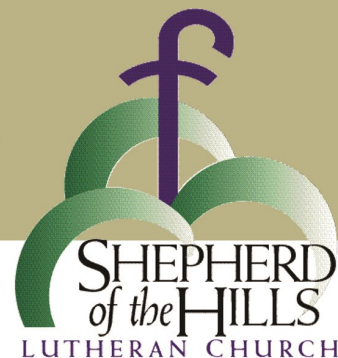


# Shepherd's Voice



November 2021

## ***"Your gifts matter: A season of gratitude"***

*By Pastor Scott Searl*

During the height of the pandemic our giving was strong. There was a sense of community found online as we gathered for worship each Sunday. In some strange way I sort of miss the time when we would all unmute our mics and say the Lord's Prayer together. The chaotic cacophony of sound made me feel like we were all together in the same covid boat. I felt connected even as I sat at home. I felt connected even as I stood alone in the balcony at church. And our financial giving was strong.

Like many congregations, we applied for and received a Paycheck Protection Program loan, that has since turned into a gift. We do not need to pay back the more than \$75,000 we received. Instead, feeling that sense of community as vaccines began to become available the church council looked out into our community and recognized that people were still suffering. We gave \$10,000 to our partner Mental Health Connect. Seeing the rates of anxiety and depression skyrocket, especially among our kids, we knew that it was time to offer our support. We gave another \$10,000 to our partner the Blake Road Corridor Collaborative. Their relationships in the community were still at work helping people with housing needs, online school needs, and they even planted a garden. Then, the council recognized the need for additional community support. With recommendations from a small working group, we gave gifts of \$3,250 to Hoagies Family Restaurant, Nachos Mexican Grill, Samba Taste of Brazil, Suburban Tailor, Inc., Tibet Corner Indian Cuisine, V Nails Hopkins, and the Costa Rica Ballroom Dance Studio. Many of these businesses are minority or immigrant owned. Our financial giving was strong, and your gifts made a difference in the lives of our neighbors, our friends, our partners, and our local business community. I am so grateful for the generosity of people at Shepherd. Your gifts matter and are making a difference. And even after making all these gifts we still have about \$23,000 left over, just in case!

Strangely as things have sort of returned to somewhat of a new normal, it's been harder in some ways to find the same sense of community. Some of us are online, some of us are in the sanctuary. Some feel confident in the vaccine, some are still very cautious. It feels like we've all set out in our own boats paddling around the same lake but we're going in different directions. And it's not just at church, there is that same sense in our communities as well. A friend was having some mental health issues and sought out a counselor. The next available session was more than three weeks away. People are anxious, worried, stressed and are feeling disconnected. If you are feeling this way, you are not alone.

***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	Adam Driscoll
Vice President	Don Wothe
Treasurer	Steve Hanneman
Financial Secretary	Ryan Erickson
Secretary	Christa Meland
Serve	Nate Lichy
Worship & Music	Julia Buteyn
Building & Facilities	Peter Barott
Learn	Stephanie Nordin
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**

As we begin to prepare to welcome a refugee family, I recognize that our sense of shared community is important to whoever will soon join us. I recognize that in order to accomplish this mission we will need everyone to continue to share generously. And, most importantly I recognize that when there has been a challenge, the people of Shepherd have stepped up and responded with love, kindness, compassion and resources. I am hopeful that this small miracle of generosity will happen once more.

What I know is that your gifts matter and as we enter a season of thankfulness and gratitude there are many in our community who are grateful for your financial generosity. If you haven't already, please complete a promise card indicating your financial promise. Thank you for all you have done, and all you will do to make a difference in the lives of those around us.



## PRESIDENT'S POST:

### On Quitting

By Adam Driscoll, Council President

It's been called "The Great Resignation," and the signs are everywhere, in some cases literally. Last week at a local sandwich restaurant, I encountered a sign that said "The whole world is short staffed, please be patient with those who showed up." The reasons that people are choosing to leave a job, retire, or scale back their hours are complicated and they are many. But to some degree, I ask "can we blame them?" The tumult that we've lived through over the past 18+ months doesn't really require elaboration at this point, and I imagine many of us have faced moments big and small when we ask "why am I doing this?" I can count numerous instances where I intended to get up early to work out, and my feet just could not make their way to the floor, or times of back to back to back Zoom calls wondering if this is what life is supposed to be?

If you find yourself in position to use this period of disruption to improve your life, improve your situation, kudos. But if you're reaching a point where you struggle to find the energy to keep doing what you're doing, I offer the following unsolicited advice. Like many people, I have found that it is hard to feel bad about yourself if you are spending time helping others. I believe that principle should be considered in light of "the Great Resignation." Perhaps you feel you need to make a change so that you can better show up for your family or yourself. Or maybe, the solution is not to quit or change, but to make change within your current situation. How can you boost those around you, in the workplace or in your communities? As they say "If you can't get out of it, get into it."

The struggles we face can be a drag, and for some the time spent reevaluating priorities during the pandemic can empower one to make a change they've been dreaming of. For others, change can be made inside of one's current situation to change, to improve; and a great place to start is to think of how we can boost each other.



## THANKSGIVING EVE WORSHIP

Wednesday, November 24  
7:00 pm

We gather to offer thanks to God for all the blessings given in the past year! Our Thanksgiving Eve Worship will be Wednesday, November 24 at 7:00 pm. Thanks be to God for our abundant blessings! Bring your entire family to our service of giving thanks to our Gracious God!



## DECORATE THE CHURCH FOR CHRISTMAS

Saturday, November 27 at 9:00 am

Save the date! We will decorate the church for Advent/Christmas on Saturday, November 27 at 9:00 am. Many hands make light work so come for as long or as little as you have time available. You can count on a really fun morning with a great group of people as we transform our church for the holiday season! Don't miss it! We are also looking for a few more volunteers to help set up the Christmas trees on Friday morning, November 26. Please contact Blair Prax at the church if you are available to help.

## 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.

Meetings will be held in person and on Zoom. For questions please contact Kaye Wothe, Faith Community Nurse at [kwothe@comcast.net](mailto:kwothe@comcast.net)

## Book Club Schedule

Sun., November 7 at 7:00 pm

“The Midnight Library”

by Matt Haig

Thurs., January 6 at 7:00 pm

“The Girl with the Louding Voice”

by Abi Dare

## WEDNESDAY AM BIBLE STUDY

Wednesday morning Bible Study has resumed its Fall schedule. Come for Bible study, coffee, and fellowship! The Wednesday morning group meets at 9:30 am for coffee, treats and fellowship before they begin a Bible study. The Bible study begins at 10:00 am and is based on the following Sunday’s sermon text. All are welcome.



**IMMIGRANT  
MINISTRY**

## THE PARSONAGE AWAITS A NEW FAMILY

Many people from Shepherd and our asylum coalition have been cleaning and moving furniture as we prepare to welcome an asylum-seeking family to the parsonage. Rooms have received a fresh coat of paint, minor repairs have been made, and the finishing touches are just about complete.

And none too soon! Just days after preparations began, the coalition received word of 3 families that would be prime candidates for the space. This shows just how quickly an opportunity can present itself, so preparedness is key.

I would like to thank all of our members who worked at the parsonage for their tremendous and successful contributions of time and effort. I hope I won't miss anyone, but here are the SOTH folks we can thank: Kathy and Dave Wiemer, Joan and Tom Dillon, Chris Brezny (Joan Dillon's sister), Scott Koelsch, Nate Lichty, Karen Vevele, Blair Prax, Jeri and Rod Morseth, Billie Poorman, Terry Jensen, Virgil Peterson, Joni and Chuck Stone, Matt Koelsch, Sam Koelsch, Ed Edmundson, Rich Rinker, and Julia and Danny Buteyn.

Several members of our interfaith coalition (ACT-TC) also helped: Susie Baker, Karen Newcomer and Allie Ohe (Normandale Lutheran), Camilla Madson and Terrie Thompson (Edina Community Lutheran Church), and Sam Graber and Mark Joffe (Temple Israel).

A special thanks, too, to all who have donated items or gift cards to be used to help the family.

Now we are anxiously awaiting the arrival of our family. Just as parents expecting their first child, we have questions and doubts. Will we be good hosts? Will we have enough volunteers to help? Will we have the necessary financial support? Will we have the necessary skills? I'm sure mistakes will be made, but I'm also sure that God will provide us with all that is needed to help our guests successfully transition into the new life they choose for themselves.

Paul Bohnsack

## DOCKET

Minnesota Department of Health (MDH) announced they are encouraging the use of a secure app called DOCKET to track your immunizations. MDH did this in response to receiving over 33,000 calls with requests for individual vaccination history in this past year. So, they recognized a lot of people needed this information and that most or all people have received vaccine from a variety of sources so it is hard to get the information from one place, therefore making it very hard to have a complete record of recent vaccinations. How To Use: Once you load the app and agree to have your immunizations downloaded securely, it will populate from your electronic record and will include immunizations you received in other places as well. For someone my age, it does not download vaccinations before electronic medical record use, i.e., childhood vaccinations, etc. Once you get the app and sign in, it takes a day or two to load. I have it, and love that I can see when, where, lot numbers of vaccine, etc. that I received. It both helps me track my vaccinations easily and also show proof of them. I have not tried to use them in an official way. I have a message into MDH asking this question. Contact me with questions related to this.

Kaye Wothe  
Faith Community Nurse  
kwothe@comcast.net

## COVID-19 VACCINE BOOSTER

I have received my COVID-19 vaccine booster secondary to immune suppression concerns I have (I had Pfizer vaccine). If you have questions about where to get the booster, feel free to reach out to me. I also strongly encourage you to reach out to your primary care or specialty physician if you have other questions about the booster that are specific to your health, etc.

Kaye Wothe  
Faith Community Nurse  
kwothe@comcast.net

## RESOURCEWEST

### Winter Warm Wear Drive

Donations of new or clean, gently used winter gear can be dropped off at the ResourceWest office Monday, Tuesday, Wednesday & Thursday between 9am – 3pm. Their office is located at 1011 First Street S, Suite #109, Hopkins. A donation collection barrel is located in the lobby across from their office door, available for donations on the days and times listed above.





## CONSECRATION NOTE

Thank you to all who completed their promise card for our annual stewardship appeal. Thank you! If you haven't yet completed your card, please do so today. If you need a new card, they are available at the back of the sanctuary or contact the church office. Thank you for your gifts that support our mission, ministry and life together!



## WEDNESDAY SPEAKER SERIES

We are excited to announce our first Wednesday Night Adult Education Speaker Series for this year. We plan to meet in person but for those who prefer, a Zoom connection will also be available. All are welcome, kids and adults. Speakers start at 6:30 pm. We hope you will join us!

**Date:** Wednesday, November 3, 2021 at 6:30 pm

**Topic:** "Motivational Interviewing"

**Speaker:** Rev. Rebecca Fletcher, Consultant, ICF Coach in Training, Leaderwise

**Description:** "Motivational Interviewing is a person-centered and evidence-based way of talking with people about change. While it is neither "motivational" in the sense that the goal is to generate energy or activity, nor "interviewing" in the sense that it involves specific questions, it is an intentional way of listening and responding when people are contemplating change. Motivational Interviewing is goal-oriented and collaborative, and is based on a spirit of partnership, acceptance, compassion, and evocation."

## RACIAL JUSTICE EDUCATION SERIES

With a grant we received from Augsburg College, we have hired three consultants to help us make our next faithful move toward racial reconciliation: David Scherer, Joe Davis and Justice Feldman. They will help facilitate some strategic thinking and planning with our church council and staff. And they will be helping to lead us to new ways of thinking and being in the world both as individuals and as a family of faith. We hope you will make every effort to participate in this unique opportunity. We have much to learn about our history and ourselves.

**Date:** Wednesday, November 10, 2021 at 6:30 pm

**Topic:** "From Power Over to Power With"

**Speaker:** Joe Davis and Dave Scherer, JUSTMove

**Description:** How should we talk about power in the church? How does God call us to respond to power? In this session we examine the power that each of us have and how we can follow Christ's model of sharing power to create opportunity for all people.

**Date:** Sunday, November 21, 2021

**Worship at 9:30 am. Education Hour at 10:30 am**

**Topic:** "From Color Blind to Color Conscious"

**Speaker:** Joe Davis and Dave Scherer, JUSTMove

**Description:** If we are all one in Christ, won't focusing on difference just divide us? In this session we examine the larger narrative of race in our country as well as our own racial stories. As we acknowledge these racial stories and learn to listen to them we learn to see each other more fully.

**Education Hour Topic:** "Education and Closing the Disparities Gap"

**Guest Speakers:** An educator from the Hopkins public school district, an administrator from the MN Dept of Education, Edina Superintendent.



## THE SHEPHERD WELCOME: A Zoom and Parking Lot Update

It's amazing, we've had a number of families who have come to visit us after watching worship on zoom! I'm so grateful for this new way of testing the Shepherd waters before coming in person. Thanks to Carson Dallum, Chris and Maggie Polston, Osa Hanneman, and Jake Thrift who have piloted our audio-visual zoom needs over the last few months. Your volunteering in this way is making a huge difference! Not only does it welcome those who stay home to watch on zoom, but it is also welcoming new people into our community. Thanks for this gracious offering of welcome.

I have a similar sense that our new parking lot will also be a vehicle (pun intended) for welcoming members, visitors and the community alike to experience God's love through our building, people and programs. Thanks to Nate Lichty, Pete Barott, and our construction team at Schreiber Mullaney for their work to date. In the photos you can see our old fuel oil tank has been removed. All the old concrete and asphalt has been removed, and the new grades are being laid down for the rain garden and new sidewalks.

And, thanks to a hail storm last August, all of our shingled roofs have been replaced with money from our insurance provider. Including the roof of the parsonage! Additionally, sometime next spring we will replace a roof top air conditioner that was damaged by hail, also paid for by insurance. Thanks be to God for hail storms?

Thank you to all the families who have made financial contributions toward this project. It will become another way we let our neighbors know that God's love is in the neighborhood for good! It is another way we welcome

*Continued above*



### ***The Shepherd Welcome continued***

strangers and friends alike. While we don't have a final completion date, we are working hard to get the project finished as soon as possible. Look for more details to come.

The people at Shepherd offer a warm welcome, soon our parking lot will reflect that same warmth and welcome to all.

# Staff Reflection

## Important Upcoming Events for WAM and Confirmation

WAM letters to be delivered in November. These will include Bible stories, craft ideas and activities for the students to do. Pastor Sherri will also be reading the Bible stories to the WAM students via videos.

December 12th - Christmas program. This year, the Confirmation students are excited to show you the Christmas story during worship!

WAM students will be having an outdoor event for the Christmas season, learning and showing you about God's love coming into the world. Look for more on this at a later date!



## 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!*

Lesson #1 this month: There is a huge housing shortage for low income families, and as a pastor I have a responsibility to learn about and help find solutions. Pastor Sherri and I have joined in on Housing Team meetings and we went to a Hopkins Race & Equity Initiative event that discussed the lack of housing options for lower income people in the Hopkins area. I was struck by how large this problem is as well as how close it is to home. It is in our own backyard. Pastors don't have a responsibility just to the congregation which they serve, but also to the city and community surrounding that congregation. I would like to spend more time learning how I can serve both communities.

#2: One of the things that really excited me about being a pastor is getting invited into the sacred space of special events in people's lives. I tear up thinking about the opportunities ahead for me. But sometimes I can look forward to something so much that when it finally happens, I feel a little disappointed because it didn't live up to the vision in my mind. I have been a little cautious that this would be the case regarding being part of a baptism.

Thanks to Pastor Sherri, I got to be part of baptizing little Eleanor Berg, and it filled my soul. Pastor Sherri did the actual baptizing, but I got to be part of the conversations and planning ahead of time, and I got to welcome and pray with the family during the service. And it felt like beautiful and holy work. It really was everything I hoped it to be! Now, I will look forward to the day that I get to use Water with the Word and baptize someone as their ordained pastor.

Grace and peace!  
Pastor Anne





## AN ATTITUDE OF GRATITUDE

By Pastor Sherri Otto

What do you imagine when you hear the word NOVEMBER? Do you think about snow or the beginning of winter setting in? Do you think about the holidays, of Thanksgiving

and Christmas? Do you think about shopping, decorating your home or putting up Christmas lights?

This year, my attitude about the month of November will be slightly different as I will be trying something that puts me out of my comfort zone come November 1st. I'm not calling it journaling, as I have never been able to do this. I envy those who can journal, but this has not been my thing. I have tried several times, but it never lasts for long. I start out strong, but after 3 days, I forget to write and then... well... I completely give up. Journaling is not for me, but list making I can do!!

Starting November 1st, I am going to put a pad of paper and pencil on my nightstand, and every morning (or evening), I will be writing down one word or phrase that I am thankful or grateful for. I am going to do this every day for the whole month of November, and I am asking you to hold me accountable. Please!

When you see me, ask me what my word is for the day! Ask me to explain why I picked that word! Ask me for the story that goes along with that word or phrase that I wrote down. This will prevent me from writing something down, just for the sake of doing it and really stretch me to think about my gratitude. Ask me anything you would like, but please, help me to stick with it!!

I don't want to do this by myself, so I am asking you to do this with me! I'd love you to participate in this experience too! Starting November 1st, write down on paper what you are grateful for. Continue this for the whole month of November. This will benefit all of us, as a community here at Shepherd, even when we may not realize it and am looking forward to how this will change our attitudes and perspectives as we head into the holiday season.

It has been proven, that people who are thankful are much happier and more resilient when faced with life's obstacles. Sleep, self-esteem and mental health improve along with the feeling of empathy towards others. Becoming more positive in one's daily life is something that we all could use.

Not only will I be keeping a list (I'm not calling it a journal!) but there are a few things that we can focus on while doing this.

## *An Attitude of Gratitude continued*

This November, we will savor our positive experiences. Think about what we have rather than focusing on what we do not have.

This November, we will tell others how we feel about them. Thank them and tell them they are appreciated for who they are and for how they have influenced our lives.

This November, we will focus on being kind. It doesn't have to be a grand gesture but keeping it simple and finding ways to help others puts a smile on their face. I guarantee you will be smiling too!!

This November, we will appreciate all that God has given us, for God's gifts are abundant!!

I hope that you come alongside me on this journey of an Attitude of Gratitude. I'm looking forward to our conversations and our life-changing lists of things we are thankful for.

I am truly grateful for each of you! Thanks be to God for this community!!

Peace  
Pastor Sherri

*Continued above*



mental  
health  
connect

We help open doors

## Faith & Life Conference Faith & Mental Health: Being Made Whole

Speaker: Vicki Elliott

November 4th, 2021 7:00pm

The Faith & Life Lecture Series exists to create welcoming and accessible public forums for members of the Twin Cities community to hear nationally known speakers reflect on how Christian faith is related to different dimensions of everyday life. The talks are always free public events. The lectures typically last about 50 minutes, followed by a brief period for Q&A after the presentation by the speaker. Audio podcasts of selected lectures are available.

**MENTAL HEALTH CONNECT**  
**Mental Health Resources and**  
**Education can be found on**  
**their webpage:**  
<http://www.mhconnect.org/>  
**events**



## MANTRAS FOR THE HOLIDAYS, WINTER AND OTHER TIMES

By Kaye Wothe, Faith Community Nurse

If you look at my November newsletter articles for the last more than ten years, they all would almost certainly be about how to prepare your body, mind and spirit for the upcoming holidays. The articles would mostly refer to how to mentally prepare for many exposures to extended family, etc. that might be challenging. The suggestions included leaning into your spirituality values, grace, prayer

and focus on the reason for the season. Also, I might have recommended considering ways to reduce your holiday stress by being mindful and be true to finding some self-care and movement (exercise) during this time. While these are still good resources for any time we anticipate some extra stress, this year I am adding to my personal arsenal the use of mantras. I have had a few people ask me for ideas in this area, too, so I thought I would share my current growing list of mantras to select from. I would LOVE to hear your helpful mantras.

A little background: In my study of the brain in recent years, I have learned (and many of you have heard me say) in order to change negative or non-productive thinking patterns about self or others we need to re-wire our brain's automatic replies. So, when I do something that I find myself embarrassed about, my brain automatically sends a shaming message to me, i.e., I am not smart, I am not kind, I am a fool, etc. This is not healthy. So, I do mindful things to re-wire that automatic message to be something more grace-filled, more like something I might say to a friend who did what I did. This same example might be used for any auto response my brain makes that is not healthy i.e., it might be about how I respond to someone else and messages I auto-send in my brain that are not true or fair, etc. As I reflect on and name those auto responses in my brain, I realize the addition of a lot of negative stress to my daily experience, the loss of joy that can make things like holidays less fun and fulfilling. One of my new ways of trying to re-wire my brain's responses is to use mantras. These are formulated short messages that remind me to stop and re-consider and actually mindfully (or "kindfully") change my auto response.

Here are some mantras I have considered and chosen from recently for different types of situations. I will typically pick one for something that is impacting me at a certain time and integrate it into my responses. Adding one, or maybe two, is typically the most a person can integrate into their response at a time. Once integrated, or wired into your response you can add others.

Mantra ideas that are religious based:

- Be quick to listen and slow to speak. (James 1:19)
- Create in me a clean heart, O God, and renew a right spirit within me. (Ps. 51:10)

*Continued on page 11*

## Mantras continued from page 10

- Never will I leave you or forsake you. (Hebrews 13:5)
- Act justly. Love mercifully. Walk humbly. (Micah 6:8)
- Praise be to our Savior, who daily bears our burdens. (Ps. 68:19)
- Be bold, be brave, be courageous. (Joshua 1:9)
- Perhaps you were born for such a time as this. (Esther 4:14)
- Nothing can separate us from the love of God. (Romans 8:35)
- To everything there is a season, a time for every purpose under heaven. (Ecc. 3:1)
- With God all things are possible. (Matt. 19:26)
- Be still and know that I am God. (Ps. 46:10)
- Love is patient and kind, not envious or proud. (1 Cor. 13:4)
- Trust in the Lord, lean not on your own understanding. (Prov. 3:5)
- Trust the Anchor, Partner with the Wind (the Anchor being God or Jesus, the Wind being the Holy Spirit).

### Mantras for thankfulness:

- Give thanks to the Lord, for He is good and His love endures forever. (Ps. 107:1)
- Where God guides, He provides. (Is. 58:11)
- My soul, find rest in God, my hope comes from Him. (Ps. 62:5)
- Be joyful always, pray continually, give thanks in all circumstances. (1 Thess. 5:16-18)
- Praise be to the Lord, to God, our Savior, who daily bears our burdens. (Ps. 68:19)
- Come thou fount of every blessing, tune my ear to sing thy grace.
- Great is thy faithfulness!

### Other mantras I have heard recently with a little explanation of where they fit for me:

- Be curious, start small, stay connected (kind of a nice one for the re-entry process after COVID lock down).
- Get comfortable with being uncomfortable (mid-pandemic and current political culture makes this relevant for me).
- People are icebergs. (Meaning very little of what is going on for them is what you see above the water line. Most of what is going on (stressors) is under water. This mantra helps me when I feel I am not at all understanding someone's response or reaction).
- Don't let click and scroll replace how we understand each other.
- The microwave makes us think everything happens quickly; it does not. (I am guilty of wanting quick change, i.e., a one-day pandemic).
- Don't assume intent, guess motive or hypothesize meaning. (Most of us make a lot of assumptions that lead to judgments.)
- Don't trade grace and generosity for assumption and cheap accusation (I find this to be part of current culture that I can get caught up in).
- Exercise "kindfulness" (the art of mindfully being kind).

*Continued above*

## Mantras continued

From one-word to a full-sentence thought, getting these to come up in my head when I am around someone that I struggle to respect (including sometimes myself!), helps me to mentally put up a stop sign, step back in a pause and reconsider my brain's response changing, hopefully, to something healthier both for me and for the relationship or person(s) in the room with me. Re-wiring for healthier, more positive response helps keep down my cortisol (stress hormone) level and maybe that of others in the room, too. After doing this a while, my brain will likely re-wire to make this change without a lot of mindful intention. A new, more positive brain pathway will have been established, and I can work on the next set of personality flaws. It seems God gave me a bounty of them to keep me busy! (See, another thought that needs re-wiring.)

Please send me your mantras that help you re-wire!

Let's keep doing small great things together!

Thankful for this Faith Community,

Kaye Wothe  
Faith Community Nurse



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

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