July 2021

The NewSense

Worship Schedule
10:00am-Worship/communion
7:00pm-Outside Worship

Staff
Mark Cerniglia-Interim Pastor
Marcy Aaroen-Faith Formation
Carolynn Bailey, Music Director
Sondra Gibson, Faith Comm. Nurse
Cindy Watkins, Office Admin.

Council and Officers
Ken Olander, President
Cassie McAllister, Vice President
Patty Wessner, Secretary
Susan Reaves, Treasurer
Karen Wilson, Fin. Secretary
Sean Golden, Christian Ed.
Mitch King, Outreach
Ken Loveday, Property
Gene Maddox, Finance
Cat Hopper, Social Ministry
Tom Marshall, Stewardship
Patti Hembre, Worship/Music
Ronda Keffer, Shepherds/ Inreach
Gabe Aaroen, Youth Rep.

Our Saviour Lutheran Church
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Johnson City, TN 37604
423-282-2313
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News articles are due by July 22 to appear in August's NewSense.

Evangelical Lutheran Church in America
God's work. Our hands.

Dear Partners in Ministry,

The end of July would mark my mother's 100th birthday. She passed away last year a few weeks after her 99th birthday. That was a difficult time because the facility she was in during her final weeks of life was under strict quarantine. I was only able to visit her by making appointments with the staff to FaceTime with her on their tablet. I was able to arrange a Zoom meeting on her birthday in which her three sons, one of her sisters, a couple of nieces, and a number of her grandchildren and great grandchildren were able to sing happy birthday to her.

The facility also graciously arranged an opportunity for my two brothers and me to visit with her in person. We had to gown up in hazmat suits. But thankfully my mother was lucid up until the end of her life and we had a very good visit, reminiscing about old times that had the four of us laughing together. While cleaning out my mother's apartment, I had found an old picture of my father from his Army days during the Second World War, and when I showed it to my mother she said, "Wasn't he a good-looking man?' I caught a glimpse of that girlish delight that she must have had when they first met.

When the ELCA was wrestling with decisions about how to respond to LGBTQIA+ members in our midst, my mother attended a Bible Study led by the Pastor at her church. She learned about how the biblical passages that are often used by churches to judge LGBTQIA+ people are lifted out of context. My mother concluded that she did not have to fully understand another person's sexuality to still be able to love them as a child of God. I was impressed that my mother, well into her eighties at that point, was able to embrace new ways of understanding the world. It was my mother's deep under-

See page 2

Continued from page 1

standing of God's grace and her love for all God's children that shaped me as a Pastor who is able to care for others regardless of their gender, their race, their sexual orientation, their age, their physical and mental abilities, etc. I want to put a sign on my office door that says: "NO JUDGMENT ZONE."

I remember a similar visit with my grandmother—my mother's mother, or mormor in Swedish. She was bedridden in the last months of her life. I had just recently graduated from seminary and was looking forward to my ordination. As I sat by her bedside, holding her frail hand, and waiting for some pearls of wisdom from her 96 years of life, she said to me, "Mark, whatever you do, don't let church become boring." I interpreted that as meaning that God always deserves our very best efforts.

Enormous changes took place during my mother's lifetime. When she started driving, licenses were not even required. She lived through seeing a man walk on the moon, and for us to start carrying phones in our pockets and purses that would allow us to see each other when we talked. She even learned how to use a computer, though mostly for solitaire and looking at pictures of her great grandchildren on Facebook. How many more changes will we experience in our lifetimes?

The same Jesus Christ that loved and sustained my mother during her 99 years of life is also present with us in these difficult times. God does not change even though the ways that we share the good news about God's love does. Our task, as stewards of this important news, is to be open-minded to new understandings of that age-old central message and new ways of sharing that message with our neighbors, who desperately need to hear it.

At Our Saviour Lutheran Church, we are beginning the process of seeking a new permanent Pastor. The first step in that process is self-examination, to have a good understanding of who we are as a community—apart from the Pastor. Knowing who we are and what is God's vision for us will shape the kind of person we seek to serve as Pastor in the future.

We owe a great debt to those saints who paved the way before us, who instructed us in the faith, who established churches like Our Saviour. We want to honor their legacy and respect what they have entrusted to us. At the same time, I think about my grandmother's advice not to allow our community faith life to become stale. Each generation is called to embrace the gifts God has given to us and learn how to interpret that age-old message of God's love for a new reality.

Shalom,

~Pastor Mark

A SUMMER WORSHIP ALTERNATIVE

OSLC will continue to offer a Sunday evening outdoor service at 7:00 p.m. (weather permitting) on the church's front porch. Worship leaders will be on the landing atop the steps. The driveway leading to the front parking area will be blocked off. Please bring outdoor folding chairs or blankets to spread on the grass. This worship celebration will be short, casual and kid-friendly. Masks are not required; however, social distancing is encouraged. Holy Communion will be offered except on the Sundays when Pastor Mark is on vacation.

We will continue to offer a summer snack after each service. This is a multigenerational event open to young and old. Come meet the youth of OSLC.

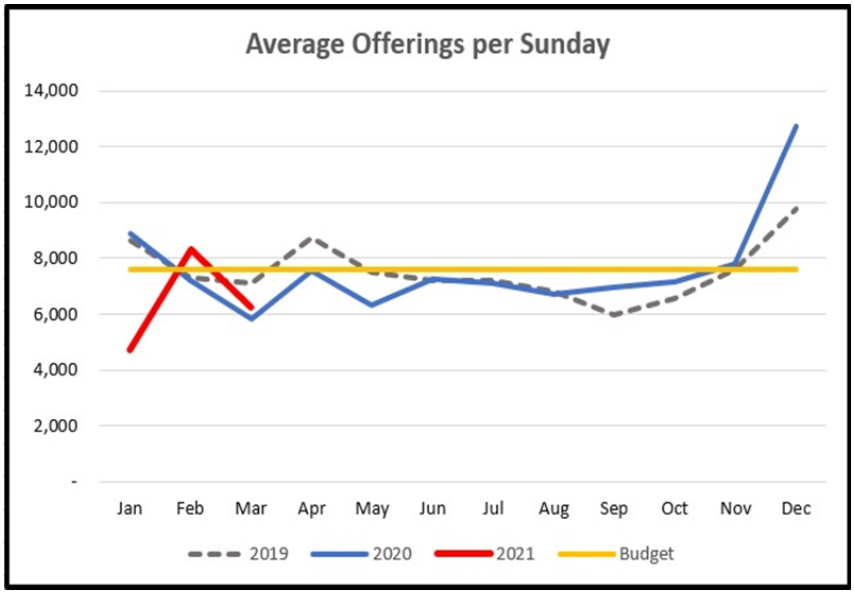
Financial Recap: May 2021

Offerings & Expenditures

	Month of May			Year to Date: 2021		
	Actual	Budget	Variance	Actual	Budget	Variance
Offerings	$ 30,987	$ 32,854	$ (1,867)	$ 152,562	$ 164,268	$ (11,706)
Operating Expenses & Other Items	24,889	33,026	8,137	123,002	166,535	43,533
Excess of Offerings over Operating Expenses	$ 6,098	(172)	6,270	$ 29,560	$ (2,267)	$ 31,827
Special Items: Major Maintenance	-	-	-	-	2,000	2,000
Special Offerings: Capital Improvements	(2,500)	-	2,500	(32,000)	-	32,000
Special Items: Capital Expenditures	2,744	-	(2,744)	27,661	-	(27,661)
Excess of Offerings over Exp & Special Items	$ 5,854	$ (172)	$ 6,026	$ 33,899	$ (4,267)	$ 38,166

May 31 Balance Sheet

Assets		Liabilities & Equity	
Checking (Operating Cash)	$ 78,629	Current Payables	$ 7,598
Savings (Council-Restricted Cash)	146,883	Mortgages & Long-Term Debt	-
Total Operating Cash	$ 225,512	Other Liabilities	-
Endowment Funds	$ 40,344	Total Liabilities	$ 7,598
Other Donor-Restricted Cash	83,724		
Total Cash	$ 349,580		
Facilities and Other Fixed Assets	$ 1,383,322	Equity	$ 723,566
Less Accumulated Depreciation	(1,001,738)		
Net Fixed Assets	$ 381,584	Total Liabilities & Equity	$ 731,164
Total Assets	$ 731,164		



Our regular offerings continue to see-saw somewhat month to month, and May was a tad disappointing….especially considering that it was a five-Sunday month. Regular offerings were unfavorable to the budget by $1,867 for the month, and unfavorable by $11,700 for the year to date. On a per-Sunday basis, May offerings were down 1.6% from May 2020. and were down 17.5% from May 2019. Year to date regular offerings were down 1.7% from last year.

Excluding gifts and expenditures relating to capital projects, however, we have continued to improve our financial standing…$6,098 for the month, and $29,560 for the year to date. The reason for this is that several expense categories have been coming in at less than budget, due to special circumstances involving the pandemic, the pastoral transition, open positions, etc.

Council Meeting Highlights for June 14, 2021

Meeting led by Ken Olander via Zoom.

Devotions by Gene Maddox.

All reports were approved.

Compliments were expressed. See details on page 9 of this publication.

Susan Reaves discussed the memorial fund and consolidation .

Motion was made that any outside groups meeting in the church must all be vaccinated and must wear masks, must sanitize the area before leaving, and use the back entrance to enter fellowship hall.

Property committee is looking at flooring options for sanctuary. They are researching the options for seats, cost of refinishing and upholstering the pews, vs. other forms of seats and cost variances.

Patty Neas and Alex Bolger are learning how to run the A/V equipment. More volunteers are needed.

Outdoor services are going well with good turnout. Need set up and take down volunteers.

John Stamm will tutor council on the use of Breeze for June 27.

In person worship is still encouraging the use of masks and social distancing protocols.

Closed with a prayer by Pastor Mark.

Reminder Guidelines for in Person Meetings At Church

On Monday Night, April 12, 2021, the church council passed the following guidelines for small group gatherings in the church facilities.

- Must wear masks and practice social distancing at all times.
- Can only meet in the fellowship hall and must reserve a time for the gathering through Cindy Watkins in the office.
- Cannot meet while PDO is in session except for the Melting Pot workers who are confined to the kitchen and have been meeting throughout the pandemic
- Must be groups no bigger than 20 people if everyone is vaccinated. If everyone is not vaccinated, the group can be no bigger than 10 people and cannot meet longer than 45 minutes.
- In person worship services will continue as an option on Sunday mornings with the services being broadcast. At the in person services, wearing masks and practicing social distancing must be practiced at all times except when receiving communion. All leaders for the worship service must be vaccinated and be at least 20 feet from the congregation in order to remove their mask so they can be heard and understood. Reservations for the in person worship service is still required through the church office.

Ken Olander

JULY HOURS FOR YOUTH

There are two more opportunities to complete community service hours here at OSLC. The Melting Pot Ministry can use youth volunteers on the following days:

Tuesday, July 13, from 9:30-noon
Wednesday, July 14, from 8-10 a.m.
Tuesday, July 20, from 9:30-noon
Wednesday, July 21, from 8-10 a.m.
Contact Marcy at faithformcoord@oslc.church or 483-0352 with any questions.

GOD'S WORK… OUR HANDS

Sunday, September 12, 2021

We are in the process of organizing activities for God's Work… Our Hands, which is a nationwide event sponsored by the ELCA. If you know of an organization that could use some extra help or have an idea for a service project, please contact Marcy at faithformcoord@oslc.church or 483-0352. We are looking for both indoor and outdoor activities, and they can involve small groups or large groups. Thanks!

Lutheran Girls' Group Lunch

LGG lunch is starting back and will meet Thursday, July 8 at 11:45 at Aubrey's. *To join our list for announcements email: sharonharshman1@gmail.com or call 423.282.0400*

Zoom Fellowship to End

Thanks to all of you who have been a part of the Zoom Fellowship these past several months. This was set up initially as a way for people to see each other and stay connected during the Pandemic. Now that more of us are seeing each other at church and in the small group chats we will not be offering this anymore. Hope to see you soon.

Small Steps for Better Heart Health

Change is an important part of living with heart disease or trying to prevent it. A jump in blood pressure or cholesterol earns you a lecture on healthy lifestyle changes. Heart attack and stroke survivors are often told to alter a lifetime of habits.

Some people manage to overhaul their exercise pattern, diet, and unhealthy habits with ease. The rest of us try to make changes, but don't always succeed. Instead of undertaking a huge makeover, you might be able to improve your heart's health with a series of small changes. Once you get going, you may find that change isn't so hard. This approach may take longer, but it could also motivate you to make some big changes.

Harvard Health Publishing recommends starting with steps like the ones listed below:

1. **Take a 10-minute walk.** If you don't exercise at all, a brief walk is a great way to start. If you do, it's a good way to add more exercise to your day.

2. **Give yourself a lift.** Lifting a hardcover book or a two-pound weight a few times a day can help tone your arm muscles. When that becomes a breeze, move on to heavier items or join a gym.

3. **Eat one extra fruit or vegetable a day.** Fruits and vegetables are inexpensive, taste good, and are good for everything from your brain to your bowels.

4. **Make breakfast count.** Start the day with some fruit and a serving of whole grains, like oatmeal, bran flakes, or whole-wheat toast.

5. **Stop drinking your calories.** Cutting out just one sugar-sweetened soda or calorie-laden latte can easily save you 100 or more calories a day. Over a year, that can translate into a 10-pound weight loss.

6. **Have a handful of nuts.** Walnuts, almonds, peanuts, and other nuts are good for your heart. Try grabbing some instead of chips or cookies when you need a snack, adding them to salads for a healthful and tasty crunch, or using them in place of meat in pasta and other dishes.

7. **Sample the fruits of the sea.** Eat fish or other types of seafood instead of red meat once a week. It's good for the heart, the brain, and the waistline.

8. **Breathe deeply.** Try breathing slowly and deeply for a few minutes a day. It can help you relax. Slow, deep breathing may also help lower blood pressure.

9**. Wash your hands often.** Scrubbing up with soap and water often is a great way to protect your heart and health. The flu, pneumonia, and other infections can be very hard on the heart.

10. **Count your blessings.** Taking a moment each day to acknowledge the blessings in your life is one way to start tapping into other positive emotions. These have been linked with better health, longer life, and greater well-being, just as their opposites — **chronic anger, worry, and hostility — contribute to high blood pressure and heart disease.**

Praying for each of you to feel God's love for you today. Sondra Gibson RN, Parish Nurse

Birthdays and Such

2-Dave Soike
Joan Blackmer
3-Megan Booker
5-Ella Estep
7-Rita Gregory
Ann Godsey
8-Mandy Widener
13-Pat Wolf
William Sanchious IV
Jessica Green
17-David Nipper
18-Gabe Aaroen
19-Ronda Keffer Hermen
21-Michael Hembre
Carolynn Bailey
22-Ann Cunningham
23-Norma Martin
24-Garry Booker
25-Jake Aaroen
27-Sharon Harshman
29-Noah Rice
Janice Miller
James McAllister

Put on your calendar

A healthy eating program is offered at OSLC on Thursday, July 15 at 1:00 pm. A dietitian/nutritionist from Ballad Health will show us how to prepare better meals and snacks for improving our heart health. Bring a friend and learn something new.

Women of the ELCA

Great News! The Lutheran Girls Group (LLG) is starting again in July. This group of Lutheran ladies meet for lunch once a month. They started meeting in early 2019 as a way to get to know each other and have some fun. They meet each month at a different restaurant and on different days to allow for the most attendance. This is a popular event. Please contact Sharon Harshman if you wish to attend. (sharonharshman1@gmail.com or 282-0400).

The combined WELCA circles will continue to meet on the 3rd Monday from 1-3 pm throughout the summer. The next meeting will be "in-person" on July 19. The meeting will be at church in fellowship hall with a topic and leader TBA. Please join us!

Thanks so much to everyone who donated money/supplies for our Personal Care Kits. We will put these kits together on Thursday, July 22 in the library. WELCA ladies please come and help. Our goal is 250 kits.

News from Social Ministry

Food Pantry Needs

Monetary and food donations are always welcomed. Your donations make a difference in many lives. Food items needed:

Crackers	Rice	Macaroni & cheese
Soup	Raisins	Peas
Dry beans	Apple sauce	Peanut Butter
Muffin mix	Hot/cold Cereal	Canned meat
Potato flakes	Vienna Sausage	Pancake mix
Pasta	Pop Tarts	Dehydrated soup
Pasta sauce	Oatmeal	Hamburger Helper
Canned fruit	Ramen noodles	Paper grocery bags

Ten grocery bags were given out in June.

Melting Pot

In June the Melting Pot ladies served 600 people at Munsey Memorial Methodist and Mana House.

July's dates for cooking are the 14th and the 21st with prep on the 13th and 20th.

We always need individually wrapped desserts. If you would like to help prepare food for the homeless, contact Sharon Harshman at sharonharshman1@gmail.com.

Stuff the Bus

OSLC in conjunction with the Johnson City Homeless Education Center is collecting items needed for the homeless school children during the month of July. The center has asked for help in supplying these items:

Wide ruled Composition notebooks

Glue sticks

#2 Pencils

Blood Donation at the Marsh Center

Marsh Regional Blood Center has designated July 1 and 2 as 'Our Saviour Lutheran Church Blood Donor Days'. Because of the space limitations on the mobile bus, we're asking that you go the Marsh Center, located at 2428 Knob Creek Road to donate.

Call 282-7090 to make an appointment and be sure to tell them you are from Our Saviour Lutheran Church. Thursday, July 1 hours of donation are: 10:30 a.m.-6 p.m. and Friday hours are 8:30 a.m.-4 p.m.

Remember----EVERY DROP COUNTS

Thank You Church Members and Staff

...Tom Petti, Glen Ross, Carl Snyder, Tom Marshall, Brian Patteson, and Barry Fetterolf for offering their time to take care of various improvements needed at church. From painting to plumbing, they do it all.

...Ken Olander for his perseverance in tackling the AV system.

...David Nipper for spending time and adjusting our sound system.

...to the Larry and Debbie Seifert for checking our fire extinguishers monthly.

...Gabe Aaroen & Bailey Patrick for their help with the Melting Pot Ministry

...to our audit committee Jay Stafford, Christy Huff, and Janeen Pennell.

...To Alex and Diane Bolger for their support of OSLC.

...Patty Neas for helping with the AV needs.

...Many thanks to Sondra Gibson for the great work she is doing helping our members.

...John Stamm and his Breeze tutorials.

Quilting to Begin

Quilting will meet on the second and forth Mondays in July (12 and 26) from 10 am to noon. No masks are required if you are vaccinated.

No quilting skill are needed. Our quilting members will get you started. It is easy to do and we have great fellowship as we work. Contact Lu Mattson at 928-4386 if you are interested in helping.

We need used Queen and King size sheets for one of the layers for the quilt. If you have any cotton or cotton blend fabric, please bring it to church and Cindy will take it from there.

Volunteers for July

Financial Tellers
4-John Stamm, Sharon Raye
11-Karen Wilson, Mary Miller
18-Christy Huff, Janeen Pennell
25-Joe and Lu Mattson

Lectors
4-Carolynn Bailey
11-John Stamm
18-JohnStamm
25-Diane Bolger

Ushers
4-Doug Huff and Dave Soike
11-Ronda Keffer Herman and Garry Booker
18-Carmen Paulson and Brian Patteson
25-Travis Pennell and Duane Williams

Families of the Week
4-John Paul and Patty Neas
Cindi Ransey
11-Burleigh and Julia Witham
Nancy Shilling
18-Michael, Erin, Nicholas, Noah, Liam Rice
Pat Wolf
25-Cheryl and Robert Milliken

Prayer Shawl Team
1st wk.-Beverly Gugliotta, Nancy Shilling, Patty Neas
2nd wk.-Lu Mattson, Celia Martin
3rd wk.-Cheryl Milliken, Trudy Blackmer, Betty Chalkley
4th wk.-K. McCoy, M.A. McGaughey, B. Hamilos,

Stuff the Bus

We are partnering with the **Johnson City Schools Homeless Education Department** to collect school supplies for our local homeless students. The school district staff is collecting supplies through the summer in order to give a backpack to each student prior to the start of the 2021-22 school year. These backpacks will contain the exact supplies requested by each student's teacher. As a former teacher, I can attest to the importance of starting the school year with the proper supplies and not feeling different because your backpack isn't filled with the same items as your classmates.

Our list is simple; but these supplies are crucial for student success. We need to collect as many of these as we can as they are consumable and must be replaced throughout the year. We are collecting:

· WIDE-RULED composition notebooks

· #2 pencils

· Glue sticks

We would like to have all items brought to church no later than Sunday, July 18. You can leave your items in the church office, on the step outside my office, or in the basket located in the narthex. Let's work together as a church family to "STUFF THE BUS" for our local children in need of a helping hand.

							1	
					2			3
			4					
						5		
4		1	6					
		7	1					
	5					2		
				8			4	
	3		9	1				

	8	1		6				7
			3		2	8		
6		7			8			9
7		4					5	1
	3			5	9			
9	5						4	
				2		1	9	4
			7		4	3		5
4		5		3				

*birthdays

2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 *Megan Booker	2	3 *Ella Estep
4 10 am-Worship/Communion 11 am-Open Communication Mtg. 11:15am- Women's Bible study in FH	5 9-2-PDO *Rita Gregory, Ann Godsey	6 *Mandy Widener	7 9-2-PDO 6pm-Heartsong rehearsal 7:00pm-Property mtg. *	8 9:30 am-Blue Ridge Quilters Drive by 11:45 am-Lutheran Girls Group Lunch at Aubreys	9 *	10
11 10 am-Worship/Communion 11:15am- Women's Bible study in FH 7PM-Outdoor worship *Pat Wolf, William Sanctious 4; Jessica Green	12 9-2-PDO 10-12-Quilters (Cover Girls) 6:30pm-Council meeting *Ben Garrison, Ralph Keffer	13 Melting Pot Prep 1pm-WELCA in fellowship hall *Katie Stacy	14 Melting Pot 9-2-PDO 6pm-Heartsong rehearsal *	15 1:00 pm-Healthy Eating for all Parish Nurse *David Nipper	16 *Gabe Aaroen	17 *Ronda Keffer Herman
18 Blood Pressure checks 10 am-Worship/Communion 11:15am-Women's Bible study in FH 7PM-outdoor worship *	19 9-2-PDO 1:00 pm-WELCA in library *Michael Hembre, Carolynn Bailey	20 Melting Pot Prep 6:30pm-W & Music Mtg. *Ann Cunningham	21 Melting Pot 9-2-PDO 6pm-Heartsong rehearsal *Norma Martin	22 Newsletter articles due WELCA using fellowship hall all day for packing care kits	23 *Jake Aaroen	24 *
25 10 am-Worship/Communion 11:15-Women's Bible study, FH 7:00 pm-outdoor worship *Sharon Harshman	26 10-12-Quilters (Cover Girls)	27 *Noah Rice, Janice Miller, James McAllister	28 6pm-Heartsong rehearsal *	29	30	31

Living In Faith Together

by Marcy Aaroen

So if the Son sets you free, you will be free indeed. John 8:36

As an American, you are fortunate to live in "the land of the free and the home of the brave." But what does it mean to live in true freedom, and where does that freedom come from? The answers to those questions can be found in the pages of your Bible. When you read about freedom in the Bible, it's most often about the spiritual freedom you find once you dedicate your life to God. In short, you will only experience actual freedom by knowing God, walking in His ways, and living your life serving Him and others. I hope you use this month to reflect on what the Bible says about finding freedom through God and then look for ways to incorporate that knowledge in your daily life so you can start to experience what it is like to live in joyous freedom with God.

July Bible Plan — Freedom

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Isaiah 61:1	2 Isaiah 42:6-7	3 Colossians 1:13-14
ohn 8:32-36	5 Romans 8:1-4	6 Revelation 1:4-6	7 Romans 6:1-7	8 Ephesians 2:1-5	9 Hebrews 2:14-15	10 Romans 5:12-17
Romans 7:21-25	12 Romans 6:11-14	13 Romans 6:22-23	14 2 Peter 1:2-4	15 Galatians 5:1	16 1 Peter 2:13-17	17 2 Corinthians 3:17-18
Romans 6:16-19	19 Romans 8:19-25	20 Galatians 3:21-22	21 1 Corinthians 9:19-23	22 Galatians 5:13-15	23 1 Corinthians 10:13	24 Psalm 119:44-46
Galatians 3:23-29	26 Galatians 4:4-6	27 Ephesians 1:6-8	28 1 Timothy 2:5-7	29 Psalm 68:5-6	30 John 3:16-17	31 Psalm 116:15-17

I will be in the office each Tuesday and Thursday from 9:00-1:00
I will be gone on Tuesday, July 6