



AUGUSTANA WITNESSES

newsletter

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Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

~Philippians 4:6-7

WORRY LESS??? PRAY MORE????

Really? Is it really possible to worry less? Is it possible if I simply pray more? According to scripture it is absolutely possible! Therefore it is possible. Matthew 6 and Luke 12 both record Jesus asking, "And can any of you by worrying add a single hour to your span of life?" There are other verses too that tell us to stop worrying.

Doctors and psychologist indicate that not only can we not add a single hour to our lives by worrying but that we may be shortening our lives by worrying. WebMD list these effects that can be caused by worry: Suppression of the immune system, Digestive disorders, Muscle tension, Short-term memory loss, Premature coronary artery disease, and Heart attack. This same article suggests taking steps to manage your anxiety and worry by: talking to your doctor, daily exercise, healthy diet, limiting caffeine, setting aside 15 minutes/day to ponder your problems then not allowing yourself to think about them outside of the allotted time, learn relaxation techniques, meditation, developing a strong social network, and talking to a professional therapist.

It's no secrete that diet and exercise are good for the body AND and the brain. There is helpful advice listed. But do not neglect the Apostle Paul's advice, "by prayer and supplication with thanksgiving let your requests be made known to God." Unlike WebMD's recommendations, Paul's advice comes with a promise. Taking your problems to the throne of God is giving your problems to the ONLY one big enough to handle them. Approaching the throne with thanksgiving in your heart reminds you of some of the things that God has already taken care of for you. Trusting God to deal with the issues that eat at you, frees up a whole lot of brain space. And now that brain space can be used for good. Now you can sing (out loud or silently) praises to the Almighty! Now you can spend time in devotion and prayer. Now you can pray for your brothers and sisters in Christ. Now you can focus on what the next few verses in Paul's letter suggest we focus on:

“Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.”

Philippians 4:8-9

What a difference God makes in your life! Give thanks to our Lord!

Pastor Becky

Pastor Becky Hand

Faith fellowship Odessa TX

The WebMD article referenced in this piece is. <https://www.webmd.com/balance/guide/how-worrying-affects-your-body>.

A Call To Return by Pr. Tom Thorstad

At the Augustana District Gathering, I shared with the district God’s call to return to Southeast Asia’s mission field, particularly to live in Laos and regionally in three countries. I am thankful that the district has endorsed me as their missionary. When we left Laos in 2017-2018, we knew that God would call us back one day, and that day has come. Our roles will change as we are returning to support Lutheran pastors and churches in teaching at three different theological seminaries: Myanmar Institute of Lutheran Theology, Yangon, Myanmar (Burma); Bangkok Institute of Theology, Bangkok, Thailand (partner seminary of the Evang. Lutheran Church Thailand); and now the Global Theological Seminary for Laos. My wife and I will continue our work with Bible translation and work with groups as consultants and coordinators for tribal languages of unreached people groups. In addition, my wife will be working to support the youth ministry program in Laos.

We can return to Southeast Asia by trusting God to provide long-term partners through churches and individuals. To return, we have two budgets to reach; one is our launch budget to help cover moving expenses and many up-front costs we will have when we arrive. The other is our monthly budget which includes our living, education costs for our kids, and ministry costs to serve the people we are working with. To reach those budgets, we need partners to support us now. We are asking churches and individuals in AD to join and partner with us to achieve this goal. I am happy to do a Zoom meeting with your church leadership or individuals who want to learn more. Please contact me at tomt@heartformission.com or my cell phone at 716-990-6244. You can find out more at www.heartformission.com or www.alwm.org/heartformission. Heart for Mission is a ministry of Awakening Lives to World Missions which is a vetted ministry of AD.



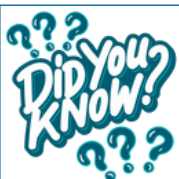
Tribal Children at Outreach Event in Northern Laos



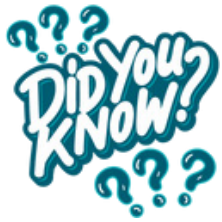
Pastors Thomas and Deuane Thorstad and Family



Pr. Deuane teaching worship and liturgy to future pastors.



Did you know that the Board of World Missions has created an exciting new brochure that you can share with your congregation and friends? Download it here:
<https://augustanadistrict.org/wp-content/uploads/2023/06/2023.BWM-brochure.pdf>



... in May the district hosted a new event, a **First Call Retreat?** This event had 26

participants, both first call pastors and presenters who gathered for fellowship, encouragement and shared wisdom about being a pastor. This new annual event will return next year. Watch for details as they become available.



Read the latest "By The Word" LCMC Newsletter: www.lcmc.net/files/newsletters/LCMC_2Q2023_Newsletter_PrinterFriendly.pdf

Financial Reminder

Support can be sent to the district on-line via the website at augustanadistrict.org or via USPS by sending checks made out to: Augustana District – if you are sending support to a specific mission, please note that on a separate paper or in the memo section of the check do not add it to the Payable to line. The check must be made out to AUGUSTANA DISTRICT only.

Congregations To Pray For In July...

- ✝ Moe Lutheran & Trinity Lutheran Churches, Hudson, SD
- ✝ New Creation Lutheran Church, Perham, MN
- ✝ New Hope Lutheran Church, Comfrey, MN
- ✝ New Life Lutheran Church, Duluth, MN
- ✝ North Immanuel Lutheran Church, Pelican Rapids, MN
- ✝ Our Redeemers Congregation, Badger, MN
- ✝ Our Saviors, Lamberton, MN
- ✝ Our Saviour's Lutheran Church, Nelson, MN

Church Support Staff Support Group

Beginning July 11 - Church Administrator/Secretary/HR/Finance Coordinator Support Group

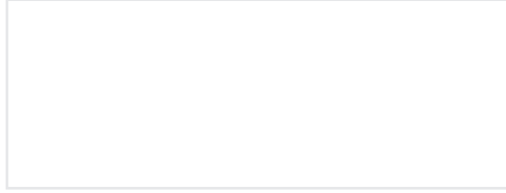


Do you sometimes feel like you are all alone, trying to figure out the best way to do things? Do you wish you had someone to talk to who understands the challenges of your day? Do you have a lot of experience in the church office that could be helpful to new office staff that you could share? Would you like to network with others in the same field?

If you answered yes to any of these questions then this new support group is for you! This group will meet for one hour, once a month, via Zoom to share struggles, ask questions, advise, encourage, and pray for one another. It is open to all church office staff as well as pastors and volunteers who work on church communications, scheduling, finance, etc. If this is something you would be interested in please reach out to the Augustana District Office at office@augustanadistrict.org or 320-234-8403

for more information. The group is currently planning to meet on the second Tuesday of each month. Time of day will be set based on what works best for those participating.

Please share this information with anyone you think may be interested in participating in this group.



Address Service Requested

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Augustana District



Women of the Word 2023 Fall Gathering

Saturday, September 16, 2023

Hosted by

St. Johns Church • Springfield, MN

Registration form available at

augustanadistrict.org/church/women-of-the-word

Registration Now Open

The First Annual AD High School Retreat!

October 20-22, 2023 • Camp Okoboji • Milford, IA.

This retreat will feature a study of Ephesians that will be led by pastors of the Augustana District. Share this date with your high schoolers and their families and register at

www.augustanadistrict.org/events/2023-hs-retreat/

CHURCHES: PLEASE ADD THIS INFORMATION TO YOUR CALENDAR AND/OR NEWSLETTER!

