The following is how we at the ELCA view wholeness and being well. As you make your resolutions and consider how 2020 might be different for you, don’t forget that being healthy and whole is a full-life experience and not just about exercising and eating. (The descriptions of each element can be found at http://www.porticobenefits.org/CallToLiveWell/FaithBasedWellBeing/TheWholenessWheel):

At the center of the wheel, we are a new creation through the waters of baptism. Christ lives in us and through us, and calls us out to love and serve one another. What does it mean to be a new creation? We have received the gift of grace through Christ, who came that we might have abundant life. Abundant life is living as a new creation, being grounded and centered in Christ and loving our neighbor as ourselves. It is when we are living well in Christ that we are best equipped to pass on our faith.

Spiritual Living a centered life focused on God affects each aspect of our well-being. Turn to God for strength as you seek to live well in Christ. Nurture your relationship with God through prayer, devotions, worship, nature, art, and music. Explore who you are and know whose you are.

Vocational We are created by God to be instructed to help and love each other through interaction, play and for your relationships with family, workers.

Emotional Being emotional—range of human emotions appropriately. Self-awareness is honoring your own feel-stress, contentment, anger, and expressing them appropriately. Will help you live life well.

Physical While we are not all born perfectly healthy or able to live life without injury or illness, we can live well by tending and nurturing our body as a gift from God. Feed it healthy foods, keep it hydrated, build physical endurance through regular exercise, and respect your body’s need for rest.

Financial Being financially well involves making decisions based on our values, as reflected in the way we save, spend, and share. Tending to one’s financial well-being in this way requires us to be resilient, generous, and focused on sustainability.

Vocational We all have a calling — a vocation — to follow Christ’s example by living a life of meaning, purpose and service to our neighbor. Our vocations make up our life’s work and passions — they are the everyday roles through which God calls us to help make this world a better place. Those who are well vocationally are faithful stewards of their talents and abilities, and find opportunities to build and use them.

Intelectual Using our minds keeps us alert and active. Stay curious, ask questions, and seek answers. Explore new responsibilities, experience new things and keep an open mind. And remember, knowing when and how to let your mind rest is as important as keeping active.

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Fundraising for OSLC Youth

This Month’s Opportunity:

January 12

2nd Sunday of each month

From 11 a.m. - 9 p.m.

at BOTH Don & Millie’s locations

When you order, tell the cashier you are there for Our Saviour’s Lutheran Church Youth and 20% of what you spend on food & drinks will go to our OSLC Youth.
This 6-week course is directed by the UNL Extension program in cooperation with our own food ministry. Classes help individuals and families learn how to plan, cook, and eat healthy meals, as well as inspire participants to move more and set healthy goals for life.

Classes will meet in the basement kitchen and gather around tables in the Fellowship Hall to cook, sample, and learn. This is family-friendly, so bring the kids! Cost is free.

Meetings on Tuesday evenings, 6pm–7pm, beginning January 21.
Contact Lindsey at foodministry.oslc@gmail.com if interested.

Financial Peace University This 9-week course will help you learn how to take control of your money. Financial health is one of the biggest challenges of households today—from healthcare issues to minimum wage jobs. But there ARE some things you can control.

Classes are on Sunday evenings from 6:30pm–8:30pm, beginning February 9th through April 5th. Participant Packet is $99.00, with Scholarships for up to $50 available. Contact Karrie at discipleship.oslc@gmail.com if interested.

A Little Help for a Big Problem

Since 2009 over 800,000 Americans have died of Opioid overdoses in the United States. This statistic alone stopped me in my tracks one day as I was doing research for a family member who had asked me for some information regarding the addictive nature of this synthetic opioid or heroin.

Human beings have for millennia used substances in nature such as alcohol, opium, coca and valerian root to alter their states and find either relaxation or mental escape. Alcohol was used by Western Europeans and other cultures for almost as long as a water purifier, and it was until the 20th century regularly served to children as a method of water purification.

It’s no wonder we have issues with alcohol and other drugs, but what to do about it?

Within the medical industry and in the manufacture of street drugs the altered or synthetic products created to alleviate human suffering can become powerfully addictive, and the addiction has a ripple effect to the family members and acquaintances of the addict. It is our hope that through the Faith Partners at Our Saviour’s Lutheran Church that you can find a confidential ear to listen to your concerns, whether they be for you or a loved one, and some answers and directions for treatment and social services if you so desire.

Faith in a higher power is one of the tenants of the Twelve Step Program, so we find it particularly helpful to ask God for guidance and advice when dealing with addiction. It is through God that all things are possible, and with God we may weather any storm. Contact a Faith Partner if we can help.

Faith Partners include Alissa Gunning, David Grabarkewitz, DeAnn Cudly, Gidge Schmidt, Janet Schmidt, Marty Rus, Evert and Marcia Claesson and Otto Schultz.

You can reach us through the church office or Otto at starfish@linebraska.com 402-770-1974 about your interest, questions or concerns. We meet again on Friday January 3, at 6:00 p.m. in the Founders Room.

Sharing Our Talents

<table>
<thead>
<tr>
<th>Date</th>
<th>Jan. 4 &amp; 5</th>
<th>Jan. 11 &amp; 12</th>
<th>Jan. 18 &amp; 19</th>
<th>Jan. 25 &amp; 26</th>
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<tbody>
<tr>
<td>Altar Flowers</td>
<td>OPEN</td>
<td>Mary Barton in memory of Ben Spilchal Larson</td>
<td>Dave &amp; Elsa Larson in honor of 50 years of marriage</td>
<td>OPEN</td>
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<tr>
<td>Altar Guild</td>
<td>Don Witt, Gail Laursen, Jerry Vanner, Deb &amp; Jim Schmidt</td>
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<tr>
<td>FEAST Meal Provider</td>
<td>OPEN</td>
<td>St. Andrew’s</td>
<td>GEEKS</td>
<td>OPEN</td>
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<tr>
<td>Meals on Wheels</td>
<td>Eli &amp; Carter</td>
<td>Marti &amp; Lisa</td>
<td>Ray &amp; Mary Gobber</td>
<td>OPEN</td>
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Welcome Back! We welcome Jim Germer back on staff starting in January as a visitation minister. He continues to serve as interim pastor in Ohiowa and McCool Junction, and will be with us for about 10 hrs/wk, visiting parishioners and coordinating our visitation ministry.

OSLC Leadership Mission Statement
“Called and compelled by our hope in Jesus Christ, we empower our community to care, learn, teach, lead, and serve.”

OSLC Food Philosophy
Food is a gift of God’s grace that brings us together for the growth and nourishment of body, soul, and community.

OPEN POSITION
Director of Worship, Music, & Arts
This position is responsible for planning worship, including music & hymns for worship, directing the Sanctuary Choir and Set Free ensemble, leading worship with organ and piano, preparing the weekend bulletins and powepoints, and acting as Staff Liaison to the Congregation Care Team (among other responsibilities).

The position is 30 hrs/wk and is eligible for benefits. Anyone interested in applying can contact Pastor Tobi White at lincolnpastor.oslc@gmail.com.
In our church family prayers, we remember:

Because we, the Body of Christ, carry each other through trials, struggles, and celebrations...

Those ill: Gretchen Zwetig, Diana Grabarkevitz, Bob Furstenau, Addie Scripture, Rod Hernandez, Mary Smoove, Dale Blister, Michele France, Cindy Bartlett, Linda Reed, Victoria Heaton, Nancy Davis, Dennis, Rachel Harms

Homebound: Betty Alm, Cooper Dennis, Leora Eng, Mark Foster, Sandee Fruehling, Darlene Harms, Darlene Johnson, Eloise Landgren, Maxine Maguire, Naomi Maake, Wayne Mumford, Jennifer Nelson, Carol Rosenlof, Margaret Shaw, Gene Staberg, Dorothy Wise, Shari Zinnecker

First Responders & Military Personnel: Coty Surrounded, Jonah Lux, Erin Kocher, Phil Kocher, Tolly Yoder

Our partners in Mission: Lincoln Area Cluster Churches; Kimangar Pareish in Tanzania

Grieving: Sherrill Baumfalk and family at the death of her father, Bob Halstead. Students, parents, colleagues, friends, and family at the death of Lori Beel, teacher at Holmes Elementary School.

Justice & Peace: Violence in Wisconsin schools; Shooting at Pearl Harbor; Victims of New Zealand volcano eruption

January Worship Schedule

January 4-5
5:30p.m.—ELW 4 Liturgy with Communion, personal absolution
8:15a.m.—ELW 4 Liturgy with Communion, personal absolution
10:45a.m.—ELW 4 Liturgy with Communion, personal absolution

January 11—12—Baptism of our Lord
5:30p.m.—Baptismal Liturgy w/ Kneeling Communion
8:15a.m.—Baptismal Liturgy w/ Kneeling Communion
10:45a.m.—Baptismal Liturgy w/ Holy Communion

January 18-19
5:30p.m.—Holden Evening Prayer
8:15a.m.—Morning Matins
10:45a.m.—Morning Matins

January 25-26
5:30p.m.—ELW 10 Liturgy w/ Holy Communion
8:15a.m.—ELW 10 Liturgy w/ Holy Communion
10:45a.m.—ELW 10 Liturgy w/ Holy Communion

Inclement Weather Policy
Please note that when LPS classes are canceled due to inclement weather, our offices will be closed and activities canceled for the day (unless otherwise notified). To find out about worship cancellations, go to our website, our Facebook page, or listen/watch KLIN, Froggy98, B107.3, Wow FM and Red 94.5 for updates.

Discipleship
Because we know we learn and grow best in faith when we do it together. And we value that growth in children and adults of every age.

Bible Studies:
Tuesdays @ 1:00p.m. with Karrie—Studying the Gospel of Luke.
Tuesdays @ 6:30p.m. with Dan Warren—Studying the Gospel of Mark.

Safeguarding God’s Children: Join us Sunday, January 19 at 9:30am in the Community Room, for Mark White’s presentation on protecting our children and ourselves. Find out how this is relevant in Lincoln as well as in the big cities. Learn signs to watch for and actions to take. Attending a Safeguarding God’s Children class is required for OSLC volunteers working with kids. However, this presentation is for everyone who works with kids, raises kids and cares for kids.

Widow’s Supper Group
Meets the 4th Monday of every month. This month, the group will meet at Cheddar’s on January 27th. Watch the bulletin for potential changes.

Yesterday’s Youth—No Gathering in January.
February: Have you ever wondered about the stories in our Stained Glass Windows? Please join us as Cathy Massam talks about those stories following our Potluck Lunch on Thursday, February 6th at 12:00pm. Everyone is welcome.

Mind the GAP – God’s Assistance Program
Looking for some inspiration? Pick what you need. Have a favorite affirmation or bible verse you think might benefit someone else? Plant a seed in our new GAP display outside the sanctuary doors. Sticky notes and pens are available. How can God assist you today?

Firelight – a new bible learning experience for 3rd and 4th grade students. Wednesdays, beginning January 15th from 6:45 p.m. to 7:45 p.m. 3rd and 4th grade students will be going deeper into learning bible stories. This will be a fun, adventurous learning experience.

Events & Notices
Because we believe in relationships, opportunities to bless one another, and grow together...

Blood pressure checks will continue on the 3rd Sunday of the month during the school year.

Coffee Tuesdays: sharing a cup of coffee or beverage with others who have experienced a loss. Meets 2nd Tuesday of the month, 9:30am - 10:30am, at Scooter's Coffee, 2901 S. 84th St. (Does not meet March, April, September, or October.) This is a ministry of OHI Health. Because we know that it takes a whole community to make a difference in the world...

FEAST Meals: Sign up with Lindsey at foodministries.oslc@gmail.com to help.

Carol Joy Holling Empyrean Trail Run
Whether you run, walk, hike, or roll, register today to support the camp ministries. Trail Run will be Feb. 1, 2020 at 11:00am at Camp Carol Joy Holling. Register at caroljoyholling.org/run. Enjoy adventurous running, delicious Lazlo food, amazing Empyrean beer and a FREE giveaway item!

Commitment Cards:
You’ll find commitment cards in the Atrium kiosk. These represent a commitment for 3 months! Take a chance. Step out in faith. It, in 3 months, you need to adjust, then do so. We’ll do another commitment then.

We will bless our commitments on January 4-5 at all the services, but you are welcome to return your card at any time. Please know that your gifts are what make ministry happen here at OSLC and in our neighborhood. Thank you!

High School Mission Trip Opportunity
The Synod is now taking high school students on a mission trip over the summer. The “Journey” will take place July 6-12 in Nashville, TN. Sign up before Feb. 15 for the early-bird special of $495/person. An interest meeting will take place on Sunday, January 12, 9:30am. with Pastor Tobi.

Giving Envelopes are available! It’s that time again. If you use giving envelopes, please make sure to pick yours up. Please discard 2019 at the end of the year!

Update on music position.
The person who auditioned for the position in December chose to continue in school. We have another applicant auditioning on January 12 at 8:15a.m.

Thank You!
Advent Festival: What a fun time together! Thank you to everyone who helped in any way and all those who participated!

Advent Dinner Church—Thank you to Lindsey Engell, our Director of Food Ministry, for providing healthy and tasty meals for dinner church this year. Thank you to everyone who participated!

On behalf of the staff, Thank you to the council for our generous Christmas gifts!

January 2020 | Tidings
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>New Year’s Eve</td>
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<td></td>
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<td></td>
<td>8:00a.m. NO Men’s Breakfast Group</td>
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<td>7:00a.m. Everyone’s Step Group</td>
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<td></td>
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<td>1:00p.m. NO Bible Study w/ Karrie</td>
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<td>7:00p.m. Set Free Rehearsal</td>
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<td>6:30p.m. NO Bible Study w/ Dan</td>
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<td>7:30p.m. A Safe Place Support Group</td>
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<td>29</td>
<td>30</td>
<td>31</td>
<td>10:00a.m. Worship</td>
<td>4:00p.m.</td>
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<td>10:00a.m.</td>
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