter 9.
- The group voted to contribute \$100.00 to the Red Stocking Fund and \$100.00 to Lutheran Bible Translators as the Guild's December mission projects.
- Human Care/Christian Life Chairman Candace Metzger has mitten and scarf kits available at the back of church for people to take home and sew for our fall Human Care Project. The mittens will be placed on the Orphan Grain Train Christmas Tree placed in the back of church during the Christmas Season. Completed projects are due by January 6, 2025.
- Sharon Haberkamp reported that 14 lbs. of food was taken to the food shelf in November. She will be traveling to AbleLight this Thursday.
- Jeanette Bening reported that the quilters will not be meeting in December. They are sponsoring the next Advent Soup Supper this Wednesday.
- Jackie Morris has agreed to fill the position of Vice President for the 2025 year.
- Karen Gensmer thanked everyone for their contributions and help for the Cookie Walk last Saturday. Approximately \$2100.00 was raised for missions.
- Our next regular Guild meeting will be on Tuesday, January 14, 2025, beginning with lunch at 11:30 a.m. in the Commons. Pastor Jeff Miller will be leading us in Bible Study and informing us about his mission work. Regular business meeting to follow.



BETHESDA (ABLELIGHT) THRIFT SHOP

ACCEPTED AND NOT ACCEPTED DONATIONS

DONATION HOURS: Monday 10-4 Tuesday-Friday 10-4 and Saturday 10-2

NO DONATIONS ACCEPTED ON SUNDAYS

Call us with any questions (952) 939-0988.

Accepted Items

Clothing, Quality-Men's-Women's-Children's
House hold Dishes, silverware, drinking glasses
Books, fiction, audio books
Shoes, Purses, Belts
Walkers, Wheelchairs, ADA
Jewelry
Linens, towels, throw and area rugs
Cooking pots, pans and utensils
Greeting cards , wrapping paper, gift bags

Pictures & frames
Music, CDs, cassettes, Vinyl Records
DVDs
Typewriters, sewing machines,-older & new
Working lamps, Clocks, Floor Lamps, Lava Lamps
Small toys, Stuffed Animals
luggage, briefcases, backpacks
Furniture - with manager approval
Bikes/trikes with - Manager approval
Tools, Power Tools, Plumbing, Kitchen gadgetry
Sheets, blankets, bedspreads
Newer flat screen TVs, VCRs and DVD players
Microwaves, clean/working Mgrs. Approval
Pianos, Key boards, organs, clean/working order
All holiday decor - Trees need to be boxed (close to the holiday) Holiday Decorative Items (all year)

Not Accepted Items

DIRTY, DAMAGED, WET, UNUSABLE ITEMS
PAINT, CHEMICALS, HAZARDOUS WASTE
ITEMS IN NEED OF REPAIRS, NOT WORKING, BROKEN
Golf Bags, hockey equipment
Used blinds, Curtain Rods, Shutters, windows
Tube TVs, Computer Monitors, projectors
Old Consoles, old Entertainment Centers
Fluorescent light bulbs
baby cribs, car seats, carries, swing sets and baby furniture of any kind
Work out or exercise equipment, snow ski's
Ceiling fans and light fixtures (hard wired items)
Carpet
Air Conditioners
Photo copiers and fax machines
Headboards and foot boards
Computers, scanners, battery back-ups
Plastic Lawn/Patio Furniture
Humidifiers, De-humidifiers
Foot soakers or foot baths
Bike Racks and bike tires
School text books
Screen Doors, Doors of any kind, Windows
Sleeping or bed pillows that have been slept on
Mattresses, box springs and used bedding (bed pillows, mattress pads)

WE ONLY ACCEPT CLEAN AND SELLABLE ITEMS

WE DO NOT ACCEPT DIRTY, BROKEN, NON-WORKING, ITEMS THAT NEED REPAIR, CHEMICALS, PAINT, OR RECALLED ITEMS

Bethesda (AbleLight) has the right to refuse any or all donations

News from the Early Learning Center

Welcome to the New Year!

The ELC had a great 2024. We are thankful for those who prayed for the ELC, provided donations, and volunteered their time and talents. OS� has a wonderful team working together to provide a great early education and loving Christian Childcare.

The year 2024 blessed us with amazing staff; our staff are the heart of our program. Thank you to those who left treats and gifts over the Christmas Season and throughout the year. It is nice for the staff to know the church supports and appreciates them.

We were deeply touched by the donations we received. Some of the items we purchased in 2024 with those donations included:

- Infant Swing
- 20 Chairs for our toddler room
- Arts and Crafts Supplies for general use as well as holidays
- Bounce House rental (Kids enjoyed them at 2 different times.)
- Magician
- Staff Appreciation & Christmas Gifts
- Digital Tablets for each classroom for staff communication with parents



This and That

20th Annual Orphan Grain Train Drive

The shoe, mitten, hat, scarf, sock, and underwear tree will be up again in the back of the church. You have until January 7th to bring your items for children or adults.



There is no confirmation on Monday, January 20th.

Servant Fair

Volunteering to **SERVE** the Lord

Who: OSL Members

What: Servant opportunities at OSL

When: **January 26, 2025**

Where: Activity Center at OSL

Why: Honor God by serving others



FRIENDSHIP CLUB

The next social event of this group is scheduled for **Friday, February 7th** from 1:30-3:00 p.m. in the Commons here at OSL. There will **not** be a meeting in January. 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)

Celebrating this Month



1/2 Cody Ortloff
 1/2 Lillie Ortloff
 1/3 Marilyn Field
 1/3 Nancy Hecksel
 1/5 Dan Luhman
 1/6 Roxann Field
 1/6 Tricia Weber
 1/8 Candace Metzger
 1/9 Loretta Bernhagen
 1/10 Leonard Lasley
 1/11 Roger Beilke
 1/15 William Abraham
 1/18 Dominic Blumhoefer
 1/19 Kevin Ortloff
 1/22 Gary Hranicka
 1/23 Iolonda Bening
 1/23 Marlys Kurtzweg
 1/24 Carrie Rannow
 1/25 James Hensel
 1/26 Shania Paulson
 1/27 Tom Dahl
 1/27 Brian Ortloff
 1/27 Amy Sauter
 1/29 Deon Roder
 1/29 Rachel Sauter
 1/30 Michelle Paulson
 1/30 Caleb Rannow
 1/31 Donna Luhring
 1/31 Brittany Schindler



1/9 Eugene & Patricia Otto 65 Years
 1/15 Oliver & Donna Luhring 53 Years

Our Savior's Lutheran Church & ELC

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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 Holtberg Early Learning Director
Carrie Farley Healthcare Consultant
Shirley Alsleben Cook
Rachel Carlson Childcare Team
Rebecca Chapin Childcare Team
Laila Dubay Childcare Team
Lucy Dubay Childcare Team
Cheyenne Fischer Childcare Team
Gabrielle Gabrelcik Childcare Team
Alysha Hatton Childcare Team
Miranda Heine Childcare Team
Hallie Hoff Childcare Team
Lorna Johnson Childcare Team
Casey Koski 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

Early Learning Center Committee

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