

# TOGETHER IN FAITH

Let us gather as a community to celebrate the blessings that surround us



## Sparking Hope: In Silence

By Pastor Taryn Montgomery -- Synod Minister for Discipleship & Christian Community

### Guiding Verse: Psalm 46:10

*Be still, and know that I am God.*

### The Why:

I remember my first silent retreat. An hour in, and I thought I might go crazy.

I grew up in a household filled with noise. And I currently live in a household that's even noisier (and filled with more people!) than the one I grew up in. I admit that there is something oddly comforting about a multitude of sounds all around me. Whether it's the hum of the dishwasher, the rumble of the washing machine, or the kicking-on of the furnace. Or the news playing in the background, my new favorite podcast while cooking dinner, or an

audiobook while I drive. When I am surrounded by noise, I feel less alone. Less "by MY-self."

Sitting in that small and quiet (eerily so) retreat cabin in those first hours was - well, nerve-racking. And I was going to have to do this for the next 48 hours! By MY-self. No talking, no music, no emailing, no Netflix to fill my time. Only books, journaling, walking, or sitting by the lake (ok, poor me). Only me and my thoughts, my prayers, my wonders, and my worries.

And the hum of the refrigerator.

Five hours in, however, I was feeling a bit better. Slightly more grounded, more open to the experience.

## Sunday Worship

### Trinity Lutheran Church

Every Sunday at 8:00am

### Oak Lake Lutheran Church

Every Sunday at 11:15am

## Connect with Us

### Pastor Tim Ehling

320-226-7074 | [pastortim94@gmail.com](mailto:pastortim94@gmail.com)

### Oak Lake Lutheran Church

53131 Shadow Oak Road, Box 17

Kerrick, MN 55756

218-485-8710

[oaklakechurch.org](http://oaklakechurch.org)

### Trinity Lutheran Church

7576 Lincoln Street

Bruno, MN 55712

320-838-3596

[tinyurl.com/Trinity-Bruno](http://tinyurl.com/Trinity-Bruno)

## Kettle River Conference Church Cooperative

*Stay updated with upcoming events, news, weekly Bible verses, and share prayer requests.*

Website: [kettleriverchurchcoop.org](http://kettleriverchurchcoop.org)

Facebook Page: Kettle River Conference Church Cooperative, ELCA

## Have News to Share?

For questions or to submit content for Trinity, Oak Lake, or Kettle River Co-op communications, contact Amy Nos at [ajnos16@hotmail.com](mailto:ajnos16@hotmail.com) or 218-481-5636 – she's happy to help!

By the next morning, I felt less alone. Maybe even seeing the value of this silent space. Twenty-four hours in, I found myself hiking along a backwoods pond. The sound of leaves crunching beneath my feet and loons in the distance - my only company. By the time my silent retreat ended, I wasn't sure I was ready for the noise again. To speak, to turn on the car stereo for my drive home felt like a re-entry into my "normal" way of being. I wasn't sure I liked it. I wanted to harness the experience, to hold on, to keep "by MY self."

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When the noise fades,  
God's presence becomes  
clearer.

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Silence is a gift. One we don't experience often enough I think. Jesus was all about it. More than once in scripture he went off to a quiet place to pray. To consider and re-consider. To seek sanctuary from the crowds, the commotion, even his own disciples. To sit with HIS self and his God. To be one with the Spirit stirring within.

It's a powerful gift. Silence. One that changes us and challenges us. Try it. It may be hard at first but trust me - God will show up in profound ways. Within you and around you. In your very SELF.

#### Discussion Prompts:

- Recall a time when you were silent. Truly silent. What did you notice? What did you hear? How did it feel?
- How might you model Jesus' approach to seeking silence? Does his example resonate with you? Scare you? Inspire you?

*Sparking Hope is a resource of the NEMN Synod-ELCA. For more information and additional monthly resources, please visit [nemnsynod.org](http://nemnsynod.org).*

## News for March

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### Come Join Us Bowling! 🎳

Join us on **March 8th at 2:00 pm** for a fun afternoon of bowling! The Oak Lake Event Committee has reserved four lanes for our church family, and all ages are invited. Bring your family and friends for a time of fellowship and friendly competition.

**Cost:** Shoes \$3 | Games \$4 per game

🏠 Oak Lake Lutheran high school seniors bowl free (shoes + one game covered by the church).

We hope to see you there!

### Souper Bowl Of Caring - Food Pantry Collection

Oak Lake Lutheran is collecting soup and canned goods for the Food Shelf in Bruno. Please place your donated items in the "**Souper Bowl of Caring**" shopping cart located in the narthex.

Thank you for caring and helping support our neighbors in need!

### Mental Health Moment: Sitting in Silence

Silence benefits your well-being. How and when do you include quiet time in your day? According to CALM, making space for intentional quiet time helps reduce stress, boost mental clarity, enhance creativity, support emotional regulation, and can increase self awareness. Develop a quiet time plan today. To learn more, check out

<https://www.calm.com/blog/benefits-of-silence>.

### 🎵 Save the Date:

### Hymns & Hops! 🍷

Mark your calendars for **April 13th** and join us for another **Hymns & Hops** at **Moose Lake Brewery** with Nathan Frazier. More details to come, but plan now for an evening of great music, fellowship, and fun!

### Blooming in Faith: A Women's Wildflower Study

You're invited to gather in community with other women as we **immerse ourselves in the beauty of God's creation, dive into Scripture, and find meaningful fellowship together.** Our study will center on *The Way of the Wildflower* by Ruth Chou Simons, who writes: "To the one who imagines that unburdened is possible only when you are surrounded by wildflowers and mountain air; Jesus is better, and you are more loved than the flowers of any field."

We will meet at **Trinity Lutheran Church** on **Wednesdays at 4:30 PM, beginning April 1** (as schedules allow).

Please call or text **Julie Domogalla** at 320-279-2707 so we can plan for books and supplies.

Come grow, reflect, and be refreshed together.

# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Bruno Food Shelf Hours:</b> Monday, Friday & Saturday 1-2pm			<b>Daisy's Thrift Store Hours:</b> Monday, Friday & Saturday 10am-3pm; Thursday 3-6pm			
<b>1</b> Trinity Worship 8am OL Worship 11:15am	<b>2</b> Health Council 4:30pm at OL  <i>Pastor's Day Off</i>	<b>3</b> Trinity Council 7pm	<b>4</b> <b>Lenten Services</b> Oak Lake 7pm (meal at 6pm) Emmanuel 7pm (meal prior) Bethany 6:30pm (meal prior)	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b> Trinity Worship 8am Potluck to follow OL Event Mtg 10:15am OL Worship 11:15am Bowling 2pm at Route 61 in Moose Lake	<b>9</b> <i>Pastor's Day Off</i>	<b>10</b>	<b>11</b> <b>Lenten Services</b> Trinity 7pm (meal at 6pm) Grace 7pm (meal prior) Bethany 6:30pm (meal prior)	<b>12</b> Auxiliary 3pm at Trinity	<b>13</b> Funeral Visitation 5-7pm at Trinity	<b>14</b> Funeral 2pm at Trinity (Visitation 1pm)
<b>15</b> Trinity Worship 8am OL Property Mtg 10am OL Worship 11:15am	<b>16</b> <i>Pastor's Day Off</i>	<b>17</b> WELCA Quilting / Bible Study / Meeting 9:30am at OL  Oak Lake Council 6:30pm	<b>18</b> <b>Lenten Services</b> Oak Lake 7pm (meal at 6pm) Emmanuel 7pm (meal prior) Bethany 6:30pm (meal prior)	<b>19</b> <b>Newsletter Deadline</b>	<b>20</b> Legion 6pm at Trinity	<b>21</b>
<b>22</b> Trinity Worship 8am OL Worship 11:15am	<b>23</b> <i>Pastor's Day Off</i>	<b>24</b>	<b>25</b> <b>Lenten Services</b> Trinity 7pm (meal at 6pm) Grace 7pm (meal prior) Bethany 6:30pm (meal prior)	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b> Palm Sunday Service Potluck Brunch to follow - More details to come	<b>30</b> <i>Pastor's Day Off</i>	<b>31</b>	<b>OL Worship Servants:</b> Altar Guild: Laurie Jorgensen and Julie Gunderson Readers: David Dipman and Laurie Jorgensen Communion Server: Jeff Edin/Tony Koecher Greeters, Acolyte, and Sunday Coffee Hosts: Volunteers  <b>Trinity Worship Leaders:</b> Amy Nos and George Nos			