

# Mission

Contact: Nicole • [NMROZCEK@SOUTHWOODLUTHERAN.ORG](mailto:NMROZCEK@SOUTHWOODLUTHERAN.ORG)

To see a full listing of volunteer opportunities, visit [SOUTHWOODLUTHERAN.ORG/GIVE-BACK/MISSION](http://SOUTHWOODLUTHERAN.ORG/GIVE-BACK/MISSION)

## Garden Harvesting

Pick zucchini, squash and cucumbers from the Southwood Garden for the Food Bank of Lincoln.

- ▶ Sundays at Noon
- ▶ Tuesdays at 7AM
- ▶ Thursdays at 7PM

\*No harvest if raining or ground is too muddy.

Please sign up at [SOUTHWOODLUTHERAN.IVOLUNTEER.COM](http://SOUTHWOODLUTHERAN.IVOLUNTEER.COM) or at the Mission Kiosk at Southwood Central.



## The Gathering Place

August 12, 15 & 24 • 4:45–6:30PM

Help serve and clean up an evening meal at the Gathering Place!

- ▶ Location: 1449 “E” Street

Sign up at Southwood Central or online at [SOUTHWOODLUTHERAN.IVOLUNTEER.COM](http://SOUTHWOODLUTHERAN.IVOLUNTEER.COM)



## Southwood Rural Food Distribution

Saturday, August 17 • 11AM–1PM in Palmyra

Help distribute food at the Palmyra Activity Center to people in the surrounding rural communities. Sign up at Southwood Central or online at [SOUTHWOODLUTHERAN.IVOLUNTEER.COM](http://SOUTHWOODLUTHERAN.IVOLUNTEER.COM)

## Mourning Hope

Two serving opportunities:

- ▶ Provide a part of the meal (a main dish, salad OR a dessert) to people attending a support group for survivors of suicide, on Monday, August 19.
- ▶ All items need to be at Southwood by 1PM on Monday.
- ▶ Provide snacks (wraps/pinwheels, fruit or veggie trays, popcorn mix, etc.) for their Family Grief Support Group through December.
- ▶ Snacks need to be at Southwood by 12:30PM on Sundays.

Sign up at [SOUTHWOODLUTHERAN.IVOLUNTEER.COM](http://SOUTHWOODLUTHERAN.IVOLUNTEER.COM)



# Youth Mission Trip 2019— Serve Strong Nebraska!

Reflection by Kal Knorr, Senior

One of the many reasons why I chose to serve on this mission trip was to give back, not just to flood victims, but also to our God who has given so much. This trip gave us the unique opportunity to serve alongside the people in the communities. In King Lake, the organization leader shared a quote during some of the hottest days of the summer. He said “For when I am weak, you are strong.” This quote helped me realize the importance of our work and how much it meant to this community to see God’s work in action.



My favorite moment of the trip was when the 70 additional Southwood volunteers joined our youth group and served alongside us. Each year the high school mission trip helps me to grow my relationship with God by experiencing just how much God guides us and shows us just how STRONG we are together!

Reflection by Avary Byers, Sophomore

I’ve gone on every youth mission trip available to me so far and it’s often the highlight of my year! We had a unique trip this year serving flood victims. Throughout the trip, I was touched by the stories and the gratitude of each person we served. I had the opportunity to do meaningful work serving God’s people all while forming great relationships with my workgroup. My favorite service opportunity was rebuilding houses. We spent our time tearing out drywall and installing subfloor.



The last day, 70 additional Southwood members helped us. This was a new experience for me because I got to share our work with adult members and help direct them with their service. This trip taught me lots and strengthened my faith. Each trip has helped me better see where God is leading me in my future. I’m looking forward to more service opportunities and building relationships with God and my peers on future trips!

# Get Connected

August 4, 2019

## Sunday School and DELVE Registration

Now Open: [SOUTHWOODLUTHERAN.ORG](http://SOUTHWOODLUTHERAN.ORG)

Registration exists to help keep class sizes small and learning enjoyable. To be as fair as possible, registration is on a first-come, first-served basis at [SOUTHWOODLUTHERAN.ORG](http://SOUTHWOODLUTHERAN.ORG).



**Sunday School** Registration is required.

- **3 years old through 5<sup>th</sup> Grade:** Classes begin Sunday, September 8  
Class times are at 8:30, 9:45 or 11AM

**DELVE (Confirmation)** Registration is required.

- **6<sup>th</sup> & 7<sup>th</sup> Grade:** Classes begin Sunday, September 22  
Class times are at 8:30, 9:45 or 11AM
- **8<sup>th</sup> Grade:** Class begins Wednesday, September 11  
6:15–6:45PM supper and 6:45–7:45PM class time

## Sing & Serve Music Ministry Kick-off Event

Wednesday, August 21 • 6–8pm • Fellowship Hall



Come celebrate how music connects us to our mission to be Christ in the world! We will gather to sing songs about feeding the hungry and then pack food for Chapter 25—a ministry that shares food with the hungry around the world. We will close with a time of fellowship. Families, including children of all ages, are welcome!  
Register at [southwoodlutheran.org/events](http://southwoodlutheran.org/events)

Contact: Denise • [DMAKINSON@SOUTHWOODLUTHERAN.ORG](mailto:DMAKINSON@SOUTHWOODLUTHERAN.ORG)



Southwood  
Lutheran Church

402.423.5511  
[southwoodlutheran.org](http://southwoodlutheran.org)

Address: 4301 Wilderness Hills Blvd., Lincoln, NE 68516

# Children

Contact: Deb Raatz • [DRAATZ@SOUTHWOODLUTHERAN.ORG](mailto:DRAATZ@SOUTHWOODLUTHERAN.ORG)

## Is God Calling You to Serve?

So many wonderful opportunities in Sunday School:

- ▶ **LARGE GROUP LEADERS** help tell Bible stories through puppets, drama and music.
- ▶ **SUNDAY SCHOOL TEACHERS** work with a small group of students to apply Bible stories to their daily lives.

Teaching teams and prep work simplify your time, so all we need is your serving heart and talent!

Please faithfully consider! contact: Deb or Tina at 402-423-5511 or email [DRAATZ@SOUTHWOODLUTHERAN.ORG](mailto:DRAATZ@SOUTHWOODLUTHERAN.ORG) or [TBOYSEN@SOUTHWOODLUTHERAN.ORG](mailto:TBOYSEN@SOUTHWOODLUTHERAN.ORG).



## Parent/Child Summer Workshops

Attend an age-specific workshop with your child this summer to keep faith alive. Childcare provided for siblings. Grandparents welcome! Please register for the student's grade in the 2019–2020 school year.

Parents	Baptism	August 11 at 11AM
3 Year Olds	Tour of the church	August 18 at 9:45AM

Register online at [SOUTHWOODLUTHERAN.ORG/EVENTS](http://SOUTHWOODLUTHERAN.ORG/EVENTS) or at the Southwood Central Kiosks.

# Youth

Contact: Drew Jagadich • [DJAGADICH@SOUTHWOODLUTHERAN.ORG](mailto:DJAGADICH@SOUTHWOODLUTHERAN.ORG)

## Youth Group Small Groups

We are introducing High School small groups this fall and we want YOU to join us!

- ▶ Are you a high school student interested in joining a small group Bible study?
- ▶ Are you an adult leader willing to help lead the group?
- ▶ Are you a parent or other adult willing to help host the group?

If you answered yes to any of these questions, let Drew or Morgan know at [MTRANMER@SOUTHWOODLUTHERAN.ORG](mailto:MTRANMER@SOUTHWOODLUTHERAN.ORG).

# Care

Contact: Mary Senne • [MSENNE@SOUTHWOODLUTHERAN.ORG](mailto:MSENNE@SOUTHWOODLUTHERAN.ORG)



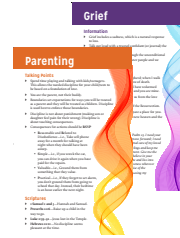
## Prayer Team

Serve through your prayers!

Be a vital part of Southwood's Care Ministry and serve through your prayers. Complete the training at home and become part of this meaningful ministry. Contact Britni at [BWILBRAND@SOUTHWOODLUTHERAN.ORG](mailto:BWILBRAND@SOUTHWOODLUTHERAN.ORG) for a training packet.

## Did You Know?

We have many books and resources on various topics such as parenting, marriage, financial skills, depression and many more available for you to check out. You can find these resources in the Group Room bookcase!



## Ongoing Care Ministries

Held in the Group Room next to the Nursery

- ▶ **Prayer Shawl Ministry**— August 7 & 21 • 6:30PM | August 8 • 10AM
- ▶ **Renewed Hope**—August 18 • 11AM

## 3 Tips for Caring Everyday

### Adjusting to Change Changing Schools

Anxiety is closely connected to excitement. It is excitement with an added ingredient of fear. As your child adjusts to a new school or new class, help them find things to focus on and talk about that are exciting but don't involve fear. Also try these tips:

- ▶ **Take a sneak peak**—set up a time to visit school and meet teachers prior to school beginning.
- ▶ **Talk about school by focusing on the positives**—"Tell me two fun things that happened today."
- ▶ **Set them up for success**—get up early that morning, have things ready and travel plans discussed ahead of time—anything to avoid unexpected bumps.

We don't learn everything in school—we learn most of the important things in life just through living. Help reframe change as a normal part of life.

Source: *The Guardian: Top 10 tips for students changing schools* <http://bit.ly/1DqCsek>, visited July 31, 2019

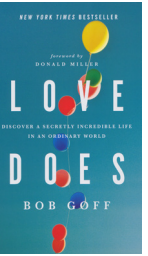
# Ministry

Contact: Jo Sheets • [JSHEETS@SOUTHWOODLUTHERAN.ORG](mailto:JSHEETS@SOUTHWOODLUTHERAN.ORG)

## Fall Small Groups—Love Does Starting September 8

Start a Small Group...its easy! Just invite 2 or more people you already know to commit to a weekly gathering (you choose the time & place) for 5 weeks. We'll provide videos and discussion questions.

- ▶ Let Michelle know who's in your group at [MSMITH@SOUTHWOODLUTHERAN.ORG](mailto:MSMITH@SOUTHWOODLUTHERAN.ORG) OR Join an onsite Small Group! Thursdays starting September 12
- ▶ Noon lunch break (bring sack lunch) OR
- ▶ 6:30–7:45PM—snacks & childcare provided



## Calling All DELVE Volunteers!

Make a difference in middle school students' lives by being a faith mentor. Lead group discussion and build relationships. One hour per week during the school year, with occasional weeks off.

- ▶ **6TH & 7TH Grade Students**  
Sundays, beginning September 22 at 8:30, 9:45, OR 11:00AM
- ▶ **8TH Grade Students**  
Wednesdays, beginning September 11 at 6:15PM

Contact Drew at [DJAGADICH@SOUTHWOODLUTHERAN.ORG](mailto:DJAGADICH@SOUTHWOODLUTHERAN.ORG).

## MOPS (Mothers of Preschoolers) Childcare Volunteers

Give moms the gift of time by providing childcare during their meetings. Serve 1–2 times/month or you can choose a month for a shorter commitment.

- ▶ 1st & 3rd Wednesdays starting September 4 from 9:00–11:15AM

Contact: Jessica at 402-560-4741 or [JLYNN2885@GMAIL.COM](mailto:JLYNN2885@GMAIL.COM).



## MOMsnext Monthly Gatherings

for Moms of School-Age Kids

Share life and Christian friendship with other moms who have elementary to high-school-age kids.

- ▶ 9:15–11:00AM on the 1ST Wednesday of each month starting September 4

Contact Jen McHargue at 402-890-8161 or [JENNIFERMCHARGUE@GMAIL.COM](mailto:JENNIFERMCHARGUE@GMAIL.COM).

Visit [SOUTHWOODLUTHERAN.ORG](http://SOUTHWOODLUTHERAN.ORG) for a complete listing of events and registrations.