



APRIL

The StAND 2024

St. Andrew's Lutheran Church

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Dear Siblings in Christ,

Mindfulness is a spiritual practice that many people use to become more aware of God's work and presence in the world. While not exclusive to Eastern religions and cultures, I first became aware of this practice while studying Buddhism in college. The practice we were encouraged to try was washing dishes (by hand, of course). What did we notice about the temperature of the water? The suds in the sink? The feel of the dish? The sponge or dishcloth in our hand as we swirled it around the plate? All those questions helped me to be present...in that moment...in that action and activity.



At a Synod Event some years ago, we were given Psalm 46:10 to use for meditation. To breathe in and say, "Be still," and then breathe out to "and know that I am God." We did that for a while and then began to drop words: "Be still" (breathe in)... "and know" (breathe out). Until finally we ended with "Be." That practice has a wonderful way of calming the mind and slowing the heart rate. It is a great tool to learn how to be quiet and present in the current moment.

The theme this month is about being intentional. Many of us run around in our overscheduled busyness (I am certainly guilty of this) and do not pay attention to the world around us. The blueness of the spring sky. The robin singing in the tree or catching a worm in the grass. Children at play or giggling at some joke only they understand. I will speak for myself, although I suspect I am not alone in this – I do not take the time that I know I should for my own health and mental well-being to notice such things around me. To sit outside and look at the sky for 5 minutes, while restful and healing to my soul, is torturous for me. Personally, I'd prefer to go for a walk, but even then, I can practice mindfulness and pay attention to the sound of my shoes as they hit the pavement, the sound of cars as they rush by, the birds in the trees, the neighbors working in their gardens, and so on.



How can we learn to take advantage of some of these beautiful moments in our lives? How can we learn to slow down, pay attention, and just "be" in the moment, rather than thinking about the 1000 other things we have to do as soon as we get this one thing accomplished? I wish I knew. But that's why it is called a "practice." We have to work at it. Try. Fail. And then, with the Lord's help, we try again.

Walking with you along The Way,
Pastor Kim



GO AND...

BE INTENTIONAL

Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.

—Philippians 4:8 (NRSVUE)—

Beloved in Christ,

My spiritual practice this Lent has been to revisit a program meant to build spiritual resilience, as defined by author and educator Connie Fourné. "Spiritual resilience is the ability to maintain a sturdy positive spirit and a clear sense of purpose and meaning even in the face of suffering." I first encountered the practice of spiritual resilience while serving as a campus pastor; a group of us across the United States were offered the opportunity to be trained in spiritual resilience by Connie herself, and I was so affected by the experience that I began offering spiritual resilience practices as part of the campus ministry program soon after.

Spiritual resilience is centered on building awareness of eight positive emotions:

Gratitude – Hope – Compassion – Awe – Serenity – Joy – Inspiration – Love

Through the practice of concrete, practical habits that deepen our awareness of these eight emotions, we improve spiritual and emotional well-being, building a resilience that allows us to feel centered even in times of suffering and loss. For me, the practice involves beginning the day with meditation on what my body is telling me is going on at the moment, and how things change as I spend the day focusing on one of the eight emotions and being aware of moments when I experience it. I breathe easier, I sleep better, I have a more positive attitude, and I'm a better spouse, parent, pastor, and friend because of it.

To be clear, I'm not trying to sell you on a spiritual resilience program, or any other program for that matter. Our theme for this month is "Go and...be intentional." For me, being intentional about my own spiritual well-being has been a good Lenten discipline; this particular intentionality has made a positive difference for me (and, I hope, for the people around me as well). One of the tricky bits of our Lutheran faith is that we can far too easily let our trust in grace and the work of the Holy Spirit become an excuse for passivity. Orthodoxy (having the right sort of faith – literally "correct belief") is important, but so is orthopraxy (correct practice): all the ways we live and breathe and move with God and our neighbors. Our faith is best described as a "because – therefore" sort of faith, but we have an awful lot of options when it comes to living out "therefore" in the lives God has given us.

(Continued)

So, beloveds: because you are free in Christ, what will your therefore be this month? What will your practice be? May it be one filled with gratitude, hope, compassion, awe, serenity, joy, inspiration, and love, and may it be intentional.

Yours in Christ,
Bishop Scott

▮ Fourré, Constance. *The Spiritual Resilience Handbook: A Faith-Based, Research-Informed Practical Approach*. © 2020 Constance Fourré.

THANK YOU to the members of St. Andrew's Lutheran Church from the Nebraska Synod in grateful appreciation for giving \$22,032.83 in 2023 to Mission Support beyond the congregation for synod and churchwide ministries of the Evangelical Lutheran Church in America.

Scott Johnson
Synod Bishop, ELCA in America

Elizabeth A Eaton
Presiding Bishop, ELCA in America

Pastor Kim is on vacation beginning April 2 and will return to the office on April 9. If there is an emergency and you desire pastoral care while she is away, please contact Council President Charlotte Burke at (402) 770-7018 to be connected to the pastor on call.



PICTURES OF THE EASTER CROSS



ACTIVITIES AND MEMBER NEWS AT ST. ANDREW'S

MINISTRY OF THE MONTH FOR APRIL, 2024:



ONE DAY WITHOUT SHOES!

For St. Andrew's April M.O.M., we will be partnering with Cornhusker Bank in their 14th Annual "One Day Without Shoes" event benefitting the Peoples' City Mission.

1. **Shoe collection barrels are in the entry by the office.**
2. **Please bring new or gently used shoes to fill the barrels.**
3. **The barrels will be picked up on April 16.**

We have only 2 weeks to fill the barrel!

Can you imagine going a day without shoes? Let's do something about it!

WOMEN OF THE ELCA

WOMEN'S BIBLE STUDY GROUPS: Ruth Circle will meet on April 8 at 7:00pm in the Lounge. Rebecca Circle will meet April 11 at 9:30am in the Lounge.



Quilters meet every Tuesday from about 9am to 12 noon. Do join the quilters on Tuesday mornings to put quilts together. No sewing ability is required.

Dominoes anyone? Come to church on April 15 at 1:00 p.m. for fun and fellowship! The ability to match numbered tiles is helpful. You don't need to bring dominoes as other members share theirs.

WELCA UPCOMING EVENTS

There are registration forms at the Connection Center with information on the 2024 Spring Gathering on May 4 near Fontanelle, NE, and the next Saved to Serve event which will be held May 3-5 at Dana College in Blair, NE.



WOMEN OF ST. ANDREW'S—You are invited to meet with other women from our community of believers at a lunch to be held on April 18, 11:30am, at Southeast Community College. The College culinary students will prepare and serve the meal which will be ala carte. There is a form at the Connection Center for you to note the number of persons attending and indicate if you need transportation.

Please register for this wonderful opportunity by April 9.

At the passing of Dan Wolff we would like to thank members of St. Andrew's for their expressions of sympathy, kind words of comfort, and donations in his memory. Your thoughtfulness means so much.

Kathy Wolff and family

OUR CHRISTIAN SYMPATHY SURROUNDS:

— **Nancy, Curt, and Geoff Weller** on the death of Nancy's uncle, David Marsh, in early March.

— **Connie Hawkins and Family** on the death of her sister, Janet Henderson, on March 20.

May God enfold these families with love and light, and give them hope and comfort through the promise of eternal life in Christ Jesus our Lord.



THE LUTHERAN FOOD PANTRY

The following are the most needed items at this time. However, please keep in mind the Pantry can always use non-perishable food and personal care items not on this current list. The donations the Pantry receives allow us to provide foods boxes for the People's City Mission, the Good Neighbor Center, Matt Talbot Kitchen, and emergency requests for those in need of help to provide food for their families.

- Canned fruits-all kinds
- Canned meals (Ravioli, SpaghettiOs, etc.)
- Canned vegetables-all kinds
- Cereals, dry
- Dry dinners (Hamburger Helper, Tuna Helper, etc.)
- Macaroni and cheese
- Pasta, dry (spaghetti, macaroni, noodles, etc.)
- Peanut butter and jelly
- Pork and beans and canned kidney beans, refried beans, etc.
- Spaghetti sauce
- Snack items (small packages of cookies, nuts, fruit-flavored snacks, etc.)
- Soups-all kinds
- Personal care items (shampoo, bar soap, toothpaste, toothbrushes)

Connie Hawkins and Norene Steele
Transition Coordinators, The Lutheran Food Pantry



BIBLE STUDY RESUMES!

Our study of "Revelation" will resume on Wednesday nights at 6:00pm beginning April 10.



MOVIE NIGHT RETURNS!

Join us on Sunday, April 14, at 6pm. We'll kick off the season by watching "42", the Jackie Robinson Story, starring Chadwick Boseman and Harrison Ford. Bring a comfy chair if you wish; popcorn will be provided.





PASTOR'S COUNCIL REPORT, MARCH, 2024

1. Dan Wolff's Celebration of Life Service was held at St. Andrew's on March 2. A luncheon followed. Dan was laid to rest at Wyuka Cemetery.
2. I have finally completed my goal of seeing all our homebound members at least once in 2024. Marianne's help with getting these appointments scheduled has been transformational.
3. My Midweek Lenten Sermon Series "Hidden Heroes II" has been well-received by the congregation. We've all learned a lot about people we didn't even know were in the Bible.
4. On March 8, I shared "Priscilla and Aquila" with the folks at the Lincoln Senior Apartments and they want to hear the whole series, too.
5. Faith Partners is working on scheduling speakers for 2024. We are hoping for 2 in the Spring and 2 in the Fall.
6. We have 1 Harvest Host Guest scheduled for March 18 and others are already booking us for the summer.
7. I will be on vacation and out of the office April 2-7. Pastor Tobi White will be on-call while I am away and Matt Schur will be here to preach on Sunday, April 7 (no communion).
8. St. Andrew's is scheduled to worship and host/serve a meal at The Lutheran Student Center on Sunday, April 7. See Jim Yankech for more information and if you want to help.
9. Here is the Holy Week/Easter Schedule. This is also posted on the website, in the bulletin, and in Notes for the Weekend:
 - March 24 -- Palm Sunday
 - 9am Worship (Gather in Atrium to process)
 - 10:15am Easter Egg Hunt
 - March 28 -- Maundy Thursday
 - 7pm Worship
 - Foot & Hand Washing, Holy Communion
 - Stripping the Altar
 - March 29 -- Good Friday
 - 7pm Passion Story & Cross
 - March 31 -- Easter Sunday
 - 8am Light Breakfast (Atrium – bring muffins or fruit to share)
 - 9am Celebration Worship & Easter Cross (please bring flowers!)

COUNCIL HIGHLIGHTS, MARCH 2024

1. Tina Moore was here with items from Memorial.
2. Connie Hawkins and Norene Steele gave a tour and a presentation to Council about the Food Pantry.
3. Jim shared some Synod Statistics. The average worship attendance in the Synod is 75 – which means St. Andrew's is "average," and that's a good thing. The average giving per member in the synod is \$772 and at St. Andrew's is about \$1000 per confirmed member.
4. The Home School Group is planning to have a Science Camp June 10-13 and an Art Camp July 8-11. They will be in the Fellowship Hall (except on Tuesday mornings). In the Fall, they will expand from Thursdays only to Mondays, Wednesdays, and Thursdays.
5. Based on recommendations from the Nominating Committee, Council voted to change Committee Structure. The new committee structure will be as follows:

Council 6 members (currently 3 year term, pending Constitutional Amendment from the congregation to move to 2 year term)

Endowment Committee	4 members (2 year term)
Scholarship Committee	4 members (2 year term)
Memorial Committee	4 members (2 year term)
Nominating Committee	6 members (2 year term)
Synod Reps	2 members (2 year term)

6. Gene is exploring new companies who might be interested in repairing the pitched roof in the sanctuary.
7. Regular giving in February was \$2,599.50 more than the budget estimate. Year to date regular giving is less than the budget estimate by \$6,707.00. Special giving for February was \$3,634.15.
8. Opening Checking account for March was \$26,901.17 and closing was \$30,075.15. Opening Savings Account for March was \$34,177.19 and closing was \$34,177.46.



**St Andrew's Lutheran Church
Church Council Minutes, February 20, 2024**

Present - Pastor Kim Osborn, Gene Veburg, Charlotte Burke Laura Hahn, Ryan Bates, Julie Cummings, Jonathan Gordon, Doug Wageman, Jim Yankech, Jeff Harris

Absent and excuse: Curt Weller, Harry Muhlbach

Call to Order-Charlotte Burke at 7:06 PM

Opening Prayer-Ryan Bates

Open Time For Congregation

Tina Moore-Memorial Committee

Motion to Accept from Jonathan for Hot Water Heater from Mark's Plumbing for \$911.78 up to \$1500

Adoption of Agenda

Motion to accept-Gene Veburg; Second-Jeff; Voice Vote-Accepted By All

New Business

• Council Lenten Meal-February 28-Planning Chili Feed

Motion for offering to go to Food Pantry-Doug Wageman; Second-Jonathan Gordon; Accepted by Voice Vote

• Recap and next steps regarding Council Retreat

Discuss goals for 2024; First topic is Food Pantry learning more about the history of it by Pastor Kim
Invite Food Pantry volunteers to March Council meeting for more information and details

Old Business

• Building update-Water heaters replace; faucets replaced; main doors to Narthex fixed. All Fire Exit lights work.

• March 23, 2024: Cleanup for church; scouts helping out, too

Reports

• Approval of January Council Minutes-Motion to accept-Gene Veburg; Second-Ryan Bates; Voice Vote-Accepted By All

• Pastor's Report-By Pastor Kim

• Treasurer's Report

Checking Balance-	Opening:	\$35,982.36
	End:	\$26,901.17

Savings Balance-	Opening:	\$34,176.24
	End:	\$34,177.19

• Financial Secretary's Report-By Doug Wageman

Upcoming Events

• Wednesday Lenten Services, Dinner Feb. 28

• Exec Team Meeting February 12

• Council Meeting February 19

• Easter Egg Hunt March 24, 2024

• Easter March 31, 2024

Closing Prayer-By Pastor Kim

Adjourned at 8:35 PM

Submitted by Laura Hahn Church Council Secretary

February 2024 Financial Secretary Report Respectfully Submitted by Douglas Wageman

Regular giving in February was \$2,599.50 more than the budget estimate.
Year to date regular giving is less than the budget estimate by \$6,707.00
Special giving for February was \$3,634.15

	Monthly Summary			Prior Year	
	Month	Yr-to-date	Budget 2024	Feb 2023	YTD 2023
Pledged/Unpledged	\$22,955.00	\$34,102.00	\$243,906.00	\$17,210.12	\$37,774.55
Loose	\$20.00	\$52.00	\$600.00	\$14.00	\$39.00
Misc	\$150.00	\$190.00	\$1,800.00	\$50.00	\$150.00
Total Operating Income	\$23,125.00	\$34,344.00	\$246,306.00	\$17,274.12	\$37,963.55
Total Special Gifts	\$3,634.15	\$3,899.04		\$1,427.78	\$9,761.57
Total Non-Operating Income	\$3,634.15	\$3,899.04		\$1,427.78	\$9,761.57
Total Church Income	\$26,759.15	\$38,243.04		\$18,701.90	\$47,725.12
Number Sundays	4	8	52	4	9
Average Operating/Sunday	\$5,781.25	\$4,293.00	\$4,736.65	\$4,318.53	\$4,218.17

2023 Special Giving Summary

Special	Month	Yr-to-date	Thrivent Choice Dollars		
			Allocated To:	Date	Received
Adult Education	\$0.00	\$0.00	Back Pack Program	01/08/24	\$13.00
Back Pack Program	\$13.00	\$26.00	Back Pack Program	02/07/24	\$13.00
Building Fund	\$120.00	\$240.00			
Carol Joy Holling Scholarships	\$0.00	\$0.00			
College Scholarship Fund	\$500.00	\$500.00			
Cross at the Heart	\$0.00	\$0.00			
Donuts	\$63.50	\$95.50			
Easter Lilies	\$104.73	\$104.73			
Food Pantry	\$295.00	\$340.00			
NYG & SCRIP	\$1,567.17	\$1,572.17			
Daniel Wolff Memorial, Endowment Fund	\$55.00	\$104.89			
BraveBe Child Advocacy Center	\$50.00	\$50.00			
Well Being Box Program, LFS	\$171.00	\$171.00			
World Central Kitchen, Lenten Services	\$620.00	\$620.00			
Communion Cups	\$55.00	\$55.00			
Harvest Host Guest	\$19.75	\$19.75			
Total	\$3,634.15	\$3,899.04			



**ST. ANDREW'S STAFF,
CHURCH COUNCIL, & PILLAR CONTACTS**

Rev. Kimberlee Osborn, Pastorpastor@standrewslutheran.net..... (402) 483-1692 office
 (402) 419-9031 cell
 Mandy West, Director of Music.....music@standrewslutheran.net..... (402) 890-7181
 Marianne McAtee, Office Manager.....secretary@standrewslutheran.net..... (402) 483-1692

CHURCH COUNCIL

Charlotte Burke, Presidentcharhb18@gmail.com..... (402) 770-7018
 Ryan Bates, Vice Presidentryanbates13@live.com..... (402) 480-2804
 Laura Hahn, Secretary LHahn@lincone.fcuh.org (402) 540-5219
 Curt Weller, Treasurer..... treasurer@standrewslutheran.net (402) 467-5406
 Doug Wageman, Financial Secretary doug.wageman03@gmail.com..... (402) 450-9038
 Julie Cummings.....kc31128@windstream.net..... (402) 450-3517
 Jonathan Gordon.....jdgordon@me.com..... (806) 470-7226
 Jeff Harris.....harris0021@gmail.com..... (402) 560-6634
 Harry Muhlbach.....loismuhlbach@gmail.com..... (402) 430-7304
 Gene Veburg.....eveburg@msn.com..... (402) 580-1018
 Jim Yankech.....jimyankech@gmail.com..... (402) 304-1149

WORSHIP

Altar Guild Laura Hahn..... lhahn@lincone.fcuh.org(402) 540-5219
Drama/Video Ministry Coord. Brian Clinton brclinton@gmail.com(402) 464-0978
Worship Director Mandy West.....music@standrewslutheran.net.....(402) 890-7181

CHRISTIAN EDUCATION

Affirmation Pastor Kimberlee Osborn.....pastor@standrewslutheran.net (402) 419-9031
Christian Education needed.....

OUTREACH

Backpack Program Co-Chair Nancy Weller nancycweller@gmail.com.....(402) 467-5406
Co-Chair Rose Yankech jim_and_rose@hotmail.com.....(402) 304-1152
Boy Scouts Ann Tellinghuisen..... darkstar10@msn.com.....(515) 971-7753
Food Pantry Co-Coordinator Connie Hawkins ...hawkins1320@icloud.com..... (402) 486-1320
Co-Coordinator Norene Steelenksteele@aol.com..... (402) 440-4244
Quilters Leader Pam Dill.....hardil@aol.com (402) 560-2426
Leader Margaret Hoffmeyer..... mlhoffmeyer@windstream.net.....(402) 325-7486
Outreach Co-Chair Marsha Jensen..... marshajensen101@gmail.com.....(402) 430-0152
Co-Chair David Jensen..... davidjensen101@gmail.com.....(402) 430-4903
Prayer Shawls Co-Chair Anna Schundrenko schundrenko@aol.com(402) 466-3664
Co-Chair Jan Nelson.....(402) 464-6877

HOSPITALITY & FELLOWSHIP

Funeral Food Director Lorene Wiggins tw389703@gmail.com..... (402) 525-4608
Prayer Chain & Prayer & Care Pastor Osborn...pastor@standrewslutheran.net (402) 419-9031
Middle & High School Youth Program Pastor Osborn. pastor@standrewslutheran.net..... (402) 419-9031
Nursery Supervisor needed.....
Parish Health needed.....
Wedding Coordinator Marianne McAtee.....secretary@standrewslutheran.net.....(402) 432-0170
WELCA President Pam Dill.....hardil@aol.com.....402) 310-7064

STEWARDSHIP

Endowment Ken Broman.....ken@figadvisors.com..... (402) 486-0535
Memorial Chair Tina Moore-Clinton.....tina2439@gmail.com..... (402) 464-0978
Scholarship Carmen Westfahl..... (402) 464-9539
Stewardship needed.....

CHURCH SUPPORT

Nominating David Jensen.....davidjensen101@gmail.com..... (402) 430-9403
Property Charlotte Pasco..... cpasco1@neb.rr.com..... (402) 466-0672
Tech Support needed.....

APRIL, 2024 CALENDAR - ST. ANDREW'S LUTHERAN CHURCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	EASTER MONDAY 1	2	3	4	5	6
	OFFICE CLOSED	9:00am Quilting	6:30pm Choir/Handbells 7:30pm Confirmation Mentor Meeting	9:00am Home School Classes 6:30pm Scout Meetings	7:00am Men's Bible Study 1:30pm Lancaster County Chorus	
				PASTOR ON VACATION		
7	8	9	10	11	12	13
9:00am Worship 9:00am Sunday School 10:00 Fellowship Time 11:00am Worship/Host & Serve Meal @ Lutheran Center 12:00pm Jensen Family Gathering	OFFICE CLOSED 7:00pm Ruth Circle	9:00am Quilting 7:00 Executive Team 7:30pm MARA	11:00am Faith Partners 6:00pm Bible Study 6:30pm Choir/Handbells 7:30pm Confirmation Class	9:00am Home School Classes 9:30am Rebecca Circle 6:30pm Scout Meetings	7:00am Men's Bible Study 1:30pm Lancaster County Chorus	9:00am Scouts' Closet Clean Out 9:00am Council Leadership Training (Zoom)
14	15	16	17	18	19	20
9:00am Worship 9:00am Sunday School 10:00am Fellowship Time 6:00pm Movie Night: "42", the Jackie Robinson Story	OFFICE CLOSED 1:00pm Dominoes Group	9:00am Quilting 7:00pm Council	6:00pm Bible Study 6:30pm Choir/Handbells 7:30pm Confirmation Class	9:00am Home School Classes 6:30pm Scout Meetings 7:00pm Stamping Up Club	7:00am Men's Bible Study 1:30pm Lancaster County Chorus 6:00pm Pack Meeting	
21	22	23	24	25	26	27
9:00am Worship/Prayer Station 9:00am Sunday School 10:00am Fellowship Time	OFFICE CLOSED	9:00am Quilting	6:00pm Bible Study 6:30pm Choir/Handbells 7:30pm Confirmation Class	9:00am Home School Classes 6:30pm Scout Meetings	7:00am Men's Bible Study 1:30pm Lancaster County Chorus	
28	29	30				
9:00am Worship 9:00am Sunday School 10:00am Fellowship Time	OFFICE CLOSED 6:00pm Iris Society Meeting	9:00am Quilting				
DON & MILLIE'S FUNDRAISER DAY						



WE'RE ON THE WEB!
STANDREWSLUTHERAN.NET

**S T . A N D R E W ' S
L U T H E R A N C H U R C H**

1015 LANCASTER LANE
LINCOLN, NE 68505

Phone: 402-483-1692
E-mail: secretary@standrewslutheran.net
Office Hours: 8:00am-3:00pm Tuesday-Friday

Please join us for Sunday in-person worship at 9:00am.
To view the livestream, go to our website
standrewslutheran.net
and click on the St. Andrew's YouTube channel.

