

Mission

Contact: Malissa Pauling • MPAULING@SOUTHWOODLUTHERAN.ORG

Thanks for contributing \$75,323.66 this year!

Southwood volunteers served 2962 hours with our community mission partners this year. We know that the experience of volunteering is priceless, but the IRS actually assesses volunteer time to be worth \$25.43 per hour. That means Southwood volunteers gave \$75,323.66 worth of time to the community this year. Thank you for the time you shared to serve others. You've made a big impact!



SERVING OPPORTUNITIES

Distribute Food

- ▶ **Rural Food Distribution**
425 C Street, Palmyra, NE
Saturday, January 11, 10:45AM–12:30PM

Serve a Meal

- ▶ **The Gathering Place**
1448 E Street
Monday, January 13 or Thursday, January 16, 4:45–6:30PM
- ▶ **F Street Rec Center**
1225 F Street
Saturday, January 18, 12:15–1:30PM
- ▶ **Matt Talbot Kitchen & Outreach**
2121 N 27TH Street
Tuesday, January 28 or Friday, January 31, 4:30 OR 5:00PM

To sign up or get more information, visit SOUTHWOODLUTHERAN.IVOLUNTEER.COM for a complete list of available volunteer opportunities in the community.

Alpha Opened My Eyes

Start 2020 with a journey toward 20/20 vision.

Look around. Can you see where you're going? Set Alpha as a destination and your path will become more clear.

Whether you've been a lifelong Christian or are new to or exploring the Christian faith, Alpha is for you. But, don't take our word for it...



"Alpha opened my eyes to see how great a resource we have here at Southwood to help all of us question each other, support each other and grow together."

"Alpha offered new ways of thinking about faith, in a positive and encouraging way."

"Alpha really got me to open up and look deeper into my relationship with Jesus."

"'You don't have to understand to believe. You have to believe to understand.' This has helped me be more open-minded."

"There's a lot more out there to learn!"

—2019 Alpha Participants

Catch your attention? See front page for more details.

Get Connected

December 29, 2019

Alpha: Explore the Meaning of Life —

An 8-week series led by Pastor Jessica

- ▶ Thursdays beginning January 9
- ▶ Noon—bring a sack lunch OR
- ▶ 6:30–8:00PM—snacks & childcare provided



Explore the meaning of life in an informal, fun and friendly environment. Even if you've attended Alpha in the past, you'll find this updated series to be even more engaging. Start the new year by growing your faith!

Register at SOUTHWOODLUTHERAN.ORG/EVENTS

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, January 5 • 8:30AM
2. **Connect at Southwood**
Sunday, February 9 • 8:30AM
(or by appointment, for individual guidance)



Register at SOUTHWOODLUTHERAN.ORG/EVENTS

Sunday School & DELVE

- ▶ **TODAY**—no Sunday School. Resumes on January 5.
- ▶ **TODAY & January 5 & 12**—no 6TH & 7TH Grade DELVE. Resumes on January 19.
- ▶ **January 1 & 8**—no 8TH Grade DELVE. Resumes on January 15.

 **Southwood**
Lutheran Church southwoodlutheran.org 402.423.5511
Address: 4301 Wilderness Hills Blvd., Lincoln, NE 68516

Children

Contact: Deb Raatz • DRAATZ@SOUTHWOODLUTHERAN.ORG

Baptism Class



Sunday, January 12 • 11AM in the Meeting Room
Unwrap God's gift of Holy Baptism at the Baptism Class. At Southwood, we ask that all parents who are having children baptized attend one of these classes.
▶ Register at [SOUTHWOODLUTHERAN.ORG/EVENTS](https://southwoodlutheran.org/events)

Children's Music Workshop

Monday, January 20 • 9AM–12PM

- ▶ All 4 & 5 year olds are welcome to participate.
- ▶ There will be music activities, crafts and a snack.
- ▶ Leader: Deb White
- ▶ Register at [SOUTHWOODLUTHERAN.ORG/EVENTS](https://southwoodlutheran.org/events)



Youth

Contact: Drew Jagadich • DJAGADICH@SOUTHWOODLUTHERAN.ORG

DELVE

- ▶ **6th & 7th Grade DELVE** • Not meeting this week. Resumes January 19 at 8:30, 9:45, & 11AM.
- ▶ **8th Grade DELVE** • Not meeting this week. Resumes January 15 at 6:15PM.

High School Youth Group

- ▶ Not meeting this week. Resumes January 12 at 6PM.

Life & Lattes

- ▶ Not meeting this week. Resumes January 14 at 2:30PM. Meet at LaMars Donuts (48TH & Pioneers).



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

Care

Contact: Mary Senne • MSENNE@SOUTHWOODLUTHERAN.ORG

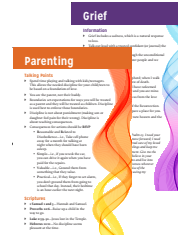
Winter Grief Group

Starting January 6 • 6:30–8PM (9 weeks) • Group Room

- ▶ 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. Join us and find healing and hope in this 9-week series led by Jason Christensen, LMHP.
- ▶ Register online at [SOUTHWOODLUTHERAN.ORG/EVENTS](https://southwoodlutheran.org/events) or at the Southwood Central Kiosks.

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**— January 9 • 10AM | January 15 • 6:30PM
- ▶ **Renewed Hope**—January 19 • 11AM

3 Tips for Caring Every Day

Helping After the Holidays

Some people notice the 'post-holiday blues' after Christmas is over. Holidays often include gatherings of family and friends—this can lead to a letdown afterwards as people find themselves alone. If this applies to anyone you know, consider these tips:

- ▶ **Find a way to serve together and help others.** It puts the focus outside of oneself and is also a way to spend time with a friend.
- ▶ **Offer to pick someone up to do something social.** Get them out of their surroundings and help change their perspective.
- ▶ **Make a plan with them, for something in the future.** Having something to look forward to can lift their spirits.

Ministry

Contact: Jo Sheets • JSHEETS@SOUTHWOODLUTHERAN.ORG

Save the Dates in 2020 to Grow your Faith!

- ▶ **Weekly Men's Group**—Beginning Thursday, January 2
6:00–7:30AM—all are invited!
- ▶ **Weekly Women's Group**—Beginning Thursday, January 2
6:30–7:45AM—all are invited!
We'll be digging into a financial series by Dave Ramsey, a great focus for the new year!
- ▶ **Men's Breakfast Group** —Beginning January 4
7:30–9:00AM—1ST & 3RD Saturdays—all are invited!
- ▶ **Lenten Worship Series & Small Group Study**—Beginning March 1—Based on the book *True You* by Southwood member Michelle DeRusha
- ▶ **Women's Spring Retreat**—Saturday, April 4
Remote Fears & Silver Linings by Kimberly Shirk, Lincoln author & speaker



Southwood Seniors Monthly Luncheon

Wednesday, January 8 • 12:00–1:00PM

- ▶ **Lunch**—Baked Chicken & sides, bring dessert to share
- ▶ **Program**—A Brick and A Bell—Commemorating Martin Luther King, Jr., presented by Southwood Member Roger Voss
- ▶ Join this fun-loving group who are mostly age 60+, or just like to hang out with those 60+!
- ▶ Register at [SOUTHWOODLUTHERAN.ORG/EVENTS](https://southwoodlutheran.org/events)

A New Role in 2020?

Start off the new year trying out a new way to serve God and others!

- ▶ **Love coffee & donut holes?**—Serve in the Cafe!
- ▶ **Enjoy providing helpful information?**—Serve at Southwood Central!
- ▶ **Feel good about welcoming people?**—Serve as an Usher, Host or Greeter!

Contact Michelle at MSMITH@SOUTHWOODLUTHERAN.ORG today!

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