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# OUR SAVIOR'S QUARTERLY

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SHARING THE LOVE OF CHRIST TO TRANSFORM LIVES

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FALL  
2025

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# Looking back at Summer



- 1) Praise Band jamming out at worship
- 2) Middle schoolers exploring Duluth on their Serve Boldly trip
- 3) The Oconomowoc American Legion Band leading music at worship
- 4) Baptism Anniversary Blessing
- 5) "Silly pic" on the final day of VBS



# SAVE THE DATE

## Church Picnic

AUGUST 17 | 10:30 AM

Enjoy fellowship and food together, and celebrate the summer in community!

## Pet Blessing

AUGUST 24 | 9 AM & at 9:30 Worship

Pets are invited to a blessing in the circle drive from 9 - 9:30 AM. Well-behaved pets are also welcome to join us in outdoor worship at 9:30 AM for a blessing in the service. We can't wait to see our furry friends!

## Rally Day

SEPTEMBER 7

Kick off fall ministries at Rally Day!

8 AM - Traditional Worship

9:15 AM - Sunday School kickoff begins

10:30 AM - We move back to the fall worship schedule with the Praise service. We will still be outside if weather permits! Watch the Facebook page for updates. 7th graders will SPLASH into Fowler Lake to celebrate entering Confirmation at the 10:30 worship service.

## Feeding America

SEPTEMBER 13 | 8 AM - 12 PM

Join the OSLC crew at the Feeding America Milwaukee Warehouse for a time of fun and meaningful service. The warehouse is located at 1700 W. Fond du Lac Ave. Registration is required. This is for all ages, including children, 10 and older with a parent. If you have any questions or problems registering, contact Pastor John Berg.



# SAVE THE DATE

## Bible Fair

SEPTEMBER 14

Come pick out a Bible with your student. We will have a variety of bibles to select from and help you find the right bible for your student as they progress through reading and comprehension levels.

There will also be bibles available for adults. Both new and gently used. If you are looking for a new translation or study resources, we can help find one that is a good fit for you.

## Choose your Translation

SEPTEMBER 14 | 9:15 AM

There are more than 700 translations of the Bible in over 3,000 languages. So, how do you choose and pick the right one(s) for you? In this session, we will look at a variety of translations and how they can be used for study and devotion. We will also take a look at the 1946 RSV translation and how a single word changed the course of history.

## Book Study

STARTING SEPTEMBER 16 & 17

Join Pastor John for a study of *Sermon on the Mount, A beginner's guide to the kingdom of heaven*. This is a book written by scholar Amy-Jill Levine. Join in as we learn together from Jesus and from each other. There will be two session options, one on Tuesday nights (beginning Sept 16) and the other on Wednesday mornings (beginning Sept 17).

## Breakfast Church

OCTOBER 26 | 9:30 AM\*

Our fall stewardship emphasis will culminate with a special worship service. Come enjoy a meal and worship, all in one! This will be a time to celebrate generosity and enjoy community.

\*This service will replace the 10:30 AM service on the 26th.



## Spirituality Workshop

SEPTEMBER 21 | 9:15 AM

Ready to explore faith as an adult? Join Pastor Sarah for a workshop about growing spiritually through intentional study and practices. Whether you're revisiting confirmation memories, starting from scratch, or simply want to deepen your faith journey, we'll explore pathways that work for you.

## Bible Study

SEPTEMBER 28 - OCTOBER 19 | 9:15 AM

Join Pastor Sarah for a 4-week Book of Revelation study! Drop in for one or attend all four. Popular culture portrays Revelation as end-of-the-world prophecy, but it's actually about God's vision for renewing creation. This book challenged first-century Christians to see past political propaganda and stand boldly for God's justice, a message that's just as relevant for us today.





# Showing Up

## How does OSLC *really* show up?

Written by Cari Matter

By now you have probably heard something about the book, *Showing Up, A Comprehensive Guide to Comfort and Connection*, wonderfully written by our neighbor, Jen Marr.

Members who have been at Our Savior's for a while will resoundingly tell you this community is great at loving and supporting one another. We strive to be a welcoming community that sticks together through thick and thin.

### So how are we doing?

Did we ever measure if we really are good at showing up to transform lives with the love of Christ?

### We hadn't.

In January, we boldly embarked on the Showing Up journey to see how we stack up. In worship and on-line, we launched the congregation survey. Our goal was 100 responses, and we received an astounding 217 survey responses ranging across all ages:

- 56% over age 55
- 22% ages 35-55
- 8% ages 18-35
- 14% 14-17

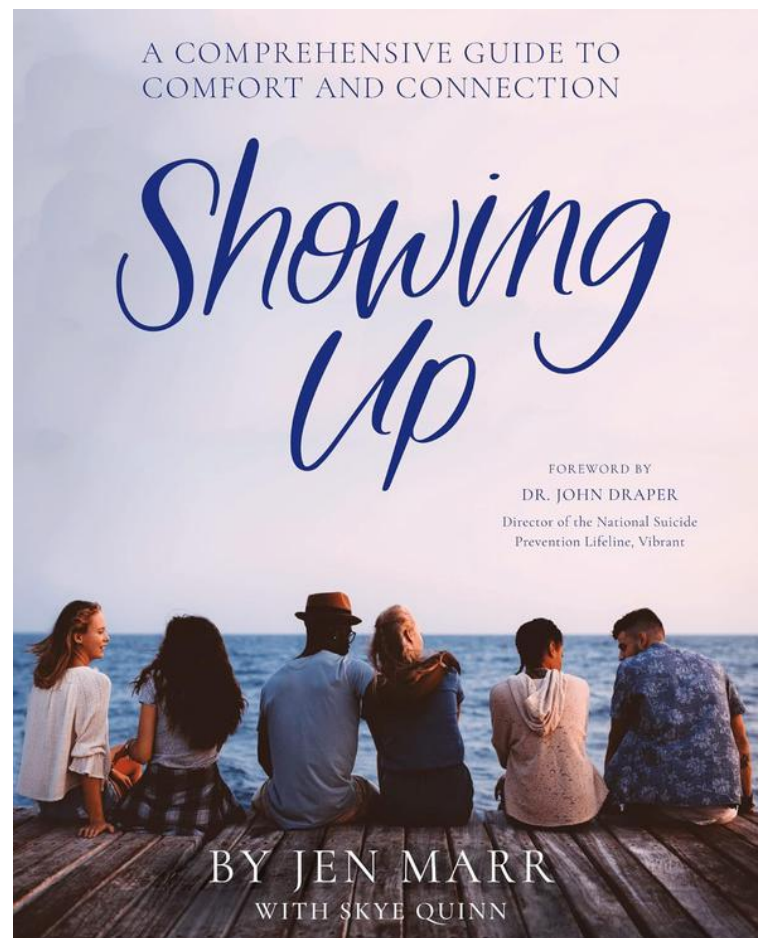
And we heard not only from our church family but also from visitors.

We rate ourselves very high on the empathy/compassion scale 95%, and we are very compassionate. **That is true.**

Yet 62% of our members feel **unseen** in their struggles. We have a 33% gap—if we are so good at being empathetic, why don't we ourselves feel seen?

We need to truly see those in need of support. But when we are experiencing our own challenges, we also need to open up and share our struggles with our circle of close friends and family. Shockingly, only 32% feel able to ask for support when they need it.

Another big wow: 63% wish they could be more open with others. What does that say about our community? Our personalities? How can this be happening here? What can we do to improve both our ability to see others when they struggle and be more open when we, ourselves, need help?





# So, what is Showing Up?

We know that we have a mental health crisis in our country. Look at the statistics:

- 61% of adults aged 18 – 25 in the US report feeling lonely frequently or all the time
- 40 million adults in the US have an anxiety disorder (19% of the population)
- 26% of adults in the US suffer from a diagnosable mental illness
- 61% of young people ages 18-25 in the US report feeling lonely frequently or all the time

When we think about mental health, our regular way of thinking is that there are two kinds of help. There is clinical care such as therapists, counselors, social workers, doctors, and professionals in the field of mental health. These are the trained clinicians who provide treatment and strategies to move forward to those suffering emotionally.

The other option is self-care. This is self-regulation, mindfulness, inner work, and taking care of oneself. Both are very critical frameworks. It's like a barbell – One on each end. What's the problem? If you're in the gym and you are struggling, that barbell is very heavy to lift on your own. We put the burden on the individual to find care and support themselves and be self-sufficient. It's all up to you to figure out your own care, to initiate it, to pay for it, to organize it, etc. all while you are at less capacity. We aren't wired that way.

The middle is where "Showing Up" comes in. We develop supportive care networks with our family and close friends. Supportive care is what lifts-up the barbell and lets us know we don't have to go through this alone. We want to equip our church family with the tools to showing up for one another and provide the transformational care God calls us to do. We are God's hands, feet, eyes and ears on our earthly journey. The book study and workshops fill our toolbox with a practical, easy to follow, step by step process to care for those we love and deeply care for. This process doesn't fix it, but says, "I've got your back. I see you. You're not in this alone." We give you not only what to say and do, but also what to say and many, many ways you do the work God calls this congregation to do.

## 99 Days of Showing Up

AUGUST 17 – November 24

In small, 3-5 minute daily interactions via email, you will learn steps and tools you need to show up for your circle of family and close friends.

Sign Up Here:



# WAYS TO PARTICIPATE IN *Showing Up*

## Showing Up Book Study

September 23  
6:30pm-8:30pm  
(In-person)  
Register Here:



## Awkward Zone Workshop

October 7  
6:30pm-7:30pm  
(In-person)  
Register Here:



## Communication and Connection Workshops

October 15  
6:30pm-7:30pm  
(In-person)  
Register Here:



October 28  
6:30pm-7:30pm  
(Online)  
Register Here:



October 21  
6:30pm-7:30pm  
(Online)  
Register Here:

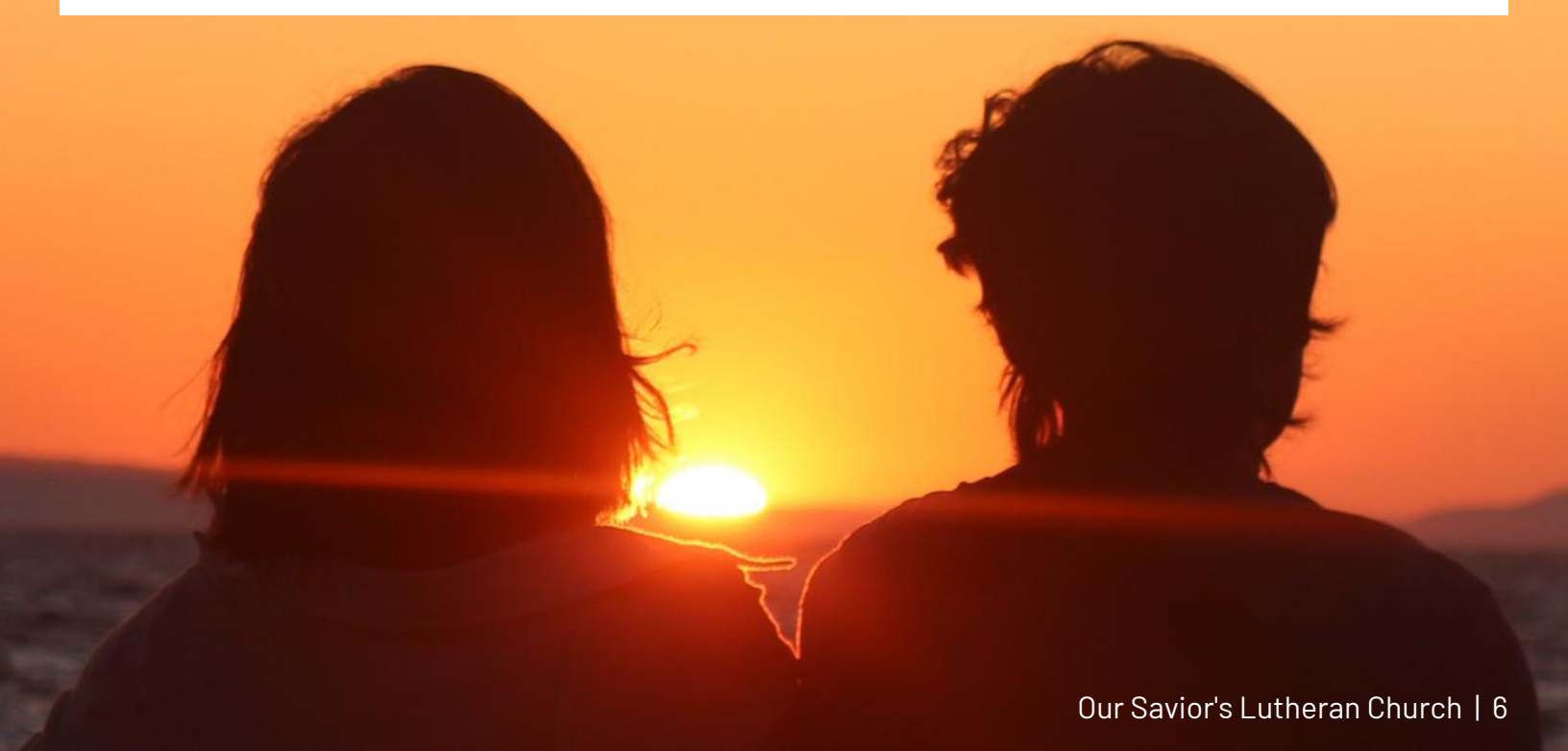


We will host a one-hour Awkward Zone workshop to determine which awkward zone you fall into, how to overcome that feeling, and take the first step. Our Awkward Zone Workshop equips you with the tools and confidence to move from hesitation to human connection.

You'll walk away with:

- Awareness of what holds you back from showing up
- Simple, effective things to say—and what to avoid
- Greater confidence in navigating real, raw conversations

Are you ready to break through the Awkward Zone and show up when it matters most?



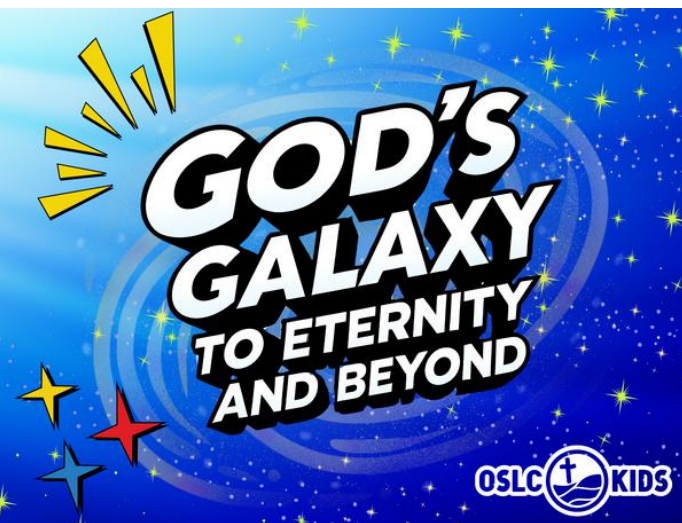


# Youth and Family

## Parent and Littles Story Group

*2<sup>nd</sup> Sunday of the month 9:15 - 9:40 AM*

We're excited to introduce a new group this fall, the "Littles Story Group." This group will meet on the 2<sup>nd</sup> Sunday of each month (September 14, October 12, and November 9 from 9:15 - 9:40). We will meet in the nursery for stories, songs, and prayers. Infants to toddlers with their adult invited!



## Sunday School

*Sundays 9:15 - 10:15 AM*

*Kids 3 years - 4th grade*

Come dance, sing, and have fun at Sunday Bible School! Together, we'll enjoy rotations of art, science, games, drama, and more as we learn stories from the Bible.

Scan to Register



## 5<sup>th</sup> - 8<sup>th</sup> Grade

*Sundays 9:15-10:15 AM*

Join us Sunday mornings for Bible BLAST! Bible BLAST is middle school Sunday School for grades 5-8, led by Evan Kurschner. We're all about exploring big faith questions, diving deep into biblical stories, and discovering how faith connects to real life. We create a space where curiosity is encouraged and learning is fun!

Scan to Register





# Youth and Family

## Confirmation

*Wednesdays 6:30 - 8 PM*

*7th - 8th grade students*

Confirmation is a ministry with 7th-8th grade students and their parents. They come together to learn about their faith and reaffirm their baptism. Students are engaged in worship, learning, serving and fellowship on Wednesday evenings.

Scan to Register



## High School

*Wednesdays 6:30 - 8 PM*

*9th - 12th grade students*

The high school youth group provides an opportunity for students to connect, serve, and have fun together! Occasionally, a guest will come to share life skills like car maintenance, financial literacy, and more at Life University.

*No registration required.*

## LEAD Internship

The LEAD Internship program is a paid discipleship program that transforms the lives of 9th -12th graders by investing deeply in their faith formation and leadership development. For more information or to apply for the upcoming school year, scan the QR code.

Scan to Apply



# Summer Stewardship

## June

In June we welcomed the Promise for Haiti board, learning about our shared mission and work; and we celebrated with a week of VBS and the joy of children growing in faith.



## July

In July, we welcomed the Legion Band to worship; gathered school supplies for our partners at Reformation and sent middle school youth to Duluth on a mission trip.



## August

In August, we gathered children's clothing for Lake Country Caring and supported Lutherdale with beautiful quilts for the quilt auction. In addition, this summer rooftop air conditioning units were replaced as we continue to care for the building.



God entrusts to us – time and energy, skills and resources. In response to God's generosity, we are invited to respond. It is amazing and awesome to see the great variety of ways that this community acts with generosity. These are just a summer snapshot of the mission and ministry of Our Savior's as we Share the Love of Christ to Transform Lives!



# COUNCIL



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Our Savior's Lutheran  
Church Oconomowoc

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# WORSHIP

*with us*

## Sundays

8:00 AM Traditional

9:30 AM Outdoor Praise

## Saturdays

5:00 PM Traditional





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From September 4th - 21st, we're putting the pieces together with a jigsaw puzzle fundraiser to support our global partners in Kikatiti, Tanzania. You can purchase a puzzle piece for \$10. Our goal is to raise \$2,800 to purchase two cows for the "Cows for Kikatiti" project. If you'd like to donate directly to the Kikatiti/Kitefu fund, you can do so here:

