



NEW SCANDINAVIA LUTHERAN CHURCH FEBRUARY NEWSLETTER 2022

CHILDREN'S CHAPEL

CALENDAR OF EVENTS:

February 2 – Confirmation Class 6:30 PM

February 6- Worship Service 9:30 AM – Sunday School 10:30 AM – Jesus Calls His First Disciples
Luke: 5:1-11

February 9 - Confirmation Class 6:30 PM

February 13– Worship Service 9:30 AM – Sunday School 10:30 AM – Blessed are you who are poor, for yours is the kingdom of God- Luke 6:17-26

February 16 - Confirmation Class 6:30 PM

February 20- Worship Service 9:30 AM -Sunday School 10:30 AM But to you who are listening I say: Love your enemies, do good to those who hate you – Luke 6:27-38

February 23- Confirmation Class 6:30 PM

February 27 -Worship Service 9:30 AM– Sunday School 10:30 AM – Transfiguration of Our Lord – Eight days later, Jesus took Peter, Jacob, and John and climbed a high mountain to pray. As he prayed, Jesus face began to glow until a blinding glory – Luke: 9:28-43.



More Than a Story Youth Experience – Starting **February 27** and the six Sundays to follow we will be on a Lenten Journey with CTA's More Than a Story – Each student will **receive a Crown of Thorns bracelet** on February 27 and each Sunday we will have a devotion and game regarding the Lenten Journey and receive a “thorn” to tie unto the bracelet. The bracelet will be given to each child to remind them of the love that Jesus had for us.

Each student will also receive on February 27th The Sunday Morning Miracle: Count-Up-to-Easter Activity with 40 stickers. Hope you all can make this Fun Event!!!!



This is our core curriculum before Affirmation of Baptism:

Pre K and K: 2 or 3 table prayers and or bedtime prayer, The Lord's Prayer and church manners.

1st and 2nd Grade: The Lord's Prayer, Apostle's Creed and the 1st, 2nd and 3rd The Commandments.

3rd and 4th Grade: The Lord’s Prayer, The Apostle’s Creed, The Commandments 1-10, Bible usage (looking up verses).

5th and 6th Grade: The Lord’s Prayer, The Apostle’s Creed, The Commandments 1-10, Psalm 23, John 3:16, Matthew 22:37-39, John 14:6, Matthew 7:7, Matthew 7:12, The Beatitudes Matthew 5:3-12, Isaiah 40:3,5, Matthew 7:1-2, Matthew 5:43-44, 1 John 1:7, Matthew 28:19-20.

7th and 8th Grade: The Lord’s Prayer, The Apostle’s Creed, The Commandments 1-10, Psalm 23, The Beatitudes Matthew 5:3-12, Ephesians 2:8-9, Matthew 18:20, John 11:25-26, Matthew 25:40, Matthew 6:19-21, Mark 9:23b, Psalm 100, Roman 3:28, John 8:31b, 32, 1 Corinthians 10:13, John 20:23 and Matthew 18:18.

High School: Be a leader and good role model, open your Bible and devotion books 3-4 times a week or daily;), read any of the above Bible verses, The Lord’s Prayer, The Apostle’s Creed, The Commandments 1-10, Psalm 23.

Make homemade cards for our shut-in members. Smile often and sing –Hugs to you all!

Kristal Gifford Superintendent Board of Education and Family Ministry- Kelly Martinson, Janelle Gordon and Kris Skoug

NEW SCANDINAVIA ATTENDANCE & OFFERING

DATE	ATTEND	OFFERING
1/2/2022		1469.00
1/9/2022	46	968.00
1/16/2022	39	1810.00

FEBRUARY “NOISY OFFERING”

“Pregnancy Center”



Reece Duncan	02/02
Angela Jerome	02/02
Kim Bakken	02/05
Debbie Rasmussen	02/07
Gladys Huset	02/11
Louise Driver	02/12
Meghan Sandve	02/12
Jeb Rasmussen	02/14

Rylee Peterson	02/15
William Ebler	02/18
Jim Reckert	02/20
Gary Wigen	02/22
Robert Bitney	02/23
Charles Rihn	02/26
Susan Bitney	02/27
Susan Dau	02/28

NS YouTube page

New Scandinavia has a new YouTube page. To check it out or watch our services go to:

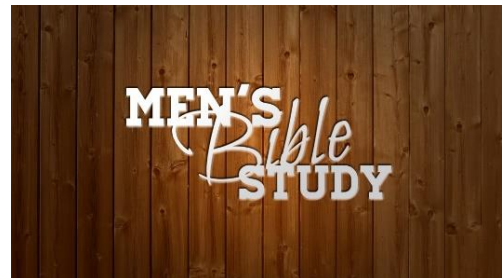
Youtube.com

In the search box type: new Scandinavia church Hillsdale and "enter"

Click: "New Scandinavia Lutheran Church Hillsdale WI"

This will open our new you tube page. Some of our weekly services are available here.

It helps if you subscribe to our page.



MEN'S BIBLE STUDY

Sundays Men's Bible Study in Pastor's office at 10:30 a.m.

Bring you coffee and join us.

NO NEW SCANDINAVIA CHURCH COUNCIL MEETING MINUTES JANUARY 2022.

The next Council Meeting is Tuesday, February 8 at 6:30 p.m.

SPENDING TIME WITH GRANDCHILDREN ADDS HEALTH AND WELL-BEING FOR SENIORS



Research published in the *Journal of Health and Social Behavior* found that grandparents who provided moderate caregiving — which translates to about four to 10 hours a week — were more likely to be physically active, experience greater well-being, have better language skills, and feel a stronger purpose in life. Plus, they're less likely to be [frail](#).

Those little ones can even make you feel younger. One study showed that caring for grandchildren can have a “rejuvenating effect,” making you feel at least two years younger than those who don’t care for their little ones. And the icing on the cake: Grandparenting may even help you live longer. According to research in *Evolution and Human Behavior*, grandparents who looked after their grandkids had a 37 percent lower risk of dying from any cause than their peers who didn’t.

Those are all great reasons to spend time with the grands, but the best reason of all is the simple joy of being together.

“Your job is to make those kids feel that they’re special,” Witkin says. “They will never remember that you did their laundry, but they will never forget when you splashed with them in that plastic pool in the backyard.”

There’s also the added joy of knowing that your positive relationship helps your grandchildren too. In a study of kids whose parents had gone through a divorce, a close relationship with Grandma and Grandpa helped them bounce back from the trauma. And other research shows that adolescents who are close to their grandparents report greater well-being.

What to Do with Your Grandkids

Looking for some ways to fill those happy hours? You don’t need to do anything fancy.

“The most amazing part of being a grandparent is that you get to see the world with new eyes,” says Kathy Kinsner, senior manager of parent resources at Zero to Three, an organization focused on helping parents give their kids the best start in life. “Everything is new to them — a walk through the yard to look at the ants or pick up pinecones and leaves. Skip the flashcards and the apps and pay attention. Don’t worry about coming up with activities, just follow their lead.”

The best part, according to Kinsner: “When it comes to grandchildren, you’re not responsible for how they turn out. You can enjoy them as humans by being open and accepting and just having fun.”

Here are four simple ideas to get you started:

1. Go Outside and Play

“It’s a great way for all of you to get exercise,” Witkin says. “The kids will give you plenty of opportunities to bend and [squat](#), and they’ll definitely make you move faster. Teaching them to ride a bike, for example, will give you more exercise than you’d ever get at the gym.”

Plus, Witkin points out, you’ll be burning up adrenaline and reducing your own stress. “That preserves your heart health, improves [blood pressure](#), and boosts your brain power. You’re working your whole body, and that adds years to your life.”

Not sure what to do? Go old school: Organize a game of tag or red-light-green-light or dig out the Hula-Hoops and have a competition. Rainy day? Play hide-and-seek in the living room or turn on some music and lead a parade around the house. “You’ll be bonding with the kids, plus you’ll be staying healthy. At the end of the day, you’ll be tired, but that’s a good fatigue.”

Any movement is good, both for your grandchildren and for you. New research from the American Heart Association shows that older adults who take part in light physical activity for 150 minutes a week cut their risk of dying from any cause by a whopping 67 percent. On the other hand, more sedentary folks have a 32 percent higher risk of dying. The takeaway: Keep moving!

2. Tell Stories As a grandparent, you’ve got the keys to your family’s story — the good, the bad, and the weird. That’s a cool treasure trove to share with the little ones.

“Storytelling is really good for our spirit,” says Amanda Dornfeld, a human development and relationships educator at the University of Wisconsin-Madison Winnebago County. “Get out the photo album and tell your grandchildren about your childhood, about how you and your spouse met, about the time you went on a trip to the lake. Recalling the details of your life is a way to reflect back on good times and difficult moments, and it offers great opportunities to connect.”

In a Finnish study, sharing intergenerational stories helped the kids and their elders strengthen emotional connections, preserve important traditions that might otherwise get lost, and boost a sense of well-being among storytellers and listeners alike.

Storytelling is also good for your mental health — and your grandchildren’s. A new study from the National Academy of Sciences found that after just 30 minutes of storytelling, hospitalized children who listened to stories showed a marked increase in levels of the feel-good hormone oxytocin, a decrease in cortisol (the stress hormone), and lower levels of pain.

3. Teach — and Learn from Them

Chances are you have something you love to do, and sharing it with your grandchildren can be a great joy.

“Teaching helps us build our brain capacity,” Dornfeld explains, “and it even helps us relearn the skill ourselves. It can be anything from woodworking and fishing to sewing and baking — you name it.”

And don’t forget to let your grandchildren teach you things as well — or make a plan to learn something together, like how to grow orchids or tulips. Or you can plant an herb garden, then learn to cook something with it. That shared experience of digging in the dirt is profoundly good for your mental health, Dornfeld says.

What’s more, studies show that the act of teaching a skill to another person enhances your own learning. So brush up your old skills and discover a new one with your grandchild. “Learning new things together has cognitive benefits,” says Dornfeld, “and that shared experience keeps us more connected.”

4. Read Together

One of the best bonding experiences of all is curling up with a good book. “There’s such a strong emotional connection when you read to kids,” Kinsner says. “It’s helpful in so many ways: Studies show that reading fiction makes people more empathetic and helps them take another person’s perspective. It can help kids identify their own emotions and solve problems. You can ask your grandchild, ‘What would you do if you were the character in this story?’” When the story ends, the fun is just beginning. “When you take what you’re reading and go out into the world, the ideas leap off the page,” Kinsner says. Depending on the plotline, perhaps you and your grandchild will want to make a pizza together or go outside and explore the backyard. You can even make your own book with index cards and crayons. Even if your grandchildren have progressed beyond picture books, you can still enjoy reading together. How about a book club, where you both read the same book and talk about it together over a cup of hot chocolate? One of the best things about reading is that you never outgrow it.



FEBRUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
			6:30 p.m. Confirmation			
6	7	8	9	10	11	12
5 th Sunday after Epiphany		6:30 p.m. Council Meeting	6:30 p.m. Confirmation			
13	14	15	16	17	18	19
6 th Sunday after Epiphany			6:30 p.m. Confirmation	Quilting a.m. 1:30 p.m. Bible Study		
20	21	22	23	24	25	26
7 th Sunday after Epiphany			6:30 p.m. Confirmation			
27	28					
Transfiguration of Our Lord						

New Scandinavia Lutheran Church
652 17 ½ Street (County Road O)
P. O. Box 128
Dallas, WI 54733
*Return Service Request

“In Christ, we reach, teach and celebrate God’s Word.”

Pastor Ron Gerl

Home phone 715-642-2913 (text is the best)
revgerlc@hotmail.com

New Scandinavia secretary: Rhonda Candler Office: 715-837-1041

nslc@chibardun.net
New Scandinavia www.newscandinaviachurch.org

