

# Mission

**Contact:** Nicole • [NMROCZEK@SOUTHWOODLUTHERAN.ORG](mailto:NMROCZEK@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.



## Serve at the Neighborhood Food Distribution

Tuesday, July 30 & August 6 • 2:45–5PM  
Help hand out food to over 400 people in our community. *All volunteers need to be at least 10 years old.* Sign up at Southwood Central or at [SOUTHWOODLUTHERAN.IVOLUNTEER.COM](http://SOUTHWOODLUTHERAN.IVOLUNTEER.COM)

## The Gathering Place

August 12 & 15 • 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)

# Trip of a Lifetime

I recently traveled to Tanzania for a mission trip with other Southwood members. Even though it was not on my bucket list 6–8 months ago, what a blessing God provided when I listened to His whisper and urging from Scott and Faye Koehn.

I will admit I was apprehensive about the travel, what we would do, what I might see or any of the differences I would experience, but God had a plan for me.



Yes, we went on a wonderful safari and saw some amazing wild animals, but the biggest takeaway for me was the immersion into the village, church and people’s lives that we encountered. The people of Uswaa parish were so welcoming and friendly to all of us. It seemed we were constantly shaking hands and being greeted by friendliness from so many.

Shortly before we left we visited a Maasai village. Upon arrival, they greeted us in the van with beautiful and cheerful singing which continued off and on the entire time we were with them. Their smiles and happiness were so good to see, even if we couldn’t understand their words. They also welcomed us into their homes and church without hesitation. We could barely communicate other than a smile, clapping our hands or nodding our heads; but we all knew how we felt and the presence of God was evident.

It was definitely a trip of a lifetime for me and one I was so grateful to experience.

Gina Fuelberth

# Get Connected

July 28, 2019

## Sunday School and DELVE Registration

**Opens Online on Saturday, August 3 at 8AM**

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

## Join Southwood

How do you become a member of Southwood? What is the difference between attending Sunday worship and actually being a member? Join us for these two workshops required for membership.

### 1. Discover Southwood

Sunday, August 4 • 8:30AM

### 2. Connect at Southwood

Sunday, August 18 • 8:30AM

(or by appointment, for individual guidance)

Register at [southwoodlutheran.org/events](http://southwoodlutheran.org/events)



Southwood  
Lutheran Church



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



## 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.

<b>1st Grade &amp; UP</b>	First Communion	Today at 12:00–2:00PM
<b>Parents</b>	Baptism	August 11 at 11AM
<b>3 Year Olds</b>	Tour of the church	August 18 at 9:45AM

The complete summer workshop schedule is online at [SOUTHWOODLUTHERAN.ORG/EVENTS](http://SOUTHWOODLUTHERAN.ORG/EVENTS) or at the Southwood Central Kiosks.

# Youth

Contact: Drew Jagadich • DJAGADICH@SOUTHWOODLUTHERAN.ORG

## Middle School Mission Trip Events

- ▶ **July 30 at 6:30PM**  
Pack & Pray in the Front Parking Lot

## 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).



**Follow the Southwood Youth Group on Instagram**  
[@swlyouthgroup](https://www.instagram.com/swlyouthgroup)

# 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](mailto:BWILBRAND@SOUTHWOODLUTHERAN.ORG) for a training packet.

## Step Away From Your Routine!

The next Lutheran Marriage Encounter event is coming to Omaha August 2–4. Preregistration is required—contact Randy & Jill Sigler at [RANDJSIGLER@INEBRASKA.COM](mailto:RANDJSIGLER@INEBRASKA.COM) or 402-486-1342. Special 50% Discount off the regular application fee for 2019 events in celebration of 50 Years of enhancing marriages!

## 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

### Parenting Prayerful Parenting

There are many times as parents that we pray to God. We ask for guidance, patience, for our child's safety, and we wonder if God is really listening. Rest assured God is listening, so keep praying. Try these prompts:

- ▶ **Picture prayer**—When you walk past a picture of one of your kids, use that as a reminder to take a moment to pray for them right then.
- ▶ **Midnight prayers**—When you wake up during the night, take the opportunity to pray for your family. It will also relax you and help you get back to sleep.
- ▶ **Clock prayers**—When the date of your child's birthday comes up on the clock, use that as a reminder to say a special prayer for them right then. For example, if a birthday falls on May 1, when 5:01 comes up on the clock, it's a reminder to stop and pray for that child.

Source: <http://christiancollegeguide.net/article/Tips-for-the-Praying-Parent>, visited 7/23/19

# Ministry

Contact: Jo Sheets • JSHEETS@SOUTHWOODLUTHERAN.ORG

## rightnow MEDIA

## New Content Added!

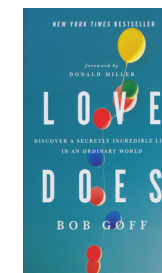
An online Christian video library for all ages. Check out the new additions under Southwood listed in the "Libraries" section.

Create your free account—Southwood's gift to you!  
Text: RIGHTNOW SLC to 41411 or visit [SOUTHWOODLUTHERAN.ORG/RNM](http://SOUTHWOODLUTHERAN.ORG/RNM)

## Love Does by Bob Goff

Summer Reading to prepare for our Fall Series Our fall sermon series and Small Group study will be based on this powerful book that's a delight to read. Add this to your summer reading list and you'll find out why we're so excited about it!

- ▶ Books at Southwood Central—\$5



## Calling All DELVE Volunteers!

Make a difference in middle school students' lives by being a faith mentor to our DELVE students. Lead group discussion and build relationships. Training and easy-to-use curriculum provided. 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

If you are interested in joining our team, contact Drew at [DJAGADICH@SOUTHWOODLUTHERAN.ORG](mailto:DJAGADICH@SOUTHWOODLUTHERAN.ORG)

## 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).

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