

Upcoming Events

Sunday, August 31st
9:45am Summer Worship
9:45am Hudson Benoy Baptism
10:45am Fellowship After Worship
Monday, September 1st
10:00am Monday Morning Bible Study
Tuesday, September 2nd
10:00am Quilters
Thursday, September 4th
5:00pm WMA Meeting
7:30pm Alcoholics Anonymous
Saturday, September 6th
Communion Set up
8:00am Overeaters Anonymous
8:30am Cornerstone Rehearsal
Sunday, September 7th
FIRST SUNDAY FOOD DRIVE
9:45am Blended Worship
10:45am Rally Sunday
Monday, September 8th
10:00am Monday Morning Bible Study
Tuesday, September 9th
10:00am NA Chapel
10:00am Quilters
6:30pm Endowment Committee
Wednesday, September 10th
6:00pm COW Kickoff
6:00pm Dolce Bells Rehearsal
7:00pm Chancel Singers Choir Rehearsal
Thursday, September 11th
7:30pm Alcoholics Anonymous

Attendance Totals:
August 24th, 2025

9:45 AM Worship
In-person = 80
Online* = 88

*The ELCA's online worship reporting guidelines multiply online views by 2 to account for individuals within a household.

Online Giving
Scan the QR code to the left with your cell phone camera to go to our online giving site.

Our Savior's Lutheran Church
9185 LEXINGTON AVE N.
CIRCLE PINES, MN 55014
WWW.OURSAVIORSONLINE.ORG
office@oursaviorsonline.org
sbusakowski@oursaviorsonline.org

OFFICE OPEN:
MONDAY - THURSDAY
9:00AM - 3:00PM
CLOSED FRIDAY
763.784.1971
Saint Paul Area Synod, ELCA

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Meet Our Staff

NOTE: you can reach our onsite staff by calling 763-784-1971 and entering their extension # below.
Lead Pastor
Leland Armbright x1004 larmbright@oursaviorsonline.org
Pastor for Children-Youth-Family
Susie Modrow x1005 smodrow@oursaviorsonline.org
Audio/Visual Team
Tyr Altman Joy Rauner Andrea Stone
Kerry Gustafson Richard Rossiter Ellie Lehn
Don Lyk Brian Sanderson Johnnie Timm
Director of Contemporary Music
Ellie Lehn elehn@oursaviorsonline.org
Choir Director/Director of Handbells
Doreen Hutchings (Interim)
Traditional Service Accompanist
Katherine Shmelev kshmelev@oursaviorsonline.org
Finance
Christine Ventrelli cventrelli@oursaviorsonline.org
Office Manager
Sierra Busakowski x1000 sbusakowski@oursaviorsonline.org
CYF Associates
Children's Ministry: Danielle Draheim ddraheim@oursaviorsonline.org
Youth Ministry: Nick Gilbert ngilbert@oursaviorsonline.org
Director of Children's Choirs
Joy Rauner 763-234-8131
OSLC Funeral Coordinators
Joy Rauner & Pat Feine
Head Ushers
Vern Nelson
Chuck Sikora
Nursery Attendants
Christine Evans
Julie Ackerman

Garage Sale Looking for New Leaders
After several years of hard work and dedication the women who run the garage sale have decided to step down from leadership of this fundraiser. Thank you especially to Charisse Froemke, Maureen Foreman, Dan Foreman, Amy Grundtner, Kris Cafferty, Suzi Hilger, Ruth Grow If you are interested in taking over the garage sale, you would get to decided where the proceeds go. If no one comes forward, there will be no garage sale this May. Please contact Nick for more information at ngilbert@oursaviorsonline.org.

SUNDAY WORSHIP
August 31st, 2025 †

Created for relationship with God, all people everywhere and creation itself.
Called to equip people to serve by growing disciples of Jesus Christ.

Twelfth Sunday after Pentecost

SERVING AT WORSHIP TODAY
Rev. Leland Armbright
Rev. Susie Modrow
Katherine Shmelev, Piano
Joy Rauner & Kid's Choir

PRELUDE
Come Into His Presence

WELCOME

GATHERING HYMN
In Christ There is No East or West
all verses ELW#650

GREETING
Children are invited to come forward to lead this portion of the service.
L: The grace of our Lord Jesus Christ, the love of God and the communion of the Holy Spirit be with you all.
C: And also with you.

PRAYER OF THE DAY
L: O God, you resist those who are proud and give grace to those who are humble. Give us the humility of your Son, that we may embody the generosity of Jesus Christ, our Savior and Lord.
C: Amen.

BAPTISM OF HUDSON JAMES BENOY

APOSTLES CREED
I believe in God, the Father almighty,
creator of heaven and earth,
I believe in Jesus Christ, God's only Son, our Lord,
who was conceived by the Holy Spirit,
born of the virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

L: Let us welcome the newly baptized.
C: We welcome you into the body of Christ and into the

mission we share. Join us in giving thanks and praise to God and bearing God's creative and redeeming word to all the world.

BAPTISMAL SONG
Welcome to the Family of God

KYRIE
refrain, verse 4, refrain pg. 184

SCRIPTURE READINGS
Reader: Ruel Carpenter

LUKE 14:1, 7-14
On one occasion when Jesus was going to the house of a leader of the Pharisees to eat a meal on the Sabbath, they were watching him closely. When he noticed how the guests chose the places of honor, he told them a parable. "When you are invited by someone to a wedding banquet, do not sit down at the place of honor, in case someone more distinguished than you has been invited by your host, and the host who invited both of you may come and say to you, 'Give this person your place,' and then in disgrace you would start to take the lowest place. But when you are invited, go and sit down at the lowest place, so that when your host comes, he may say to you, 'Friend, move up higher'; then you will be honored in the presence of all who sit at the table with you. For all who exalt themselves will be humbled, and those who humble themselves will be exalted." He said also to the one who had invited him, "When you give a luncheon or a dinner, do not invite your friends or your brothers and sisters or your relatives or rich neighbors, in case they may invite you in return, and you would be repaid. But when you give a banquet, invite the poor, the crippled, the lame, and the blind. And you will be blessed because they cannot repay you, for you will be repaid at the resurrection of the righteous."
L: The Gospel of the Lord!
C: Praise to you, O Christ!

SERMON
Pastor Leland Armbright

HYMN OF THE DAY
Children of the Heavenly Father
verses 1, 2 & 4 ELW#781

SERVICE OF HEALING
L: Our Lord Jesus healed many as a sign of the reign of God come near and sent the disciples to continue this work of healing—with prayer, the laying on of hands, and anointing. In the name of Christ, the great healer and reconciler of the world, we now entrust to God all who are in need of healing.

PRAYERS OF THE PEOPLE
After each intercession, please respond to the words,
L: Lord, in your mercy,
C: Hear our prayer.

LAYING ON OF HANDS

L: Friends, I invite you to come and receive a sign of healing and wholeness in the name of the triune God.
Those who wish to receive laying on of hands (and anointing) approach one of the pastors.

L: Living God, through the laying on of hands and anointing, grant comfort in suffering to all who are in need of healing. When they are afraid, give them courage; when afflicted, give them patience; when dejected, give them hope; and when alone, assure them of the support of your holy people. We ask this through Christ our Lord.

C: Amen.

RECONCILIATION

L: The peace of the Lord be with you all.

C: And also with you.

ANNOUNCEMENTS

OFFERING

OFFERTORY SONG

Children’s Song Medley

OFFERING PRAYER

L: Creator God, in your wisdom you bring forth all that is good and the harvest is plentiful. Strengthen us at your table with these gifts of the earth and our labor, that we may work for the good of all; through Jesus Christ, our Savior.

C: Amen.

THANKSGIVING AT THE TABLE

L: The Lord be with you!

C: And also with you.

L: Lift up your hearts!

C: We lift them to the Lord.

L: Let us give thanks to the Lord our God!

C: It is right to give him thanks and praise!

THE PRAYER OF THANKSGIVING

LORD’S PRAYER

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread,
Forgive us our sins,
as we forgive those who sin against us.
Save us from the time of trial.
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and forever. Amen.

SHARING THE MEAL

Give Thanks

COMMUNION BLESSING

L: May the body and blood of our Lord Jesus Christ, strengthen you and keep you in his grace.

C: Amen.

PRAYER AFTER HOLY COMMUNION

L: Loving God, you gathered us to your table and we drank deeply of your grace. Send us out by your Spirit to love our neighbors as ourselves and proclaim your love in Jesus’ name.

C: Amen.

BLESSING

L: The love of God abound in you; the grace of our Savior Jesus Christ fill your hearts; and the life of the Spirit † bless you and give you peace.

C: Amen.

SENDING HYMN

Oh, For a Thousand Tongues to Sing

verses 1, 2 & 5

ELW#886

DISMISSAL

L: Go in peace. Live by the Spirit.

C: Thanks be to God. Alleluia!

POSTLUDE

A Mighty Fortress is Our God

LIVE

STREAMING

Please be aware that we livestream all of our worship services; including audio & video recording. By participating, you consent to being recorded & understand that the content will be shared publicly. Thank you.

Ingredients/nutrition facts for the communion bread can be found on the bulletin board in the Narthex.

PRAYER CONCERNS

Please remember in your prayers:

Cori Sendle, Rusty, Loretta Phillips,
Jacque Capistrant, Dona Paulson, Peggy Nelson,
Darlene & Dave Hults, Galen, Bill Mattison,
Rick Carlson, Jack Dewalt, Garnet Ellertson,
Tori Appelhof, Theresa Cullen, Lynn Rossiter,
Sandy Ellenwood, Jim Rauner & Marnie Mackey.

Shana, daughter of Russ and Cindy Ellenwood
Denny and Sharon’s friend, Larry
Annie, granddaughter of Roy & Pat Feine
Friends & Family of Carol Shook
Pastor Esther Echeverria of the ELAG

First Responders, Military & their families
San Isidro Labrador in Guatemala, Tarkanfi in Ethiopia
All those effected by war & conflict

Shut-ins unable to worship with us include:
Marnie Mackey, Marlys Gamm, Elaine Thielke,
Eunice Banta, Cindy Durand, Katie Stormo,
Garnet Ellertson, & Marlana McClanahan.

To join the prayer chain or to add your concerns, please email
prayerchain@oursaviorsonline.org
or call Jeanne Zaske 651-398-2414

GROW

Fall is the perfect time for a fresh start, and we’re kicking off the season with a special day of worship, connection, and fun for the whole family. Join us on next weekend on **September 7th** for Rally Sunday as we come together to celebrate the beginning of our fall programming. The morning will begin with a youth-centered worship service at 9:45 AM, led with energy and joy as we lift our voices in praise.

RALLY
SUNDAY

After worship, the celebration continues! Step outside and enjoy a variety of activities for every age:

Dunk Tank – Who will you send splashing?

Inflatables – Bounce, play, and laugh together

Games & Bingo – For kids, teens, and adults alike

Picnic Lunch – Good food and sweet fellowship

And More!

Some activity booths will require tickets, which can be purchased at the event. To add to the fun, kids can also pick up a free **Scavenger Passport**—in it they can complete the challenges inside, and earn free tickets to activity booths.

Help spread the word! Share our [Rally Sunday event on Facebook](#), invite your friends, and click “Going” or “Interested” to let us know you’ll be there. You can find the link in our Pulse or on our Facebook page under “events”.

Rally Sunday is all about gathering as a community, reconnecting after summer, and discovering new opportunities to grow in faith together. Whether you’ve been here for years or are visiting for the first time, you are welcome and wanted here. Bring your family, invite a friend or neighbor, and don’t miss this joyful start to the season!

Woven Together

GUATEMALA GALA

Sunday, September 28

Midland Hills Country Club, Roseville

Celebrating 20 years of companionship with the Iglesia Luterana Agustina de Guatemala!

2025 Guatemala Gala – Celebrating 20 Years of Companionship!

Join us for an evening of fellowship, culture, and celebration with special guests **Pastor Karen Castillo and Diego Gil** from the Iglesia Luterana Agustina de Guatemala (ILAG)!

4:00 p.m. – Social Hour: Enjoy music, a cash bar, Guatemalan crafts, coffee, Giving Tree items, and a live weaving demo. Meet Pastor Karen and Diego, and visit with Chef Amalia Moreno-Damgaard.

5:30 p.m. – Buffet Dinner featuring Guatemalan cuisine

6:30 p.m. – Program of stories, photos, and celebration

Your support helps ILAG continue their impactful ministries in education, health, leadership, and more! Scan the QR code above to register.

HAPPY
LABOR
DAY

Office Hours

Happy Labor Day weekend!

Friendly reminder to please note that we’ll be closed on Monday, September 1st and will be back to our regular hours on Tuesday, September 2nd.

Thank you!







What A Gift!

Our Quilting Ministry has done it again and created another beautiful quilt! 🧵🌸

This stunning quilt will make its debut on September 7th at Rally Day.

Tickets are \$5 each and will be available for purchase from September 7th through September 30th. The lucky winner will be drawn in October—don’t miss your chance to bring this gorgeous quilt home! And if you see a quilter - thank them!

SERVE

 Need/Ask		Number Signed Up	Priority	Deadline
2 Liter Pop Bottle		13/60 ▾	 High ▾	05 Sep 2025
(24) Fruit Snack Pouches		1/4 ▾	 High ▾	05 Sep 2025
Run Carnival Game		2/14 ▾	 High ▾	05 Sep 2025
Bingo Prizes - Child		2/5 ▾	 High ▾	05 Sep 2025
Bingo Prizes - Adult		1/15 ▾	 High ▾	05 Sep 2025

Rally Day Volunteers & Donations Needed!

Rally Day is just around the corner, and we need your help to make it a success! We are looking for volunteers to staff booths and games, as well as donations to support the event. Scan the QR code to the right to view our signup list for donations/volunteers.

Donated items can be dropped off at the church during office hours (Monday–Thursday, 9:00 am–3:00 pm). Please label all items with “Rally Day” and place them in the kitchen. To ensure we have everything ready, please have donations at the church by Friday, September 5th. Thank you for helping us create a fun and memorable day for everyone!



Go With the Flow Fund!

Thank you to those who have joined the 'Clean-Up Crew' raising funds to offset our unplanned sewer expenses! Contributions are now totaling \$18,480 and will go a long way to offset the \$25,000 of unplanned expenses incurred earlier this year. With only \$6,520 to go - let's keep it flowing!



Check out the flyer in the Narthex for some humor and more information! You, too, can 'go with the flow' with a donation to the FLOW Fund!!

KID'S CHOIR 2025-26

Kids in K-6th grade are invited to join “CELEBRATION SINGERS CHOIR!”

Come learn new songs, hang out with new friends, and share your gift of worship music with Our Savior's Lutheran Church congregation.

The choir sings at worship approximately one time a month plus a couple special events. Rehearsals will be on Wednesdays beginning September 24, 6:05-6:45 pm.

Registration forms are available in the church narthex or can be completed online at www.oursaviorsonline.org.

For more information, please call or text Joy Rauner at 763 234-8131 or Email joyrauner2@gmail.com.

“Shout for joy to the Lord, all the earth,
burst into jubilant song with music”

Psalm 98:4



Social Statement on Faith & Civic Life

At its recent Churchwide Assembly, the ELCA adopted a new social statement on *Faith and Civic Life*. This statement explores what it means to be both Christian and citizen within our national and global realities.

In preparation for our upcoming conversation, we encourage you to read the document in advance. It can be accessed at: www.elca.org/fait/fait-and-society/current-social-writing-projects/civic-life-and-fait or scan the QR code below.

Details:

 **Sunday, September 28th**

 **9:45 AM in Luther Hall**

 **Leader: Rev. Dr. Ron Letnes**



ELEANOR
SQUAD





Young FAMILIES GROUP

Join us the 1st Wed of the month
5:45pm in the Conference Room!

- 10/01 Parent Bible Study
- 11/05 Parent Bible Study
- 12/03 Christmas Sing-A-Long
- 01/07 Parent Bible Study
- 02/04 Family Service Project
- 05/06 Family Service Project

 **Childcare is available upon request**



COW KICKOFF

Church On Wednesday (COW) is a free weekly ministry for 6-12th graders. Join us as we grow in faith and our relationships with one another! No need to register and friends are more than welcome. Once a month or so we will have a fun activity. Our beginning of the school year kickoff is on September 10. Middle schoolers are welcome from 6:00-7:30 PM and high schoolers from 7:30-9:00 PM. The kickoff will have free food and games! If you have any questions contact Nick

FAITH ON FRIDAYS
Attention incoming 6th grade students and families:
I'd like to invite you to mark you calendars and participate in this year's monthly after school Faith on Fridays ministry at Our Savior's, which begins on September 19. This program is a once-a-month opportunity for fun, learning, service, and prayer just for 6th graders. This ministry is aimed at helping 6th graders transition more smoothly into middle school and serves as a pre-confirmation ministry while building important relationships.

One Friday each month (September-May) we will gather at church immediately after school until 6:00 PM. Past activities have included swimming at Shoreview Community Center, volunteering at Centennial Area Food Shelf, and Winter Olympics! Information and registration QR codes are available below or packets are available outside Nick's office.

Faith On Friday Registration Form



Children, Youth, and Family News

YC JR/Youth Club

PreK-Grade 5
Join us after school on **Weds!** We'll have a snack, games, crafts, Bible study.

Grades 2-5 will meet from 4-7 pm. They'll also learn a worship skill.

PreK-Grade 2 will meet at 5:30 pm.

YC JR registration is \$25 w/o meal or \$150 w/ meal for the year.

Youth Club registration is \$150.



Registration is open!

YC JR



YC



LIFT

Twice a month, join us for an intergenerational faith formation opportunity. Think of it as Sunday School for the whole church! Crafts, snacks, and Bible study!

Trunk-Or-Treat

We'll be hosting an evening of trick-or-treating in the upper parking lot in conjunction with Noah's Ark Fall-O-Ween Festival on **10/24!**



Faith On Friday Intro Letter

CREATE



In Fall 2025 the Connections Team will be offering two bread baking classes led by resident baker Mark Gustafson. Mark has been an enthusiastic baker for about 28 years, but who’s counting? He led an adult baking small group 2004-2005 at Our Saviors and more recently has done baking with Youth Club for about 10 years. No experience is necessary and you can sign up for one or both sessions. The good news is that you will go home with a recipe and hot, fresh bread that you created from scratch. Ingredients will be supplied, bring a favorite apron and be ready to have a good time! Ingredient expense is \$5.00/person.

See below for details on each session:

Session 1, Saturday Sep. 20 9:00AM-Noon

This session will give you the basic procedures for baking bread as we combine “ancient” and “modern” grains to make Einkorn & Kernza Baguettes. We will start by milling some of the flour we will use, mix and knead the dough and let it rise. Next an optional coffee shop trip while bread is rising and we will talk about the prominent role of BREAD in the bible, and Mark will share information on types of flour and sources. Finally, we will form our loaves and bake, followed by sampling and taking loaves home. Limited to 8 participants. **We have 4 spots left.**

Session 2, Saturday Oct. 18, 9:00AM-Noon

For session 2 we will take a deep dive into the Old Testament and make Ezekiel 4:9 bread, using the Biblical recipe as our starting point. We will start by milling and grinding/mashing some of the ingredients, then mix and knead and let it rise. During the rising we will attempt to make sense of the Ezekiel 4:9 and related scripture that led us to this special bread. Ezekiel 4:9 formed into rolls have been a Youth Club favorite so we will bake a multitude of rolls. Sampling our “holy” rolls will complete this session. Limited to 8 participants. **We have 8 spots left.**

Signup is available in the office during the week or in the Narthex on Sundays. After all, nothing says fall like the smell of warm bread filling your kitchen. You’ll not only learn some new skills and get your hands in the dough, but you’ll also having the chance to laugh, share stories, and enjoy community along the way. Who knows—you might even discover a new favorite hobby (or at least become everyone’s favorite person when you show up to an event with homemade bread). So roll up those sleeves, dust off that apron, and come ready to rise to the occasion!

L.I.F.T. – Life In Faith Together
An Intergenerational Sunday School Experience

Let’s gather as one church family! **L.I.F.T.** is a special intergenerational faith formation experience where people of *all ages* come together to grow in faith, build relationships, and share in joyful learning.

Through hands-on activities, storytelling, music, and discussion, **L.I.F.T.** promotes community, connection, and oneness. Whether you’re 5 or 95, there’s a place for you at the table. Because we’re not whole unless **you** join us!

Location: Luther Hall

Time: 9:45 AM

Dates:

- September 1
- October 5 & 19
- November 2
- December 7
- February 15
- March 1
- April 19
- May 3 & 17



Come experience church in a new way—where faith is formed together, across generations! Below are some snapshots from previous L.I.F.T. gatherings—moments of connection, creativity, and faith in action.

(We’d love to see you at the next one!)



EQUIP

Share Your Talents. Build Community.
Make Connections.

The **Connections Team** is excited to announce that we are coordinating an **Our Savior’s Event Fair** for the 2025–2026 year! This calendar of events will highlight opportunities where members of **Our Savior’s** can share their passions, skills, and interests with others in our church and the wider community.

Do you have a talent, hobby, or interest you'd love to share? Whether you’re a seasoned bread baker, enjoy chair yoga, want to teach ballroom dancing, or are curious about labyrinths—this is your chance to connect with others who share your enthusiasm.

Last year, we gathered for events like:

- Puzzle Night
- Learn to Make Kransekaka
- Whimsical Wig making
- Game Night
- ...and more!



This year, we’re looking to expand the calendar with even more fun, creative, and meaningful gatherings and **you** can help make it happen. If you’d like to host or lead an event (or just want to explore ideas), please contact **Marilyn Erickson** at:

- mlpderickson@comcast.net
- 763-784-4879 (please leave a message if no answer)

We hope to unveil a **tentative calendar** of events on **Rally Sunday, September 7, 2025**. Let’s make this a season of **connection, community, and shared joy** as we grow together in faith. You don’t want to miss this!

Our Savior's Lutheran Church
Financial Summary
For the Seventh Month of our Year Ended December 31, 2025

	Jul 2025 Actuals	YTD 2025 Actuals
Total Income	\$41,090	\$344,455
Total Expenses	\$52,007	\$390,814
Budgeted Net Surplus / (Deficit)	(\$10,917)	(\$46,359)
Pass Through (Income) Expense	(\$2,452)	\$568
Other Income	\$34,038	\$34,038
Net Surplus / (Deficit)	20,669	(11,753)

Treasurer's Report

Statement of Operations - We have generated \$340.5k in YTD Total Income. Our YTD Expenses are \$390.8k. This puts us at a negative \$45.8k year to date. However, we received our final Employee Retention Credit refund this month in the amount of \$34,038 which improves our bottom line to \$-11,753. Summer often brings a dip in financial giving as we go in many different directions. As we transition back from summer, let's ensure our church continues to thrive. Consider stepping up your giving to support our mission to Create, Equip, Serve, and Grow, enabling us to make a difference in the world around us.

Balance Sheet & Cash Flow - The total of cash and accounts receivable is \$287.2k. Funds allocated to dedicated accounts is \$200.7k.

Created for relationship with God, all people everywhere and creation itself. Called to equip people to serve by growing disciples of Jesus Christ.

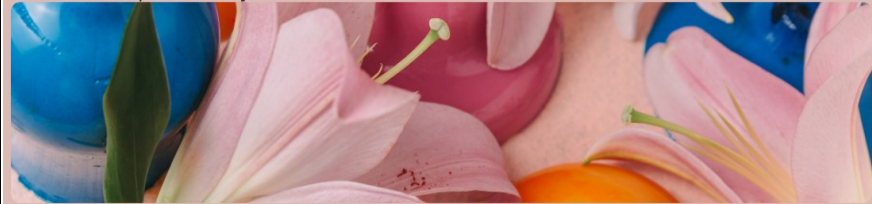


Equip

- ⇒ The Facilities Team and all those who've worked on projects around the campus this summer.
- ⇒ Our Care Team that has reminded others they are not alone.
- ⇒ Thanks to the Facility Team for facilitating supply storage space for the backpack program.
- ⇒ Dan Foreman & Ellie for internet/printer connectivity troubleshooting.

SECRETS TO GO FROM LOSING YOUR MIND TO BOOSTING YOUR BRAIN DURING MENOPAUSE

Presentation by Rev. Dr. Siri C. Erickson
Founder and Coach - Compassionate Way
www.thecompassionway.com



EVENT HIGHLIGHTS	DATE AND PLACE:
\$20/PERSON MUST PAY AT TIME OF ONLINE REGISTRATION	09.25.2025
SCAN TO REGISTER or go to: https://oslcp.breezechms.com/form/MenopausePresentation	LOCATION: OUR SAVIOR'S LUTHERAN CHURCH 9185 LEXINGTON AVE N. CIRCLE PINES, MN 55014 Rev. Dr. Erickson will be joining the group virtually. Event will be held in Luther Hall at OSLC.
REFRESHMENTS WILL BE PROVIDED	STARTS AT 6:30PM

Join us for an honest, insightful, and even uplifting conversation about one of life’s most transformative seasons: menopause. In this engaging presentation, Rev. Dr. Siri C. Erickson will share **practical tools, grounded wisdom, and brain-boosting strategies** to help you navigate the mental, emotional, and physical changes of this time with greater clarity and confidence.

Whether you’re approaching menopause, in the midst of it, or supporting someone who is, you’ll walk away with valuable takeaways for enhancing your **health, resilience, and overall well-being**.

- **Cost: \$20/person**
- **Scan the QR code to the left to register and reserve your spot!**

Come ready to learn, laugh, and leave feeling more empowered and connected.