

# Mission

Contact: Malissa Pauling • MPAULING@SOUTHWOODLUTHERAN.ORG

## The Gathering Place

August 24 • 4:45–6:30PM

Help serve and clean up an evening meal at the Gathering Place!

▶ Location: 1448 “E” Street

Sign up at Southwood Central or online at SOUTHWOODLUTHERAN.IVOLUNTEER.COM



## Mourning Hope

Provide snacks (wraps/pinwheels, fruit or veggie trays, popcorn mix, etc.) for their Family Grief Support Groups.

▶ Snacks need to be at Southwood by 12:30PM on Sundays.

Sign up at SOUTHWOODLUTHERAN.IVOLUNTEER.COM



## Matt Talbot

Tuesday, August 27 & 30 • 5PM

Volunteers are needed to:

▶ Serve the evening meal at Matt Talbot (2121 N. 27<sup>th</sup> Street)

▶ Provide cookies or cleaned, wrapped potatoes for the meal

Sign up at Southwood Central or online at SOUTHWOODLUTHERAN.IVOLUNTEER.COM



## Neighborhood Food Distribution

Tuesday, September 3 • 2:00–3:30PM

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

Visit [SOUTHWOODLUTHERAN.IVOLUNTEER.COM](http://SOUTHWOODLUTHERAN.IVOLUNTEER.COM) for a complete list of available volunteer opportunities in the community.

## God Held My Heart

Sitting in church going through the blue insert, I came across the DivorceCare announcement. I actually had been divorced over 10 years ago, now in my second marriage, but feeling hopeless. I was seeking knowledge and wanted to know what the church, my church, thought about divorce. My hunger to know led me to read the entire DivorceCare workbook the first night I received it. I didn't believe in divorce and now I was looking at number two, feeling like a failure.

DivorceCare is based on a video series and workbook, and the material is then discussed as a group. The videos felt like they were geared toward my exact situation. They were real. We all felt like that after we watched and discussed them. Because of that, my group was able to share on a meaningful level. Now we have been able to share in each other's success stories and we are still friends today!

As God held my heart in his hands to keep it from breaking, he brought people into my life to share things that I needed to hear. Things that brought me joy, in small doses, and lifted me out of despair. I knew I was going to make it out of this with my heart repaired. I have been bathed in truth and a love that surpasses all understanding.

Even if you are only thinking about it, come find out what God is trying to tell you. The leaders care so very much about you! Come find out how your life can be made new!

Humbly, Denise Marx

Are you (or someone you know) going through a divorce? If yes, please register or forward to a friend who's hurting.

### DivorceCare

Join with others who are in the process of rebuilding their lives after a separation or divorce. Explore and grow emotionally and spiritually through this 8-week series. Thursdays, starting September 12 • 6:30–8PM.

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



*“As God held my heart in his hands to keep it from breaking, he brought people into my life to share things that I needed to hear.”*

# Get Connected

August 18, 2019

## Sunday School and DELVE Registration

**NOW Open: [SOUTHWOODLUTHERAN.ORG](http://SOUTHWOODLUTHERAN.ORG)**

Registration is on a first-come, first-served basis.

- ▶ Sunday School registration for 3-year olds through 5<sup>th</sup> grade
- ▶ DELVE (Confirmation) registration for 6<sup>th</sup>–8<sup>th</sup> graders

## Fall Small Groups—Love Does

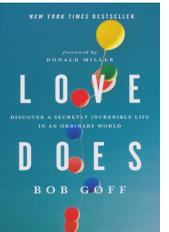
Starting September 8

Start a Small Group...it's easy! Just invite two or more people you already know to commit to a weekly gathering (you choose the time & place) for five weeks. We'll provide videos and discussion questions.

- ▶ Let Michelle know who's in your group at [MSMITH@SOUTHWOODLUTHERAN.ORG](mailto: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
- ▶ Sunday Morning, September 8—Kickoff Event—Fun & Festivities!



## Fall Classes

Starting September 12

### ▶ DivorceCare (8 weeks)

Are you separated or going through a divorce? Does it feel like no one understands? 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 as well as emotional support. Led Pastor Michael Ryan.

- ▶ Register online at [SOUTHWOODLUTHERAN.ORG/EVENTS](http://SOUTHWOODLUTHERAN.ORG/EVENTS) or at the Southwood Central Kiosks.



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

## 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! Please faithfully consider! contact: Deb or Tina at 402-423-5511 or email 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 5<sup>th</sup> grade

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

### DELVE (Confirmation) • 6<sup>th</sup>–8<sup>th</sup> Grade

- **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/fellowship and 6:45–7:45PM class time

# Youth

Contact: Drew Jagadich • DJAGADICH@SOUTHWOODLUTHERAN.ORG

## 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.

# Care

Contact: Mary Senne • MSENNE@SOUTHWOODLUTHERAN.ORG

## Renewed Hope

Today • 11AM

After the death of a spouse, remembering our loved one and rebuilding our lives are essential parts of grieving. Please join us as we share ways to address these important steps in healing. No registration necessary.

## Fall Grief Group beginning Monday, September 9

GriefShare (8 weeks) • 6:30–8pm

- ▶ 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 8-week series led by Jason Christensen, LMHP.

Register online at SOUTHWOODLUTHERAN.ORG/EVENTS or at the Southwood Central Kiosks.

## Ongoing Care Ministries

Held in the Group Room next to the Nursery

- ▶ **Prayer Shawl Ministry**— August 21 & September 4 • 6:30PM | September 12 • 10AM
- ▶ **Renewed Hope**—TODAY • 11AM

## 3 Tips for Caring Everyday

### Adjusting to Change Adjusting to a New Baby

Whether this is your first baby or your fifth, adding a new person to the family is a big change! They are totally dependent on you for everything. Even taking a shower can be a huge challenge. Consider these tips:

- ▶ Share duties so everyone in the family, even children, can feel a part of these exciting times and contribute in various ways.
- ▶ Set aside time for each child in the family. Even ten minutes of uninterrupted time with them can make a huge difference to their sense of security.
- ▶ Take care of yourself so you have something left to give to each other. Take others up on their offer to help, so you have time and energy to enjoy being a family.

Source: CareNotes: Dealing with the Stresses of a New Baby by Marnie McAllister

# Ministry

Contact: Jo Sheets • JSHEETS@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

Contact: Denise • DMAKINSON@SOUTHWOODLUTHERAN.ORG.

## MOPS (Mothers of Preschoolers) Childcare Volunteers

Give moms the gift of time by providing childcare during their meetings. Serve 1–2 times/month or you can choose a month for a shorter commitment.

- ▶ 1st & 3rd Wednesdays starting September 4 from 9:00–11:15AM

Contact: Jessica at 402-560-4741 or JLYNN2885@GMAIL.COM.



## MOMSnex 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 starting September 4

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

## Thursday Morning Study Groups

Begin Thursday, September 12

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.

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