
Network



Weekly Newsletter
June 15, 2023

Sexton Positions Open

Saint Andrew is seeking 2-4 high school students to share Sunday Sexton responsibilities beginning this summer for the 9:00 am service and covering the multiple Sunday services in the fall. The role of the Sexton is to collaborate with the Pastors, staff, and lay leadership of the congregation to help maintain campus order during Sunday worship and activities at Saint Andrew Lutheran Church. This is a paid position and monthly schedules are worked out based on availability. If you are interested, please send an email to personnel@salc-wausau.org or call or text

Wayne Johnson @715-370-5263 and additional information will be provided and an interview set up if desired. Job shadowing can be set up with the current Sexton, Nick Josiger.

Weeding Assistance Needed

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 corral though you are welcome to bring your own. 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.



“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.

June Noisy Offering

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

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)



For more information, please see the Finance and Stewardship bulletin board just outside the office.



Sunday Funday

Sunday, July 9 - 5:30-7:30 pm

Join us for a **Pizza and Movie Party with Jesus** to include a devotion, pizza for dinner, movie and popcorn. Bring your family and invite some friends! Please sign up using the QR code or [click here](#).



Ministry Night Meetings

Tuesday, July 11, 6:30 pm

All are welcome to bring their gifts and talents and participate in the ministry of their choice. The meeting begins as a large group in the Sanctuary, then individual ministries break out into their own meetings, then the large group gathers again for a short follow-up before closing for the evening.



SOWING SEEDS OF LOVE,
GROWING IN SPIRIT

PRAISE
and
Worship

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.
ROTSCHILD 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)



Fair Trade Products Available

Fair Trade products are available for purchase in the Narthex! An honor system is set up to receive payments for products purchased.

Pastoral Visits

If you, or someone you know need a pastoral visit during a hospital stay, please let us know by contacting the church office at 715-842-3333.

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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[Calendar](#)

[Contact Us](#)

Saint Andrew Lutheran Church

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