CHRIST THE SERVANT LUTHERAN CHURCH

MAY 2026

FROM THE VICAR

I wanted to thank all the congregation and congregants who have shown me support in my big change to serving full-time at CTS. I accept that my learning curve has been moving me to be more outside of my comfort zone. These past few months have been exciting but I can see that God knows my abilities needed to be greatly used and sharpened even though I was a missionary in Hong Kong. I am really excited to serve here as first a vicar and then a pastor.

I was reminded of the Peace that God has given us so lavishly in His resurrection. The hardest part is being the one who crucified Jesus. I betrayed Him. The Crucifixion is not the way of the world. We are constantly being told that the Crucifixion is too ugly and hard to swallow. No one sees it as a way to anything. Why did He come healing and serving and then go to the Cross? It doesn't make any sense to us. But in my striving and busy mind, I am at peace when He has spoken the truth; that He is the truth, the way and the life.

He knows that my mind should be put at rest with His word, “Peace be still”. I need it the most when times are uncertain and I am tossed by the unknown future. I will not get that peace anywhere else in the world, but I still strive and struggle to find it in this fallen system. That's why we need the Holy Spirit to bring us to the end of striving; the end of sin, so that He can bring forth new life.

Peace be with you from Jesus Christ who has created a new thing, Faith in you.

Happy & Blessed Easter

Vicar Jared Weich

HEALTH MINISTRY

Sleep Hygiene

What is sleep hygiene? It is a term used to describe good sleep habits. It is an important part of treating insomnia by practicing suggested strategies that can provide long-term solutions to sleep difficulties.

Sleep hygiene tips include:

1 Get regular sleep -- one of the best ways to train your body to sleep well is to go to bed and get up at more or less the same time every day, even weekends and days off. This regular rhythm will make you feel better and give your body something to work from.

2 Sleep when sleepy -- only try to sleep when you actually feel tired or sleepy, rather than spending too much time awake in bed.

3 Get up and try again -- if you haven't been able to fall to sleep after about 20 minutes or so, get up and do something calming or boring until you feel sleepy, then return to bed and try again. Avoid doing anything that is too stimulating or interesting, as this will wake you up even more.

4 Avoid caffeine and nicotine for at least 4-6 hours before going to bed. These substances act as stimulants and interfere with the ability to fall asleep.

5 Avoid alcohol -- it is best to avoid alcohol at least 4-6 hours before going to bed. It actually interrupts the quality of sleep.

6 Bed is for sleeping and intimacy so that your body comes to associate bed with sleep. If you use your bed for watching TV, eating, paying bills, reading, working on your laptop and other things, your body will not learn this connection.

7 No naps -- it is best to avoid naps during the day, to make sure you are tired at bedtime. If unable to make it through the day without a nap, make sure it is less than an hour and before 3 p.m.

8 Sleep ritual -- you can develop your own ritual of things to remind your body that it's time to sleep. Some people find it useful to do relaxing stretches or breathing exercises or sit calmly with a cup of caffeine-free tea.

9 Bathtime -- having a hot shower 1-2 hours before bed can be useful, as it will raise your body temperature, causing you to feel sleepy as your body temperature drops again.

10 No clock-watching -- many people who struggle with sleep tend to watch the clock too much. Frequently checking the clock during the night can wake you up and reinforce negative thoughts.

11 Exercise -- regular exercise is a good idea to help with good sleep. Try not to have strenuous exercise in the 4 hours before bed. Morning walks are a great way to start the day feeling refreshed.

12 Eat right -- a healthy, balanced diet will help you to sleep well, but timing is important. It can be helpful to have a light snack, as an empty stomach is distracting. Some people recommend a warm glass of milk which acts as a natural sleep inducer. A heavy meal before bed can interrupt sleep.

13 The right space -- it is very important that your bed and bedroom are quiet and comfortable for sleeping. A cool room with enough blankets to stay warm, curtains or an eye mask to block out early-morning light, and earplugs if noise outside your room.

14 Keep daytime routine the same -- even if you have had a bad night's sleep and are tired, it is important to try to keep your daytime activities the same as you had planned. Don't avoid activities because you feel tired. Avoiding activities can reinforce the insomnia.

Donna Young

A NOTE FROM YOUR PRESIDENT

As Christ the Servant travels with bigger steps into another transition period for our membership, I borrowed a book from our church library (which I encourage everyone to explore and take advantage of; there's a lot of good stuff there.) I chose a book entitled "Who Broke My Church" by Kent Hunter which the jacket told me seeks to show what actually works in churches that are efficient, effective, and thriving. I believe, regardless of our size, that is our goal and it is not geared to membership numbers but rather to membership effectiveness. Within my first 10 minutes of reading, I was smitten. The size of a church, he said, is less important than their commitment to the Kingdom Mission. In those same few opening pages, this was stated:

Restoring your church to a healthy, transforming condition is like "driving a car at night. You never see further than your headlights but you can make the whole trip that way."

Think about that. Stay positive and involved. Pray daily and read the Word. Spread the word of God. Talk willingly about our small but welcoming little church and what it has done and does for you. The faithful in God's Kingdom are never unrewarded.

Lu Carter

May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	OFFICE HOURS Monday--Thursday 8 a.m. to noon				1 6:30 Girl Scouts	2
3 9 Sunday school 10 Worship Fellowship	4	5	6	7 7 Scouts round-table	8	9
10 MOTHERS DAY 9 Sunday school 10 Communion Potluck	11	12	13 11 Rejoicing Spirits	14	15 6:30 Girl Scouts	16
17 9 Sunday school 10 Worship Fellowship	18 6 Country Piece-makers	19 9 quilting class 6 MOPS	20	21 6:30 Council	22	23
24 PENTECOST 9 Sunday school 10 Worship Fellowship	25 MEMORIAL DAY (office closed)	26	27	28	29	30
31 HOLY TRINITY 9 Sunday school 10 Communion Fellowship		**Upcoming Events** June 6, soup & sandwiches, 11 a.m. to 2 p.m. June 1-15, staff the Food Pantry, 9:00 to 11:30 a.m.				

Christ the Servant Lutheran Church
P.O. Box 2044
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VOLUNTEER SCHEDULE

Please trade with someone if you are unable to serve when scheduled

MAY	GREETER	USHER	LECTOR	COMMUNION	OFFERINGS
3	Donna	Warren	Charlie		Charlie & Louise
10	Charlie & Louise	Doug	Lu	Mary SauMan	Doug & Pat
17	Doug & Pat	Al	Greg		Charlie & Louise
24	Donna	Warren	Charlie		Doug & Pat
31	Al & Sharon	Greg	Lu	Linda Megan	Charlie & Louise

VOLUNTEERS NEEDED: Altar Guild, coffee/fellowship, communion assistants, greeters, lectors, ushers, Membership Care, offering counters, sound booth. Contact the church office; training will be provided.

BIRTHDAYS & ANNIVERSARIES

May 8	Megan Phillips
May 15	Louise Skoglund
May 19	Jerry & Brenda Beaudette
May 24	Marsha Burke
May 31	Riley Ingebritson

In Our Prayers

Immanuel Lutheran in Ceresco and
Pastor Joseph Lambert

March Financial Report

Income	$12,723.26
	YTD 31,287
Expenses	$11,203.92
	YTD 32,738.43
Net	$1,519.34
	YTD -1,450.83

Pastoral Acts

March 29, 2026
Confirmation of
Aaron Weich

April 5, 2026
Ordination of
Vicar Jared Weich

CARD OF THANKS

To each of you at CTS we say thank you. Thank you for your love, for your support and for the great ministry. Continue to grow and work together to do as He asks of you.
God's Peace, Ron and Pastor