

Mission

Contact: Malissa Pauling • MPAULING@SOUTHWOODLUTHERAN.ORG

Sign-Up at southwoodlutheran.ivolunteer.com to volunteer for these serving opportunities.

Serve a Meal

- ▶ **Matt Talbot Kitchen & Outreach**
2121 N. 27th Street
August 27 or 30, 5:00–6:45PM

- ▶ **The Gathering Place**
1448 E Street
September 9 or 19, 4:45–6:30PM

Distribute Food

- ▶ **Center for People in Need**
3901 N. 27TH Street
September 3, 2:00–3:00PM
- ▶ **Rural Food Distribution**
425 C Street, Palmyra, NE
September 14, 10:45AM–12:30PM

Donate Food

- ▶ **Mourning Hope**
Snacks or meal items for Support Groups
Sundays—bring snacks to Southwood Kitchen by 12:30PM
- ▶ **Matt Talbot Kitchen & Outreach**
August 27 or 30
Cookies or Potatoes (cleaned, wrapped in tin foil)
Drop off by 2:00PM in Southwood Kitchen

Garden Harvesting

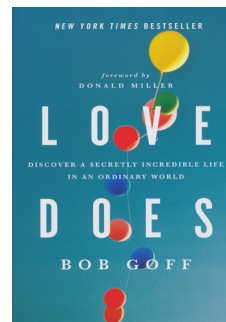
- ▶ Located on the east side of Southwood
Join the garden crew to help with the harvest for an hour.
- ▶ Sundays at Noon
- ▶ Tuesdays at 7:00AM
- ▶ Thursdays at 7:00PM

Visit SOUTHWOODLUTHERAN.IVOLUNTEER.COM for a complete list of available volunteer opportunities in the community.

Created for Love

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.

That's why we're so excited to launch *Love Does*, a five-week churchwide Small Group study! Here's your chance to grow your faith and become part of a caring, supportive group of Christian friends.



So, what's stopping you from being part of a Small Group?

1. I'm too busy!

Sharing life with other Christians can help calm your stress levels and put things in proper perspective. If you put God first, it's pretty amazing how everything else falls into place. Groups gather once a week for five weeks...not a huge time commitment considering the benefits!

2. I don't know how to find a Small Group.

Take the initiative to invite a few people you already know to gather weekly for five weeks. Let us know so we can provide video instructions and discussion questions.
OR, come to one of our onsite study groups on Thursdays beginning Sept. 12 (see front for times). We'll help you find a table group!

3. A group study sounds a little intimidating.

Trust us, groups consist of all levels of faith growth and biblical knowledge. Groups watch a video, then discuss. Sometimes, the conversations veer off into real-life topics and that's perfectly okay. Just relax and enjoy the company!

Have questions about small groups? Contact Jo Sheets at JSHEETS@SOUTHWOODLUTHERAN.ORG or Michelle Smith at MSMITH@SOUTHWOODLUTHERAN.ORG or call 402.423.5511.

Complete the yellow card in your bulletin today!

Get Connected

August 25, 2019

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 OR

Join an onsite Small Group! Thursdays starting September 12

- ▶ Noon lunch break (bring sack lunch) OR
- ▶ 6:30–7:45PM—snacks & childcare provided
- ▶ Register online at SOUTHWOODLUTHERAN.ORG/EVENTS or at the Southwood Central Kiosks.

- ▶ 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 or at the Southwood Central Kiosks.

Sunday School and DELVE Registration

NOW Open: SOUTHWOODLUTHERAN.ORG

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

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



Southwood
Lutheran Church

402.423.5511
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 5th grade

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

DELVE (Confirmation) • 6th–8th Grade

- **6th & 7th Grade:** Classes begin Sunday, September 22
Class times are at 8:30, 9:45 or 11AM
- **8th 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

Fall Grief Group beginning Monday, September 6

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.

CareNotes!

Life can certainly have its challenging moments. Stop by a CareNotes display and find helpful, inspirational booklets on many topics. Looking for a specific topic? Ask in the office!



Ongoing Care Ministries

Held in the Group Room next to the Nursery

- ▶ **Prayer Shawl Ministry**— Sept. 4 & 18 • 6:30PM | Sept. 12 • 10AM
- ▶ **Renewed Hope**—Sept. 15 • 11AM

3 Tips for Caring Everyday

Adjusting to Change

Adjusting to a Move

Most people thrive on the familiar, especially children. Change can throw off their sense of security and routine. Try these ideas:

- ▶ Take a walk around the old neighborhood or house, recalling the special memories you've had there and say goodbye. Be patient and allow some time to miss the old.
- ▶ Maintain the same bedtime routines and rituals, play favorite games, & make favorite meals. Help them see even though their surroundings have changed, their family hasn't.
- ▶ Encourage them to help with unpacking, help organize the silverware drawer or be in control of setting up something in their new home.

Remember that moving can be stressful both physically and emotionally. Take care of your own needs so you can be there for your family with a loving presence.

Source: Care Notes for Kids: Saying Good-bye, Saying Hello..When Your Family Is Moving by Michaelene Mundy

Ministry

Contact: Jo Sheets • JSHEETS@SOUTHWOODLUTHERAN.ORG

Fall Choir Rehearsals

begin Wednesday, August 28

Denise Makinson, Director of Worship/Music
DMAKINSON@SOUTHWOODLUTHERAN.ORG

- ▶ Southwood Ringers at 6:30PM (*Sanctuary*)
- ▶ Mixed Choir at 7:00PM (*Choir room*) **NEW TIME!**
Childcare will be offered during Mixed Choir
- ▶ Men's Chorus at 8:00PM (*Choir room*) **NEW TIME!**

Everyone welcome. Bring a friend!

Meet the Artist Behind the Hands!—Lunch & Learn

Liz Shea-McCoy, Director of Lincoln's Public Art Display
Wednesday, September 11

Meet this nationally-recognized artist to hear how a vision became reality in the form of bicycles, hearts, lights bulbs and now serving hands. Southwood Seniors is hosting this event and would love for you to join them!

- ▶ **12:00PM**—pasta bar & salad—\$5 freewill offering
- ▶ **12:30–1:00PM**—program

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

Thursday Morning Study Groups

Begin Thursday, September 12

Get your morning off to a great start with Christian friendship!
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

Sunday, September 15 • 5 pm

- ▶ **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.

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

