

Mission

Contact: Malissa Pauling • MPAULING@SOUTHWOODLUTHERAN.ORG

Featured Mission Partner: Eastridge Pantry

Offers a "client choice" food distribution. Guests shop for food or other essential items from the pantry shelves. Giving clients a choice in the items they receive serves them with dignity and grace.

You can donate items to the pantry any time at the table by Southwood Central.

Serve a Meal

▶ The Gathering Place

1448 E Street
September 19, 4:45–6:30PM

▶ Matt Talbot Kitchen & Outreach

2121 N 27TH Street
September 24, 4:30 OR 5:00PM

Deliver Food

▶ Meals on Wheels

4720 Randolph
Mondays or Saturdays, 10:30AM

Donate Food

▶ Matt Talbot Kitchen & Outreach

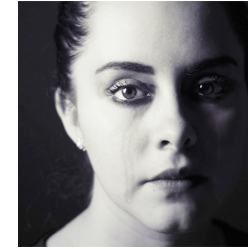
Clean, wrapped potatoes for baking
Cookies

Garden Harvesting

- ▶ Located on the east side of Southwood
Join the garden crew to help with the harvest for an hour.
- ▶ Lots of tomatoes to be harvested!
- ▶ 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!

To sign up or get more information, visit [SOUTHWOODLUTHERAN.IVOLUNTEER.COM](https://southwoodlutheran.org/volunteer) for a complete list of available volunteer opportunities in the community.

Be Prepared for the Unexpected.



I don't teach or work in the health care profession. I don't work in an office around people. I work at home as a stay-at-home parent. I signed up for QPR training because I have teenage children and am around them and their friends. They have experienced the loss of friends and classmates from suicide. I figured anything I could add to my skillset in this area would be a good idea.

"I asked the tough question..."

I didn't expect to use this information within weeks of the training. I certainly didn't expect to use it with my own child. Yet one evening, my husband and I found ourselves holding our teenager in our arms. They feel broken. They feel hurt. They feel hopeless. They feel empty. They feel like they've let everyone down. They are depressed. I asked the tough question "Are you thinking about killing yourself?" And the answer was the single word "Yes".

Because of QPR training I knew to ask. I knew how to respond to a "yes" answer. I knew what to do to get help. I am so grateful I took the training. I was able to navigate the situation calmly and appropriately. I didn't panic. QPR is the kind of training, like CPR, you hope to never have to use. But like CPR, it is invaluable and can save lives if you are in the situation where your training is called upon. I pray that you consider this life training so you are prepared for the unexpected.

QPR Training (Question—Persuade—Refer)

What You Do Could Save a Life!

- ▶ Wednesday, October 30 • 6:15–7:45PM
- ▶ Sunday, November 10 • 6–8PM

Attend either session to learn a 3-step process developed by the QPR Institute for helping a person who exhibits the warning signs of suicide. **Register at southwoodlutheran.org/events**

Get Connected

September 15, 2019

Little Changes to Southwood Serves for a Bigger Impact!

Sunday, October 13

***New* take-home activity available: Make a Blessing Bag**

- ▶ Options available online to make a blessing bag for someone in the community. Make them at home and bring them back to Southwood to be distributed by our mission partners throughout the community.
- ▶ Serving opportunities are open throughout the community. 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.



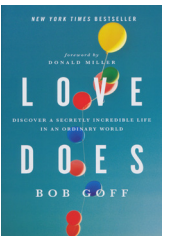
Fall Small Groups—Love Does

Join Us on Thursdays

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.

Here's your chance to grow your faith and become part of a caring, supportive group of Christian friends.

- ▶ Noon lunch break (bring sack lunch) OR
- ▶ 6:30–7:45PM—snacks & childcare provided



Southwood
Lutheran Church

402.423.5511
southwoodlutheran.org

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

Children

Contact: Deb Raatz • DRAATZ@SOUTHWOODLUTHERAN.ORG

Houses of Hope—Sunday School Mission Project

This year the Sunday School offerings from September through December will go to provide two homes—one near our sister church in La Ceibita, Honduras and one in Tanzania, Africa. Our goal is to raise \$5,000 and we are well on our way after raising \$780 in our first week of Sunday School! The children are already shining their love for others by living out our theme this year, "Rise and Shine and Give God the Glory!"



If you are interested in helping with the Sunday School project, you can drop off a donation at Education Station downstairs or give a donation in the offering plate with "Sunday School Mission Project" in the memo.

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 September 18 (6:15–7:45PM) We will begin a three week series on naming and owning our faith. 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 17 • 2:30–5PM meet at Scooters (56TH & Pine Lake). Bring your homework. We will provide the coffee.

Care

Contact: Mary Senne • MSENNE@SOUTHWOODLUTHERAN.ORG

Renewed Hope

TODAY • 11AM • In the Group Room

- ▶ 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.

Healing Prayer Service

October 23 • 7:30PM

Experience the comfort of music, prayer, reflection and hope. Come if you desire special prayers for healing physically, emotionally or relationally, or if you are grieving after a loss. Or, come to offer prayers for loved ones or for those unable to attend. Time will be provided to invite those who desire, to come up for anointing.

Ongoing Care Ministries

Held in the Group Room next to the Nursery

- ▶ Renewed Hope—Today • 11AM
- ▶ Prayer Shawl Ministry—September 18 & October 2 • 6:30PM | October 10 • 10AM

3 Tips for Caring Everyday

Depression/Anxiety - Is Your Teen Depressed?

Adolescence can be a difficult and confusing time for teenagers and for the people who love them. Statistics from the National Alliance on Mental Illness report that one in five teens experience depression at some point during adolescence. Consider these signs/suggestions:

- ▶ Watch for changes that may be out of their norm: regarding eating, sleeping, relationships, activity level, irritability, grades.
- ▶ Ask them how they are feeling and truly listen without blaming, labeling or fixing. Ask them if they are considering hurting themselves—you aren't putting the idea in their head by asking and you need to know to help keep them safe.
- ▶ Be willing to seek help. Start with your family doctor, find psychologists or psychiatrists that specialize in this area, or go to the hospital if you have immediate concerns for their safety.

Pay attention to what you can do and compensate for what you cannot by asking for help!

Source: CareNotes—Is Your Teen Depressed? By Cynthia Greisen

Ministry

Contact: Jo Sheets • JSHEETS@SOUTHWOODLUTHERAN.ORG

Thursday Morning Study Groups

Join Us!

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.

Southwood Singles

TODAY • 5PM

- ▶ 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.

Men's Breakfast

Saturday, September 21 • 7:30–9AM

All men are invited to join for breakfast, Bible Study and fellowship.

They are studying *Moses* by Adam Hamilton.

No registration required. Meet in the kitchen or meeting room.

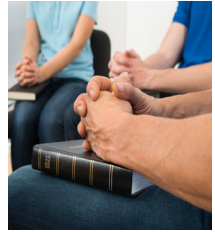
MOMSnext Monthly Gatherings

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. Next meeting is October 2

Contact Jen McHargue at 402-890-8161 or JENNIFERMCHARGUE@GMAIL.COM.



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