



# the scroll

a monthly publication of Sheridan Lutheran Church

March 2020

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## Lenten Offering *Tabitha*

This Lenten season, we devote our worship and learning to understanding how Jesus went beyond pain and suffering through his death on the cross to give us the gift of the resurrection to eternal life. This promise gives us hope for every day of our lives, especially when we are experiencing pain and suffering. Who better to teach us about having hope through our earthly pain and suffering than our eldest generation? Having lived through world wars, economic changes, societal upheaval, and more, our eldest and most faithful members have virtues to teach us all. And we, as a community, have a responsibility to care for our elders, as they first cared for us.

As part of our Lenten journey, our congregation will be collecting an offering for Tabitha Health Care, a historic and contemporary ministry partner of the ELCA. Each day Tabitha serves elders in Lincoln and across Nebraska. Serving for more than 130 years and encompassing 28 Nebraska counties, Tabitha offers results-driven rehabilitation, accessible at-home health care, innovative living communities and compassionate hospice services.

Please support Tabitha's ministry through an above and beyond gift this Lenten season.



## Beyond Pain and Suffering

**W**E ALL KNOW PAIN. IT IS A UNIVERSAL EXPERIENCE. Each of us also knows what it means to suffer emotionally, but we don't seem to realize that they are different from one another. What many do not know, however, is how to cope with pain and suffering. Even more, many have no idea that there is something that always lies beyond pain and suffering.

"Pain and suffering" is part of our vernacular, but this means that over time, pain and suffering have seemingly merged into one. We tend to think that pain and suffering are the same thing. Legal communities have been merging the two realities for generations when seeking to compensate a victim for that which was beyond just the material cost of having been wronged by another.

Our modern understanding is that all pain is suffering and all suffering is pain. This is far afield from what other generations have experienced or expressed. In the days of Jesus, pain and suffering were very different from each other and both were actually thought to be instructive. Knowing this should impact how we experience Jesus' journey to the Cross.

Part of why Lent is difficult for so many is because of the ultimate aversion to pain and suffering. Even more, Jesus seemingly chose to take on both, which is a radical challenge for us. How can Jesus take on pain? Why would he choose to emotionally suffer? Our lack of understanding can be a point of division between us and our Lord. What we fail to see is that Jesus longs to bring us beyond both our pain and our emotional suffering. Jesus calls us to see that resurrection lies beyond death. Clearly, this is something our society needs to learn.

During this season of Lent we will investigate the differences between pain and suffering and how they have evolved over time. And we will see how Jesus knew pain and how he experienced suffering. We know that pain is something that is shared and in his suffering, Jesus chooses to share our pain and show us a pathway beyond it. Perhaps we will come away with a better understanding of our Savior and be better equipped for our walk in the world.

## Church family support and news

### FIRST STEPS BAPTISM CLASS

The next First Steps Baptism Class is Sunday, March 29 at 11am in the church office Conference Room. This class is for those wanting to have their children baptized at Sheridan. You may schedule your child's baptism with the office prior to attending the class.

### WEDDINGS

Interested in holding your wedding at Sheridan?  
Visit [sheridanlutheran.org/weddings](http://sheridanlutheran.org/weddings) Contact [k.znamenacek@sheridanlutheran.org](mailto:k.znamenacek@sheridanlutheran.org) for scheduling or other questions.

### HOSPITAL VISITS

Members of the visitation team make daily visits to Lincoln area hospitals to offer support, encouragement and prayer. Call the church at 402-423-4769 to schedule a visit. Please do not rely on the hospital to notify the church.

### FOR THOSE GRIEVING OR PLANNING FUNERALS

Please contact Karen in the church office at 402-423-4769.

### PASTORAL CARE

Contact the church office at 402-423-4769 during business hours: 8am - 5pm; Monday-Friday. In case of emergencies (death of a loved one or if immediate assistance is needed) after hours call 402-423-4769 and press option 4.

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If you have a baptism, birth, wedding, sympathy or other milestone to share, please call the church office at 402-423-4769. We are happy to share your news with our church family in the monthly Scroll. Submissions are due by the 15<sup>th</sup> of the month.

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### Births

**Charlie Catherine Heidtbrink** daughter of Anthony & Robin;  
**Jax Maylee McCroden** daughter of Chelsey & Stuart.

### Baptism

**Mila Estes Seger** daughter of Paul & Morgan.

### With Sympathy

**Mona Anderson, Kathy Anderson, Payton Temple & Roger (Linda) Anderson** on the death of husband/father/grandfather/brother Burt Anderson;

**Scott (Julie), Adrienne, Eliot & Elise Anderson** on the death of mother/grandmother Marie Anderson;

**Denny (Sherry), Dexter & Dani Drbal** on the death of father/grandfather Derald Drbal;

**Tina (Dave), Hailey, Hayden & Madysin Frost** on the death of grandmother/great-grandmother Virginia Lottman;

**Russ (Michelle), Nicole & Connor Raatz** on the death of mother/grandmother Dixie Raatz;

**Tony (Nancy) Ross** on the death of mother Vicky Ross;

**Mavis Brinkman family** on the death of brother John Vermeer;

**Tonja (Tom) Casady family** on the death of mother Joyce Wagner.

### Picture Directory Update

Contact: [e.debase@sheridanlutheran.org](mailto:e.debase@sheridanlutheran.org)

We are awaiting shipment to Sheridan. Once the directories arrive, families will be contacted for pick up in mid-March.

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### Support the 2020 Youth Mission Trip

From July 3-12, 49 high school youth, 10 caring adult leaders along with 3 college-age students from Sheridan are traveling to Lutheranch Camp and serving near Atlanta. Please return any donation envelopes from the envelope board by March 1. You can also donate online at [sheridanlutheran.org/online-giving](http://sheridanlutheran.org/online-giving), simply designate: Youth Mission Trip in the Special Gifts "Other" designation field.

### Memorial Easter Lilies

If you wish to purchase an Easter Lily in remembrance of a loved one or in celebration of God's grace in your life, forms are available at the Welcome Center or online: [sheridanlutheran.org/easter](http://sheridanlutheran.org/easter). Deadline to order is Monday, April 6. Cost is \$12.

### Book Discussion

Wed., April 29; 6:30pm; Conference Room

**HEARTLAND: A MEMOIR OF WORKING HARD AND BEING BROKE IN THE RICHEST COUNTRY ON EARTH** by Sarah Smarsh

The New York Times book review noted this book as "An essential read for our times: an eye-opening memoir of working-class poverty in America that will deepen our understanding of the ways in which class shapes our country and a deeply humane memoir that crackles with clarifying insight".

Beautifully written, in a distinctive voice, Heartland combines personal narrative with powerful analysis and cultural commentary, challenging the myths about people thought to be less because they earn less. Books are available in OneSent for \$11 + tax.

## Worship with us

<b>SATURDAY</b> 5:30pm	<b>SUNDAY</b> 8:30, 9:45am; 11am	<b>WEDNESDAY</b> 6pm
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**HOLY COMMUNION** is served on Saturday evening and 8:30am each Sunday as well as at 9:45am and 11am on March 8 & 22. Learn more about worship online: [sheridanlutheran.org/worship-schedule](http://sheridanlutheran.org/worship-schedule)

**NURSERY** is available on Sundays from 9:30am – noon

**MISS WORSHIP? SERMON & SPECIAL MUSIC VIDEOS** can be watched on Sheridan's Vimeo channel at [vimeo.com/sheridanluthlnk](http://vimeo.com/sheridanluthlnk). You may also watch a condensed version of our weekend worship on Spectrum channel 1302 on Thursdays at 7:30pm; Fridays at 12:30pm and Sundays at 11:30am.

## Ash Wednesday Worship

### Ash Wednesday Worship with Ashes and Holy Communion

FEBRUARY 26 | Noon, 6pm, 7:15pm  
Dinner: 5-6pm; there are no education classes on Ash Wednesday.

## Midweek Lenten Worship

### Wednesdays in Lent

MARCH 4, 11, 18, 25, APRIL 1  
Dinner: 5pm | Worship: 6pm | Faith Formation: 6:45-7:30pm

Please RSVP online for the Wednesday meals by prior Sunday: [sheridanlutheran.org/wednesdays-the-well](http://sheridanlutheran.org/wednesdays-the-well).

## Family Fellowship Event

Grades 1 & 2: Fri., Feb. 28; 6-8pm; Cooper YMCA; RSVP: [sheridanlutheran.org/children-events](http://sheridanlutheran.org/children-events), by Feb. 26. Cost: \$5/person; includes pizza.

Families with students in grades 1 & 2 are invited to a fun afternoon at the Cooper YMCA pool and gym. Because this is a private event, we're sorry that Y memberships can't be used.

## Up In Out: Sheridan's Service Learning Camp

June 8-12; noon-4:30pm; lunch is provided

Cost: \$50/participant

Info: [i.hartfield@sheridanlutheran.org](mailto:i.hartfield@sheridanlutheran.org)

Register: [sheridanlutheran.org/event-registration](http://sheridanlutheran.org/event-registration)

This experience pairs great with VBS and begins with lunch and a devotion before heading out for hands-on service opportunities. Because Pastor Michelle is on sabbatical this summer, this year's camp is for youth currently in grades 5-8. Space is limited.

High school youth interested in serving as mentors for this week should contact Ian Hartfield at [i.hartfield@sheridanlutheran.org](mailto:i.hartfield@sheridanlutheran.org).

## January 2020 Financials:

### INCOME

General Fund	\$234,111
Mission	\$14,036
Sunday School YTD	\$286
Readiness Fund YTD	\$15,665

### BUDGET

General Fund	\$179,164
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## January 2020 Attendance:

	WEEK	WKND	WKLY
January 4/5	29	1,010	1,039
January 11/12	403	984	1,373
January 18/19	426	938	1,364
January 25/26	359	1,096	1,455
2020 average		1,007	1,397
2019 average		927	1,351

## In-Kind Donations

### DONATION BINS

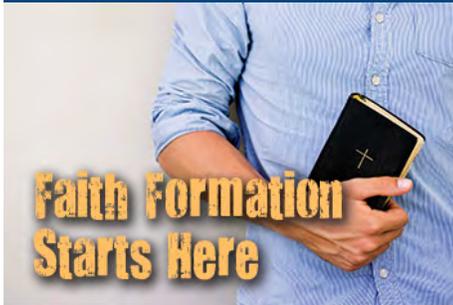
These bins are located in the Great Hall and are used to collect special items each month. See page 6 for more details.

**CLINIC WITH A HEART** continually needs personal care items such as shampoo, toothbrushes, toothpaste and body soap.

**BARNABAS COMMUNITY** is in need of in-season clothing for all sizes. Please bring all items for Barnabas to the vestibule beyond the Chapel.

*Cash donations are always welcome and needed to meet immediate needs. Please mark all financial contributions "Clinic with a Heart" or "Barnabas Community."*

think about it.



SLC offers educational programs for children and adults. For a full listing of programs, visit us online at [sheridanlutheran.org](http://sheridanlutheran.org) or call the church office.

## Adult Groups & Studies

- **SATURDAY MEN'S BIBLE STUDY**  
March 7 & 21; 7:30am; Retreat Center  
This biweekly study is facilitated by Wes Oestreich.
- **SUNDAY ADULT BIBLE STUDY**  
Sundays; 9:45am; Conference Room  
Facilitated by Julie Johnson. Join anytime. Bring a Bible.
- **PARKINSON'S SUPPORT GROUP**  
Thurs., March 5; 1:30pm; Room 828  
A support group for anyone diagnosed with Parkinson's or who is a care giver for someone with Parkinson's. Glen Schumann and Linda Hirschfeld lead this group.
- **MEN'S CANCER SUPPORT GROUP**  
Mon., March 9; 6:30pm; Conference Room  
This group allows men who are currently experiencing cancer to share concerns, promote hope and receive support from each other.  
Watch the website, bulletin and Scroll for future class offerings.

## SOLOS Event: Cocoa & Cards

Fri., March 13; 6:30pm; Great Room South  
RSVP: [k.paisley@sheridanlutheran.org](mailto:k.paisley@sheridanlutheran.org)  
A fellowship event for single women age 50+. Whether you love playing cards and are always looking for someone to play with or you've wanted to learn a new game, come enjoy a night of fun and fellowship.

## Grow Spiritually: Spiritual Renewal During Lent



Lent is the 40-day period between Ash Wednesday and Easter when we prepare ourselves spiritually for new life in Christ. The ashes of Ash Wednesday remind us of our mortality and sinfulness. The season of Lent is a good time for reflecting on our relationship with God and others and committing to positive changes in our lives so that we can grow as followers of Christ. Many Christians abstain from certain activities or foods during this time as a means of controlling our temptations. These activities are especially helpful when they draw us closer in our relationship with God.

This Lent, you may also want to add an activity or spiritual practice, a Bible reading plan, visiting the Lenten prayer stations in our Chapel, or focusing on being more loving and caring toward family, friends, coworkers and community. Visit OneSent for a variety of Lenten devotionals and readings.

## Lenten Prayer Chapel

Beginning with Ash Wednesday the Chapel will be a place of reflection, prayer and silence. Come explore the prayer stations that will help you journey through the Lenten worship series of Pain and Suffering with new insights.

## Lunch Table Theology

Thursdays at noon

Info: [e.bostrom@sheridanlutheran.org](mailto:e.bostrom@sheridanlutheran.org)

These are groups with a simple purpose; eat lunch together and talk theology. Come discuss the theology of the Ten Commandments with Pastor Eric Bostrom.

- **LUNCH TABLE THEOLOGY EAST** - Meets March 5 at Rock-N-Joe's.
- **LUNCH TABLE THEOLOGY CENTRAL** - Meets March 12 at Whole Foods.
- **LUNCH TABLE THEOLOGY SOUTH** - Meets March 19 at Art & Soul.
- **LUNCH TABLE THEOLOGY DOWNTOWN** - Meets March 26 at The Foundry.

## Experience the faith stories of our Sheridan community

Wednesdays, March 4 - April 1; 6:45pm

Info: [e.bostrom@sheridanlutheran.org](mailto:e.bostrom@sheridanlutheran.org)

Everyone has a faith story and when they are shared, both the speaker and the listener are blessed. In the season of Lent, Pastor Eric will be asking individuals in our faith community to share their faith journey and how they've experienced God in their life. The hope is that when we experience the God stories of others, we better recognize the God stories in our own lives.

## Don't Miss It: Rocky Railway VBS



### Vacation Bible School at Sheridan

JUNE 8-12; 9AM-NOON | REGISTER OR VOLUNTEER: [sheridanlutheran.org/vbs](http://sheridanlutheran.org/vbs)

We'd love to have you join us for the best week of the summer! Invite friends and register your child and sign up to volunteer online at the website above. This special, high energy week in the summer is specifically designed for children, age 4 – grade 5! Experience a week in a world where kids discover that trusting Jesus pulls you through life's ups and downs.

*Please note:* due to construction in our Worship Center this summer, we regrettably need to limit the number of participants to 300 from our usual 400.

#### VOLUNTEER AT VBS

Become a VBS crew leader, station/lesson leader and much more. Children currently in grade 5 or older through adults who love the Lord, children and having fun; this is a week you won't want to miss! All volunteers are required to attend a training session and additional screening is required for adult volunteers.

FOR MORE INFORMATION ABOUT VBS, CONTACT JULIE HESTERMANN AT [j.hestermann@sheridanlutheran.org](mailto:j.hestermann@sheridanlutheran.org).

### Children's Ministry Classes

Learn more about all of our opportunities for children and register on our website: [sheridanlutheran.org/childrens-ministry](http://sheridanlutheran.org/childrens-ministry). New children and friends are always welcome, join us!

#### •SUNDAYS AT 9:45AM

Opportunities for children age 3 - grade 5 in the Children's Ministry wing.

#### •SUNDAYS AT 11AM

Opportunities for children age 3 - grade 5. Children start in worship with parents and then go to class following the Children's Message.

#### •WEDNESDAYS AT 6:30PM

Opportunities for children age 18 months - grade 5.

### High School Youth Ministry

Info: [i.hartfield@sheridanlutheran.org](mailto:i.hartfield@sheridanlutheran.org)

#### •SUNDAYS AT 11AM

Small group conversation centered on relevant topics and scripture.

#### •WEDNESDAYS AT 6:30PM

Time for faith formation, group building and more.

#### •HIGH SCHOOL COFFEE HOURS

TUES., MARCH 3; 2-4PM

Meet at The Mill (21<sup>th</sup> St. Telegraph).

### Faith Stepping Stones

Register and more info: [sheridanlutheran.org/faith-stepping-stones](http://sheridanlutheran.org/faith-stepping-stones)

Each workshop centers around a faith milestone for children and their

parents to experience together. The morning includes time for learning, interactive prayer stations and a keepsake craft. Families are invited to attend worship the weekend of the Stepping Stones class as children will be invited forward during worship for a blessing.

To help with class sizes, please let us know you plan to attend by signing up online using the link above. *Families may still participate regardless if you sign up.* Older children are able to attend workshops missed from previous years. *Child care is available for siblings upon request.*

- Baptism (Grade 4): Sat., March 7; 9:30am OR Sun., March 8; 9:30-11am
- Seasons of the Church Year & I'm a Lutheran (Kindergarten): Sat., March 28; 9:30am OR Sun., March 29; 8-9:30am
- Holy Communion (Grade 5): Sat., April 4; 9:30am OR Mon., April 6; 4-6pm as well as April 9; 5:30pm for the Seder Meal

### Middle School Lock-in

Fri., March 6 - Sat., March 7; 8pm - 8am

Cost: \$25 | Deadline: Sun., Feb. 26

Register: [sheridanlutheran.org/event-registration](http://sheridanlutheran.org/event-registration)

Don't miss the middle school (grades 6-8) lock-in at Carol Joy Holling Camp! We will gather at the western town at Carol Joy Holling Camp in Ashland. Friends are welcome! Contact Ian at [i.hartfield@sheridanlutheran.org](mailto:i.hartfield@sheridanlutheran.org) with questions. Come for a fun evening with new friends. Don't forget your sleeping bag and pillow.

### Easter Sunday School for Two-Year-Olds

Sun., March 29; 9:45am; Room 113

RSVP: [sheridanlutheran.org/infant-toddler](http://sheridanlutheran.org/infant-toddler)  
Children ages 2 and 3, but not yet in Sunday School, are invited to explore and experience the Easter story along with their parents during this special Sunday School class.

## New! 40 Days 40 Items Lenten Ingathering



### 40 ITEMS 40 DAYS

INGATHERING FOR  
TABITHA ELDERS OR  
BARNABAS COMMUNITY

This year we are asking each Sheridan household to commit to the 40 Days, 40 Items Lenten Ingathering. You can choose to meet one of two suggested needs: Elders at Tabitha or individuals/families at Barnabas *or do both!* Here is how it works:

1. Find a bag, box or tote. (Use 2 separate containers if doing both.)
2. Each day of Lent find one useful item you no longer need that would be a blessing to someone else.
3. As you put that item in the container, say a prayer for the next person who will have the item.
4. At the end of Lent, bring your container with the items to the designated drop off place at Sheridan or take directly to Tabitha or Barnabas.

**SUGGESTED ITEMS FOR THE ELDERS AT TABITHA:** Bingo prizes, hygiene supplies, hand lotion, kleenex, candy, greeting cards, note cards, pens, markers, small individual snack items (*Pringles, peanuts, etc.*), lipstick, fingernail polish, 300 piece puzzles, word searches, seasonal/holiday scarves or seasonal/holiday room decorations.

**SUGGESTED ITEMS FOR BARNABAS COMMUNITY:** winter outerwear, jackets, seasonal clothing, backpacks, children's clothing, men's clothing, socks, candles, kitchen items, towels. Items for hygiene bags like bars of soap, toilet paper, toothpaste, toothbrushes, shampoo, deodorant, wet wipes, etc.

FOR MORE INFORMATION, CONTACT DEACON KATHY PAISLEY AT [k.paisley@sheridanlutheran.org](mailto:k.paisley@sheridanlutheran.org).

## Thank you for sharing abundantly

More than \$2,222.92 was raised through Souper Bowl of Caring for our Hunger Ministry Partners. Thanks for your generosity!

## Now Collecting in the Donation Bins

**Hygiene Kits:** Place in a one gallon re-sealable bag: two washcloths, two bars of soap, two toothbrushes, one full size toothpaste, one full size deodorant & one wide tooth comb.

## Noisy Offering

This special offering for children during worship benefits the work of Clinic with a Heart. This offering ensures those in Lincoln on the margins can receive much needed health care.

## Connections Café

Sun. 9:30am-noon; Wed. 6:30-7:45pm  
When you purchase a delicious specialty drink or coffee from Connections Café you support families who are struggling with homelessness

at Lincoln Public Schools. Enjoy a cup today and know that a portion of your purchase helps a student!

Also, any tips received this month go to support Sheridan's Women's Ministry.

## College Age Mission Trip

May 16-22; Pine Ridge Reconciliation Center Cost: \$299; sign up by March 1  
Info: [sheridanlutheran.org/college-trip](http://sheridanlutheran.org/college-trip)  
College age students, join Pastor Rhonda and spend a week with our mission partners in Pine Ridge, South Dakota. This trip will take you through the sandhills of Nebraska, onto the rolling hills and valleys of the Pine Ridge Indian Reservation. The week combines American History, learning about the Lakota people who once dominated the Midwestern landscape and the Lakota who currently live on the reservation. You will encounter buffalo, sacred burial grounds, porcupine quill artists, and more.

## Prayer Corner for Sheridan Mission Partners

Please remember our mission partners in prayer this month:

- **TANZANIA** – For construction that continues on the Agape Junior Lutheran Seminary Worship Center, Headmaster Pastor Godrick Lyimo, staff and all students.
- **HAITI** – For our mission partners, especially as civil unrest has calmed down and work/school resumes.
- **PINE RIDGE RECONCILIATION CENTER** – For the growing youth outreach and ministry, for elders and leaders in the community who serve in this way.
- **BARNABAS COMMUNITY** – For the worshipping community as it continues to reach out with God's love.

## Share Abundantly: Thrivent Choice & Action Teams



### Are you a Thrivent Member?

In 2019 our Sheridan Thrivent members directed \$4,174 of Thrivent's outreach dollars to Sheridan Lutheran through the Thrivent Choice® program. Additionally, there were 52 Thrivent Action Teams associated with Sheridan Lutheran, which gave members up to a total of \$13,000 in seed money.

Thrivent benefit members can apply for two action teams a year. Thrivent Action Teams can support a fundraiser, educational event or service project. The best part is you receive some awesome Live Generously t-shirts and a \$250 community impact card to be used to pay for event expenses. Just think of ways you can use these to further the ministries at Sheridan.

**APPLY TODAY FOR AN ACTION TEAM TO SUPPORT SHERIDAN MINISTRIES**

**FOR MORE INFORMATION ON WAYS TO USE YOUR ACTION TEAMS OR THRIVENT CHOICE DOLLARS, CONTACT AMY WAGNER AT [a.wagner@sheridanlutheran.org](mailto:a.wagner@sheridanlutheran.org).**

### Cards & Games

Sun., March 1; noon-3pm; Connections Cafe  
Info: [c.peterson@sheridanlutheran.org](mailto:c.peterson@sheridanlutheran.org)  
Join us for a potluck lunch at noon, followed by cards until 3pm. All ages are welcome.

### Second Quarter Events

Info: [facebook.com/groups/secondquarter](https://facebook.com/groups/secondquarter)  
Second Quarter is an open group for people mid-20s and 30s who are excited to love our community deeply and grow spiritually with other Christ followers. Be sure to join the Facebook group to stay up to date on events.

- COFFEE & CONVERSATION  
SUN., MARCH 8; NOON; CONNECTIONS CAFE'

Join us on the second Sunday each month for coffee & conversation following 11am worship.

- GAME NIGHT (TAKE TWO)  
FRI., MARCH 27; 7PM

Betsy Tonniges and Jesse Bergman will host this previously rescheduled game night. Bring a snack and game to share.

### Holy Week Choir Opportunity

Wednesdays, beginning March 4; 7:30pm  
Info: [m.schmit@sheridanlutheran.org](mailto:m.schmit@sheridanlutheran.org)  
The Celebration Choir will sing during the Holy Week services as a part of worship. We are looking for many singers to join us for this amazing music and worship opportunity. All singers – high school age on up are invited to participate. Holy Week worship is Maundy Thursday & Good Friday, April 9 & 10; 7pm.

### Spring Women's Brunch

Sat., March 21; 10am - noon; Great Room  
Cost: \$10 includes a meal  
RSVP: [sheridanlutheran.org/event-registration](https://sheridanlutheran.org/event-registration)

The Women's Ministry Team invites women of all ages and stages of life to a Spring Brunch. Be inspired to develop solid sisterhood relationships with other women. Our speaker, Missie Bonser, brings humor, music and faithful teaching to this topic of friendship. Reservations are required and can be made online. Child care is provided.

### Lenten Holy Yoga

6 weeks: starts Feb. 27; 6:30pm; Room 316  
Register: [sheridanlutheran.org/event-registration](https://sheridanlutheran.org/event-registration)

Join Yoga instructor, Maranda Hoefs, for six-weeks of Holy Yoga during Lent. Embrace the essential elements of yoga: breath work, meditation and physical postures. In all of these elements, Christ is the focus of our intention. New participants, please register prior to attending your first class. This class is free. All levels of yoga experience are welcome, including beginners. Bring a yoga mat if you have one.

### Men's Running Group

March 7 & 21; 7am  
Info: [e.bostrom@sheridanlutheran.org](mailto:e.bostrom@sheridanlutheran.org)  
Are you signed up for the Lincoln half-marathon/marathon? Don't have a running group? Now you do! Join Pastor Eric and other guys for a Saturday morning group run. We join the Fleet Feet group, so meet at 78<sup>th</sup> and Pioneer. Pancakes and coffee are served after the run. All running abilities are welcome.

### YMCA Softball Church League

Coed on Wednesdays; Men on Sundays  
Register: [sheridanlutheran.org/event-registration](https://sheridanlutheran.org/event-registration)  
Join Sheridan's YMCA Adult Church League slow-pitch softball team. Games begin in May. Registration fee is \$40/player + the cost of team shirt. Register online by April 5.

## Contact us:

Phone: 402-423-4769

Email: [info@sheridanlutheran.org](mailto:info@sheridanlutheran.org)

Website: [sheridanlutheran.org](http://sheridanlutheran.org)

## Church Leadership:

For a complete staff and council listing, please visit our website at [sheridanlutheran.org](http://sheridanlutheran.org).

### 2020 EXECUTIVE COUNCIL

President: Darin Sperling

Vice President: Brent Luetchens

Secretary: Hilary Wiese

Treasurer: Rachel Ficek

### LEADERSHIP STAFF

Senior Pastor: Greg Bouvier

Associate Pastor: Eric Bostrom

Associate Pastor: Rhonda Bostrom

Associate Pastor: Michelle Oetken

Deacon: Kathy Paisley

Director of Business & Finance:  
Jean Poppert

Director of Worship Arts:  
Molly Schmit

## Connect with us:

SHERIDAN'S SOCIAL MEDIA

 [fb.com/sheridanluthlnk](https://www.facebook.com/sheridanluthlnk)

 [@sheridanluthLNK](https://twitter.com/sheridanluthLNK)

 [@sheridanluthLNK](https://www.instagram.com/sheridanluthLNK)

## Find sermons online:

[sheridanlutheran.org/media-resources/sermon-podcasts](http://sheridanlutheran.org/media-resources/sermon-podcasts)

## Publication Submissions

Bulletin submissions are due each Tuesday at 5pm.

Please email submissions to Genny Straube at [g.straube@sheridanlutheran.org](mailto:g.straube@sheridanlutheran.org).

Scroll deadline is the first Monday of the month 5pm. Please email submissions to Amy Wagner at [a.wagner@sheridanlutheran.org](mailto:a.wagner@sheridanlutheran.org).

## What I've Learned from the Pain & Suffering of Grief

by Carol E. Peterson, Sheridan's GriefShare Facilitator



**1. I can only make it on my own through God's strength and guidance.**

I was raised in a loving Christian family and married Paul, at the time a student for the Lutheran ministry, so I felt I had a lot of advantages of receiving the gift of faith. However,

I didn't realize that I was depending on others so much. First, it was my parents and then my husband who helped me through difficult times. I always felt I was strong in my faith, but I didn't anticipate that my faith would grow so much through the process of grief. After I became a widow, I realized that I had been depending on Paul for many of my needs and even though I prayed regularly, I didn't have a complete trust that God could get me through all the issues in my life. After Paul's death, I more completely accepted that God was there for me since I didn't have anyone else to depend on in the same way as before. My prayers became more of a conversation with God than some of my more formal prayers from before. Continually listening to Christian music CDs at home and Christian radio in my car helped feed me with the reality of God's grace and love. I came to trust God's promise that "I will never leave you nor forsake you". (Hebrews 13:5) After I went through my deepest grief when I couldn't see Him, hear Him or feel Him, I could look back later and realize that God had been there guiding me through my daily life in ways that I never expected.

I have experienced so many times that I recognized "God thing" moments. I praise God for His reality in my life!

*"I will never leave you nor forsake you."  
Hebrews 13:5*

**2. People of faith in deep grief and in very difficult situations still can be helpful to others.**

In my life as well in my GriefShare groups, I have witnessed that people of faith experiencing very difficult situations often show a great deal of compassion for others. That is probably the most rewarding part of facilitating GriefShare. Seeing God at work between members in the group shows one of the values of support groups and that is just one part of the GriefShare experience. I praise God for guiding me to this experience!

## Sheridan's GriefShare Support Group

Thursdays through April 2; 6:30-8:30pm; Room 522

Although loss is universal, an individual's reaction to loss is not. As you journey through your own season of grief, we will walk together. Join anytime. To register, call the church office at 402-423-4769.

13-week session cost is \$15, with scholarships available.