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Worship Schedule

Sunday Worship

8:00 a.m. Classic

9:15 a.m. Blended

10:30 a.m. "The Crossing"

Communion

1st Sunday: All services

3rd & 5th Sundays:

8:00 & 9:15 a.m. services

Grounded in Faith

Gathered in Love

and Sent with

a Purpose

So that others

may gain

the Kingdom

Winter Driving Skills Needed

First Word

Karen Gieseke

God's creation, especially the weather, is filled with change, and gives us much to talk about. Think how frequently you've talked with someone about the weather the past several months! As I look out my window, the snow and wind is swirling outside - changing the landscape - yet again!

And soon we will watch the snow melt, the first green blades of grass will poke through, and a new growth of seedlings will begin to emerge, changing the landscape - again!

For some, the brilliant white snow signals new opportunities to engage in both old and new activities and potentially create some new challenges. For others, there is already a longing for the hum of the lawn mower, contemplation of a new bike path or dreams of the mesmerizing sound of water along the shore. All these activities require us to transition from one stage to another, from one activity to another, from one experience to another.

God is wise. God created transitions to help mark the passage of time, to help measure where we've been and where we might go. In God's own act of creation in Genesis, God paused between each new addition, looked, reflected, and "God saw that it was good".

God was, and is, intentional about transition. It allows change, reflection, honor and enjoyment.

But we also know transition may cause anxiousness. Think of the anxious feeling when we drive in the first snow of the season. Will we and other drivers remember to slow down, look around, and be aware of others? Or will we rely on the memory of yesterday's road conditions?

While driving a car in the snow is an individual activity, it is also part of a larger community,

namely all the other drivers on the road. So too, are the changes and transitions felt in a family, a workplace or a church. Change is not experienced alone, and it does include transition.

As someone called in ministry to walk alongside families and congregations who are in transition, I am blessed to watch people as they learn and grow and ready themselves for the NEW. Embracing the next season challenges each of us in a different way, but it's reassuring to see God's intentionality of creating change and transition right from the very beginning.

The community of Our Savior's has been in a time of transition, most recently in the area of Children and Family Ministry. This is a journey the community has traveled together. As listening and discernment continue as part of the transition towards a new season for Children and Family Ministry, as a community you can be reassured that God is growing you, challenging you and preparing you.

Our Savior's is proceeding with outlining the vision for Children & Family Ministry, which will guide the responsibilities and ministry qualities sought in a new direc-

tor. This is a healthy and productive process, and contributes to the call process. Your continued prayers are a gift as God prepares the hearts of this community.

Rest assured in God's wisdom and words in Jeremiah 29: 11,

"For I know the plans I have for you, declares the Lord, plans to prosper you and not harm you, plans to give you hope and a future."

- Karen Gieseke
Interim Director
Children & Family Ministry

God created transitions to help mark the passage of time, to help measure where we've been and where we might go.

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Vicki Batroot
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Chris Peterson
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Rick Peterson
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Our Savior's Lutheran Church
 Member ELCA Congregation
 St. Paul Area Synod
www.spas-elca.org



Evangelical Lutheran Church in America
 God's work. Our hands.

Financial Box Score

Dec. Budget Giving	\$ 116,794
Dec. Budget Expense	\$ <u>-92,995</u>
Dec. Budget Total	\$ 23,799
Dec. Building Contributions	\$ 9,347
Dec. Mortgage Expenses	\$ <u>-10,932</u>
Dec. Building Net	\$ -1585
Dec. Mortgage Amount	\$ 10,932
Current Mortgage Amount (as of Dec. 31, 2010)	\$1,150,601
YTD Giving	\$ 815,382
YTD Expenses	\$ <u>-785,592</u>
YTD Total	\$ 29,790
YTD Building Contributions	\$ 129,665



2010 Giving Tree Thank You Notes!

"Many, Many, Many thanks to you and the church. I don't even know where to start with how grateful I am. The Christmas gifts were unbelievable, I just cried I was so happy. The boys and I love everything, it was just perfect."

"It's been a rough year, and you brought joy and spirits to me and my family. Thank you so much for your kindness."

"We want to thank you for your generous gift to us. It has been such a blessing in our time of need. It has been amazing to see how the Lord provides when we need it most."

Dear Friends at Our Saviors,

We at **YoungLives** would like to thank you for your generous donations towards the Giving Tree for our YoungLives teen moms and their children.

The gift cards given provided the moms with the help they needed to buy Christmas presents for their children.

The moms in our program have also been blessed by the fellowship of the congregation at the 10:30 service, and by the meals provided, by members of the congregation, for our YoungLives program.

Thank you for ministering to these young women and their children. They truly see God's love through you.

— Darla Goble and the YoungLives Group





February Worship & Music

Sunday, February 6th, 2011

Fifth Sunday After the Epiphany ***"Celebrating Summer in February"***

Pastor Steve Molin, preaching

- 8:00 a.m. Holy Communion
 9:15 a.m. Holy Communion, "Now the Feast and Celebration"
Special music at 9:15: Joyful Noise Choir
 10:30 a.m. "The Crossing," Contemporary worship with Communion, music by Praise Band and singers
Special music at 10:30: Cherub Choir

Sunday, February 13th, 2011

Sixth Sunday After the Epiphany

Pastor Linda VanEaton, preaching

- 8:00 a.m. Worship
 9:15 a.m. Worship
Special music at 8 and 9:15: Kingdom Choir
 10:30 a.m. "The Crossing," Contemporary worship with music by Praise Band and singers

Sunday, February 20th, 2011

Seventh Sunday After the Epiphany

Pastor Steve Molin, preaching

- 8:00 a.m. Holy Communion
 9:15 a.m. Holy Communion, "Now the Feast and Celebration"
Special music at 8 and 9:15: Kingdom Choir
 10:30 a.m. "The Crossing," Contemporary Worship with music by Praise Band and singers

Sunday, February 27th, 2011

Eighth Sunday After the Epiphany

Pastor Linda VanEaton, preaching

- 8:00 a.m. Worship
 9:15 a.m. Worship
Special music at 8 and 9:15: JuBellate
 10:30 a.m. "The Crossing," Contemporary Worship with music by Praise Band and singers

Holy Communion Schedule for February

8:00 and 9:15: Feb. 6th, 20th
10:30: Feb. 6th



Stillwater Cares for Kids!

"Train children in the right way, and when old, they will not stray." —Proverbs 22:6

A new opportunity for us to reach out to our community!



Stillwater Cares for Kids is a tutoring relationship already successfully implemented with First Presbyterian and Oak Park Elementary. Our Savior's is being asked to consider a partnership with our neighborhood school—Lily Lake Elementary.

They are ready! Are we ready to take the challenge?

Here are the nuts and bolts (no experience is necessary)!

- Tutoring takes place on Wednesday mornings from 10:00 to 11:30 am. At Oak Park Elementary, 27 tutors assist 80+ students each week!
- Tutors work with students, selected by teachers, in reading, math and writing.
- Tutors work with students one-to-one for 30 minutes once a week.
- Tutors receive training throughout the year, from the district staff, to effectively work with students and understand current methods.
- The tutoring program provides intellectual stimulation to the volunteers through lively discussions, educational articles, and tutor mentoring.
- It's not all work and no play...the tutoring program seeks to develop a sense of community among the volunteers by eating lunch together (with tutors from schools) each week after tutoring; this lunch also provides the opportunity for discussion and once a month a speaker is brought in.

All training is provided — no experience is necessary; just a love for kids and their well-being for the sake of the world. We hope to begin our relationship with Lily Lake on **February 2nd, 2011**. If you would like more information, contact Pastor Linda.



Be a Part of History!

Share in the excitement as Our Savior's joins up with Valley Outreach and others in the St. Croix Valley to break the **Guinness Book of World**

Records for the Largest Community Food Drive. Throughout the month of March, in conjunction with Food Drive Month, we will be exploring hunger in a variety of ways.

Watch for details coming soon!

P.E.P.

(People Enjoying People 55+)



Bethlehem-in-the-Midway at 9:15 am on Monday, February 7th: Help prepare, serve and clean-up for a meal. Five people needed. Sign-up sheet posted on bulletin board. Meet at the church to carpool.

Upcoming dates to add to your calendar: March 7th, April 4th, May 2nd.

P.E.P. Small Group at 9:30 a.m. on Saturday, February 19th: Small group will be meeting at Gorman's in Lake Elmo. New members are always welcome.



Women @ the EDGE

Are you a woman in need of some ME time?
Are you on the EDGE—whatever that might mean?

Join us once a month for a time of learning, sharing and breathing. This year we will be using Colleen Baldrica's book, "The Tree Spirited Woman" as our guide. You do not need to read the book to be part of our discussion. We meet once a month on **Mondays at 8:00 p.m. at Perkins** on Hwy 36. Join us any time!

Upcoming dates/topic:

Jan. 31st: Menopause and Age (New date for *February* meeting)

Mar. 7th: Death

Questions? Contact Pastor Linda: linda@oslcstillwater.org

DivorceCare & Recovery

Growing through Divorce



Divorce is a painful experience. Are you hurting from a recent divorce or separation? Have you remained injured from a divorce? DivorceCare & Recovery offers help through group learning and support. Group will meet on **Monday nights 8-9:30 pm**. Cost is \$10 per person to cover the DivorceCare book. You need not come to all the sessions and friends are welcome to attend.

Contact Pastor Linda: linda@oslcstillwater.org.

Upcoming dates and topics:

- February 7:** Facing My Loneliness
- February 14:** What does the owner's manual say?
- February 21:** New Relationships
- February 28:** Financial Survival

Women's Groups

Deborah/Naomi Circle

Next Mtg: Thurs., Feb. 10th, 7:00 p.m. at Jean Schad's
Contact: Donna Peterson (439-5903)

Lydia Circle

Next Mtg: Thursday, Feb. 3rd, 7:00 p.m.
Contact: Paula Barber (651-351-1907)

Hannah Circle

Next Mtg: Tuesday, Feb. 8th, 9:30 a.m. at Doris Freeman's
Contact: Becky Maier (439-4459)

Ruth Circle

Next Mtg: Thursday, Feb. 10th, 9:30 a.m. at Maxine Enfield's
Contacts: Barb Loudon (644-7240)

Sarah Circle

Next Mtg: Thursday, Feb. 10th, 1:00 p.m. at OSLC
Contact: Donna Carlson (351-5052)

Morning Quilters

Next Mtg: Thursdays, Feb. 3rd, 10th, 17th, 24th at 9:00 a.m.
Contact: Audrey Reed (430-2744)

Mission Quilters

Next Mtg: Thursday, Feb. 17th at 9:00 a.m.
Contact: Audrey Reed (430-2744)

Piecemakers (Evening Quilters)

Next Mtg: Wednesdays at 7:00 (schedule is flexible)
Contact: Valerie Kubal (998-3973)

Card Recyclers

Next Mtg: Tuesday, Feb. 22nd, at 9:00 a.m.
Contact: Doris Freeman (439-7876)

Prayer Shawl Knitters

Next Mtg: Tuesday, Feb. 15th at 6:30 p.m.
Contacts: Sherry Yahner (430-9863) & Kitty Roettger (777-4192)

Men's Groups

Men's Bible Study

Next Mtg: Thursdays at 6:00 a.m. at Our Savior's
Contact: John Rock (747-0311)

Friday Guys

Next Mtg: Fridays 6:30 a.m. at Joseph's Restaurant (Hwy. 36)
Contact: Pastor Steve (439-5704, ext. 14)

Bible Study Groups

Beth Moore (Tuesdays @ 1:00 p.m.)

Next Mtg: Tuesdays at 1:00 p.m., Feb. 1st & Feb. 15th at church
Contact: Nancy Robertson (715-549-6118)

Beth Moore (Thursdays @ 6:30 p.m.)

Next Mtg: Thursdays at 6:30 p.m., Feb. 3rd & Feb. 17th at church
Contact: Barb Schlosser (651-439-8432)



OSLC Book of the Month Club

It's simple! Read the book during the month and then come and discuss. Discussions times are held the last week, usually Monday of the month at 1 pm or 6:30 pm. Join us! Invite a friend!!

February's Theme: Children's Classic

February Book: "The Giver," by Lois Lowry

February's Discussion: Monday, Feb. 21st at 1:00 or 6:30 pm

"The Giver": Jonas's world is perfect. Everything is under control. There is no war or fear or pain. There are no choices. Every person is assigned a role in the community. Then Jonas turns twelve...

March's Theme: Leader's Choice, "Keeping Faith," by Jodi Picoult

March's Discussion: Monday, March 28th at 1:00 or 6:30 pm

Coming in April: "Home to Harmony" by Philip Gulley

iSERVE



StrengthFinders Talent of the Month: RELATOR

Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the one who falls and has no one to help. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.
-Ecclesiastes 4:9-12

You enjoy close relationships with others. This theme pulls you toward people that you already know- you derive a great deal of pleasure and strength from being around close friends. You are comfortable with intimacy. For you, a relationship only has value if it is genuine and the only way to know that is to entrust yourself to the other person. This involves risk and vulnerability, but for you it is all worth it!

Choose iServe / service opportunities where you can interact with people and make friends. Let your caring show! What about being a mentor during Lent, or joining the Care Team providing assistance to those in need. You're a natural!

"My friends are my estate." ~Emly Dickenson, poet

OSLC is a Strengths-based church. We believe that God has given us TALENTS to be used to bring God's kingdom. OSLC uses **Clifton StrengthsFinder** to measure the presence of talents in 34 general areas or themes. Pastor Linda is a StrengthsFinder coach and teaches a "Living Your Strengths" class. Each month we highlight one talent. If you want to learn more about StrengthsFinder contact Pastor Linda: Linda@oslctillwater.org

Sunday Morning Magazine

Meets on Sundays at 9:15 a.m. in the Sanctuary

Sunday Morning Magazine—an adult learning opportunity for you! Our topics vary from Mission to Bible Study, local authors and experts. Learning is a life-long process!

February 6: The Book of Faith: Heaven on Earth—Studies in Matthew We open the Gospel of Matthew and look at the assigned texts for 6 Sundays during the Season of Epiphany. Come and join the conversation. No experience necessary!

February 13: Atherosclerosis—What is it and why do I need to know about it? This morning's discussion will be led by Parish Nurse, **Shelly Rock, with Dr. Joe Ardolf** to help answer questions.

February 20: The Elders Among Us with John Bragstad. Who are they? Parents who cared? Grandparents who may be living or dead who made us feel so significant? A mentor? A neighbor who befriended us? Someone on the circumference of our life that had such great influence in looking back? Like coming in from the cold into the warmth of a cozy room, these are / were people who loved us and made us feel important. From a therapist's perspective, celebrate their lives as we share together great memories of great individuals. For more information go to jbragstad.com and click on his Blog for more reflection on "The Elders Among Us".

John Bragstad is a therapist in private practice who works in the Stillwater area. He specializes in marriage and family therapy but also works significantly with individuals to promote healing and positive change.

February 27: Life Beyond the Summit—Negotiating the Downhill Course. The senior years challenge us to make difficult health care decisions for ourselves and our loved ones. **Kate Niemann** will be sharing pearls of wisdom she's learned from taking care of seniors. Focus of this discussion will be on decisions relating to health care and end of life.

Kate is a nurse practitioner with Stillwater Medical Group and currently cares for residents at Stillwater Good Samaritan Home.

"Give Now, Give Later"

Save the Date! February 12th, 2011, 9:00 a.m.

Are you interested in getting some free resources and information about wills and estate planning?

The Mission Endowment Fund Committee invites you to an education event on February 12 from 9 to 11 am in the Gathering Area. The program will feature estate planning experts who will provide information to help you understand **how to leave a legacy** to your family, OSLC, or other organizations or loved ones. Speakers will include Dwight Cummins and Todd Gillingham, local attorneys with special expertise and experience in estate planning and community resources.

Refreshments and a light breakfast will be served.

Please RSVP to the church office by February 7, 651-439-5704, or email info@oslctillwater.org.



Our Savior's Lutheran Church Women

Sisters in Christ

2011 Schedule of Events

All Women of Our Savior's are Invited to attend events

- Feb. 13** Gratitude Boxes - available after Sunday Services
- Apr. 1 & 2** Saint Paul Area Synodical Women's Convention at Lutheran Church of Peace, Maplewood
- Apr. 14** East Central Cluster Meeting at House of Prayer, Oakdale
- May 1** Rachel's Day
- May 5** Mother/Daughter Banquet, Our Savior's
- May 13** Trunks & Treasures Sale, Our Savior's

For more information, check out the "Our Savior's Women" bulletin board in the hallway by the nursery!

Gratitude Boxes:

Women Sharing Blessings

Last February, an estimated seventy women chose to pick-up a Gratitude Box with the idea that for each time she experienced gratitude in her daily life she would drop some coins in that box, which would **pass on blessings** to other women around the globe.

In November 2010, during Sunday services, women graciously placed their gratitude offerings into collection baskets and designated where their offering would be sent to benefit women locally, nationally and/or internationally.

A total of \$557.70 was generously donated to the following places:

- YoungLives, Teen Moms (locally) - \$197.42
- ELCA Disaster Response (nationally) - \$175.77
- The Lutheran Malaria Initiative, Nothing but Nets (internationally) - \$184.51.

The donations will help in bringing joy to many women across the world.

On **February 13, 2011**, the Women's Ministry will be handing out Gratitude Boxes following Sunday worship services in the gathering area. Each small box provides an opportunity to share a silent 'Thank You' for each blessing of gratitude you may feel throughout your day. During the month of November 2011, the Women's Ministry Team will collect the boxes. Thank you for spreading blessings of Joy!



Thyme for Grace Kitchen Ministry

Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms.
- 1 Peter 4:10

Thank you to the volunteers . . .

Due to the grace of many caring individuals, meals prepared on November 8, 2010 have been shared throughout the past months and are in need of replenishing. While we are saddened for the illnesses and times of difficulty for those in need, we are encouraged that the members of the congregation are delivering meals and sharing them with those in need.

Since the supply is dwindling, Monday, February 7, 2011 has been designated a cooking and packaging day.

Volunteers needed Monday, February 7

1:00 pm - Preparing Meals

5:30 pm - Packaging Meals

The meals prepared will be available for distribution on Tuesday, February 8 to be shared with individuals and families in need of a little 'comfort food' during times of difficulty, transition, celebration or fellowship.

Please feel free to select a meal package from the freezer, attach a prayer card and fill out the inventory sheet.

What is Thyme for Grace Kitchen Ministry?

This is an opportunity to spend a couple of hours every six weeks or so creating, preparing and packaging nutritious meals to share with individuals or families when they are in need of a little 'comfort food' during times of difficulty or transition.

If you would like to participate or for additional information, please contact Nancy Healey at nancy_a_healey@msn.com



Meals to Share

“Celebrating Summer in February”

Kick-off for Summer 2011!

Sunday, February 6

8:00-11:30 am

(no Sunday School)

The day light hours are getting longer, which means it's time to plan for summer SON shine!



Summer's Coming!

Come browse the many opportunities for your family to choose from. Make space in your summer to discover God in new and old ways, and deepen your relationship with our loving Father.

Worship on Sunday, February 6

8:00, 9:15 & 10:30 (no Sunday School)

Camp is a wonderful time for Friends, Fellowship, Song & God's Word... with a special feel to it!

If you have been to camp, always wanted to go to camp, or have no plans to go to camp---this worship experience is for YOU! Join members of Our Savior's, the Camp Wapo Team DayBreak, and ministry staff as we gather together to praise and worship our Living God! Watch for more details to come!

Interested in helping? Contact Karen at cfm@oslcstillwater.org or 651-439-5704, ext 23

Club 56 Kids Against Hunger

Sunday, February 20th, 11:30 am—3:00 pm

Calling all Club 56ers! Your help is needed!

Come join the meal packing event “Kids Against Hunger”. (It's a branch of Feed My Starving Children). The meals from this St. Croix Valley event will go to Haiti, a country hurting due to an earthquake and hurricane during 2010!

You can make a difference!

We will begin with a quick lunch at OSLC and head to the Stillwater site to begin packing at 12 noon, finish packing at 2:00, return to OSLC for dessert, and head home at 3:00!

Registration required. Trip Release Form available at OSLC.

Questions? Contact Karen Gieseke at cfm@oslcstillwater.org or 651-439-5704, ext 23.

First Communion Retreat

Monday, April 18th

6:00-7:30 pm



Children of all ages are invited to participate in and learn about the Sacrament of Holy Communion.

This special experience is shared as a family. Families choose when their children are ready to join others at God's Table, and gather with other families to learn together the gift of Holy Communion.

If you have any questions or are interested in participating in the retreat, contact Pastor Linda 651-439-5704, ext. 24, linda@oslcstillwater.org or Karen Gieseke 651-439-5704, ext. 23, cfm@oslcstillwater.org

FaithMarkers

FaithMarkers is a time of intentional family teaching, where children and parents/guardians/caregivers come together for a time of learning around faith.

2 year olds through Kindergarten will use an assigned Sunday/Wednesday class time. 1st through 6th grade will meet on an assigned Monday evening.

Childcare is available for FaithMarker classes. You will receive a special invitation for this learning event with all the details. Check the schedule below and Save-the-Date!

Family FaithMarkers 2010-11: Families Learning Together

Age	FaithMarker Event	Teaching Date/ Time	Worship Celebration
Birth	Baptism Walking Wet	April 4, 2011	Scheduled with the church office
6th Grade	Martin Luther	May 2, 2011 5:30-6:30 pm	
1st to 6th Grade**	First Communion Retreat	April 18, 2011 6-7:30 pm	Sunday, May 1, at any service

****Holy Communion is one of two sacraments in the Lutheran church. At Our Savior's families decide when a child is ready to receive instruction in preparation for First Communion and then attend the First Communion Retreat together. Questions? Contact one of the Pastors or the Director of Children and Family Ministry.**

For all your questions about Children and Family Ministries, Sunday School, WAVE, FaithMarkers, Summer programming, Nursery and preschool programs, and more, please contact:

Karen Gieseke, Interim Director of Children & Family Ministries
Phone: **651-439-5704 ext. 23**, or email to: cfm@oslcstillwater.org

Lake Area Discovery Center at Our Savior's

February 6: Celebrating Summer in February

February 7-9: Two's and Young Explorer's Grandparent's/Special Visitor days

February 14-15: Discovery and Kinderstart Valentine Parties

February 21: No school in observance of President's Day



"Celebrating Summer in February"

Come and check out summer camp opportunities: Science camps, Sonshine Club, VBS, and Camp LADC.

Registration Open for 2011-2012

Registration is currently opened for all families interested in the 2011-2012 school year. Please visit us on our website at: www.LADCfamilies.org.

Feel free to call for availability and classroom tours at LADC's Our Savior's Lutheran Site at 651-439-5704 ext 16

Family Fun Activity for February

Create a family Valentine Hunt!

1. Hide paper hearts around your home, write clues on each heart that will give a hint for where children can search to find the next heart.
2. Together as a family, begin with a heart that has the first clue to start the game and then go throughout the house to find all the hearts.
3. At the end, maybe have a surprise treat waiting. A fun pink treat in February could be some watermelon cut into heart shapes with a heart cookie cutter.



Enjoy some fun together!



Diggin' Deeper Breakfast Club

Friday, February 4th, 6:30 am @ Perkins



Sr. High youth – come join a great gathering and study the First Friday of every month. Oh yeah – did I mention a FREE breakfast at Perkins? Rides to school will be provided if needed. See you there!

30-Hour Famine is Coming Up ...

February 25-26th, 2011

Come be a part of an event that will be happening across the nation! Registrations are out and the deadline is approaching quickly! All **7th – 9th graders** are invited to the community-wide 30-HR. FAMINE event, which will take place here at Our Savior's Lutheran Church! This is the event of the year you don't want to miss! Registration and information is outside the youth room or online! Sign up today to reserve your spot! REGISTRATION DEADLINE IS WEDNESDAY, FEBRUARY 16TH!

30-Hour Famine Leaders & SR. High Leaders Needed

We are looking for leaders, drivers, and chaperones for the 30-hour Famine event that takes place February 25th-26th, 2011. If you are willing to help out for a few hours, a day, or the whole event, contact Missy at (651) 439-5704 or email missy@oslctillwater.org. If you are in **10th-12th grade** and would like to help out with this event, pick up information and registration info outside the youth room or online.

JR. HIGH SKI & SNOWBOARD TRIP

February 11th-13th, 2011

All 7th – 9th graders and friends are invited to get away on a ski/snowboard weekend. We will once again head up to **Giants Ridge in Biwabik**. We will depart on Friday, February 11th at 4:00 pm and ski all day Saturday and all day Sunday. We will return home around 9:00 pm on Sunday, February 13th. Cost for this trip is \$140 and includes lodging, food, transportation, and lift tickets. (Rentals are an additional cost. See registration form for details).

You can find more details on the registration forms. Your spot will be reserved when your payment and forms are received. Forms may be picked up outside the youth room or online at www.oslctillwater.org under the Youth section ('Forms to Download'). Friends are invited!

**30-Hour Famine and Ski Trip Forms
are available online!**

“Celebrating Summer in February”

Sunday, February 6th (no Youth Education)

Come to church on Sunday, February 6th for a morning centered around Summer Activities! There is NO YOUTH EDUCATION this day, as worship will be for people and families of all ages!!! Come join us for this great Summer Preview Sunday, and see all the activities that are available this summer for Jr. & Sr. High youth! Some activities that will be offered this summer are:

- Summer Stretch (Jr. High)
- Camp Opportunities (Jr. & Sr. High)
- Adventure Trip (9th graders only)
- Sr. High Youth Mission Trip (10th-12th graders)
- Leadership opportunities for VBS
- Leadership opportunities for church camps, sport camps, etc.

9th Grade Adventure Trip Parent Mtg

Wednesday, February 9th @ 6:30pm (before First Light)

I know it's cold outside, but we have already started planning our Summer Adventure Trip for all 9th graders!

This is an **annual Confirmation trip** where students grow closer to God and closer to each other! For a week, we will experience God's creation together.

There will be a parent informational meeting for this trip on Wednesday, February 9th, 2011, beginning at 6:30 pm (right before First Light) and will last approx. 30 minutes.

If you want to reserve a spot, a **\$100.00 deposit** is needed. Spaces are limited and spots fill quickly on a first come basis. Deposits must be paid by March 1st in order to participate on this trip (based upon availability).

First Light Students...Find Your Mentor

If you are in the 8th & 9th grade First Light confirmation program, be looking for someone who you want to get to know a bit more and spend some time with. All students must have found a mentor by **Wednesday, February 2nd!** See Missy if you need another Mentor form.

BUTTER BRAIDS FUNDRAISER

Youth will once again be selling butter braids for a fundraiser. Order lots and entertain guests, as they will be here in time for Easter! Watch for information in the gathering area in **late February**.

Youth...this is a great opportunity to raise money for your summer trips or camps!

CALLED TO CARE — SHELLY ROCK

Atherosclerosis and so much more

*“Above all else, guard your heart,
for it is the wellspring of life.”*

- Proverbs 4:23



The word heart is mentioned often in February.

We associate the heart with love and love with Valentine's Day! It is the emotional and spiritual heart of a person that is referenced. But this February we are also going to take a look at our physical hearts.

During the **Sunday Morning Magazine at 9:15 am on February 13**, we will be exploring a slow and progressive condition called Atherosclerosis. **Dr. Joe Ardolf** will be there to answer questions as we go along. Atherosclerosis, sometimes talked about as the “silent killer”, is the progressive buildup of plaque (fatty deposits and other cells) in the walls of our arteries.

Atherosclerosis often causes coronary heart disease (CHD) which is the leading cause of death in the United States. CHD and stroke were responsible for more than 589,000 deaths in 2005 and annually kill more Americans every year than all cancers combined.

Risk factors of Atherosclerosis:

- ♦ high blood pressure
- ♦ smoking
- ♦ high cholesterol
- ♦ diabetes
- ♦ overweight/obesity
- ♦ family history of heart disease
- ♦ age

Prevention of Atherosclerosis:

- ♦ avoid dietary trans fats
- ♦ add more whole grains
- ♦ load up on fruits and veggies
- ♦ reduce your salt intake
- ♦ get more exercise

But, wait, there are more opportunities to learn about living well. **John Bragstad** will be with us on **February 20th**. He will lead a discussion on “The Elders Among Us.” Who are they? Parents who cared? Grandparents who may be living or dead who made us feel so significant? A mentor? A neighbor who befriended us? Like coming in from the cold into the warmth of a cozy room, these are / were people who loved us and made us feel important. From a therapist's perspective, celebrate their lives as we share together great memories of great individuals. For more information go to jbragstad.com and click on his Blog for more reflection on “The Elders Among Us”.

John Bragstad is a therapist in private practice who works in the Stillwater area. He specializes in marriage and family therapy but also works significantly with individuals to promote healing and positive change.

(continued on p. 10)

Atherosclerosis and so much more continued from p. 9

Kate Niemann will be sharing at the Sunday Morning Magazine on **February 27th** titled "Life Beyond the Summit: Negotiating the Downhill Course." The senior years challenge us to make difficult health care decisions for ourselves and our loved ones. Kate will be sharing pearls of wisdom she's learned from taking care of seniors. Focus of this discussion will be on decisions relating to health care and end of life.

Kate Niemann is a nurse practitioner with Stillwater Medical Group and currently cares for residents at Stillwater Good Samaritan Home.

Kate, John, Joe and I are looking forward to visiting with you in February as you seek to live well and serve long.

Called to Care -
Shelly Rock



Mission & Outreach: "We Did It!"

WE DID IT!!!! The subject line in the e-mail from Pastor Steve on December 31 was something we had been hoping to see for months but, frankly, weren't sure we were going to see. For all of 2010, the Mission and Outreach Committee had been wrestling with how to make the best use of fewer resources. In order to remain fiscally responsible, the 14% of our budget that had been available in previous years was reduced to 12% for 2010. The number of community needs is at an all time high, and the amount of funds available for our Committee to distribute to charities and nonprofit organizations unfortunately was going to be less than in 2009. **But, thanks to the generosity of OSLC members and friends, we exceeded our total year budget goal!** The amount available to be distributed was returned to 14% of our church budget, resulting in almost \$112,000 being sent out into the world.

Our Committee worked diligently throughout 2010 to develop new guidelines and a mission statement. Heartfelt thanks to committee members Susan Fredricksen, Glen Hill, Dave Shaw, Ray Valley, Brad Vick, and Sherry Yahner for their dedication and hard work. Our new Mission Statement reads:

"On behalf of the congregation of Our Savior's Lutheran Church, we support the causes of Christ and demonstrate His love in our community and beyond through charitable giving."

A complete list of the over 30 organizations receiving support with total amounts awarded is available in the church office and in the recently published Annual Report. If you have any questions at all, feel free to contact either one of us. Thanks again for all you do to help us, help others to Gain the Kingdom!

- Marilyn Meier
2010 Retiring Mission and Outreach Committee Chair

- Brad Kruse
2011 Incoming Mission and Outreach Committee Chair

Organization's receiving support in 2010

- Camp Odayin
- Church of St. Michael - Peace House
- East Metro Women's Council
- Feed My Starving Children
- InnerChange Freedom Initiative -Minnesota Prison Ministries Fellowship
- Lake Wapogasset Bible Camp
- Lutheran Mideast Development
- Lutheran Social Service
- Lutheran Volunteer Corps
- Mission Jamaica
- OSLC - Thyme For Grace Kitchen Ministry
- OSLC - Vacation Bible School Scholarships
- Plymouth Christian Youth Center
- Robin's Nest Children's Home
- Salvation Army, Northern Division
- Samaritan's Purse - Operation Christmas Child
- St. Croix Chaplaincy Association
- St. Croix Valley Christians In Action - Car Care Ministry
- St. Paul Area Synod - General Benevolence
- St. Paul Area Synod - Guatemalan Lutheran Church
- St. Paul Area Synod - Haiti ELCA Disaster Relief
- St. Paul Area Synod - Malaria Mosquito Net Initiative
- St. Paul Area Synod - Mlafu 6 Student Scholarships
- St. Paul Area Synod - Mlafu Agricultural Plots
- St. Paul Area Synod - Mlafu Companion Congregation
- St. Paul Area Synod - Mlafu Fair Share
- Tubman Family Alliance
- Twin Cities Habitat For Humanity
- Valley Outreach
- Young Life St. Croix Valley

30 8:00 AM Classic Worship 9:15 AM Blended Worship 9:15 AM Children & Youth Education 9:15 AM Sunday Morning Magazine 10:30 AM "The Crossing" Worship 10:30 AM "The EDGE" (10-12th Gr.) 10:30 AM Children Education 11:45 AM OSLC Annual Meeting 7:30 PM AA	31 1:00 PM Book of the Month 6:30 PM Book of the Month 8:00 PM DivorceCare 8:00 PM Women@theEDGE (Perkins)	1 9:00 AM Staff Meeting 1:00 PM Beth Moore 6:30 PM Boy Scouts #242 7:00 PM JuBellate	2 Mission Jamaica (Adults) 8:00 AM Staff CPR Training (Lakeview) 4:30 PM Youth Handbell Choir 5:30 PM WAVE & WNL 6:30 PM Cherub & Joyful Noise Choirs 6:30 PM First Light Leaders 7:00 PM First Light 7:00 PM Kingdom Choir 8:00 PM Proclaim!	3 Mission Jamaica (Adults) 6:00 AM Men's Bible Study 9:00 AM Quilters 6:00 PM Cub Scouts #162 6:00 PM Girl Scouts #55020 6:30 PM Beth Moore 7:00 PM Lydia Circle 7:30 PM Praise Team AA	4 Mission Jamaica (Adults) 6:30 AM Dig-gin' Deeper (at Perkins) 6:30 AM Friday Guys	5 Mission Jamaica (Adults)
6 "Celebrating Summer in February" Mission Jamaica (Adults) Scout Sunday 8:00 AM Classic Worship 9:15 AM Blended Worship 9:15 AM Sunday Morning Magazine 10:30 AM "The Crossing" Worship 10:30 AM Children Education 7:30 PM AA	7 Mission Jamaica (Adults) Thyme for Grace 9:15 AM PEP (Bethlehem Lutheran in-the-Midway) 6:00 PM Girl Scouts #52794 8:00 PM DivorceCare	8 Mission Jamaica (Adults) 9:00 AM Staff Meeting 9:30 AM Hannah Circle 6:00 PM Cub Scout Blue & Gold Banquet #169 6:30 PM Boy Scouts #242 7:00 PM JuBellate	9 Mission Jamaica (Adults) 4:30 PM Youth Handbell Choir 5:30 PM WAVE & WNL 6:30 PM 9th Gr. Adventure Trip Parent Mtg 6:30 PM Cherub & Joyful Noise Choirs 7:00 PM Beth Moore 7:00 PM First Light 7:00 PM Kingdom Choir	10 Men's Bible Study 6:00 AM Quilters 9:00 AM Ruth Circle 9:30 AM Sarah Circle 1:00 PM Howland Conservatory of Music 6:15 PM Church Board 7:00 PM Deb/Naomi Circle 7:00 PM Praise Team 7:30 PM AA	11 Jr. High Ski Trip 6:30 AM Friday Guys	12 Jr. High Ski Trip 9:00 AM "Give Now, Give Later" (Mission Endowment)
13 Girl Scout #53677 Cookie Sales Jr. High Ski Trip 8:00 AM Classic Worship 9:15 AM Blended Worship 9:15 AM Children & Youth Education 9:15 AM Sunday Morning Magazine 10:30 AM "The Crossing" Worship 10:30 AM "The EDGE" (10-12th Gr.) 10:30 AM Children Education 11:45 AM LeGros Reception 7:30 PM AA	14 8:00 PM DivorceCare	15 9:00 AM Staff Meeting 1:00 PM Beth Moore 6:30 PM Boy Scouts #242 6:30 PM Cadettes #51402 6:30 PM Prayer Shawl Knitters 7:00 PM JuBellate	16 Youth Handbell Choir 4:30 PM WAVE & WNL 5:30 PM Cherub & Joyful Noise Choirs 7:00 PM First Light 7:00 PM Kingdom Choir	17 Men's Bible Study 6:00 AM Quilters 9:00 AM Cub Scouts #162 6:15 PM Howland Conservatory of Music 6:30 PM Beth Moore 7:00 PM Praise Team 7:30 PM AA	18 6:30 AM Friday Guys	19 9:30 AM P.E.P. Small Group
20 8:00 AM Classic Worship 9:15 AM Blended Worship 9:15 AM Children & Youth Education 9:15 AM Sunday Morning Magazine 10:30 AM "The Crossing" Worship 10:30 AM "The EDGE" (10-12th Gr.) 10:30 AM Children Education 11:30 AM Club 56 Kids Against Hunger 7:30 PM AA	21 President's Day Offices Closed 1:00 PM Book of the Month 6:30 PM DivorceCare 8:00 PM DivorceCare	22 9:00 AM Card Recyclers 9:00 AM Staff Meeting 6:30 PM Boy Scouts #242 7:00 PM JuBellate	23 Youth Handbell Choir 4:30 PM WAVE & WNL 5:30 PM Cherub & Joyful Noise Choirs 7:00 PM Beth Moore 7:00 PM First Light 7:00 PM Kingdom Choir	24 Men's Bible Study 6:00 AM Quilters 9:00 AM Cub Scouts #162 7:00 PM Praise Team 7:30 PM AA	25 30 Hour Famine 6:30 AM Friday Guys	26 30 Hour Famine
27 8:00 AM Classic Worship 9:00 AM Blood Pressure Check 9:15 AM Blended Worship 9:15 AM Children & Youth Education 9:15 AM Sunday Morning Magazine 10:30 AM "The Crossing" Worship 10:30 AM "The EDGE" (10-12th Gr.) 10:30 AM Children Education 4:00 PM New Member Class 7:30 PM AA	28 6:00 PM Girl Scouts #52794 8:00 PM DivorceCare	1 9:00 AM Staff Meeting 1:00 PM Beth Moore 6:30 PM Boy Scouts #242 7:00 PM JuBellate	2 Youth Handbell Choir 4:30 PM WAVE & WNL 5:30 PM Cherub & Joyful Noise Choirs 6:30 PM First Light Leaders 7:00 PM First Light Mentor Kick-Off 7:00 PM Kingdom Choir	3 Men's Bible Study 6:00 AM Quilters 9:00 AM Cub Scouts #162 6:00 PM Girl Scouts #55020 6:30 PM Beth Moore 7:00 PM Lydia Circle 7:30 PM Praise Team AA	4 Dig-gin' Deeper (at Perkins) 6:30 AM Friday Guys	5



The Lamp – February 2011
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“Celebrating Summer in February”
In the warmth of the Sun!
February 6th, 2011

Join us for a family style Summer Worship
(no Sunday School or Youth Education)

Check out summer activities for the entire family:

LADC Science Camps

VBS

SummerStretch

SummerSong

Sonshine Club

SportsLife Camp

Camp Shamineau

Holden Village

Camp LADC

WAPO

9th Grade Adventure Trip

Youth Mission Trip