



# May 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's blessings to you this fine May day! Even as a little boy, I've always appreciated the poetic saying, "April showers bring May flowers!" I think I even had a kid sized plate with Ronald McDonald profusely watering the garden and the poem written along the edge. It's that time of year when we appreciate all that God has created and especially the life bond we have with our kids and our family. What a joy to share this life together. I hope you feel blessed with the special moments for each of your loved ones. May this spring bring new memories.

I know there is a lot to be said about enjoying all that Minnesota has to offer - so many lakes and vacation spots; so many historical and points of interest to visit. We are blessed to live in the Great Outdoors of God's green earth. May the Lord not only give us appreciation, but eyes of faith that see the handiwork of God in every tree and every star placed in the sky. As you spend time with friends and family, ask them what they think about such marvelous creation. Invite others into conversation sparked by the beauty of what you see all around you.

As St. Paul tells us in Romans 1:20, "For since the creation of the world God's invisible attributes, His eternal power and divine nature, have been clearly seen by what has been made." King David talks about the sun running through the sky like a champion who runs his course. What always gets me is how "the Lord stretched the sky over the earth and laid the foundations of the deep." These are wonderful points of conversation to meditate on the mind of the Lord and the creative power He displays from day to day. May these talks be an even greater bonding experience culminating in a time of worship in the house of our God. We are blessed to spend time as family, but most especially in God's presence.

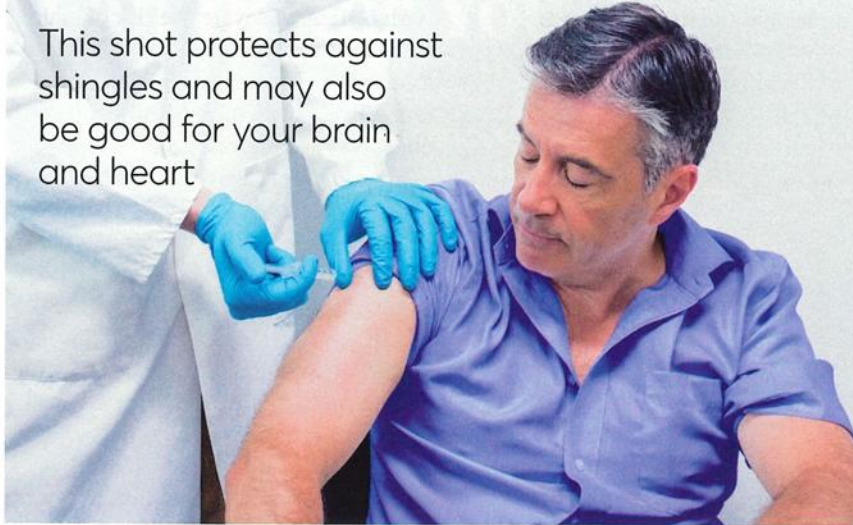
Peace of the Lord,  
Pastor Gadbow



# From the Health Ministry

## The Vaccine Everyone Over 50 Should Get

This shot protects against shingles and may also be good for your brain and heart



**C**HANCES ARE, if you were born before 1980, you had chickenpox at some point. Today, the highly contagious disease is rare in the U.S., owing to the efficacy of the vaccine, but the varicella-zoster virus (which causes chickenpox) can reactivate in the body years later in the form of shingles. An estimated 1 million Americans develop it annually. Older adults and people with weakened immune systems are more susceptible to shingles and complications. Fortunately, the shingles vaccine is highly effective. Here's what to know.

### Why You Don't Want Shingles

Shingles can bring a painful, itchy rash with blisters around one side of the body or face. It can cause nerve pain, fever, headache, and upset stomach. Up to 18 percent of people experience acute nerve pain. "Even once the rash goes away, the pain can persist," says Aarati Didwania, MD, professor of medicine at Northwestern University Feinberg School of Medicine in Chicago. "It can be quite debilitating."

### How the Vaccine Helps

Getting vaccinated is the only way to protect against a shingles infection.

The recommended vaccine, Shingrix, is 97 percent effective at preventing shingles in adults 50 to 69 years old with healthy immune systems. In adults ages 70 and older, the vaccine is shown to be 91 percent effective.

Some research suggests that Shingrix may offer protection for other issues. "If you get really sick from an infection, that can affect not just your immune system but also your cardiovascular health and brain health," says Didwania. "So if there's something that can prevent you from getting that sick, it likely will help in all realms of your overall medical well-being."

In a 2025 study, shingles vaccination in older adults reduced the probability of a dementia diagnosis by 20 percent over a seven-year follow-up period. And a 2025 analysis of 500,000-plus Kaiser Permanente patients found that those over 50 who got Shingrix had a reduced risk of heart attack and stroke by 28 and 43 percent, respectively. The vaccine may reduce inflammation and damage to blood vessels, says a study author.

### When to Have the Shot

The Centers for Disease Control and Prevention recommends two doses of Shingrix (separated by two to six months) for people 50 and older, and those 19 and older with weakened immune systems. If you've had shingles, Shingrix can help prevent future occurrences. You'll also want to get the shot if you've previously received Zostavax (the older, less effective shingles vaccine).



## DOES THE SHINGLES SHOT HURT MORE?

Shingrix, the current shingles vaccine, creates a robust immune system reaction, which in turn helps your body build a strong defense against shingles.

That process can lead to some

discomfort, such as a few days of muscle aches, fever, pain, chills, and fatigue. In fact, 78 percent of people reported experiencing injection site pain after Shingrix, and 17 percent said side effects kept

them from regular activities in the short term.

Getting the vaccine does bring a slightly increased risk of Guillain-Barré syndrome, an autoimmune disease. Symptoms include muscle

weakness and tingling in the feet or hands. If you experience those or any other significant issue, contact your doctor right away. And if you have a severe allergic reaction to the vaccine, call 911.

**From the Health Ministry**

# Cups & Conversation

at

**OSL Church Activity Center**  
(Enter via the North Door)

**Saturday, May 2, 2026**  
**9 – 10:30 a.m.**



**—Speaker—**

**Melissa Wentzel, Program Developer**  
**Minnesota River Area Agency on Aging**

**—Topic—**

**“Dementia Friends”**

Bring your own cup and a friend  
for this very interesting and timely topic.



*Hosted by Our Savior’s Lutheran Health Ministry*

## Upcoming Guild Events

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

- √ Our **May** meeting is scheduled for **May 12, 2026**, beginning with lunch at 11:30 am. Carrie Opheim, Director of the McLeod County Emergency Food Shelf, will be our guest 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, May 14, 2026** 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 meeting on **Monday, May 18, 2026, at 9:00 am** in the Commons to tie quilts. No sewing experience needed. We meet until noon but you can stay for whatever time fits into your schedule. We break about halfway for coffee and treats!
- √ Our June meeting is planned for Tuesday, June 9, 2026 beginning with lunch at 11:30 am in the Commons. Group 2 will be leading the group in the 2026 LWML Prayer Service entitled P.R.A.Y.E.R-Praise, Remember, Ask, Yield, Excitement, Rejoice. Regular business meeting to follow. All ladies of the congregation are invited to attend!
- √ Don't forget the **2026 LWML MN South District 31<sup>st</sup> Biennial Convention** will be held in Mankato on **June 18-20**. The theme of the Convention is "The Peace of Christ" Colossians 3:15-16a. Lisa Kamrath of OSL is the LWML MN South District President and will be leading the meeting. Nona Anderson of Peace Lutheran in Hutchinson is the 2026 Convention Chairman as the Crow River LWML Conference (that is us!) hosts the convention. Online registration (LWML website) is now open and the deadline for registration is May 1, 2026. Check the LWML bulletin board for more information. The convention will be live streamed so that if you cannot attend you can watch from home!
- √ Save the date! Don't forget to mark your calendars for the **Ice Cream Social** scheduled for Thursday, **August 6, 2026** at Our Savior's. A great time for food, fun, and fellowship.

### **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.***

## Highlights of the April 14, 2026 Guild Meeting

The OSL LWML Women's Guild met on Tuesday, April 14<sup>th</sup>, beginning with lunch at 11:30 am provided by Diane Brenhaug-Haffley and Barb Field. Twenty-two people attended including one guest.

- Sharon Haberkamp led the group in an LWML Bible Study "From Empty to Full" that looked at the women who went to the tomb that first Easter morning.
- As our April Mission Project, the Guild will send \$100.00 to Lutheran Hour Ministries.
- For our April Human Care Project \$100.00 will be donated to Common Cup for the Diaper drive being conducted at Our Savior's Lutheran Church in April.
- The LWML McLeod Zone Spring Rally will be held at Good Shepherd Lutheran Church in Glencoe on Saturday, April 25, 2026. Rev Dr. John Reinke will be speaking via Zoom about his Deaf Ministry efforts. A sign-up sheet is on the Guild Bulletin Board. All are invited to attend! For more information check out the posters hanging everywhere!
- The LWML McLeod Zone is searching for a vice-president to serve the Zone for the next two years. Please prayerfully consider serving the Lord in this capacity. See Sharon Haberkamp or Linda Butzin for more information.
- The upcoming MN South District LWML Convention will be held June 18-20 in Mankato. Online registration is now open. More information can be found on the LWML MN South District website and on our Guild bulletin board. Candace Metzger and Karen Gensmer will represent our group as delegates to the Convention. Gwen Dahl will serve as an alternate delegate. The Convention will be live streamed for those unable to attend.
- Cheer Chair Vivian Gonzalez sent 8 cheer cards in March.
- Sharon Haberkamp, Doris Wegner, and Wanda Rannow traveled to the AbleLight Thrift Store to assist with duties on Thursday, April 9, 2026.
- A total of 231 lbs. of food/paper items and \$1,175.00 in cash donations were taken to the McLeod County Emergency Food Shelf after our March food drive at OSL.
- Jeanette Bening reported that the quilters did not meet in March due to the weather. Linda Medhus from Dakota Boys and Girls Ranch stopped to pick up 25 quilts from OSL and 6 from Jeanette Bening for the Ranch on March 24<sup>th</sup>. The quilters are scheduled to meet again on Monday, April 20, 2026, at 9:00 am.
- The Guild served 90 people lunch for the Matthew Ostlund funeral on March 28, 2026, and 120 people for the David Schwarzrock funeral on Monday, March 30, 2026.
- The Guild will be utilizing a new magnetic bulletin board hung near the Activity Center.
- A spring craft idea from Candace Metzger involving the construction of your own wax bowl covers was presented to the group.
- Our next regular Guild meeting will be on **Tuesday, May 12, 2026** beginning with lunch at 11:30 am. Carrie Opheim, Director of the McLeod County Emergency Food Shelf will be our guest speaker. Regular business meeting to follow. **All ladies of the congregation are invited to join!**

# News from the Early Learning Center

As we wrap up another wonderful school year, May brings both celebration and reflection. Watching our children learn and grow is one of the greatest joys of our work, even as we prepare to say goodbye to some familiar faces.

We are excited to celebrate **Preschool Graduation** for our children who will be heading into kindergarten in the fall of 2026. It is always a joy to see how much they have grown, and while it is bittersweet to watch them move on, we are thankful that many will still join us during school breaks. We cherish the memories made and look forward to seeing all they will accomplish.

Our **summer enrollment is now complete**, and we're looking forward to an exciting season ahead! This summer, our group of 32 children will be divided into **three smaller groups**, allowing us to provide more age-appropriate activities, increased flexibility, and richer learning experiences.

New this year, we are inviting community members to visit and share a hobby or special talent with the children. We are also planning more community exploration opportunities to help broaden the children's experiences and spark curiosity.

**Childcare Provider Appreciation Day** will be celebrated on **May 8th**. We are so grateful for our caring, dedicated team and look forward to honoring them with some extra special treats and recognition. Their compassion, patience, and commitment make a difference every single day.

We are delighted to invite our moms and mother figures to **Muffins with Moms on May 8th** during morning drop-off. This special time allows us to celebrate the important role mothers play in their children's lives. God has blessed mothers—and all who work closely with children—with hearts full of compassion and patience, and we are thankful for His thoughtful design and care.

## Closing Blessing

As we head into the final weeks of the school year, we are grateful for the joy, growth, and community we share together. Thank you for entrusting us with your children; it is a gift we do not take lightly.

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!*

**Name of Group:** OSL In the News Bulletin Board

**Contact Person:** Sharon Haberkamp/Joan Ewald

**Time Commitment:** 30-60 minutes once a week

**Description of group's work:**

- Read the local newspaper look for names of congregation members
- Cut out the article, highlight the name and put it on the bulletin board near the Guest Office

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**Name of Group:** New Members Welcoming Group

**Contact Person:** Barb Pischke

**Time Commitment:** Time commitment various with activity

**Description of group's work:**

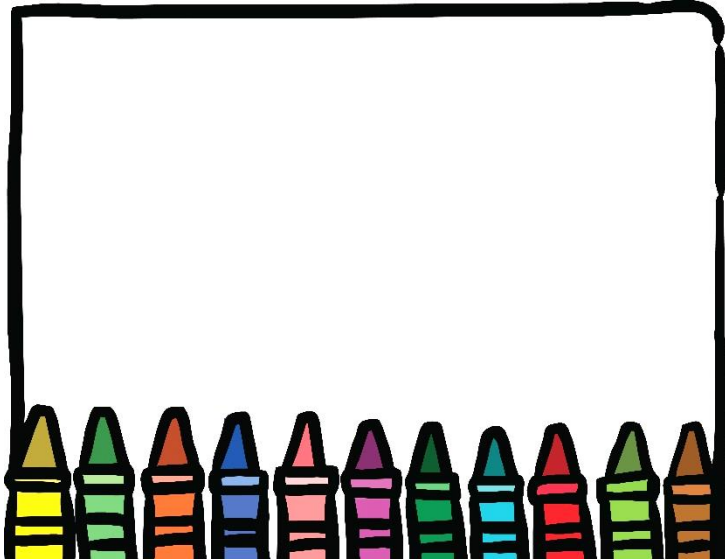
- Welcome new members
- Answer questions
- Provide them with a Welcome Packet
- Take New Member Photos

# This and That

## Monthly Sunday Door Offering Designations

- 1<sup>st</sup> Sunday **Habitat for Humanity**
- 2<sup>nd</sup> Sunday **Common Cup**
- 3<sup>rd</sup> Sunday **Lutherans For Life**
- 4<sup>th</sup> Sunday **Seminarian**
- 5<sup>th</sup> Sunday **"5<sup>th</sup> Sunday Giving"**  
**(Red Stocking)**

The current designation is listed in the bulletin each Sunday in the weekly calendar in case you forget.



## Ice Cream Social

Mark your calendars for August 6<sup>th</sup>! The Guild will be hosting their biennial ice cream social; always a favorite summer event. Details will be in the July Crosstalk.

## FRIENDSHIP CLUB

The next social event of this group is scheduled for **Friday, May 1st** 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)*

## Spring Cleaning

We need your help to clean the sanctuary and spruce up the grounds after the long winter. May 14<sup>th</sup> – May 16<sup>th</sup> have been designated as "Clean Sweep" days. There will be a list of tasks that need to be accomplished including dusting, washing windows and picking up sticks. All supplies will be furnished. Please come as you are able on any of the three days. The more, the merrier!



# In Honor of Mom

## “Rock Me to Sleep” by Elizabeth Akers Allen

Over my heart, in the days that are flown,  
No love like mother-love ever has shone;  
No other worship abides and endures,—  
Faithful, unselfish, and patient like yours:  
None like a mother can charm away pain  
From the sick soul and the world-weary brain.  
Slumber’s soft calms o’er my heavy lids creep;—  
Rock me to sleep, mother, — rock me to sleep!

Backward, flow backward, O tide of the years!  
I am so weary of toil and of tears,—  
Toil without recompense, tears all in vain,—  
Take them, and give me my childhood again!  
I have grown weary of dust and decay,—  
Weary of flinging my soul-wealth away;  
Weary of sowing for others to reap;—  
Rock me to sleep, mother — rock me to sleep!

Tired of the hollow, the base, the untrue,  
Mother, O mother, my heart calls for you!  
Many a summer the grass has grown green,  
Blossomed and faded, our faces between:  
Yet, with strong yearning and passionate pain,  
Long I tonight for your presence again.  
Come from the silence so long and so deep;—  
Rock me to sleep, mother, — rock me to sleep!



# Five Finger Prayer

The **FIVE FINGER PRAYER** is a method of prayer that uses each finger on your hand to represent a group of people to pray for:

**Thumb:** Those closest to you, like family and friends

**Index finger:** Those who teach, heal, or instruct you, like teachers, doctors, and priests

**Middle finger:** Those in authority, like leaders in government, business, and industry

**Ring finger:** Those who are weak, sick, or in need, like the poor, handicapped, and homeless

**Pinky:** Yourself

The **FIVE FINGER PRAYER** can be a way to help you remember to pray for others and for yourself. It can also help you put your own needs in perspective after praying for others.



# Celebrating this Month



5/4	Gaylen & Bonnie Timm	41 Years
5/7	Jerome & Denise Stoll	21 Years
5/12	Keith & Lisa Kamrath	42 Years
5/15	Mark & Iolonda Bening	28 Years
5/16	Michael & Shawn Smithers	39 Years
5/20	Troy & Nicole Mrkvicka	9 Years
5/23	Mike & Carrie Schumann	28 Years
5/26	Mike & Candace Metzger	36 Years
5/30	Harold & Beverly Hanson	67 Years
5/31	Phil & Sue Forcier	52 Years

5/3	Jason Coyle
5/3	Barb Field
5/4	Arnie Alsleben
5/5	Paula Coyle
5/5	Dan Gensmer
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
5/13	Nicole Mrkvicka
5/15	Patricia Otto
5/18	Jeanette Bening
5/22	Jordan Dahl
5/23	Gwen Dahl
5/25	Jennifer Primus
5/26	Ryan Ortloff
5/26	Kaylee Rannow
5/26	Gaylen Timm
5/27	Dale Harbarth
5/30	Deb Jorgensen

# Our Savior's Lutheran Church & ELC

800 Bluff Street, Hutchinson, MN 55350

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

## Ministry Staff

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

## 2026 Church Officers

Chairman	Marshall Kranz
Vice Chairman	Kevin Mathews
Secretary	Wanda Rannow
Treasurer	Dale Ortloff

## Elders

Mark Bening, Chairman  
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 Holtberg .....Early 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  
Alysha Hatton ..... Childcare Team  
Miranda Heine ..... Childcare Team  
Katarina Larson-Schmidt..... Childcare Team  
Shelby Norgaard ..... Childcare Team  
Kadi Powell..... Childcare Team  
Paige Slinden ..... Childcare Team  
Jovilynn Stoll ..... Childcare Team  
Ana Sullivan..... Childcare Team  
Kathryn Vesely ..... Childcare Team  
Courtney Williams..... Childcare Team

## Early Learning Center Committee

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

