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# Network



## Weekly Newsletter June 8, 2023

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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***

***Sunday Before and After Worship***



Come and shop at the Treasure Sale! Please use the Northwest entrance on Thursday, Friday and Saturday. The sale takes place in the Activity Room and the Sunday school rooms across the hall. A free-will donation will be received for most items with proceeds supporting the Ferris family.

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## Sunday Funday

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

Join us for ***A Bible and BINGO Bash*** to include a devotion, 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](#).



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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).



## **“Love Is Something You Do” Shoes and Shorts Needed**

The Open Door in Wausau runs a clothing closet for anyone in the community in need. Currently there is a need for men's and women's sneakers and sandals and men's shorts. Donations can be placed in the "Love is Something You Do" box until mid July.

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## **June Noisy Offering**

A Noisy Offering will be received on ***Sunday, June 18*** in support of The Open Door in Wausau.

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## **Saint Andrew Spending Plan Update**

	<u>May</u>	<u>YTD</u>
Your Gifts Returned to God	\$37,408	\$234,897
Ministry Costs for Saint Andrew	<u>\$48,239</u>	<u>\$279,529</u>
Gifts Greater (Less) Than Costs	(\$10,831)	(\$ 44,632)

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SOWING SEEDS OF LOVE,  
GROWING IN SPIRIT



A worship service hosted by the Wausau-  
area ELCA churches for the community.

All are welcome.

Free lunch to follow with  
games and activities for everyone.

**SUNDAY | JULY 16, 2023 | 10:30 A.M.**

**ROTHSCHILD PAVILION**

1104 Park St, Rothschild, WI 54474

**Hosting Congregations:**

*Wausau:*

Good Shepherd,  
Immanuel Lutheran,  
Pilgrim Lutheran  
Saint Andrew  
St. Stephen

*Kronenwetter:* Bethlehem

*Mosinee:* St. John

*Rothschild:* Mt. Calvary



Evangelical  
Lutheran Church  
in America



**"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**

**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***

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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## 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

## Saint Andrew Lutheran Church

(715) 842-3333

[office@salc-wausau.org](mailto:office@salc-wausau.org)

[www.salc-wausau.org](http://www.salc-wausau.org)