



May 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.

Celebrating the Easter Season

Blessed Easter season to you as we officially welcome warmer weather and a local spring. I pray your celebration of the Resurrected Lord led to a joyful and family friendly holiday. We are blessed to call our brothers and sisters in Christ family, and I was happy to meet our extended family, who were home for the Easter festival.

We have several reasons to celebrate in the month of May as well. May 4th, we have our Confirmation Rite for James Gadbow and Liam Larson. Pray for our confirmands to be established in their faith and grow in their knowledge of the Lord. We also have Mother's Day on May 11th. May the Lord richly bless our mothers to receive love from their families and encouragement in their God given vocations as nurturer. We also have Memorial Day weekend to remember the brave men and women who gave their all in service to our country. May the Lord grant their families comfort and peace as the community mourns the loss of the bravest among us. We are truly thankful for all who have answered the call to serve.

As the Lenten Season was a reminder of Christ Jesus, who is our Suffering Servant, so the Easter Season is a reminder of our Victorious Lord. Jesus has shown us great power and perfect love in facing our enemies head on at Golgotha. Sin, death, and the devil were conquered by the Triumphant Lamb of God. Though His sacrifice was complete, Jesus gave every ounce of life to purchase us from the debt of sin. His blood was the perfect atonement for the tremendous weight of our sin. We could not pay the debt, and yet Jesus loved us so much He willingly went to the cross like a lamb to the slaughter. But while the evil one expected a win, Jesus descended into the realms of hell to plant a flag of victory. This is the same Lamb we saw upon our purple paraments. Jesus holds His ground against the gates of hell. And the wicked serpent was bound and shut away for a millennium. May we take this Easter Time to sing our hymns of joy and celebrate as family that the Lord of Life has won, and even now He is preparing a place for us. Come quickly Lord Jesus and bring your kingdom near! Amen

Pastor Gadbow



From Our Health Ministry

Extra Weight Cuts Years Off of Life

Obesity has been found to take several years off of a person's life. Based on a life expectancy of 85 years, nonsmokers who were 10 to 30 pounds overweight at age 40 shortened their life-span three to seven years, according to data from the Framingham Heart Study. Smokers lost as many as 13.5 years, the study found.



Other studies have found that being young and overweight knocks off even more years. A study led by researchers at the University of Alabama found that being obese beginning at age 20 can take up to 20 years off of a person's life. The reason younger people are more vulnerable to obesity's health effects is because there is more time for the disease to take its toll.

If you are an active member of the Concordia Health Plan you have several free health solutions designed to help you maintain or lose weight:

- **Wondr** takes a common-sense, skill-building approach to lasting weight loss, and it doesn't include starving, counting calories or eating diet food.
- **Omada** is a 16-week digital health program that helps members who are at risk for developing diabetes and cardiovascular disease adopt behavioral changes.
- **Virta** is a treatment clinically proven to reverse type 2 diabetes – patients reduce their blood sugar and A1c, while removing diabetes medications and losing weight.

More information about these and other programs to help you be well so that you can serve well can be found at ConcordiaPlans.org.

A Little Goes a Long Way

Here's good news if you struggle to find time to exercise: Compared to being sedentary, just 11 minutes of exercise each day can reduce your risk of early death and help prevent heart disease, stroke, and some cancers.

That's the finding from a recent study published by the British Journal of Sports Medicine that looked at data from 196 published articles to show the health impact of exercise. Compared to a sedentary lifestyle, those exercising 11 minutes per day were 17% less likely to develop cardiovascular disease and 7% less likely to develop cancer.

The news gets even better for those who exercise for 30 minutes each day: a 27% lower risk of cardiovascular disease and a 12% lower risk of developing cancer.

This review confirms findings from other studies:

- that higher levels of exercise are associated with lower rates of hospitalization for certain conditions, such as diabetes and stroke.
- that more than 100,000 yearly deaths could be prevented if people committed to adding just 10 minutes of exercise to their daily routines.

God created our bodies to move, and exercise keeps the body well-tuned. Exercise helps lower inflammation, decreases fat tissue, and helps with hormone regulation and sleep. Exercise also greatly improves quality of life by helping you feel less stressed, depressed, or anxious.

Source: Health.com



Health Myths Meet Reality

In the quest to stay healthy, ward off diseases, or simply to look healthier, we may be swayed by products that promise amazing results. Sometimes the claims aren't true.

MYTH – Collagen drinks and supplements improve your skin, nails, and hair.

REALITY – Collagen is a major structural protein found in skin, hair, and nails to maintain skin elasticity, volume, and moisture. It also helps make up proteins that form skin, hair, and nails. According to Harvard Medical School's review of studies about collagen, there isn't enough proof to show that taking collagen pills or drinks will make a difference in your skin, hair, or nail health.

MYTH – A daily multivitamin improves health and prevents cancer and cardiovascular disease.

REALITY – Johns Hopkins researchers reviewed evidence including three studies involving nearly 450,000 people and found that a daily multivitamin doesn't provide any meaningful health benefit. Their analysis found that multivitamins did not reduce the risk for heart disease or cancer; they did not reduce the risk for mental decline such as memory loss or slowed thinking; nor did they help prevent an early death. Nutrition experts recommend using the money you would normally spend on vitamins to instead buy healthy foods such as fruit, vegetables, and whole grains.

Source: [Johns Hopkins Medicine](https://JohnsHopkinsMedicine.org) and [Harvard Health Publishing](https://HarvardHealthPublishing.org)

From Our Health Ministry

Helping Older Minnesotans



800-333-2433

Housing Resources

- Affordable housing
- Assisted living/nursing home
- Home modifications

Health Insurance

- Medicare
- Medical Assistance (Medicaid)
- Waivers and Alternative Care

Financial Assistance

- Prescription drug and Medicare bills
- SNAP food assistance
- Financial counseling

Community Supports

- Chore services
- Transportation
- Meal delivery and prep

Legal Assistance

- Fraud prevention
- Health care directive
- Estate planning

The Senior LinkAge Line is a service of the Minnesota Board on Aging and area agencies on aging.

mn.gov/senior-linkage-line

MBA1000

MinnesotaHelp.info®

MinnesotaHelp.info® is a statewide website you can use to find resources and service providers that will give you the help you need.

And it has interactive tools to help you compare services and find what's right for you.

Search online for:

- Health care resources
- Social services
- Community resources
- Volunteer opportunities
- Housing options
- Home care providers
- State-funded programs

www.minnesotahelp.info

MBA1000

Attention Seniors: Are you aware of the Senior Linkage line? Please review the information above for the toll-free number. This is a FREE service!

From Our Health Ministry

Cups & Conversation

at

OSL Church Activity Center

(Enter via the North Door)

Saturday, May 3, 2025

9 – 10:30 a.m.

—Speaker—

Scott Nelson, back by popular demand

Volunteer with AARP

—Topic—

AI (Artificial Intelligence) for Seniors

This topic introduces the concept of AI, explaining how machines can learn and perform tasks that usually require human intelligence. It focuses on practical applications. The presentation aims to demystify AI, address concerns, and highlight its potential to enhance everyday life for seniors.



Hosted by Our Savior's Lutheran Health Ministry

Upcoming Guild Events

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

- √ 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 a.m. with lunch and then a presentation from the Kaisers as our program with regular business meeting to follow.
- √ AbleLight Thrift Store visit is scheduled for Thursday, May 8th. Contact Sharon Haberkamp.
- √ Quilters will meet in the Commons on Monday, May 19th at 9:00 a.m.
- √ 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 Winter 2024 *Quarterly* or on the LWML website. Anyone can attend! Registration is online only and began on March 1st!
- √ You won't want to miss this meeting! On Tuesday, June 10, 2025, our Guild meeting will begin with lunch at 11:30 a.m. followed by the 2025 LWML Prayer Service (Blessed are They ... Matthew 5:1-12) to be led by Pastor Gadbow. Book review by Jeanette Bening with regular business meeting to follow.

**The National 2023–2025 LWML Mission Goal of
\$2,350,000 has been met!**

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

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.

Our Savior's Lutheran Women's Guild News

Highlights of the April 8th, 2025, Guild Meeting

The OSL LWML Women's Guild met on Tuesday April 8, 2025, at 11:30 a.m. with lunch served by Diane Brenhaug Haffley and Barb Field. Twenty-three people were in attendance including two guests.

- President Gwen Dahl led the group in a devotion entitled "The Chocolate Map". She then introduced Linda Butzin and Sharon Haberkamp who led the group in a "Check Your Bible IQ" Bible Study.
- The group voted to contribute \$200.00 to LCMS Lutheran World Relief assigned for use in the Thailand earthquake relief endeavors as our Guild's April mission project.
- Human Care/Christian Life Chairman Candace Metzger sent a report noting that approximately 60 items with a value of nearly \$400.00 was sent to Common Cup as our February/March Human Care project. Our April Human Care project will involve joining the congregation in the collection of diapers for Common Cup. Monetary donations are also welcome.
- The Guild will be collecting donations at their May meeting for "Gifts from the Heart" for the National Convention. In June a collection for the four offerings at the National Convention will be taken.
- Linda Butzin reported on the LWML McLeod Zone Spring Event held on Saturday, April 5, 2025, at First Lutheran Church in Glencoe. Thirteen members from OSL attended. A total of 59 men, women and children were at the event where the program centered around Gideon, the Comfort Dog. A total of \$280.04 was collected for mites, \$347.00 for MN South District and \$704.75 was contributed to Gideon, The Comfort Dog program. Pastor Gadabaw was installed as the LWML McLeod Zone Pastoral Counselor.
- Cheer Chair Vivian Gonzalez reported that she sent eight cards in March.
- Sharon Haberkamp reported that a total of \$937.00 and 233 lbs. of food as well as one Cash Wise gift card was donated from OSL to the McLeod County Food Shelf as part of their March/April campaign. Sharon and Doris Wegner were treated to an appreciation lunch last month when they traveled to AbleLight. In April Sharon will be traveling to AbleLight on Thursday, April 10th.
- Jeanette Bening reported that the quilters will be meeting on Monday, April 21st at 9:00 a.m. in the Commons to tie quilts. Shirley Landskroener transported 26 quilts to Mayer on Sunday, March 9th for eventual distribution to Orphan Grain Train. The Quilters served soup supper on Wednesday, March 26th.
- Group 2 served a second Guild soup supper on Wednesday, March 19th.
- The Guild served 125 people for the Marvin Gelle funeral on March 27th.
- Confirmands will be presented with cards and gifts from the Guild. They will also be assisted in making confirmation banners for their special day.
- Candace Metzger provided a "Leg of Jeans" basket idea sheet and samples for members to see as our Easter craft program.
- Our next regular Guild meeting will be on Tuesday, May 13, 2025, beginning with lunch at 11:30 a.m. in the Commons. Program by Jim and Susan Kaiser from Lutheran Bible Translators. Regular business meeting to follow.



JIM & SUSAN KAISER

ETHIOPIA & SIERRA LEONE

DR. JIM AND SUSAN KAISER support Bible translation teams, with Jim providing consultancy for projects in Ethiopia and Sierra Leone, mixing travel with virtual assistance.

In the 1980s, Susan initiated a literacy program for Sierra Leone's Loko language, and together, they contributed to translating the New Testament into Kono and supported Old Testament translation for Iraq's Chaldean community.

The Kaisers reside in Macomb, MI, have three grown sons, and enjoy time with their seven grandchildren.

go.lbt.org/kaiser

News from the Early Learning Center

Happy May –

Child Care Provider Appreciation Day is Friday, May 9th. Our childcare providers are the heart of what happens every day in our classrooms. The ELC will be having treats and coffee for the staff. We also plan for a gift of appreciation.

Below is the fun that the ELC children will be having this summer! Staff are excited to have this curriculum set up for them. We be taking the time to do one lesson for two weeks. They give so many fun activities, music, crafts, games and even fun snack ideas! This curriculum is from Concordia Publishing.

The cost will be between \$8 and \$10 per child from age 2 and up to fully use this kit and get leaflets for each child. We plan to use donations to cover the expenses. If you want to specifically give to this mission, you can mark on your donation, ELC VBS.



We're going on an epic adventure through Australia, and you're invited! Jesus, who tells us "I am the way, and the truth, and the life" (John 14:6) will be our guide as we encounter amazing animals, lush landscapes, stunning sea life, and wondrous wilderness. With awesome planning tools, both physical and digital, VBS has truly been brought back to full force.

Epic Australian Adventure VBS Lessons include:

- **Lesson One:** God Calls Moses - Exodus 3
- **Lesson Two:** God Leads His People to the Promised Land - Joshua 3-4
- **Lesson Three:** The Parable of the Good Samaritan - Luke 10:25-37
- **Lesson Four:** Peter and John Race to the Tomb - John 20:1-10, 19-20
- **Lesson Five:** Jesus Ascends to the Father - Luke 24:44-53; Acts 1:1-11

[Epic Australian Adventure](#) | [New CPH VBS 2025](#) (link to YouTube video)

Lori Holtberg
OSL Director



From Our Confirmands

Why Matthew 28:20 is Important to Me.



Matthew 28:20 takes place just before Jesus ascends into heaven. The disciples were worried and afraid about what would happen next. Jesus tells them, “Behold, I am with you always, to the end of the age.” The verse’s words gave comfort to the disciples. He promises to be with them and gives them a job. I take comfort in these words too because this applies to me, and everyone else as well. Jesus’ words are credible because He is omnipresent, and He doesn’t lie. Keeping His Word means that, as per the verse, “I will be with you always, to the end of the age.” Before saying this, Jesus commissioned us to preach about how our sins are forgiven because of His death and resurrection. We do not need to be afraid to do this, or anything else, because He watches over us all.

James Gadbaw

Why John 3:5-7 is Important to Me.



The reason why I choose John 3:5-7 is it tells us why Holy Baptism is required to get into heaven. By saying, “flesh gives birth to flesh and Spirit gives birth to spirit, you should not be surprised at my saying you must be born again.” This is saying you must be washed by the Holy Spirit or receive Holy Baptism. Another reason is John 3:5-7 shows us a very important truth. Not only do we believe in Jesus Christ as our payment for sins and believe in God the Father Almighty as the Creator of the Heavens and the Earth, but we also must be brought to heaven by the Holy Spirit, through baptism and rebirthed, through the cleaning of our sins.

Liam Larson

This and That

ELC Preschool Graduation

Will take place on Thursday, May 15th at 5:30 p.m. Everyone is welcome to attend the short program followed by light refreshments.



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.

Meeting Reminder

The semi-annual Voters' meeting will take place on Tuesday, April 29th at 7:00 p.m. One of the items on the agenda will be the issue of our leaky roof and the possibility of a capital campaign. Please be sure to attend this very important meeting.

FRIENDSHIP CLUB

The next social event of this group is scheduled for **Friday, May 2nd** 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)

Save the Date

Confirmation will be on Sunday, May 4th here at Our Savior's. The confirmation class of 2025 looks forward to sharing their special day with each of you!

Celebrating this Month



5/4	Gaylen & Bonnie Timm	40 Years
5/7	Jerome & Denise Stoll	20 Years
5/12	Keith & Lisa Kamrath	41 Years
5/15	Mark & Iolonda Bening	27 Years
5/16	Michael & Shawn Smithers	38 Years
5/23	Mike & Carrie Schumann	27 Years
5/26	Mike & Candace Metzger	35 Years
5/30	Harold & Beverly Hanson	66 Years
5/31	Phil & Sue Forcier	51 Years

5/3	Jason Coyle
5/3	Barb Field
5/4	Arnie Alsleben
5/5	Paula Coyle
5/5	Dan Gensmer
5/5	Scott Jenkins
5/6	Donna Boettcher
5/6	Doris Wegner
5/8	Justin Blackketter
5/8	Jeff Siedschlag
5/11	Nathan Schumann
5/12	Dale Ortloff
5/13	Karen Hranicka
5/15	Patricia Otto
5/17	Erica Cheffins
5/18	Jeanette Bening
5/20	Jude Link
5/21	Brielle Hranicka
5/21	Deb Roder
5/22	Jordan Dahl
5/23	Gwen Dahl
5/25	Jennifer Primus
5/25	Jamie Voelker
5/26	Kaylee Rannow
5/26	Gaylen Timm
5/27	Dale Harbarth
5/30	Deb Jorgensen
5/31	Jerry Voelker

Our Savior's Lutheran Church & ELC

800 Bluff Street, Hutchinson, MN 55350

320-587-3318

Website: www.oslhutch.com

Ministry Staff

Rev. Daniel Gadbaw.....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
Cora Bjorngjeld.....	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
Shelby Norgaard	Childcare Team
Ginny Rogers	Childcare Team
Tracy Polzin	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 Gadbaw	Pastor
Lori Holtberg	Director
Linda Esser.....	Representative

