

Mission

Contact: Malissa Pauling • MPAULING@SOUTHWOODLUTHERAN.ORG

Sign-Up at southwoodlutheran.ivolunteer.com to volunteer for these serving opportunities.

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

- ▶ **Center for People in Need**
3901 N. 27TH Street
September 3, 2:00–3:00PM
- ▶ **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

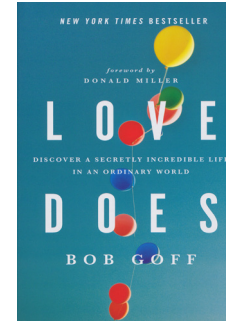
- ▶ Located on the east side of Southwood
Join the garden crew to help with the harvest for an hour.
- ▶ Sundays at Noon
- ▶ Tuesdays at 7:00AM
- ▶ Thursdays at 7:00PM

Visit SOUTHWOODLUTHERAN.IVOLUNTEER.COM for a complete list of available volunteer opportunities in the community.

Created for Love

God created us to be in community with each other. He never intended for any of us to live a life alone. And, he wants us to love one another.

That's why we're so excited to launch *Love Does*, a five-week churchwide Small Group study! Here's your chance to grow your faith and become part of a caring, supportive group of Christian friends.



So, what's stopping you from being part of a Small Group?

1. I'm too busy!

Sharing life with other Christians can help calm your stress levels and put things in proper perspective. If you put God first, it's pretty amazing how everything else falls into place. Groups gather once a week for five weeks...not a huge time commitment considering the benefits!

2. I don't know how to find a Small Group.

Take the initiative to invite a few people you already know to gather weekly for five weeks. Let us know so we can provide video instructions and discussion questions.
OR, come to one of our onsite study groups on Thursdays beginning Sept. 12 (see front for times). We'll help you find a table group!

3. A group study sounds a little intimidating.

Trust us, groups consist of all levels of faith growth and biblical knowledge. Groups watch a video, then discuss. Sometimes, the conversations veer off into real-life topics and that's perfectly okay. Just relax and enjoy the company!

Have questions about small groups? Contact Jo Sheets at JSHEETS@SOUTHWOODLUTHERAN.ORG or Michelle Smith at MSMITH@SOUTHWOODLUTHERAN.ORG or call 402.423.5511.

Complete the yellow card in your bulletin today!

Get Connected

September 1, 2019

Fall Small Groups—Love Does

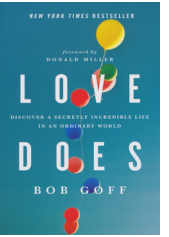
Starting September 8

Invite two or more people you already know to commit to a weekly gathering for five weeks. We'll provide videos and discussion questions.

- ▶ Let Michelle know who's in your group at 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
- ▶ Register online at SOUTHWOODLUTHERAN.ORG/EVENTS or at the Southwood Central Kiosks.
- ▶ Sunday Morning, September 8—Kickoff Event—Fun & Festivities!



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 or at the Southwood Central Kiosks.

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.



Southwood
Lutheran Church

402.423.5511
southwoodlutheran.org

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

Children

Contact: Deb Raatz • 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!

Contact: Deb or Tina at 402-423-5511 or DRAATZ@SOUTHWOODLUTHERAN.ORG or TBOYSEN@SOUTHWOODLUTHERAN.ORG.

Children & Youth Education Start Dates

Registration is required. Visit SOUTHWOODLUTHERAN.ORG for more details.

Sunday School • 3-years old through 5th grade

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

DELVE (Confirmation) • 6th–8th Grade

- **6th & 7th Grade:** Student and Parent Orientation will be held on Sunday, September 22
Class times are at 8:30, 9:45 or 11AM
- **8th Grade:** Student and Parent Orientation will be held on Wednesday, September 11
6:15–6:45PM supper/fellowship and 6:45–7:45PM class time

Youth

Contact: Drew Jagadich • DJAGADICH@SOUTHWOODLUTHERAN.ORG

High School Youth Groups

- ▶ Kick off the year on Sunday, September 22 at 6:00PM in the Youth Room. Join us for dinner, worship, service and games all in one fun night. Invite your friends!
- ▶ Fall Retreat Registration will open this Wednesday! The retreat will be October 18–20 at Camp Carol Joy Holling.
- ▶ Small Groups will be introduced this fall and we want YOU to join us!
- ▶ Contact: Morgan at MTRANMER@SOUTHWOODLUTHERAN.ORG

Care

Contact: Mary Senne • MSENNE@SOUTHWOODLUTHERAN.ORG



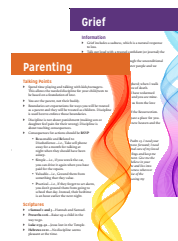
Prayer Team

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 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**— Sept. 4 & 18 • 6:30PM | Sept. 12 • 10AM
- ▶ **Renewed Hope**—Sept. 15 • 11AM

3 Tips for Caring Everyday

Adjusting to Change Helping Employees Adapt to Change

Today's world is changing all the time. The terms downsizing, reorganizing and cutting costs are now the norm. Developing skills to adjust to those changes is how we survive and thrive. Help your fellow co-workers in these ways:

- ▶ Establish an atmosphere and culture of open communication— set up opportunities for people to share ideas and respectfully give feedback.
- ▶ Recognize change affects each person differently. Be in tune to difficulties and support them through it by training them in necessary skills and answering questions patiently.
- ▶ Be a role model and know the way you live, the choices you make and the attitude you have are an example for others.

Source: <https://www.forbes.com/sites/forbescoachescouncil/2016/12/21/10-ways-managers-can-help-employees-adjust-to-change/#1966d1144161> visited August 19, 2019.

Ministry

Contact: Jo Sheets • JSHEETS@SOUTHWOODLUTHERAN.ORG

Fall Choir Rehearsals

Join us!

Denise Makinson, Director of Worship/Music
DMAKINSON@SOUTHWOODLUTHERAN.ORG

- ▶ Southwood Ringers at 6:30PM (*Sanctuary*)
- ▶ Mixed Choir at 7:00PM (*Choir room*) **NEW TIME!**
Childcare will be offered during Mixed Choir
- ▶ Men's Chorus at 8:00PM (*Choir room*) **NEW TIME!**

Everyone welcome. Bring a friend!

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.

Men's Breakfast

Begin Saturday, September 7 • 7:30–9:00 am
(1st & 3rd Saturday of each month)

All men are invited to join for breakfast, Bible study and fellowship. No registration required. Meet in the kitchen or meeting room off the Fellowship Hall.

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.

