



# June 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 summer month! June is the time of year where a smile appears on everybody's lips. Either the kids are excited because school is out and they are free from the classroom, or parents are excited because it's finally going to be warm! I think I'm most excited to be discovering a new lake and enjoying God's creation. How about you? How warm does the water have to be before you put your foot in the water? As a competitive swimmer for over ten years, I know the pool water is usually 72-74 degrees. That sounds great for a room temperature, but when the air is 80+ degrees, the water feels plenty cold! Don't worry. I'll see you at the outdoor Hutch pool this summer, putting in some lap time.

Speaking of the great outdoors, June also reminds me of the beauty we can see in the heavens. Every once in a while, the sky is clear above the city lights to see some stars, but it seems like the Milky Way is more visible in the summer months. Of course, that's when you can comfortably stand out in the park, at least until the mosquitoes find you! And I'm reminded of the fourth day of creation when God said, "Let there be lights in the expanse of the heavens to separate the day from the night. And let them be for signs and for seasons, and for days and years, and let them be lights in the expanse of the heavens to give light upon the earth." And it was so. And God made the two great lights—the greater light to rule the day and the lesser light to rule the night—and the stars.

Truly God's creation is a beauty to behold, both the stars above and the people He has placed on the Earth. I am thankful for all the people God has brought into my life to share life together. I'm thankful for the community of Hutchinson, taking time every day to serve one another in southern Minnesota. And I'm thankful for all the people at Our Savior's in which we can grow in our faith together. You are beautifully and wonderfully made! Each and every one of us is important to God and important to the work of the Church. We need you more than you can even realize. Your presence, your words, your smile help the congregation feel like family. We're glad to see you and thankful that the Lord has added you to our number. May the Lord Jesus continue to perform His good work in us so that the gospel and love of God may be shared!

Peace of the Lord,  
Pastor Gadbow



# From the Health Ministry

## Why are My Teeth Sensitive and What Can I Do About It?

By HealthPartners

Maybe it's an unpleasant sip of coffee or bite of ice cream. Or maybe you've come to realize that brushing your teeth has gradually become less comfortable than it used to be.

Whatever the case may be, if you're noticing discomfort or other new sensations when certain things come in contact with your teeth, it may be a sign of tooth sensitivity. Keep reading to learn what tooth sensitivity is, what causes it, what steps you can take and more.

### What is tooth sensitivity (or dentin hypersensitivity)?

Tooth sensitivity happens when a tooth begins to lose its outer, protective surface. Healthy teeth have a protective layer of enamel on their surface above the gum line, and a protective layer of cementum below the gum line. Below both enamel and cementum is a layer of dentin. Dentin is a softer, more porous material that surrounds the sensitive nerves inside your teeth. When enamel or cementum gets worn away, it allows temperature, food, and drink to reach the nerves inside the tooth through the soft layer of dentin. Because of this, tooth sensitivity is sometimes clinically referred to as dentin hypersensitivity.

### What does tooth sensitivity feel like?

Tooth sensitivity varies from person to person. Some people only feel it in small amounts, but it's commonly described as a sudden, strong pain in response to certain triggers:

- **Physical Triggers** – If there's enough dentin exposure or you brush especially hard, brushing your teeth may be uncomfortable.
- **Temperature Triggers** – Tooth sensitivity to temperature can be normal. It's a protective measure for our teeth. However, when dentin is exposed, discomfort can be caused by less extreme temperatures, such as breathing cool air through your mouth.
- **Chemical Triggers** – Teeth can be sensitive to sugar and acid or become sensitive after using teeth-whitening products such as whitening toothpastes, strips or gel trays.

### How to fix sensitive teeth

Tooth sensitivity doesn't always go away on its own, but there are effective treatments available. Here's how to improve teeth sensitivity through daily habits and specialized care.

#### 1. **Brush your teeth properly with toothpaste for sensitive teeth.**

Proper teeth brushing is important. It doesn't take that much pressure to remove plaque, but brushing too hard can actually remove enamel.

So it's important to not brush too aggressively. Some dentists even recommend holding your toothbrush with only two fingers. Use a soft-bristled toothbrush, brush gently in small circles and avoid brushing directly side to side.



# From the Health Ministry

What's in your toothpaste also matters. Regular use of fluoride – either in toothpaste or other dental hygiene products – helps keep existing enamel strong and helps rebuild weakened enamel. You can also buy toothpaste that's specially made for people with sensitive teeth. These toothpastes often include fluoride, as well as ingredients that lessen sensitivity when used regularly.

## 2. Adjust your diet.

Reducing the amount of acid in your diet (such as from energy drinks, citrus, wine, vinegar and carbonated drinks) can reduce the wear on your enamel and lessen discomfort. You don't have to eliminate acid entirely; the goal is just to minimize the amount of time that acid is in contact with your teeth.

It can help to drink acidic beverages with a straw, and to rinse your mouth out with water after consuming anything acidic. Avoid brushing your teeth immediately after consuming acidic food or drink, as enamel is more vulnerable right after exposure to acid.

## 3. See a dentist.

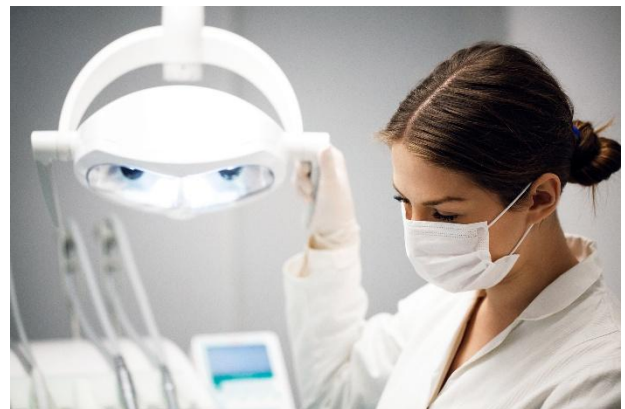
Pain or sensitivity in your mouth is always a reason to see a dentist. They can give you recommendations for managing your sensitivity, but more importantly, they can identify and treat any underlying factors that are contributing to it, such as tooth decay or gum disease. In some cases, if other remedies for tooth sensitivity are effective, a dentist may recommend treatments like:

- **Fluoride gel, rinses or varnishes** – More concentrated forms of fluoride can be repeatedly applied to teeth to strengthen enamel and dentin.
- **Bonding** – A bonding resin or other substance can be used to cover sensitive areas on teeth and protect against sensitivity.
- **Gum graft** – When tooth sensitivity is related to lost gum tissue, small amounts of tissue can be taken from other parts of the mouth and used to cover exposed roots.

## Take steps to improve teeth sensitivity

With overly sensitive teeth, even the idea of brushing and flossing can be discouraging. But in addition to the recommendations above, it's equally important that you stay on top of all your usual dental care – brushing your teeth twice a day, flossing daily, and regular dental appointments. These practices are the foundation of your oral health and help minimize or prevent conditions that can contribute to sensitivity and other issues.

Whether you're experiencing sensitivity or are due for a checkup, making an appointment is your next step.



## Upcoming Guild Events

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

- √ Our **June** meeting is scheduled for **Tuesday, June 9, 2026 beginning** with lunch at 11:30 a.m. Group 2 will be leading attendees in the 2026 LWML Prayer Service entitled P.R.A.Y.E.R-**P**raise, **R**emember, **A**sk, **Y**ield, **E**xcitement, **R**ejoice. Jeanette Bening will also have a book review for us. 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, June 11, 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 taking the summer months of June, July and August off! See you on September 21, 2026, at 9:00 a.m. in the Commons to resume quilt production for Orphan Grain Train and Dakota Boys and Girls Ranch.
- √ 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 is open until June 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!
- √ The Guild Executive Board will be serving breakfast at 9:00 a.m. for our July Guild meeting on Tuesday, July 14, 2026 in the Commons. Jenny Tillman, Hutchinson Hospital Education Coordinator and Auxiliary Liaison will be speaking. Regular business meeting to follow. **All ladies of the congregation are invited to attend!**
- √ Save the date! Come for a delicious supper at 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 May 12, 2026 Guild Meeting

The OSL LWML Women's Guild met on Tuesday, May 12<sup>th</sup> beginning with lunch at 11:30 a.m. provided by Joyce Crusier and Jackie Morris. Twenty-six attended including five guests.

- Carrie Opheim, Director of the McLeod County Emergency Food Shelf, gave a very interesting presentation to the group regarding the operation of the local food shelf.
- As our May Mission Project, the Guild will send \$100.00 to Pastor John Reinke for his Deaf Ministry work and \$150.00 to Dr. Jim Seemann for the New Freedom Store and his work with the homeless and those just released from prison. This money will be sent in the form of a Visa Gift card to the LWML District Convention as a donation for the Gifts from the Heart collection for Dr. Seemann.
- Next month we will be collecting donations for the 4 offerings to be collected at the District Convention. They are the following: Dakota Boys and Girls Ranch, Lutherans for Life, Orphan Grain Train, and Mission Grants.
- The upcoming MN South District LWML Convention will be held June 18-20 in Mankato. Online registration is open until June 1, 2026. 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.
- Cheer Chair Vivian Gonzalez sent 5 cheer cards in April.
- Sharon Haberkamp will be traveling to the AbleLight Thrift Store on May 14, 2026.
- A total of 12 lbs. of food was taken to the McLeod County Food Shelf in April.
- Fifteen quilts were tied in April by the quilters for Orphan Grain Train and Dakota Boys and Girls Ranch.
- Sixteen people from Our Savior's Lutheran Church attended the LWML McLeod Zone Rally held at Good Shepherd Lutheran Church on Saturday, April 25, 2026. Rev. Dr. John Reinke was the keynote speaker via Zoom sharing about his Deaf Outreach Ministry.
- Crosses have been purchased to present to the two OSL 2026 High School Graduates.
- The Guild voted to continue using the current heavyweight paper plates for funerals.
- New funeral guidelines are being considered.
- Our next regular Guild meeting will be on **Tuesday, June 9, 2026** beginning with lunch at 11:30 a.m. Group 2 will be leading us in the LWML 2026 Prayer Service entitled **PRAYER-Praise, Remember, Ask, Yield, Excitement, and Rejoice**. Jeanette Bening will present a book review with regular business meeting to follow. **All ladies of the congregation are invited to join!**

### Interesting Fact

The LWML Minnesota South District is composed of 8 conferences, 20 zones, 153 active groups, and an estimated membership of 2,401. Our mite goal for the 2024 – 2026 biennium was \$270,000, used to share the Gospel message around the globe and that goal was met with an approximate overage of \$7,200 to be applied to the next biennium mite goal. Praise God!

# LWML 31st Biennial Minnesota South District Convention

## The Peace of Christ



June 18 - June 20, 2026

Mayo Clinic Health  
System Event Center  
Mankato, MN

*And let the peace of Christ rule in your hearts,  
to which indeed you were called in one body.*

*And be thankful.*

*Let the word of Christ dwell in you richly  
(Colossians 3:15-16a).*

If you're interested in what  
Lutheran Women in Mission do -  
COME JOIN US!

Thursday, June 18<sup>th</sup>: 4 p.m. - Registration & Fellowship

Friday, June 19<sup>th</sup>: 8 a.m. - Convention Begins

Saturday, June 20<sup>th</sup>: 8:15 a.m. - Noon - Convention

Additional details available at:  
[www.mnslwml.org/  
2026\\_district\\_convention](http://www.mnslwml.org/2026_district_convention)



# News from the Early Learning Center

We are excited to launch our **Tropical Trek VBS** program this month, featuring music, snacks, art projects, Bible stories, and memory verses.

Our school-age program will welcome 32 children each day, along with an additional 2–4 drop-in attendees on some days. We look forward to providing a meaningful experience filled with faith-based learning and fun. Our staff has been working diligently to plan daily activities and field trips. We are also seeking individuals who would be interested in visiting to share their talents or skills with the children.

We have already been enjoying more time outdoors in our “backyard” learning space. The children have discovered frogs, baby bunnies, and many birds. Staff have also been bringing indoor learning activities outside to create a fresh and engaging environment. Recent activities have included painting, water play, magnetic blocks on the shed door, as well as favorites such as bubbles, chalk, and riding toys.

To celebrate Mother’s Day, we hosted **Muffins for Mom** during morning drop-off, with each mother receiving a muffin and a special poem. For Father’s Day, we will be offering **Donuts for Dad** in a similar way.

Thank you for your generous donations, which help cover the cost of VBS, strengthen relationships with families, and purchase items from the teachers’ wish lists.

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 Quilters

**Contact Person:** Eldonna Rettman & Jeanette Bening

**Time Commitment:** 3<sup>rd</sup> Monday each month, 9am- noon - 3 hours. We do not meet summer months

**Description of group's work:**

- Make quilts, most are 60x80 inches. All fabrics & yarn are donated
- Sew tops (done by individuals at their homes)
- Layer tops with batting/blankets and backs
- Tie layers together with yard
- Hem quilts (currently done by Nancy Hecksel-hems all of them)
- Donate to: Orphan Grain Train, Dakota Boys & Girls Ranch
- Also, to other groups as needs arise

\*\*\*\*\*

**Name of Group:** OSL Sunday Morning Coffee

**Contact Person:** Marshall & Shelly Kranz

**Time Commitment:** 2 hours on Sunday morning after the Church, there is a signup sheet right now people are serving about once a month

**Description of group's work:**

- Setup and serve coffee & treats, after the Church service on Sunday morning
- Cleanup kitchen and fellowship area and coffee hour

# 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](http://LSMacademy.org/calendar).

## 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.

## FRIENDSHIP CLUB

The next social event of this group is scheduled for **Friday, June 5<sup>th</sup>** 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)*

## Attention Quilters

The quilting group will be taking a break over the summer months. Quilting will resume on Monday, September 21<sup>st</sup> at 9:00 a.m.

## 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.

# Ascension Day

by Rev. Dr. Aric Fenske, Lutherans for Life

“I believe in Jesus Christ, His only Son, our Lord who was ... The third day He rose again and ascended into heaven and sits at the right hand of God the Father almighty.”

We confess it each and every week. Christ has ascended in both body and soul into heaven. But what exactly does it mean?

It means that Jesus is up there somewhere, and we're down here, right? Isn't that what we all think? Actually, that's not what it means at all! Jesus didn't leave us when He ascended into heaven. In fact, it's the exact opposite. Jesus ascended into heaven so that He could be closer to us.

Scriptures teach that when Jesus came to earth and took on human flesh, He laid aside all His power and glory. In his letter to the Philippians, St. Paul says this: **“Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but made himself nothing, taking the form of a servant, being born in the likeness of men”** (2:6-7). In other words, even though Jesus was always fully God, for a time He chose to not always use His divine powers; He didn't always look or act like God. In technical terms, we call this the “humiliation of Jesus.”

Practically speaking, it means that the God who created time and space and the laws of nature became subject to His own creation. God—who is omnipotent and omnipresent—limited Himself to be only in one place at a time. He walked from place to place, He ate, He slept, etc. Jesus limited Himself so that He wasn't with His disciples in Galilee and also with Mary and Martha as their brother Lazarus died in Bethany at the same time. He didn't feed a crowd of thousands on one side of the Sea of Galilee and at the same time heal a blind man on the other side. And I think it's safe to assume that had Jesus stayed on earth in the form of a servant, the same would still be true. He couldn't be with us here tonight and with the Christians on the other side of the world at the same time.

That's why Christ ascended into heaven, so that, like Paul said, He may be the one who fills all in all. If Christ laid aside His glory and power at His birth, He took it all back at His ascension. Think of the ascension as Christ's coronation day. That's why we sing “Crown Him with Many Crowns.”

This is the day God the Father once again places power and authority over all things in the hands of Christ. Paul, in Ephesians 1:20b-22, said that the Father **“... seated him at his right hand in the heavenly places, far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come. And he put all things under his feet and gave him as head over all things to the church.”**

That, by the way, is what we mean when we confess that Jesus is at the right hand of God. The right hand of the Father is not a physical place; it's a position of honor and power and authority. Think of Joseph being raised to rule over Egypt as Pharaoh's right-hand man.

And that last phrase from Paul is important! God gave His Son as head to the Church. Christ is a gift to us. This Christ who is seated above all things and who now fills all in all is the Father's gift to us. This Christ who defeated Satan and who destroyed death and forgives all sins has been given to us. And now He's not bound by the form of a servant. Now Christ is no longer bound by the laws of nature, which means that Christ can and will be present when and where and how He pleases.

That's good news for us because Jesus promises to be with us **“always, even to the end of the age”** (Matthew 28:20). The ascension of Christ means that Jesus really is here in body and soul—His glorified and risen body—speaking to us and preaching to us through His Holy Word. It means that Jesus really is here in this font to make children for God by covering us with His own perfect righteousness. It means that Jesus is truly here with His actual, physical body and blood to feed and nourish us as we walk through the wilderness of this life. When we pray, we can be certain that Christ is with us. When we hear the pastor say that we are forgiven from all of our sins, Christ is there pouring out forgiveness from His pierced hands and side.

Three times during the Divine Service, the pastor turns to the people and says, “The Lord be with you.” Do you ever wonder why? Did you ever think about what's happening when the pastor says that? Three times: after confession and absolution, after the Scripture readings and sermon, and again after the Lord's Supper. The pastor doesn't say that because he's asking the Lord to be with you. No, he's telling you, the Lord is with you. Christ is here. He's the one absolving your sins. He's the one speaking His Word to you. He's the one feeding you the Supper. Christ is truly with you. And He's with all of His children.

On the night before He died, Jesus told His apostles, the same ones who were later caught staring up into heaven, **“I will not leave you as orphans; I will come to you. Yet a little while and the world will see me no more, but you will see me”** (John 14:18-19). And they would go on to preach and teach that they did see Him—in the same places that we see Him. We see Christ here—at the pulpit, and at the font, and at the altar.

We don't need to stand around with our mouth open, staring into heaven, waiting to see Jesus. The time will come when Jesus will descend again on the clouds in the same way that He went up, and then we can joyously look to the heavens. But for now, we shouldn't imagine that we are down here alone, while Christ is up there sitting in the clouds somewhere. No, because of the ascension, He is right here with us.

Praised be the Risen and Ascended Lord.

# Celebrating this Month



6/2	Daniel & Elizabeth Gadbow	25 Years
6/2	Glen & Deb Jorgensen	42 Years
6/4	Nigel & Michelle Paulson	21 Years
6/8	Paul & Janet Mraz	30 Years
6/12	Wally & LeVonne Erickson	61 Years
6/16	Ryan & Carrie Farley	8 Years
6/20	Allan & Kelly Haley	6 Years
6/22	Fred & Dianne Haffley	7 Years
6/28	Tom & Gwen Dahl	46 Years
6/28	Dan & Karen Gensmer	51 Years
6/28	Virgil & Marlys Kurtzweg	67 Years

6/4	Linda Butzin
6/5	Jake Schumann
6/7	Anita Crosby
6/8	Laurie Hulkonen
6/8	Roxanne Siedschlag
6/9	Laura Barchenger
6/11	Gail Gillard
6/13	Ronald Schwarz
6/14	Norah Farley
6/14	Keith Kamrath
6/15	Anna Farley
6/16	Ronald Field
6/16	Lisa Kamrath
6/16	Lillian Primus
6/17	Harold Hanson
6/17	El Donna Harbarth
6/23	Mark Bening
6/24	Abby Esser
6/24	Zach Filk
6/25	Mavis Abraham
6/27	Sophie Mrkvicka
6/30	Lynn Lauer

# Our Savior's Lutheran Church & ELC

800 Bluff Street, Hutchinson, MN 55350

320-587-3318

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

