

Mission

Contact: Malissa Pauling • MPAULING@SOUTHWOODLUTHERAN.ORG

Featured Mission Partner: The Gathering Place

Serves an evening meal and so much more! Many of their guests are working poor and receiving the free meals makes a big difference in making the most of a limited income. In the short time volunteers serve, they provide more than 100 meals and a friendly space for guests to be in community with others. Southwood volunteers are invited to serve here on the 2nd Monday and 3rd Thursday of each month. Volunteering with The Gathering Place is a great way to make a big impact in a short time!

Serve a Meal

- ▶ **The Gathering Place**
1448 E Street
September 9 or 19, 4:45–6:30PM
- ▶ **F Street Rec Center**
1225 F Street
September 21, 12:15–1:30PM

Distribute Food

- ▶ **Rural Food Distribution**
425 C Street, Palmyra, NE
September 14, 10:45AM–12:30PM

Donate Food

- ▶ **Mourning Hope**
Snacks or meal items for Support Groups
Sundays—bring snacks to Southwood Kitchen by 12:30PM

Garden Harvesting

- ▶ Located on the east side of Southwood
Join the garden crew to help with the harvest for an hour.
- ▶ Sundays at Noon
- ▶ Tuesdays at 7:00AM
- ▶ Thursdays at 7:00PM
- ▶ **Donate produce from your garden to The Food Bank.**
Drop it off at back door of Southwood during harvest times!

Visit [SOUTHWOODLUTHERAN.IVOLUNTEER.COM](https://southwoodlutheran.org/volunteer) for a complete list of available volunteer opportunities in the community.

LOVE Transcends Differences in Small Groups

I had no intention of joining a small group. Honestly, chatting about my faith with people I didn't know sounded like the worst kind of awkwardness. Plus, I wasn't what you would call biblically literate, and on some days I wasn't even sure exactly what I believed.

Despite my deep reservations, I ended up in a small group (thanks to a persuasive pastor who shall go unnamed). Many years and many sessions later, my husband Brad and I now lead our own small group.

“Where two or three gather in my name, I am there among them,” Jesus reminded his disciples. I know this is true, because I have experienced the presence of God in our small group more times than I can count.

But what's also true is that where two or three (or more) human beings gather, there will sometimes be awkwardness. There will also undoubtedly be differences of opinion, varying political beliefs, contradictory theologies and a wide range of personalities and spiritual backgrounds. In short, a small group is a microcosm of humanity, and humanity isn't perfect.

But here's the thing: Jesus is all about relationship, and he is constantly inviting us into deeper relationship with him and with others – particularly with others who may not be exactly like us. My small group has offered me a safe place to ask my uncomfortable questions and has helped me become a better listener. It has grown my compassion for others and shown me how love transcends differences. Most of all, my small group has deepened my understanding of and gratitude for real-life community – even when, perhaps especially when, it's awkward.

—Michelle DeRusha

Join a Love Does Small Group Today!

Stop by the Small Group table in the Fellowship Hall to learn how to become part of a group.

Being part of a caring Christian community creates a sense of belonging. Take the next step and discover what Michelle did. You'll be so grateful!



Get Connected

September 8, 2019

Love Does Festival

TODAY

- ▶ All morning in the Fellowship Hall
- ▶ Special treats and fruit smoothies by Maui Wowi
- ▶ Small Group Sign-up and Resources
- ▶ Extra Café Seating—gather with family/friends!



Fall Classes

Starting September 12

- ▶ **DivorceCare (8 weeks)**
Are you separated or going through a divorce? Find help and healing through the support of others going through a similar situation. Led by Connie Arends & Dave Huber.
- ▶ **Changing Places: Caring for Aging Parents (5 weeks)**
Are you facing the challenging task of caring for an aging parent? Learn new ways to navigate this journey, with resources from community experts. Led by Pastor Michael Ryan.
- ▶ Register online at [SOUTHWOODLUTHERAN.ORG/EVENTS](https://southwoodlutheran.org/events) or at the Southwood Central Kiosks.

Little Changes to Southwood Serves for a Bigger Impact!

Sunday, October 13

- ▶ Visit the Community Mission Team in the Fellowship Hall this morning to see what's new for Southwood Serves 2019! Serving opportunities are open throughout the community on Sunday, October 13th. Various start times available - pick one that works with your schedule. Most can be done in an hour.
- ▶ Sign-up to serve and get a t-shirt to wear on October 13TH!
- ▶ Register online at [HTTPS://SOUTHWOODLUTHERAN.IVOLUNTEER.COM/SWS_2019](https://southwoodlutheran.org/volunteer) or at the Southwood Central Kiosks.



Southwood
Lutheran Church

402.423.5511
southwoodlutheran.org

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

Children

Contact: Deb Raatz • DRAATZ@SOUTHWOODLUTHERAN.ORG

Children Education Start Dates

Registration is required. Please stop by Education Station.

Sunday School • 3-years old through 5th grade

- Classes begin TODAY at 8:30, 9:45 or 11AM

Youth

Contact: Drew Jagadich • DJAGADICH@SOUTHWOODLUTHERAN.ORG

DELVE Kick-off and Orientation

- ▶ 6th & 7th Grade DELVE begins September 22 (8:30, 9:45, & 11AM) with Student and Parent Orientation in the Fellowship Hall!
- ▶ 8th Grade DELVE begins September 11 (6:15–7:45PM) with Student and Parent Orientation in the Fellowship Hall! Dinner is provided.

High School Youth Group—Fall Kick-off!

Sunday, September 22 • 6–8PM

- ▶ Join us for dinner, worship, service and games all in one fun night. Invite your friends!
- ▶ Small Groups will be introduced this fall and we want YOU to join us!

High School Fall Retreat

Friday–Sunday, October 18–20 • Camp Carol Joy Holling

- ▶ Fall Retreat Registration is open. We will worship together, serve at camp, have s'mores, conquer the high ropes course, and build relationships. Register online at SOUTHWOODLUTHERAN.ORG/EVENTS.

Life & Lattes

Tuesday, September 10 • 2:30–5PM meet at Panera Bread (14TH & Pine Lake Rd). Bring your homework. We will provide the coffee.

Care

Contact: Mary Senne • MSENNE@SOUTHWOODLUTHERAN.ORG

Fall Grief Group (GriefShare)

Starting September 9 • 6:30–8pm (8 weeks)

- ▶ Are you grieving the death of a family member or friend? Learn how to walk the journey of grief and be supported along the way. Find healing and hope in this series led by Jason Christensen, LMHP.
- ▶ Register online at SOUTHWOODLUTHERAN.ORG/EVENTS or at the Southwood Central Kiosks.

Renewed Hope

Sunday, September 15 • 11am

- ▶ Feeling overwhelmed after the death of your spouse? Attend Renewed Hope on the 3rd Sunday of each month, providing support with others with a similar loss. No registration needed.

Ongoing Care Ministries

Held in the Group Room next to the Nursery

- ▶ **Prayer Shawl Ministry**— September. 12 • 10AM | September. 18 & October 2 • 6:30PM
- ▶ **Renewed Hope**—Sept. 15 • 11AM

3 Tips for Caring Everyday

Depression/Anxiety - How to Be Helpful

Depression and anxiety deeply affect the person experiencing them AND influence the lives of friends and family as well. You may feel useless but don't give up. Try these tips:

- ▶ Provide emotional support, NOT advice. What they need most is compassion and someone who will care and listen. They aren't looking to you to fix things.
- ▶ Educate yourself. Learn everything you can, so you can be better equipped to support them emotionally and physically.
- ▶ Offer hope. Help them see the good in their life—their faith, the love of their family, their sense of humor.

You can be a companion who helps shine a light on positive moments and helps them see life from a different perspective.

Source: CareNotes How to Help Someone Suffering From Depression or Anxiety by Louisa Rogers

Ministry

Contact: Jo Sheets • JSHEETS@SOUTHWOODLUTHERAN.ORG

Thursday Morning Study Groups

Begin Thursday, September 12

Get your morning off to a great start with Christian friendship and faith growth...and coffee, of course!

Topic: *Love Does* by Bob Goff—books at Southwood Central

- ▶ **Men's Group** • 6:00–7:30AM
- ▶ **Women's Group** • 6:30–7:45AM

No registration required.



Meet the Artist Behind the Hands!—Lunch & Learn

Liz Shea-McCoy, Director of Lincoln's Public Art Display
Wednesday, September 11

Meet this nationally-recognized artist to hear how a vision became reality in the form of bicycles, hearts, lights bulbs and now serving hands. Southwood Seniors is hosting this event and would love for you to join them!

- ▶ **12:00PM**—pasta bar & salad—\$5 freewill offering
- ▶ **12:30–1:00PM**—program

Register online at SOUTHWOODLUTHERAN.ORG/EVENTS or at the Southwood Central Kiosks.



Southwood Singles

Sunday, September 15 • 5 pm

- ▶ **Adventure Golf** (56TH & Old Cheney) \$7 per person, pay at the door
- ▶ **Dinner to follow**—Local Beer, Patio & Kitchen (56TH & Pine Lake)

In case of rain, gather for dinner only. All ages are welcome!

Register online at SOUTHWOODLUTHERAN.ORG/EVENTS or at the Southwood Central Kiosks.



Visit SOUTHWOODLUTHERAN.ORG
for a complete listing of events and registrations.