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Friedens MESSENGER

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PASTOR'S PAGE...

Greetings from your travelling pastor!

In the past month, I've attended two different continuing education events. They have both been great opportunities for learning and expanding my theological thinking. I'm excited to share what I've learned with you! I'll focus on the first one for this article.

The first continuing education event I attended, at the end of June, was called "Boundless Compassion" and met at the St. Benedict Center in Schuyler, NE. Led by three sisters of the Servants of Mary in Omaha we looked at compassion from many different angles: self-compassion; compassion for creation; compassion and trauma; compassion and justice; and compassion fatigue. Prior to this course, I had not thought of compassion as being related to so many things, especially creation. I had what I think is a fairly common understanding, that compassion is something that applies to other people. Certainly it does, but not exclusively.

Sometimes we confuse compassion with pity or sympathy, but these are not the same. Compassion is to feel with someone, but particularly to feel with them in their suffering, and to be so moved as to want to fix or improve the situation. Thus, it is not only a feeling, but also action.

Compassion begins with listening: real, deep listening. It requires a way of listening that seeks to understand the experience of the other person as fully as possible, to make them feel heard and to validate their experience. Only once we have thoroughly listened, with no agenda or thoughts about our own response, can we begin to move toward compassion. This makes sense: it's almost impossible to feel with someone if you don't really understand what they are feeling. Compassion requires that our hearts are open to the experiences of the other and how those affect them. As you likely know, that is much harder to do than it would first appear.

Compassion as it relates to injustice means that we listen to the experiences of others, even if we don't necessarily agree with them about things; that we acknowledge suffering that they have experienced; and that we open our hearts to understanding them and their experiences. That can be hard when we don't agree, particularly as the social and political climates of our country have become very polarized. We have become not so good at listening to others with a different perspective.

Compassion as it relates to creation means taking seriously the things that are happening to the earth. It's important to be informed and to understand the ways that humanity causes suffering of the earth itself and the plant and animal life that dwells here. It calls us to look at the ways that our particular lives negatively impact the earth/creation and to decide how we might change our actions to repair at least a little of the suffering that we contribute to. One of the challenges that we were given at the end of the week was to come up with one concrete goal for how we could act in ways that show compassion for creation, and then commit to practicing it for a month.

Continued on page 4

Upcoming dates...

Garage Sale

Sale Dates August 2, 3 & 4.

Set up July 30 & 31 / August 1.

Blessing of Pack backs

August 12 @ 10:30 Worship service

Neighborhood Gathering

August 16th

7:00—8:00

Neighborhood block party

September 9th





Neighborhood Block Party Prizes

The Social Ministry Committee is in charge of the outdoor games and prizes for the neighborhood block party. We are asking for donations of small prizes. For example, we can use small toys, school supplies, books, art supplies, hair doodads, etc. for children aged pre-school to middle school. We also welcome monetary donations, and we'll do the shopping for you! Please mark any donations for the church picnic. **Donations are needed by September 1st.** Thank you!!



SAVE THE DATE....

**Neighborhood Block Party
September 9th**

We need volunteers to help with games, serve dinner; plus set-up and clean-up. Call the church office and say you can help!



Cornhusker State Games

Congratulations to the following Friedens athletes!

Dick Busker won the Bronze medal in Shore Fishing in the Blue Gill category.

Kathy Rempe, Karen Rempe and Sue Busker walked the 10K Walk.

Kathy Rempe and her team mate, Barb Waito took the gold medal in senior women's double in bowling.

Kathy Rempe bowled the senior women's but did not place.



Thank you!!

Grant Daily, the South Salt Creek Neighborhood Organization President, would like to thank Friedens for our help with the Cooper Park Celebration. There is a personal thank you on the bulletin board in the church entry way.

The following is the thank you from Grant Daily....

A big, big thank you to the hard-working, selfless volunteers of Friedens. The Church is an asset to the neighborhood, and we really appreciate you making the Cooper Park Celebration happen!

**Grant Daily
NeighborWorks Community Specialist and
South Salt Creek Neighborhood
Organization President**

PRAYER CHAIN...

The Prayer Chain at



Friedens a vital part of the ministry we do. Caring for others in general, but especially for those in our church family, is what we are called to do. You are needed. Please call Maxine Pfrimmer (402-464-3024) and tell her you would love to be part of the prayer chain.

Jazz service in Christ Chapel at Grace Lutheran...

Please join us at 7 pm on the 3rd Sunday of each month for this service. Music for this service will be led by Anne Melang-Thoren. Anne will be joined by jazz musicians from UNL and the local community. While much sacred music expresses beauty through solemnity and reverence, jazz finds a place because of its spirit and spontaneity. Open to all.

Please help us spread the word about this Jazz service at Grace! This service is funded by the generosity of a Grace member.



Pantry Needs...

Lutheran Food Pantry's "wish list" include:

Breakfast cereals, Instant oatmeal packets, Breakfast bars, Canned chicken, Canned peas, Macaroni and cheese, Jelly, Peanut butter Fruit juice, Saltine crackers, Any shelf stable food items Personal care items (toilet paper, shampoo, bath/bar soap, lotion - even the sample size items) Money donations are always appreciated.



SEPTEMBER WORSHIP

2018 LEADERS

Altar Guild

Jane Cosier & Fran Zessin

Head Usher

Gary Hardt

Communion Assistant

2 — Maine Pfrimmer

16 — Fran Zessin

Lectors

2 — IreneNewhouse

9 — KC Melang-Thoren

16 — Steve Russell

23 — Linda Dreith

30 — Maxine Pfrimmer

Greeters

2 — Steve & Peggy Russell

9 — Amy Rezny & Joyce Boerger

16 — Irene Newhouse & Maria Kildau

23 — Nancy Borrell & Jane Cosier

30 — JoAnn Ninneman & Jimmy Oltmer



Has your Email changed? If so, please let the office know by sending an email to ...

Office@friedens.org



AUGUST Birthdays and Anniversaries

- (01) Eunice Worster
- (01) Barbara Brunken
- (02) Haylee Rutt
- (02) Timothy & Jan Bukoske (15 Yrs)
- (03) Verlene Owens
- (04) Al Scribner
- (06) Christopher Young
- (06) David & Jane Cosier (52 Yrs)
- (08) Susan Busker
- (09) Callen Hauschild
- (11) Carolyn Hogg
- (12) Shawn & Rachel Johanson (12 Yrs)
- (15) Linda Koch
- (17) Wilder & Verlene Owens (27 Yrs)
- (18) Michael Selvage
- (20) Joseph Towns
- (20) Karen Scribner
- (20) Bob & Carolyn Hogg (52 Yrs)
- (22) Jan Bukoske
- (23) Kathie Svoboda
- (26) Jean Wheat
- (26) Rich & Crystal Anderson (29 Yrs)
- (27) Olivia Brown
- (28) Dorothy Loos

AUGUST WORSHIP

LEADERS

Altar Guild

Jodi Urban & Kathy Holland

Head Usher

Gary Hardt

Communion Assistant

5 — Becky Roberts

19 — Peggy Russell

Lectors

5 — Linda Dreith

12 — Peggy Russell

19 — Maxine Pfrimmer

26 — Linda Dreith

Greeters

5 — Bob & Carolyn Hogg

12 — Alma Wilson & Judy Trampe

19 — Maxine Pfrimmer & Deb Marr

26 — Chuck & Lori Schwahn



AUGUST Opportunities to Grow in Faith

Women of the ELCA Bible Study — 4:30 — 5:30 at Van Dorn Villa, the first Tue. of each Month.

The adult forum Sunday @ 9:30 continues to have lively discussion about other Christian traditions.

Come join us!



In Our Thoughts and Prayers...Please let the church office know if there has been a birth, baptism, marriage or death in your family that you would like to share. Let us know if someone is hospitalized or needs our prayers. With your permission, this request will be added to the list of Prayer Concerns in the Sunday bulletin. If you would like immediate prayers for the individual, the office will initiate the Prayer Chain.

HIPPA regulations do not allow a hospital to notify the church if someone in our congregation is hospitalized. Please call the church office with this information at 402-476-3888 or email at office@friedens.org. You can also call the Pastor @ (316)371-0803, in case of an emergency.



Prayers....

Jane Swann
 Gary Overfiled
 Megan McNamara
 Verlene Owens
 Greg Zessin
 Kimberly Render
 Donna Splichal
 Geri Miller
 Tim Bukoski
 Jewel Hardt
 Dick Busker

Halley Hansen

Bud Bergen

Julie Erickson

Bill Kammerer (Uncle of KC Melang-Thoren)

Zach Miller (friend of Pastor Kate's)

Nancy Carpenter (Cindy Worster's sister)

Dean & Angie Dreith (Scott Dreith's Brother)

Family & Friends of Dirk Akeson

Stacey Schild, Alex, Erin, & Marissa on the loss of their mother/grandmother, Roberta Johnson.



Volunteers Needed!!

The Social Ministry Team is re-grouping and is seeking new members to help organize Social Ministry projects such as serving FEAST, the School Kit drive, food pantry donations. Please speak with Pr. Kate or a member of the committee for more information. Current team members: Kathy Rempe, Sue Busker, Stacey Schild and Kathy Holland.

Hosts for South Salt Creek Neighborhood Organization monthly meeting. This group currently meets in our fellowship hall the second Tuesday of the month at 7:00 pm. The host would need to be present by 6:45 pm to unlock the church and lock-up after the meeting is over, ~8:45 - 9:00 pm. Contact the church office if you are interested in this opportunity.

110th Commemorative items...

We only have a few items left from our 110th Anniversary celebration. All remaining items are 1/2 price while they last. These items are in the entry way to the church. Please help yourself to anything you want. You can just leave your check or money in the basket. Thank you!

When we give freely.....

We are able to be a part of God's Kingdom work at Friedens, in Lincoln and around the world. We serve an incredibly generous God and count it a privilege to give back to God what has been generously given to us.

Year To Date Report: June 30.2018

Receipts \$ 43,892.35

Disbursements \$ 49,562.71

My goal was to not use any disposable plastic bags for the month. That’s harder than it sounds! Even when I remembered my reusable grocery bags, I realized that without thinking I was still using the plastic produce bags. I found reusable mesh produce bags at Target (I didn’t even know that was a thing!) and started using them. Even so, I found that sometimes I ended up running to the store for something when I hadn’t been home from work yet and didn’t have one or the other of my sets of bags. Like I said, trickier than it sounds. It was an eye-opening attempt to realize how easy it is to use disposable things, like plastic bags, when they’re available because it’s easier and not necessarily even think about it. This exercise certainly made me think about it and be more mindful of my actions related to plastic use and materials that affect the earth.

Since I didn’t do very well at my goal, I’m trying again in August. I invite you to join me: what one action of compassion could you commit to doing for a month? It could be for creation – like not using plastic bags or recycling more. It could be compassion for another person – listening to other’s struggles and encouraging them. It could be compassion in a situation of injustice: opening your heart to really listen to the experience of others, even those you politically disagree with, in order to hear and understand their suffering. The possibilities are endless. Choose one, and see how much of a difference we can make in the community around us just through small acts of compassion.

We continue to collect the following items to benefit our mission partners and local service organizations.

Food for the Food Pantry (see needed items in another article in this newsletter)

Plastic bags that are made into mats for the Homeless, a project led by GracePointe residents (Tabitha Assisted Living Community)

Teddy bears and personal care items for the People’s City Mission

Pop tabs for the Ronald McDonald House in Omaha

Labels for Education and Box Tops for Education for Mosaic in Axtell

Coupon Flyers for Tabitha---Residents clip these as a service project. The coupons are given to a local Lion’s Club who send them overseas to Military families in Germany. All items may be left in the entryway to the sanctuary.

Thank you! Social Ministry Team

Vacation Bible School was held July 12-15, 2018.



Our theme was “Shipwrecked-Rescued by Jesus”. Through the Bible points the children learned that when you are lonely, worried, struggling, have done something wrong or are powerless, Jesus is always there to rescue and is always with them. These points were integrated into each of the station activities. VBS gave the children and adults the opportunity to develop friendships and build relationships with each other and with our Lord and Savior.

The 21 children that participated this year enjoyed the “Island” environment. They learned more about Jesus through Bible stories, songs, crafts, science, games, and snacks. During each session they collected tags with Bible verses on them to help them remember God’s words.

Our mission project was collecting money for “The Puerto Rico Hurricane Response” through the ELCA Lutheran Disaster Relief Center. During VBS \$115.27 for this project was raised.

A huge thanks to everyone who helped to make this VBS a success. This special time for our children to learn more about God and his love would not be able to happen, if all the people below were not open to using their talents and doing His will.

A special thanks to our church family for giving of themselves and using their talents to share God’s love:

Scenery: Peggy Russell, Julie Erickson, Linda Dreith, Kathy Rempe, Tiana Dorsey and Sunny Detty.

Crafts: Sunny Detty, Irene Newhouse, Kayle Hardt and Alex Culler.

Music: AnneMelang-Thoren, Abby Newhouse, Trae Andrews, Julie Erickson, Danielle DuSchene, Deb Marr, Amy Rezney.

Imagination Station (Science): Peggy Russell, Malachi Detty

Bible Discovery: Pastor Kate Wololf, Anne Melang-Thoren, Abby Newhouse, Irene Newhouse, Frances Zessin.

Ship Rec Games: Kathy Rempe, Frances Zessin, Collin Detty, Trae Andrews and Amy Rezney.

Guides and Helpers: Danielle DuSchene, Deb Marr, Abby Newhouse, Amy Rezney, Kathy Holland and Irene Newhouse.

Tropical Treats/Picnic Lunch: Linda Dreith, Carol Bossaller, Irene Newhouse.

Picture takers and slide show: Linda Dreith, Malachi Detty and KC Melang-Thoren.

Outside Banner: Gary Hardt

Printing logo/Buddy tags/registration/color pages: Billie Hansen

Church members and friends who donated money and food (snack) supplies and kept us in their prayers.

Parents and grandparents who brought their children so that they could experience God’s love in action.

Church members who invited and brought children they knew.

Church members who supported us and came down to the fellowship hall to join us in our VBS celebration.

Clean up/Taking down decorations: Linda Dreith, Peggy and Steve Russell, Kathy Rempe, Sunny Detty, Julie Erickson, Tina Strong, Alex Culler, Kayle Hardt, Frances Zessin.

Sheridan Lutheran Church: Sharing VBS posters and decorations with us.

As you can see it takes many hands and hearts to do VBS. If anyone is accidently left off this list, please know that we appreciate you as well.

Thanks to you all!

The Education Committee

