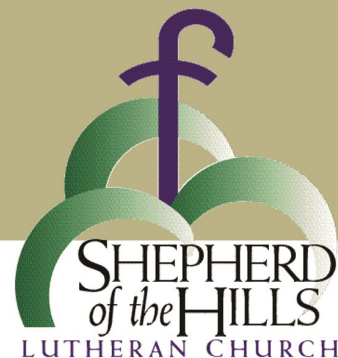


Shepherd's Voice



March 2021

"The Birds of the Air and the Butter on the Popcorn"

By Pastor Scott Searl

Against the background of winter white there is a panorama of color that flies in and out of my view. A house finch with his red breast and shoulders sits on my bird feeder just outside my pandemic home office windowpane. Not more than fifteen feet away from my desk those red feathers stand out against the snow-covered black oil sunflower seeds. There are jays of blue in the trees above, red cardinals on the snow below and jittery grey squirrels dashing by gobbling up whatever falls to the ground. There are black, white and redheaded woodpeckers: hairy, downy, red-bellied and pileated all taking turns flying away with whole peanuts one by one. These feathery friends have become my pandemic distraction and joy. They make me happy, and I hear and see Jesus in their visits, "Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?" (Mathew 6:26).

The pandemic has given me the wonderful gift of learning the names of a few of these visitors. Nuthatches, dark eyed juncos, to name two I didn't know before. And I've learned the difference between the hairy and downy woodpeckers (they are almost identical... downy woodpeckers are mainly just smaller and have smaller beaks). Like a long-imposed Lenten season I've been given the chance to sit still more often and given the opportunity to stop and see the birds. (Sort of like stopping to smell the flowers with lots of color and more movement!)

I've spent less money on gas and more on food that I've cooked at home. I've made a few local restaurants my go to for takeout, hoping to ensure their employees have work and their businesses succeed. I'm hoping both employees and businesses survive the disease and distress. I've been more quiet working at home and in some ways more productive without a daily commute. In some ways I've connected more, other ways less. I've missed seeing my brother and his family, especially their youngest who hardly knows who I am or who his grandparents are.

What is clear is that while somethings have been chaotic, stressful and painful, others have been slowed down, even reflective. As we begin to see some hope on the horizon I've started to wonder what lessons we've learned. There may not be a silver lining to something so deadly yet there are things that I am hoping to take with me back into a new normal.

God's creation is dangerous and delightful. There is disease and beauty. There is scarcity and there is abundance. There is worry and there is joy. There is work and there is leisure. There is

Continued on page 2

**Shepherd of the Hills
Lutheran Church
500 Blake Road South
Edina, MN 55343
(952) 935-3457**

Staff:

Pastors	Scott Searl, Sherri Otto
Assistant/Visitation Pastor	Fred Jensen
Music Director	Emily Koski
Intern Pastor	Anne Schaefer
Faith Community Nurse	Kaye Wothe
Administrative Assistant	Shawn Wacholz
Building Manager	Blair Prax

Church Council Members / Officers:

President	Todd Biewen
Vice President	Julie Luers
Treasurer	Steve Hanneman
Financial Secretary	Ryan Erickson
Secretary	Adam Driscoll
Serve	Nate Lichty
Worship & Music	Julia Buteyn
Building & Facilities	Peter Barott
Learn	Open
Communications	Jill Miller
Care	Dave Cousins
LMCC	Open
Evaluation	Chris Polston

Telephone & Voice Mail Extensions:

Worship Times	1
Directions	2
Shawn Wacholz	11
Pastor Scott Searl	12
Pastor Sherri Otto	13
Intern Pastor Anne Schaefer	14
Blair Prax	15
Emergency Message Mailbox	24
Kaye Wothe	25

Shepherd Online!

Pr. Scott Searl	scott@sothchurch.com
Pr. Sherri Otto	sherri.otto@sothchurch.com
Intern Pr. Anne Schaefer	anne.schaefer@sothchurch.com
Shawn Wacholz	office@sothchurch.com
Kaye Wothe	kaye.wothe@sothchurch.com
Blair Prax	blair.prax@sothchurch.com
Church web site	www.sothchurch.com

Pastor's Message continued from page 1

learning and there is forgetting. There is deep gratitude and hopeful science. I wonder how I might learn to savor all the things that will return. Movie popcorn with too much salt and butter. A fall afternoon at a football game outside with a crowd. A boat ride in the summer sun with my niece and nephews swimming. A mother's day meal with the chaos of three kids and my dad's walker. I wonder not so much what we are all looking forward to, but how we will give thanks and savor these gifts that are about to be given to us once again. Gifts that we frequently took for granted.

As we slowly pray and hope for normal, I will continue to watch with delight the birds that have become my friends. Slowing down to see them in all their colorful beauty, I will recall Jesus's words that God feeds the birds of the air just as God feeds me and has sustained me, even in a pandemic. Even as I hunger for all the things from the before times. And I will pray that God will give me the grace to savor all the gifts yet to be given once again as I anticipate that bowl of buttery, salty, movie popcorn with my niece and nephews.



President's Post: A Shot in the Arm

By Todd Biewen , Council President

According to recent reports from the Minnesota Department of Health, more than one million COVID-19 vaccine shots have now been injected into the arms of Minnesotans. I hope that many of you have received at least one shot, or will soon. As we approach the one-year mark from the time the pandemic came to Minnesota, the outlook is finally starting to brighten;

COVID case numbers are down and vaccine shots are accelerating. This is exactly what is needed to put this pandemic behind us. Who knows, if this keeps up maybe we can anticipate holding our September Block Party at Shepherd! Now, wouldn't that be a big shot in the arm for our collective spirit!

In these strange times, we are welcoming of a slight prick in the arm in faith that a vaccine shot will help protect our *physical* health. But we all know that we need plenty more than a literal shot in the arm to maintain our *spiritual* and *mental* health. What do you do/where do you turn for these figurative shots in the arm? What do you need for your own wellbeing? Is it in making time to talk with friends and relatives, or to feel the sunshine on your face, or to watch the birds outside your window? (I know this is a shared pleasure for Pastor Scott and me!) Does your self-care routine include reading a good book or a daily devotion, listening to music, singing, or playing an instrument? Or maybe it means playing a game with your kids.

And where does your faith in God come in to play? How does your relationship with God contribute to your wellbeing? I think of faith as not-so-much a shot in the arm, but rather, as a slow, constant drip, like an IV for the soul. This is an IV with no prick, no needle, no tubing, no bag of fluid. Pfizer and Moderna are all the rage right now, but this is God's love and it's always abundantly available to us. And there's certainty that it will always flow, every minute of every day. God's love surrounded us the day we were baptized, and it will be there to take us away in our final hours.

So, as the days of winter turn into the days of spring, I hope that you are well, that you are able to do the things that allow you to thrive, and that you feel the never-ending drip of God's love in your life.

Peace,
Todd

Capital Campaign Update

Dear Friends at SOTH:

At our annual meeting there were a few questions around the possibility of completing our parking lot project in one phase instead of two phases. Here's my brief response.

The watershed district's permitting requirements with respect to stormwater treatment are the reason why we need a two-phase construction approach. The watershed regulations indicate that if we took a single stage construction approach we would need to treat a larger amount of stormwater than we are proposing to do with the two-phase approach. Instead of a single small filtration basin (rain garden) we would end up with a large underground storage area that would likely double or triple the cost of the project. In addition, treating this larger amount of water would require a significantly different filtration system that would increase long term maintenance costs that come with that structure.

Using a two-phase approach allows us to fulfill the watershed regulations with our proposed small and cost-effective filtration basin (rain garden). I would estimate that this two-phase approach will allow us to save approximately \$750,000 - \$1,000,000 in additional costs.

Thanks,
Nate Lichty
Church Council and Prepare the Pavement Project Team



Learn

WAM

During Lent, the WAM kids will attend church Wednesday evenings at 6:30pm on ZOOM with their families and many will be participating in the service each week, by reading prayers and scripture.

Story Time

Story time is happening for anyone ages 2-5, on Wednesdays at 6:00pm. This is an opportunity for the youngest of our Shepherd community to connect with each other for a time of music, story and prayer. If you are interested in joining our group, please join us via ZOOM or contact Pastor Sherri at sherri.otto@sothchurch.com or 612-251-1342.

SOTH Book Club

Book club at SOTH is open to all, male and female. Please feel free to join us. We have 2-3 copies of each book. All books will be available all year if you want to read ahead. Please read the book and return ASAP so another person can borrow the book for reading also. We try to get 2-3 readers to be able to read one copy. For questions please contact Kaye Wothe, Faith Community Nurse at kwothe@comcast.net

Book Club Schedule

Sun., March 14, 7:00 pm,
“How To Raise White Kids”
by Jennifer Harvey



Wednesday Speaker Series

Date: Wednesday, April 7, 2021 from 6:30-7:30 pm via Zoom
Topic: Prophetic Lament: A call for justice in troubled times
Speaker: Dr. Soong-Chan Rah

Description: When Soong-Chan Rah planted an urban church in Cambridge, Massachusetts, his first full sermon series was a six-week exposition of the book of Lamentations. Preaching on an obscure, depressing Old Testament book was probably not the most seeker-sensitive way to launch a church. But it shaped their community with a radically countercultural perspective.

The American church avoids lament. But lament is a missing, essential component of Christian faith. Lament recognizes struggles and suffering, that the world is not as it ought to be. Lament challenges the status quo and cries out for justice against existing injustices.

Soong-Chan Rah's prophetic exposition of the book of Lamentations provides a biblical and theological lens for examining the church's relationship with a suffering world. It critiques our success-centered triumphalism and calls us to repent of our hubris. And it opens up new ways to encounter the other. Hear the prophet's lament as the necessary corrective for Christianity's future. (From the publisher Intervarsity Press)

55+ Drivers Improvement Course

In the past Shepherd has hosted the 55+ Driver Improvement Class. This year, due to the pandemic, the class is available on line.

The Minnesota Highway Safety & Research Center offers a variety of Driver Improvement Courses for your online training needs. Their self-paced courses are available for the Initial Driver Discount Class and for the Refresher Driver Discount Class. These classes can be taken anytime (24/7) within 60 days of purchase. Each person must register, pay and complete the course separately. The course may be paused and taken in parts if desired. For more information or to register, go to: <https://mnsafetycenter.interactyx.com/Pages/Catalog/CourseCatalog.aspx>

Course support is offered Monday through Friday, 8 am to 4 pm. For questions, please call the Minnesota Highway Safety & Research Center at 1-888-234-1294.



Rhythms

By Kaye Wothe,
Faith Community Nurse

Have you ever been at a dance when you can't find the rhythm of the music with your dance step?

Or, maybe as soon as you find your groove, the DJ changes the song to a very different musical style, and you find yourself struggling to find your dance step again. I am confident we would all say the rhythms of our lives have been greatly changed by the events of the past year. Finding the new dance step has been, and still is, challenging. Change and transition is hard. It takes intention. It takes stopping one habit, stopping completely, emptying ourselves of the old and creating a blank slate. Then, thinking through the required change, how to behave in this new, needed change and living a new habit. It takes digging deep into ourselves, our resilience, to find the strength in our body, mind and spirit and finding the source from which our strength comes. Some days we take this change-up like a new, silver-lined adventure, and other days, we plant our feet on the ground, worried we might teeter over the edge of our own bandwidth and crumble. Some days, our source of strength sings loudly and with ease. Other days, this voice seems silenced, like it left the building or body we inhabit. It becomes exhausting to bounce between the triumph of silver-lined songs and shaking ground and empty tomb that leaves us grasping to hang on another day. This is the rhythm of the pandemic for many of us.

Ironically, it is also the rhythm of the season of lent. As the devotion book we sent out for lent, *A Story to Tell Devotion 2021*, opens with preparing for lent. The author points out this does not involve packing up, or stocking up, instead, lent preparation starts with shedding the old ways, "... what we think we know, our own shortcomings, and owning up to what we have and haven't done." Getting rid of our excesses that weigh us down these days is very popular. This suggests we shed our old ways, old thoughts, old messages in our head, our excesses, to the point of indifference. Don't confuse indifference with apathy! The opening devotion directs us to strip down to empty hands so we are ready to receive Christ. Be prepared to be re-shaped into the image of God. I have often wondered why we need to live the seasons of the church yearly. Now I see, I need to be emptied out, to blank my slate, and open my heart to being re-shaped by God. It is an annual spiritual examination like many of us have with our doctor or medical provider each year. A time to step back and reflect deeply and fully on where we have veered off course a bit or a lot, where our hearts have hardened, where we have lost sight of God's call for us, where we have cared more for ourselves and less for others, and where the healing needs to begin.

Maybe the start of lent has you, like me, screaming inside. If so, please join me as I pray:

"Dear Lord, This year, after a year of pandemic I definitely cannot go to Gethsemane with you, dear Lord. I cannot go into the darkness and dwell. I have been in these dark places too often this year between pandemic, politics, injustices, divides, deaths, isolation, the unknown swinging with constant change of information, leadership run amuck, and not knowing whose truth is the truth. Lord, I NEED to simply skip to Easter!"

Continued above

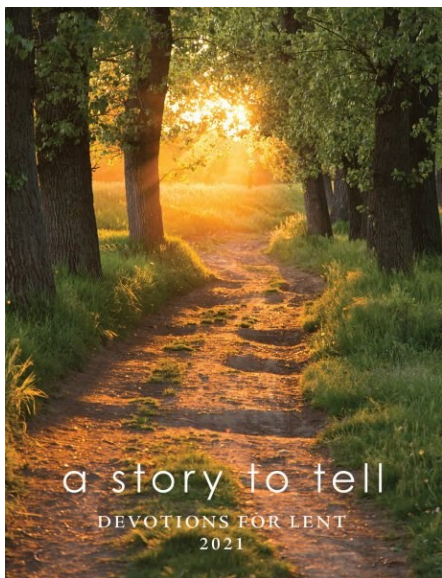
Rhythms continued

And yet, Lord, I need help finding a new rhythm. I am marked by the trauma of this life. I am exhausted and need You to unload my burden, to carry me, to re-make me, to mold me, and to help me find the newness that is only found in Your saving grace. Oh, I need your grace, Lord. I need Your grounding feet, Your loving arms, Your leading hands, Your accepting and loving eyes, and Your all-knowing discernment. Create in me a clean heart, oh God, and renew my spirit, for I am so very weary. Come into my heart, be the voice of grace in my head and hold me above this abyss. I know it will not be easy, but one step at a time, walk with me to Easter dear Lord, my God, my all-powerful Savior. Lord, one very important thing, please do the same for my neighbor, for each and every one of them Lord, even if they did not vote for who I did, even if they do not wear a mask, even (and especially) if they make choices that differ from mine. Be ever-present with us Lord, leading us to the peace that passes understanding, that in this season we call Easter. Amen."

I recommend reading the two-minute lent devotion in the book provided, it makes the journey of lent a one-step-at-a-time process instead of a dark and scary leap.

Shedding, Unpacking and Confessing with You to Walk the Lenten Road to the Promise of Easter,

Kaye Wothe, RN, BSN, MA in
Congregational and Community Care
Faith Community Nurse
kwothe@comcast.net



Lent 2021

Lent is a time for reflection and self examination. We are grateful for the opportunity to join with you on this journey. This year, we are following the Lenten devotional, “A Story to Tell: Devotions for Lent 2021” We hope you will follow along on this 40 day journey. A few copies are available in the office if you would like one.

Lenten worship will be on zoom at 6:30 pm. Go to www.sothchurch.com/homeworship

Wednesday Lenten services
Feb. 24—Mar. 24
Maundy Thursday & Good Friday
April 1 & April 2

We look forward to our Holy Week and Easter Celebration that culminates on Easter morning, April 4.

At Every Turn: Insights from the Intern

By Intern Pastor Anne Schaefer

Welcome to my little corner of the world. As an intern pastor, I am learning a great deal about what it means to be called to ministry. Each month, I will use this newsletter space to reflect on the wisdom that has come my way. I will likely learn a great deal about God, the Church, this congregation, faith, myself and grace. Thanks for being part of my journey!

So two pastors and a rabbi walk into a school...

No, there’s no punch line...that’s not a joke. That’s a sentence I heard this week from a pastor talking about new relationships that formed while responding to a need in the community. That’s the thing about pastoring...it’s not just done on the inside of a church building with a specific congregation.

It can be common for a congregation to claim a pastor as their own specific resource. And that is true to an extent, but a pastor is called to the ministry of a God who is boundless. Sharing the love of God is not restricted to brick and mortar or specific people. One of the things I learned this month was that SOTH is a people who knows and values this component of ministry. The great number of resource partners and business connections that the staff has is sizable and inspiring.

Lesson #2 this month: Preaching is exciting nerve-racking scary beautiful.
I shared with a pastor friend that I felt silly about being excited to preach because preaching is supposed to be a “common function” of a pastor. Her reply was “if you’re not nervous or excited to preach, then you should revisit what you plan to say!” The Gospel is always Good News, and sometimes in light of our decisions, it may not be what we want to hear. The “common function” of preaching should always host both nerves and delight! Having the support of other pastors who understand this is a gift. The morning that I preached at SOTH for the first time Pastor Sherri texted me a sweet message of blessing and encouragement. How amazing is that?

This community values connection above everything else. Every Pastor Scott meeting that I have been part of has included the practice of bringing our thankfulness and laments to the group. This is not an empty high/low requirement, rather it is a way to drive connection. This practice makes sure we are supporting each other’s celebrations (thanks be to God) and struggles (Lord, have mercy) which is rich soil for true community. This is a rare gift indeed, so I mean it when I say THANKS BE TO GOD for you, Shepherd!

Grace and peace!
Pastor Anne



A Year Ago

By Pastor Sherri Otto

It has been quite a year! I never would have thought, guessed or imagined that my first call would have such an amazing start of meeting the congregation, worshipping together, learning the layout of the church and

then abruptly coming to a screeching halt 2 weeks later.

Yes, what a year it has been! At times it seems like only yesterday that I started at Shepherd of the Hills and yet, on March 1st, it has been a full year. A year of distance, a year of transition, a year of learning, a year of discerning.

Personally, it has been a year full of joy... marriage, a new home, Emily graduation and finally on August 20th, Ordination. These blessed events were smaller than originally hoped, but perfect in every way possible.

Professionally, it has been year full of technological challenges, of ZOOM church, of ZOOM meetings and trying to connect with a community I did not know or had met maybe once or twice. A difficult way to start a first call, having to rethink ways of ministry, ways of connecting, ways of reaching out to a hurting and isolated world.

Nationally, it was a year filled with the pandemic, injustices on all levels, rising death tolls and political strife. Division was high among family, friends and communities. Fear was instilled in all of us, more than we have ever felt before in our lives. Life as we knew it had changed.

In all honesty and being vulnerable, there have been many questions that arose during this time. Do I have the leadership skills for this time and place? Am I being a supportive pastor? Am I preaching God's word so that it is relatable for the people at Shepherd? Am I building people up and promoting your well-being during this pandemic? And how in the world can I do this?

These questions haunted me at night, as I tossed and turned wondering about the future. These questions hurt my heart and ruminated inside of my head, churned my stomach and made me wonder what I was being called to do.

But what I realized in all of this, is that my focus was on me. That this word "I" was not what God had in store for me and my ministry. That this word "I" was self-involved, was not healthy and certainly was not what was needed for leadership in the church.

So here are my take-aways, things I have learned, maybe have always known, but needed to be reminded of:

- This is not about me, but about us.
We are a family of faith. Faith in a God that loves, nurtures, protects and will never leave us. Together we look to do the will of God in our words and actions.
"Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect." Romans 12:2

A Year Ago continued

- It is not about what I can or cannot do, but about what we can do in our community together. We are in community, working together to form friendships, caring for one another, praying for one another and lifting each other up. We are better together than we are as individuals.

"Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honor. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer." Romans 12: 9-12

- It is not about my needs but the needs of our neighbor. As a community we look to see what we can do for each other and for those we don't yet know.

"Let mutual love continue. Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it." Hebrews 13:1-2

- I am not in control. We are not in control. Our God is in control. Trust in the Father, Son and Holy Spirit to work in us and through us.
"Trust in the Lord forever, for in the Lord God you have an everlasting rock." Isaiah 26:4

What a year it has been! I thank you for calling me to be your Associate Pastor. In this short time span, you have welcomed me with open arms and truly made me feel a part of your community. I am blessed and I thank God each day for new beginnings, for new partnerships and for new ways of being church together. I look forward to the day when we can have coffee, hug, visit, mourn and celebrate together and am looking forward to the many years that we will be together.

Peace,
Pastor Sherri

Continued above



Administrative Actions on Immigration

Submitted by Paul Bohnsack

On his first day in office, President Biden took significant steps towards undoing harmful immigration policies—and reforming our punitive and inhumane enforcement system. Here is a summary of immigration-related changes the new administration has implemented.

- 1. Scaling back unchecked immigration enforcement** that indiscriminately targeted anyone who could be deported.
- 2. 100-Day moratorium on most deportations.** During the moratorium, DHS is required to review its enforcement practices and make recommendations for new priorities.
- 3. The end of the Muslim and African travel bans.** Biden ordered the State Department to immediately resume processing visas for those affected by the bans, and to propose a plan for reconsidering without prejudice the people previously excluded by it. He also ordered a full review of vetting procedures for people seeking visas to the United States.
- 4. Protecting people with DACA.** A memo instructed DHS and the Attorney General to “preserve and fortify” the Deferred Action for Childhood Arrivals program, which was recently restored to its original form by court order. The Biden administration has not announced whether the program will be expanded to people outside of the original criteria.
- 5. Expedited and extended access to green card processing for Liberians.** Biden also extended Deferred Enforced Departure, a temporary status that recently expired for Liberians, to provide more time for eligible Liberians to apply for permanent residence.
- 6. Pausing construction on the border wall.** A proclamation terminated the national emergency at the southern border, which the last administration used to direct funds towards border wall construction. The president ordered a pause in wall construction while DHS reviews all related contracts and creates a plan for the redirection of the funds already appropriated for the wall for 2021.
- 7. Ending the unconstitutional census executive order** which had instructed the Census Bureau to remove undocumented immigrants from census counts. States are now ensured to receive full Congressional representation and federal funding for all of their residents.
- 8. Suspending new enrollments in the so-called “Migrant Protection Protocols.”** DHS also announced that the agency would stop subjecting new asylum seekers to the Migrant Protection Protocols, also known as the “Remain in Mexico” program. The announcement does not change the situation of the thousands of people already in the program.

On February 2, 2021, following the confirmation of Alejandro Mayorkas as secretary of Homeland Security, President Biden signed three executive orders that take steps to further unwind restrictions on immigration.

Immigration continued from page 8

9. Creation of a Family Reunification Taskforce. Biden rescinded the executive order that justified family separation. He also called for the creation of an interagency taskforce that will identify children and parents separated under the last administration and facilitate their reunification.

Biden instructed the task force to provide recommendations on how to mitigate the harm of separations, such as mental health services for separated families and the readmission of deported parents and other family members. The president also directed the task force to provide recommendations on how to prevent future separations.

10. Beginning the Work of Lifting Restrictions on Asylum at the Border. The Biden administration ordered a multi-pronged approach to asylum seekers at our southern border.

The administration will work to address the underlying violence and poverty that lead to migration from Central America. It will also work with other countries in the region to develop their capacity to protect asylum seekers. Biden also ordered the Department of State (DOS) and Department of Homeland Security (DHS) to review mechanisms for people to apply for immigration status in the U.S. from Central America.

The president has directed DHS to review policies that serve as barriers to asylum, including the adjudication of domestic violence and gang-based asylum claims.

Biden also ordered DHS to halt implementation of programs which rushed asylum seekers through their cases without access to attorneys.

Asylum seekers waiting at the border had hoped for the immediate announcement of a process allowing them to enter the United States. That was not included in the order. Instead, the agencies must only begin to develop such a procedure.

11. Repairing the Legal Immigration System. Agencies must conduct a full review of recent regulations, policies, and guidance that have limited legal immigration and naturalization, including the USCIS fee rule, public charge, and health insurance proclamation.

These announcements do not address the COVID-19-related immigrant and non-immigrant visa bans which continue to block thousands of immigrants from being able to enter the United States.

Another executive order is expected announcing the president's plans to restore the refugee resettlement cap. The cap currently sits at the lowest point in U.S. history after it was decimated by the last administration.

President Biden's executive actions take important steps toward reuniting families and restoring our asylum and legal immigration systems. However, a great deal of work remains to repair the damage caused over the last four years. Much will depend on individual government agencies' recommendations and actions after the reviews are complete. Time is of the essence for separated families, asylum seekers at the border, and immigrants waiting to travel on visas.

(Information provided by Katy Murdza, Advocacy Manager for the Immigration Justice Campaign at the American Immigration Council.)

Mental Health Connect Resources & Education



mental
health
connect

We help open doors

MENTAL HEALTH CONNECT
Mental Health Resources and
Education can be found on their
webpage:
[http://www.mhconnect.org/](http://www.mhconnect.org/events)
events

Let's Connect Thursday **Thursdays, 8:00-8:45PM**

"Let's Connect" is a virtual community. We meet together via Zoom for a time of connection and discussion about how our week has been, how we're feeling, and we will share resources, encouraging one another. 2020 has brought us many unexpected challenges - isolation, working from home, layoffs, missing friends and family, stress and uncertainty are just a few of the concerns we are experiencing. We NEED each other and a community to safely discuss life. If you have been longing for a group to connect with, like many of us have, join us each Thursday, beginning July 30th. A trained facilitator will lead the conversation. Free! All welcome! No registration necessary.

Monday Night Mental Health Speaker Series

Date: Monday, March 8, 2021

Topic: "Tangled up in Grief: from pain to recover to hope (not in any particular order)"

Speaker: Vicki Elliott, Executive Director, MHC

A Virtual Zoom Meeting

Vicki is the director of Mental Health Connect, a mom to 3, and is personally familiar with the need to care for our mental health. Mental Health solutions and resources are a passion for her after losing her son Cole to mental health-related issues in 2018. Join us as she shares her personal story of loss, pain, and deep grief. The conversation will also help us understand why grief is so complicated, why it lasts so long, and seems to take a winding path.

Learning Objectives

1. Understanding why we need to grieve.
2. How can you help someone who is grieving.
3. Resources, options, tools.

Go to mhconnect.org/events for the link to the Zoom meeting.

We hope you can join us!

The Monday Night Mental Health monthly speaker series is free and open to the public. The series is a collaboration between St. Joan of Arc Catholic Community and Bethlehem Lutheran Church. During this season of COVID-19, these sessions will be available using Zoom Webinar.

When we return to meeting in person, each session will begin with supper at 5:45pm, followed by the program from 6:30-8:00 pm. Participant certificates for 1.5 hours are available for mental health professionals and students.



Easter Garden Flowers

Help decorate the sanctuary for Easter Sunday! Easter lilies, tulips or blue hydrangeas may be purchased and given in honor or memory of a special person or donated to Shepherd of the Hills for Easter services. You may pick up your plant after the 9:30 a.m. service on Easter Sunday or the following week (Mon—Wed from 9:00 am — noon).

Cost: Lilies = \$15.00 each Tulips = \$15.00 each

Blue Hydrangea = \$30.00 each

Please make checks payable to SOTH

Return this order form with your check made payable to SOTH to the church office by NOON on Sun., March 21, 2021 (500 Blake Road South, Edina, MN 55343)

NAME: _____

NUMBER OF LILIES ORDERED: _____ (\$15.00 each)

NUMBER OF TULIPS ORDERED: _____ (\$15.00 each)

NUMBER OF HYDRANGEA ORDERED: _____ (\$30.00 each)

____ IN MEMORY OF _____

____ IN HONOR OF _____

Shepherd of the Hills Lutheran Church
500 Blake Road South
Edina, MN 55343

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