



July 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.



"God bless our native land. Firm may she ever stand, through storm and night." Siegfried August Mahlmann wrote this hymn in 1815, and it eventually made it into our Lutheran Hymnal in 1941. Though written from a Leipzig, Germany perspective, the sentiment is still the same. We pray that the Lord, our God, would bless us. May the Lord Almighty defend us and keep our house and home in His care, despite wind and wave and tempest. There are certainly many nasty storms that can destroy a town or ruin entire neighborhoods in a single hour. We pray that God's mighty right hand would deliver us from such destruction. We don't know what this broken sinful world will produce in weather systems, but we know Jesus can still the wind and wave with the power of His word. It is somewhat refreshing to know that we are but stewards of all that we have, as this land and everything on it is owned by the Creator. Yet our lives are made possible by the "daily bread" the Lord provides.

As we express our Christian thankfulness for all that God has given us, may we thank Him especially for this great land set free for 250 years. As a bicentennial baby this national birthday is extra special for me as well, but a very important lesson learned over the years is that this nation has been defended at a cost. Not a single generation has known peace! It just occurred to me the United States has been involved in continuous warfare, military interventions, or major global operations throughout every decade of its existence, making a completely "war-free" generational experience impossible. And sadly, the Lord Jesus warned us of this Himself, "there will be wars and rumors of wars." Thus, we pray and sing that "our prayers shall rise to God above the skies; on whom we wait." The conflict of man continues, and the world itself groans to be rescued at Christ's return. We cannot stop forces that are too big for us to control... but God can! May we not fear what lies ahead but know that the Lord is with us. And in Isaiah 41:10 He promises, "I will strengthen thee, yea I will help thee. I will uphold thee with my righteous right hand." Thank you, dearest Jesus, for being our Deliverer. Amen

God's peace,

Pastor Gadbaw

From the Health Ministry

Poor Appetite? What It Could Mean.



Eating well is vital for your health. How to feel hungry again.

WITH ALL THE ATTENTION given to helping people eat less to control their weight, it may come as a surprise that the loss of appetite can also be a problem. It's not uncommon as people age, affecting 15 to 30 percent of older adults. Feeling less hungry occasionally may not be anything to worry about, but if it persists, it can lead to negative health consequences in older adults, says Mary Hickson, PhD, a professor of dietetics at the University of Plymouth in England. Here's how to know when a lack of appetite may be harmful and how to help bring it back.

Why You Feel Less Hungry

How appetite works isn't well understood, but scientists know that the brain and the digestive, endocrine, and nervous systems all play a role.

For example, metabolism slows with age, and that can make food less interesting. Your sense of taste or smell may diminish, and that can affect appetite, too. Hormonal shifts may dampen the desire to eat and make you feel fuller when you do. Also, "life events can trigger changes in what people eat," Hickson says, such as retirement or the

loss of a partner who did the cooking.

In some cases, the problem may not be related to the desire to eat but to difficulty eating. For example, saliva production can decrease due to either age or a medication you're taking (such as common ones for high blood pressure, an overactive bladder, and depression). This can make food taste drier and



ILLUSTRATIONS: JASON SCHNEIDER

LITTLE MEALS THAT PACK A BIG NUTRITION PUNCH

Moderately active men over the age of 50 require 2,200 to 2,400 calories per day, on average, to get the fuel and nutrients they need, while women of a similar age and activity level need 1,800 calories. If you're not feeling very hungry, it can be tough to eat

that much food. One solution is to have smaller portions spread out through the day and to make sure the food you eat is full of nutrition. Here's an example of what a healthy daily menu containing about 2,000 calories might look like.

BREAKFAST

Soft Taco Scramble

Scramble 1 egg and 2 egg whites with Monterey Jack cheese and ½ cup of fresh baby spinach. Wrap it in an 8-inch whole-wheat tortilla; add salsa. Drink: ¾ cup of low-sodium vegetable juice.



From the Health Ministry

harder to swallow. Tooth decay, poorly fitting dental work, and jaw problems can lead to trouble chewing. And having little appetite may be a sign of some illnesses, such as an underactive thyroid or cancer.

A prolonged lack of appetite and unintentional weight loss aren't a normal part of aging, says Leah Cahill, RD, an associate professor of medicine at Dalhousie University in Halifax, Nova Scotia. See your doctor if the following signs last longer than a week: You're skipping more meals, passing up formerly favorite foods, eating only a few bites at a meal, or feeling nauseous at the thought of food. Losing weight without trying in the past six months should also trigger a healthcare visit.

What Happens When You Don't Eat Enough

Taking in fewer calories can cause weight and muscle loss, which can zap energy and affect balance and strength. It also makes it hard to get the vitamins, minerals, and other nutrients you need. "The body requires nutrients for its basic functions, and not getting enough food can cause your body systems to weaken and not work as they should," Cahill says.

Frailty is another consequence, according to a 2022 international task force report on appetite loss and aging. Characterized by weight loss, weakness, being less physically active, exhaustion, and cognitive decline, it can make you more vulnerable to illness and falls, and to having worse outcomes when those occur.

PHOTO: TRINETTE REED/STOCKSY

Research shows that people eat more when they dine with others—and less when they eat alone.

Tips to Boost Appetite

In general, diet and lifestyle changes are preferred over prescription appetite stimulants because the latter don't help very much and have side effects. Forcing food on yourself isn't a good move, either, because it can make you queasy, Hickson says. Instead, try the following strategies to help you improve your appetite and stay healthy.

➤ **Switch to mini-meals.** Can't manage a full meal? "Start with a smaller portion size of everything you would normally eat, or have a goal of eating half of everything on your plate," says Jen Bruning, RDN, a spokesperson for the Academy of Nutrition and Dietetics. Or try having three smaller meals plus three snacks, Hickson says.

➤ **Prioritize protein.** It's important for building and preserving muscle. It also helps fight infection and maintain skin elasticity, so "get some protein on the plate with every meal," Bruning says. And to make sure you get it in, eat it first in case you get too full before you finish your meal. Eggs, cottage cheese, yogurt, fish, tofu, chicken and other lean meats, legumes, and nut butters

(almond, peanut, cashew) are all good sources. If you have trouble getting enough protein from food alone, having a protein drink (like Ensure) or adding a scoop of protein powder to smoothies might be appropriate.

➤ **Pair fruits and veggies with a dip.** Any kind of produce makes a nutrient-rich snack. But they're low in calories and quite filling. To get more of the vitamins, minerals, and calories you need, serve fruits and vegetables with nutritious higher-calorie dips, such as nut butters, full-fat yogurt, hummus, or guacamole.

➤ **Drink water between—not with—meals.** You need to stay hydrated, but water can take up room in your stomach. As a result, you may leave too much food on your plate.

➤ **Indulge in full-fat foods.** Fat is the most concentrated source of calories, and older adults—especially those over 75—can afford to carry a bit more weight, Hickson says. So it's okay to have full-fat milk, cheese, and yogurt, and butter on your toast.

➤ **Use herbs and spices liberally.** They add flavor to food, and the aroma as they cook can be an appetite stimulant.

➤ **Eat with others when you can.** Research shows that you might eat less if you eat alone and that having company might increase your intake.



LEARN

For more healthy snack ideas, go to [CR.org/snackhealthy](https://www.cancerresearchandbiotechnology.org/snackhealthy).

LUNCH

Quick Lentil Soup

Heat 1 cup of canned low-sodium lentil soup with ¼ cup of cooked brown rice and 6 diced baby carrots. Serve with ½ cup of blueberries. Drink: 1 cup of dairy or plant milk.



DINNER

Grilled Chicken Pita

In a whole-wheat pita pocket, add 3 oz. of cooked chicken breast, a slice of cheddar, and mixed greens and tomato tossed with vinaigrette. Serve with an orange. Drink: 1 cup of dairy or plant milk.



SNACKS

- ¼ cup of roasted edamame.
- 1 wedge of aged goat cheese plus 2 Tbsp. of dried tart cherries.
- 4 oz. of chocolate pudding with sliced strawberries.



Upcoming Guild Events

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

- ✓ Our **July** meeting is scheduled for **Tuesday, July 14, beginning with breakfast at 9:00 a.m.** served by the Guild Executive Board. **Note the change in the time of the meeting.** Jennie Tillman, Hutchinson Hospital Education Coordinator and Auxiliary Liaison will be our speaker. Regular business meeting to follow. **All ladies of the congregation are invited to join us!**
- ✓ Sharon Haberkamp will be traveling to AbleLight Thrift Store on **Thursday, July 9,** 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.
- ✓ Remember that the Guild does not have a regular meeting in August.
- ✓ Group 1 will be serving the Bloodmobile workers' lunch and providing cookies for the blood donors on Tuesday, August 11th.
- ✓ Don't forget! Come for a delicious supper at the **Ice Cream Social** scheduled for **Thursday, August 6th** at Our Savior's. See the poster included in this Crosstalk for more details. Sign-up sheets for cash/food/help needed donations 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.



WHAT IS A MITE BOX?

It's a cardboard box (3-1/8" x 1-3/4" x 2-1/4") designed by LWML to receive thank offerings above and beyond our regular church giving. It holds pennies, nickels, dimes, quarters, dollars, and checks.

Mite boxes are FREE and can be used by LWML members, their families, and friends. Ask any LWML member about the box. Take it home and place it wherever you can feed it: dressing table, office desk, laundry room, kitchen counter, or even the car etc. Mite boxes are available on the information table at the back of church.

Highlights of the June 9, 2026 Guild Meeting

The OSL LWML Women's Guild met on Tuesday, June 9th beginning with lunch at 11:30 a.m. provided by Candace Metzger and Gwen Dahl. Twenty attended, including three guests.

- Gail Gillard of Group 2 led the group in the LWML 2026 Prayer Service. Accompaniment for hymns was provided by Amy Sauter.
- Jeanette Bening presented book reviews for five books including Pastor Asher's book entitled Second Chances-Duty.
- As our June Mission Projects, the Guild will donate \$100.00 to the OSL ELC to be used for its VBS program this summer. For another Mission Project the group will send \$30.00 to three of the offerings to be taken at the LWML MN South District Convention including Lutherans for Life, MN South District Mission Grants & Orphan Grain Train.
- The upcoming MN South District LWML Convention will be held June 18-20 in Mankato. Candace Metzger and Karen Gensmer will represent our group as delegates to the Convention. Gwen Dahl will serve as an alternate delegate. Both OSL and the McLeod Zone LWML groups will be sending baskets to the District Convention for the Silent Auction with proceeds to be used for Mission Grants.
- Cheer Chair Vivian Gonzalez sent 7 cheer cards in May.
- Sharon Haberkamp will be traveling to the AbleLight Thrift Store on June 11, 2026.
- A total of 21 lbs. of food was taken to the McLeod County Food Shelf in May.
- Twelve quilts were tied in May by the quilters for Orphan Grain Train and Dakota Boys and Girls Ranch.
- Cross plaques were presented to the two OSL 2026 High School Graduates, Aubree Schwanz and Nathan Schumann on Sunday, May 31, 2026.
- New funeral guidelines are being written.
- 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.
- Our next regular Guild meeting will be on **Tuesday, July 14, 2026** beginning with breakfast at **9:00 am** being served by the Guild Executive Board. Jennie Tillman, Hutchinson Hospital Education Coordinator and Auxiliary Liaison will be the speaker. Regular business meeting to follow. ***Note the change in meeting time. All ladies of the congregation are invited to join!***

Who Are We - Women in Mission

Primary Focus

- **Proclaiming Christ** Declare his glory among the nations, his marvelous works among all peoples! (Psalm 96:3).
- **Supporting Missions** And he said to them, "Go into all the world and proclaim the gospel to the whole creation (Mark 16:15).
- **Equipping Women** Now may the God of peace ... equip you with everything good that you may do his will (Hebrews 13:20-21).
- **Serving Others** As each has received a gift, use it to serve one another (1 Peter 4:10a).

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

We concluded May by celebrating our Preschool Graduation, a meaningful milestone for the children. We pray for God's continued blessings on our kindergarten families as they begin this new chapter.

On May 8, we honored mothers and all who care for God's children with our Muffins for Moms event, which included a special time of prayer. We look forward to hosting Donuts for Dads on June 18.

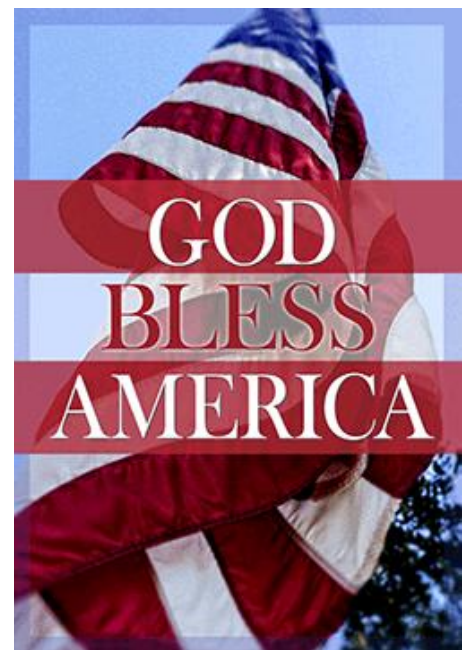
May 8 also marked Child Care Provider Appreciation Day. Many families shared expressions of gratitude for their children's teachers. Throughout the week, the ELC recognized staff with treats, small gifts, words of encouragement, and a staff lunch.

Our summer school-age program is now underway, with both staff and students settling into a new routine. During the week of June 15, we began Tropical Trek VBS. Two of our younger staff members are excited to help lead music, and the children especially enjoy having "cool teenagers" involved. One staff member, who is minoring in music at Concordia, is particularly well suited for this role. God continues to provide the right people at the right time.

We are also looking forward to the installation of a door controller keypad, along with a grant-funded CCTV system that will be installed at the same time.

Upcoming events include our "God Bless the USA" parade on July 3rd and our end-of-summer program featuring our VBS theme on August 20th.

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: Prayer Chain

Contact Person: Shawn Smithers & Londa Bening

Time Commitment: 5-10 minutes when a request comes in

Description of group's work:

- Taking messages for Prayer requests and passing it on to the next person on the prayer chain

Name of Group: S.A.G.E.S. Saints Alive Growing Ever Serving

Contact Person: Sharon Haberkamp & Karen Gensmer

Time Commitment: Time commitment various with activities

Description of group's work:

- To recognize older adults as gifts from God to the church
- To affirm the unique worth of older adults as members of the body of Christ by nurturing their spiritual life
- To enable and encourage older adults to share their faith, gifts and talents
- To respond to the needs of older adults in the Church and community
- To encourage congregations to organize older adult groups
- More information is available

This and That

Free Summer Concerts: 2026 Lutheran Summer Music Festival Season

Lutheran Summer Music is thrilled to announce its 2026 season, featuring over 40 free concerts, recitals, and worship services open to the public. Hosted at St. Olaf College in Northfield, MN from June 21 to July 19, this season offers a vibrant lineup of musical experiences, also shared online via Live from LSM—bringing this summer's transformational work to audiences around the world.

Highlights this season include a guest appearance by [Cantus](#), a series of events dedicated to the music of J.S. Bach—including the [St. Matthew Passion](#)—and music celebrating the United States Semiquincentennial. View all events and reserve free tickets at LSMacademy.org/calendar.

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.

FRIENDSHIP CLUB

The next social event of this group is scheduled for **Friday, July 3rd** 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)

Back to School Drive - The annual Back-to-School Drive for Common Cup will take place again during July and early August. 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 will be 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. The last day to donate will be August 9th. Any way you choose to donate, your gift will be greatly appreciated.

Meet Our Newest Members



Tom & Shar
Torkelson



Stuart & Sharon
Behrens

Amanda Lien



Jeff & Terri
Anderson



Celebrating this Month



7/18	Ronald & Pearl Schwarz	39 Years
7/19	James & Lynn Lauer	40 Years
7/21	Pastor & Karen Grein	53 Years
7/25	Leonard & Vicki Lasley	39 Years
7/30	Franklin & Alice Boller	72 Years

7/1	Sandy Larson
7/2	Pamela Luedtke
7/4	Vivian Gonzalez
7/8	Liliana Haley
7/10	Virgil Kurtzweg
7/10	Eugene Otto
7/10	Lucie Penkert
7/11	Emery Blumhoefer
7/11	Phyllis Ide
7/12	Jamie Blumhoefer
7/13	Paul Hallman
7/13	Marlow Knuth
7/14	Richard Nybakke
7/16	Sharon Haberkamp
7/18	Kim Brehmer
7/18	Diane Knuth
7/20	Neal Rannow
7/22	Michael Knodel
7/26	Jordyn Haley
7/26	Pearl Schwarz
7/27	Amanda Lien
7/28	Pastor Grein
7/29	Lucas Hallman
7/29	Brenda Zackrison
7/30	Darlene Kuehl
7/31	Karen Grein

Our Savior's Lutheran Church & ELC

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Ministry Staff

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

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Vice Chairman	Kevin Mathews
Secretary	Wanda Rannow
Treasurer	Dale Ortloff

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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 HoltbergEarly Learning Director
Shirley Alsleben..... Cook
Marlys Schimmelpfennig..... Snack Coordinator
Cora Bjorngjeld..... Childcare Team
Libby Bradford..... Childcare Team
Rachel Carlson Childcare Team
Laila Dubay..... Childcare Team
Lucy Dubay..... Childcare Team
Kalon Erickson Childcare Team
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Miranda Heine Childcare Team
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Kadi Powell..... Childcare Team
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Courtney Williams Childcare Team
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Early Learning Center Committee

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