

# Network



## Weekly Newsletter June 1, 2023

*Make a joyful noise to the Lord, all the earth.  
Serve the Lord with gladness;  
come into God's presence with singing!  
~Psalm 100*



Welcome to summer! As we enter into these warmer months and a little more laid-back scheduling, we are excited for the time we will spend together as a church community. The *Summer in the Psalms* theme invites us into a beachy, tropical vibe of joy and rest, where the word of God is as constant as the waves of the sea and as vast as the grains of sand on the shore. Like a beach vacation, we invite you into the fun of summer rest and refreshment. Keep an eye out for some extra “excursions” to liven up the trip and a few ways to make some memories along the way. The Psalms give us words for praise and thanksgiving that join our hearts and voices with the saints through the ages who have loved and served our God with their whole being. This is what we will explore through these texts and the stories that will accompany them in worship. Come ready to hear and meet some new scriptural siblings and experience the peace that comes from resting in the presence of God. Wherever your summer takes you, we hope you can join us as you are able, for this summer holiday together.

Joy be the journey,  
Pastor Leslie

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## Congratulations Graduates !

Congratulations, graduates! No matter where you go, the love of Christ and the love from this community of believers will go with you.

"For I am

convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." - Romans 8:38-39

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## Ministry Night Meetings

**Tuesday, June 6, 6:30 pm**

All are welcome to bring their gifts and talents and participate in the ministry of their choice.

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## "One in the Spirit" Devotional Yoga Expanded offerings!

*Transforming the mind, body, and spirit*

Come join this non-judgmental, welcoming practice! We begin by connecting to one another and sharing a devotion, then warm up and move our bodies, and finally surrender in receptive prayer. Free will donations are collected and disseminated as follows: 80% back into the yoga program to purchase props and further develop the program, 10% to a chosen non-profit organization, and 10% back to Saint Andrew.

### **Morning Flow Yoga - 8:30 am Tuesdays (beginning June 6)**

### **Afternoon Flow Yoga - 4:30 pm Tuesdays**

This 60-minute mat-based flow class focuses on the fundamental yoga poses that make up a well-rounded yoga practice. Perfect for all individuals new to yoga and those who have been practicing for years that wish for a moderately vigorous flow. Emphasis is placed on listening to your body's innate wisdom to safely practice and align to the needs of your body on any given day. Students are encouraged to modify for a gentler flow or for a more powerful practice. Use of props, such as blocks and chairs, are modeled and encouraged to improve alignment and accessibility.

### **Adaptive Yoga**

### **8:30 am Wednesdays (beginning June 7)**

This 45-minute chair-based class will offer the benefits of the other yoga classes but use a chair as a prop for support, balance or advancing the pose as appropriate for each student. This class will be taught from a chair to honor those who do not wish to transition positionally to and from the floor, or those who may have an injury or health condition that is currently impeding mobility. A series of options are available to allow students to find the optimal balance between support and challenge. This class will incorporate a daily joint mobility series, and an exploration of alignment, strength, balance, flexibility, breath, and relaxation. Perfect for all who are looking to explore yoga in a chair or chair-assisted practice.

Participants are invited to stay for fellowship time after class. Bring your cribbage board, cards or board game, or favorite hobby for some social time in the middle of your week.

### **Bike & Yoga**

### **June 22, July 13, and August 10**

Enjoy a morning of biking followed by restorative yoga. Meet in the parking lot at 8:30 am with an 8:45 departure. Bike rides will last approximately 1-1 ½ hours. Upon return we will roll out the yoga mats in the Fellowship Hall for 45 minutes of yoga focused on restoring our "biking muscles."

**\*\*If anyone is willing to donate a used yoga mat, more are needed to provide a non-slip surface under the feet of the chairs. Please drop off used mats in the designated container in the Narthex.**

*"Yoga was never intended to be separate from devotion to God. The physical practice is to settle our bodies so we can sit with our breath, enjoy the healing Presence, and be connected in our relationship to God and each other. Union of body, mind, and spirit has always been the intended outcome of yoga practice."*

*Yogadevotion: Practicing in the Presence (Senarighi & Green, 2017, 4)*

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## Treasure Sale

*Thursday, June 8: 8:30 am-5:00 pm*

*Friday, June 9: 8:30 am-12:30 pm*

*Saturday, June 10: 8:30 am-12:30 pm*



Bring in your gently used donations through Tuesday, June 6 then come back and shop for new treasures! Donated items should be in good working order and in very good condition. The following items will not be accepted: computers, printers, televisions, phones, batteries, chargers, light bulbs, microwaves, carpets/rugs, paint/chemicals, large appliances or exercise equipment. A free-will donation will be received for most items in support of the Ferris family.

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## Sunday Funday

*Sunday, June 11 - 5:30-7:30 pm*

Please join us for the first Sunday Funday this summer: ***A Bible and BINGO Bash***. There will be a Sunday night devotion followed by a taco bar dinner and BINGO with door prizes. Bring your family and invite some friends! Please sign up using the QR code or click here [click here](#).



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## Volunteers Needed

### Painters and General Projects

There are several indoor and outdoor projects to be accomplished over the summer which range in skill-set from painting to general cleaning. Currently a few volunteers are needed to help with a painting project ***June 14– 17***.

Please contact Patrick at [patrick@salc-wausau.org](mailto:patrick@salc-wausau.org) if you have any questions or would like to volunteer.

### Weeding Assistance





It is that time of year again when everything is in beautiful bloom, which also means...weeds. Volunteers who are willing to get a little dirty and help maintain the landscaped areas around Saint Andrew are needed to "adopt" an area to maintain for the summer season.

A sign-up sheet is located in the Narthex with a diagram of the areas around the church building that need some weeding TLC. Locate an area you would like to adopt and sign up accordingly.

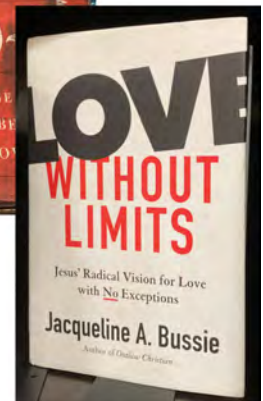
Buckets/bags for weeds, kneelers and basic garden tools are provided and located behind the dumpster in the garbage coral. You are welcome to bring gloves and preferred weeding tools. There is no set schedule for when the work needs to be done, however, if you will need access to the building, the Summer Office hours are Monday-Thursday 8:30 am-4:30 pm. Any questions, please contact Patrick at [patrick@salc-wausau.org](mailto:patrick@salc-wausau.org).



## Library Highlights

Bring a book with you on vacation! Check one out at the Saint Andrew library in the Fellowship Hall! Thanks to Susan Paisar for updating our library today and sharing some of her new favorites below:

In ***"Love Without Limits,"*** Jacqueline A. Bussie imparts practical solutions for people of faith who yearn to love across division, difference, and even death in today's troubled times. ***"You Welcomed Me: Loving Refugees and Immigrants Because God First Loved Us"*** answers the question Kent Annan's son asked him: "Wait, Dad. Are we for them or against them?"



## Summer Worship

Sundays  
9:00 am

## Summer Office Hours

Monday-Thursday  
8:30 am-4:30 pm

## Recorded Worship on Spectrum

Sunday worship is livestreamed on the SALC Facebook page each week. The recorded service can then be found on Charter/Spectrum channel 980 on the following days and times:

Tuesday 2:00 pm

Thursday 10:30 am

Friday 6:00 pm

Sunday 7:00 am

June Calendar

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Contact Us

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