

Our Saviour's & Balsamlund Lutheran Church; ELCA E-News



For September 29, 2024

DAILY BIBLE READINGS 9/29/24—10/5/24



SUNDAY Isaiah 32:1-20
MONDAY Isaiah 33:1-24
TUESDAY Isaiah 34:1-17
WEDNESDAY Isaiah 50:1-11
THURSDAY Isaiah 57:1-21
FRIDAY Isaiah 58:1-14
SATURDAY Isaiah 59:1-21

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WEEKLY CALENDAR

9/29 Time after Pentecost – Lectionary 26

9am Fellowship
9am Sunday School
10am Worship

10/2 Wednesday

9am Quilters
1-5pm, Janet Eckman SAM, in-office
11am W/ELCA Meeting
5pm Worship Committee Meeting

10/6 Time after Pentecost - Lectionary 27

9am Fellowship
9am Sunday School
10am Worship / Holy Communion



Balsamlund Announcements:

If you know of someone who would like a visitation please let the office or Janet Eckman SAM know and we will accommodate the request in the best possible way.

Follow Minnesota's Fall Colors at: https://www.dnr.state.mn.us/fall_colors/index.html

OSLC Announcements:

Fellowship Hall Reservations: Every first Sunday of the month is reserved for the 4H, beginning at 4pm; October 8, 10am-3pm for Homemakers Club; October 11 & 12 for OSLC Fall Bazaar.

VANCO is an electronic automatic online offering method available to all who have a bank account. Simply fill out a form (ask Rita) along with a voided check and give it to the office to get signed up. No cost to sign-up & forms are free. It's simple and efficient.

October 12th, OSLC Fall Bazaar! 9am-12:30pm. Sign-up sheets are on the Fellowship Hall table. We need volunteers for set up & pricing on Oct. 11th & cashiers throughout the day of the sale on the 12th. Tickets will be available from our WELCA team and at the Community First Bank in Sebeka. We're giving away two 1/4 Beefs courtesy of Steve Quale, a handmade quilt from the Quilters Group, assorted Gift Baskets and Gift Certificates. Must be 18 to donate, \$1 per ticket. Tickets are available on the day of the Bazaar too!

Do you see a difference in our church? outdoors? Hint: It's not the color of the leaves. Thank you to our Property Committee members and their family members for their hard work in cleaning up the shrubs around the Northside of the building. It looks sharp. Thank you!

There will be a Men's Breakfast this year on October 13th. Save the date!

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Have you taken a drive or walk yet to see the beauty of autumn starting yet? Do you have one planned? I have taken two walks down Tim's Trail by OSLC. The leaves are slowly changing but slowly. However, the crunch of leaves under my feet are a little more prevalent. Please share as you discover new or old walks and drives. I want to add more and more to my bucket list to check out.

This week our Gospel is from Mark 9: 38-50. Jesus talks to his disciples about stumbling blocks on our path to God. Although Jesus makes strong statements in these verses, he doesn't mean for someone to literally to cut off their hand or pluck out their eyes. What he does mean instead of blaming and turning things onto be someone else's fault he wants you look inward at ourself. He wants us to look at what our stumbling blocks are. What is blocking you from a relationship with God?

"If anyone causes one of these little ones—those who believe in me—to stumble, it would be better for them if a large millstone were hung around their neck and they were thrown into the sea. If your hand causes you to stumble, cut it off. It is better for you to enter life maimed than with two hands to go into hell, where the fire never goes out. And if your foot causes you to stumble, cut it off. It is better for you to enter life crippled than to have two feet and be thrown into hell. And if your eye causes you to stumble, pluck it out. It is better for you to enter the kingdom of God with one eye than to have two eyes and be thrown into hell, where "the worms that eat them do not die, and the fire is not quenched. Everyone will be salted with fire."

How can we remove the stumbling blocks and what are they? I read this technique and I wanted to share:

Thought Stopping Technique

S - Stop - Interrupt your negative thinking with the command "STOP"! Pause what you are doing.

T - Take a Breath! Practice some deep breathing techniques to slow your heart rate down.

O - Observe. Observe your thoughts, feeling and behavior. How does your body feel?

P - Proceed. Purposefully and mindfully proceed with your next activity, one step at a time.

God is there with you. You are a child of God always and forever.

In Faith
Janet Eckman
Synod Authorized Minister

