



UPDRAUGHT

Booklet by Lutheran Church Oberstdorf
for the Nordic World Ski Championships 2021



WELCOME

Welcome to the Nordic World Ski Championships 2021 in Oberstdorf.

Great to have you here.

After 1987 and 2005, Oberstdorf once again hosts the Nordic combined, ski jumping and cross-country competitions.

We have been preparing everything for a long time and could hardly await the opening day.

We are still very happy and follow the World Championships with all our hearts. Even if the good UPDRAUGHT is missing – the many fans, who cheer on the athletes to give their best and turn our village into a colourful sea of languages and nationalities.

With this booklet, we want to provide you, as athletes, officials or volunteers who are taking part in the World Championships, with the required UPDRAUGHT for unforgettable competition days.

WELCOME

We would like to invite you to allow yourselves a few silent moments during those days. Your soul needs a break now and then – as does your body.

You may find silence everywhere. Where voices fall silent and you can hear the silence, it works best, of course.

Therefore, our church is open for you all day. You may light a candle, say a prayer or leave a prayer at our wall of prayers.

You can find our church, Evangelische Christuskirche, easily in Freiherr-von-Brutscher-Straße 7, in the immediate vicinity of Oberstdorf Haus and our park.

We would like to wish you a fulfilled time in these exciting days with us in Oberstdorf.

Roland Sievers
Pastor

Daniela Ditz-Sievers
Pastor



GET WELL INTO THE DAY

There is hardly something more beautiful than starting the day with a view to the mountains of Oberstdorf. Their sight is like a promise of God: I am here – always and everywhere.

My eyes are lifted up to the hills:
O where will my help come from?

Your help comes from the Lord,
who made heaven and earth.

May he not let your foot be moved:
no need of sleep has he who keeps you.

See, the keeper will not be shut in sleep.

The Lord is your keeper;
the Lord is your shade on your right hand.

You will not be touched by the sun in the day,
or by the moon at night.

The Lord will keep you safe from all evil;
he will take care of your soul.

The Lord will keep watch over your going out
and your coming in, from this time and for ever.

Psalms 121

GET WELL INTO THE DAY

I arrive in this day.

I rub the sleep from my eyes.

I stretch myself. I yawn.

My breath is streaming in and out.

I am alive and thankful.

Dear God, I am alive. A new day, you give to me.

I am looking forward to having breakfast.

To the people, who will accompany me today.

And to those, whom I will get to know.

Dear God, I am alive. Whatever will happen to me today lets the zest for live grow in me.

The pleasure in sports and movement motivates me.

It helps me to get over difficult moments.

Dear God, I am alive. Remind me today of how mportant my body is when I lay my soul open to you and wait for a good word, which nourishes me and helps me to live.

Dear God, I am alive.

I thank you.

Today and every day.

Amen

BEATITUDES

In the Sermon on the Mount, Jesus blesses those, who are not fortunate in life.

Blessed are the poor in spirit:
for the kingdom of heaven is theirs.

Blessed are those who are sad:
for they will be comforted.

Blessed are the gentle:
for the earth will be their heritage.

Blessed are those whose heart's desire
is for righteousness:
for they will have their desire.

Blessed are those who have mercy:
for they will be given mercy.

Blessed are the clean in heart:
for they will see God.

Blessed are the peacemakers:
for they will be named sons of God.

Blessed are those who are attacked
on account of righteousness:
for the kingdom of heaven will be theirs.

Matthew 5, 3-10

BEATITUDES

The sportive Beatitudes know about victories even without medals and trophies.

Blessed are those who remain humble when winning.
Their team will honour them.

Blessed are those who show character when losing.
They will be respected.

Blessed are those who rely on their own strength.
Fair play is appreciated.

Blessed are those who give their best.
This is a victory of great will power.

Blessed are those who show their best performance
in the competition. The training payed off.

Blessed are those who know their strength.
Their body will be thankful.

Blessed are those who see the human in their competitor.
Friendship knows no bounds.

Blessed are those who can recover doing sports.
The mind will be cleared for new thoughts.

Blessed are those who exercise body and soul.
Joy gives life the necessary drive.

Blessed are those who praise God, who gave life,
with body and soul.

PRICE OF FAIRNESS

Fairness is a question of charity (1. Corinthians 13)

When I fought for the highest title and put all my energy into winning, and there was nobody, who loves me, and nobody, whom I love, I would only be a functional pile of muscles.

When I focused all my thinking and doing on sports, sacrificed my entire life for physical exercise, and there was no love involved, what use would it have?

When all athletes and teams stuck to the rules and renounced fouls, cheating and lies, and there was no love in the people, all goodwill for fair play would be of no avail.

And when we could rely on it that all athletes and referees would give their best to make sure that winners and losers are fine, that they are accepted irrespective of the result and can compete with each other again and again, and God put no love into the hearts of protagonists and spectators – such a sport would be no blessing.

Therefore, I need fitness for each fair competition, faith, hope and charity.

But the greatest of these is charity.

TRUST

„Have no fear, for I am with you; do not be looking about in trouble, for I am your God; I will give you strength, yes, I will be your helper; yes, my true right hand will be your support.“

(Isaiah 41, 10)

No victory is self-made. It is always other people, who enable athletes to win.

Families must do without them for months.

Coaches pay attention to technique and fitness.

Service people are testing and waxing to provide the optimal ski.

Many attendants take care of the organisation to make sure that athletes can remain focused.

No winner can claim the victory for himself or herself.

Their top performance was made possible by others.

Trusting in others is the basis for success.

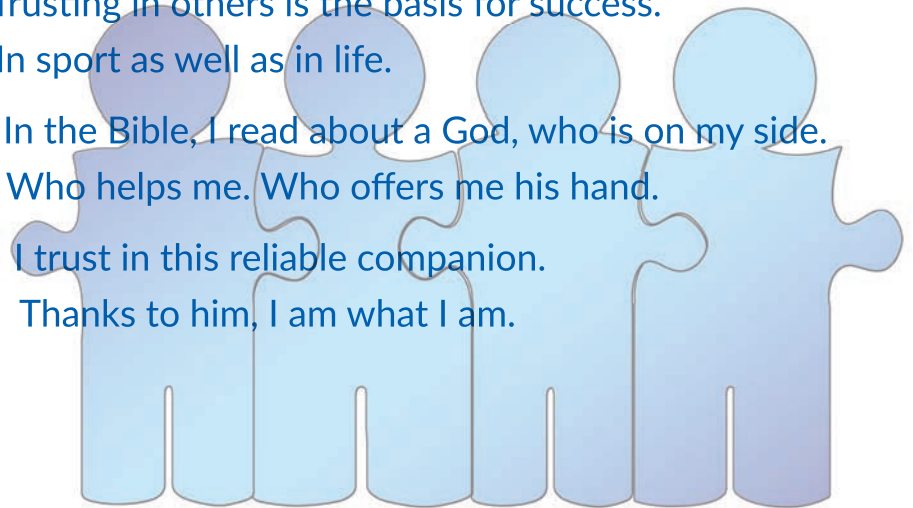
In sport as well as in life.

In the Bible, I read about a God, who is on my side.

Who helps me. Who offers me his hand.

I trust in this reliable companion.

Thanks to him, I am what I am.



STRONG HEROES

„The Lord is my strength and my breastplate, my heart had faith in him and I am helped; for this cause my heart is full of rapture, and I will give him praise in my song.“

(Psalm 28, 7)

With an acrobatic masterpiece, Manuel Fettner received compliments from all during the Nordic World Ski Championships 2013 in Val die Fiemme. The WSC debutant landed after a jump to very good 128 metres from the large hill, but directly after the telemark, a ski loosened.

“I had to get over the fall line somehow“, Fettner later said. He bravely stood on the remaining ski and tried to balance it out using his other foot. The impossible worked out – and Fettner cheered like a World Champion. Behind the fall line, he plummeted into the snow. Thanks to his jump, Austria was able to get the decisive lead in the team competition and finally won their only ski jumping gold medal of the World Championships.

A wonderful symbol for strong heroes in life. In the Bible, I read about people, whom God makes so strong that they defy falls and are able to keep their balance. Those who manage, have every reason to be happy and cheer like a World Champion.

Sie sind die Farbtupfer bei den Weltmeisterschaften. Athlet*innen, die das Jahr über beim Weltcup sportlich nicht in Erscheinung treten. Und bei der Medaillenvergabe keine Rolle spielen. Und trotzdem treten sie an.

They come from Mongolia, Trinidad and Tobago, Mexico or Tonga. They come with their dream to be able to once compete with the best. Even if they have no chance to win: they are ambitious nevertheless. Who wants to be last after all?

“Everything else than the last place would be a sensation“, said Costa Cordalis before the start of the 30km race in 1985 during the WSC in Seefeld. First, it was only a craze. But soon, his Greek pride was awakened, Cordalis said. A “gruelling” decision, as he admitted later. Also because he used the wrong wax.

Cordalis crossed the finish line 50 minutes after the winner Gunde Svan (Sweden). He was last. No sensation at all. But in Greece, people were celebrating nevertheless.

World Championships with stars and exotic foreigners bring to mind a large festival, about that Jesus says: They will come from the east and from the west, from the north and from the south, and take their places in the kingdom of God. (Luke 13, 29)

„You will make clear to me the way of life; where you are joy is complete; in your right hand there are pleasures for ever and ever.“ (Psalm 16, 11)

In sports. For people. With God. Since 40 years, the Christian Sports Organisation SRS (Sportler ruft Sportler) has promoted and attended competitive athletes. SRS is on your side, when your soul is in need of help. When athletes ask themselves, what life has to offer, aside from faster, higher, and further. A heart for example. The current merit campaign by SRS comes up with a slogan, which is worth thinking about: “Without heart, sports is only movement”.

On the occasion of the WSC in Oberstdorf, SRS gives athletes the Bible for Athletes “MORE”, including the New Testament, selected psalms, and statements by athletes. They tell us, how Christianity gives them a life sustained in winning and losing.

The Bible for Athletes “MORE” is available at book shops.



Friedhelm Krebs presents the Bible for Athletes “MORE”.

Together with his wife Kornelia he manages the Christian Holiday Home

GOOD DEFEAT

Being defeated hurts. Nevertheless, it can be beneficial, as a glance at the life of Oberstdorf's ski jumping legend Sepp Weiler proves.

Sepp Weiler won a lot in his career. The big title was, however, never granted to him. Also because he was "cheated". During the World Championships in 1941 in Cortina d'Ampezzo, Weiler had the farthest jumps.

Due to the unintelligible scores by the three judges, he did not win a medal, however. For Weiler, an unfair defeat. For ski jumping in general, his defeat brought about progress. The World Federation annulled the competition, and from then on used five judges. The lowest and highest scores are discarded. This applies to this very day.

Sepp Weiler, who would have had his 100th birthday this year, kept his chin up despite the unfair defeat. Together with his friends, Heini Klopfer and Toni Brutscher, he made his big dream come true and constructed the Ski Flying Hill in Stillach valley.

Sepp Weiler did exactly, what the Apostle Paul suggests: „Do not let evil overcome you, but overcome evil by good!“ (Romans 12, 21)

GET WELL INTO NIGHT

An eventful day comes to its end.
I close my eyes. And I keep silent.
All I said, heard and saw comes to my mind.
I lay before God all that affects me.

Dear God: At the end of the day, I take off:
my clothes, shoes, glasses, mobile phone,
accreditation and my watch.

At the end of this day, I lay before you:
my heartache, homesickness, worries, sorrow
and my own little power.

At the end of this long day, I give myself
over to your protection and peace.

Answer my prayer in the name
and with the words of Jesus:

Our Father who art in heaven, hallowed be thy name;
thy kingdom come; Thy will be done on earth as it is in
heaven. Give us this day our daily bread, and forgive us
our trespasses, as we forgive those who trespass against
us, and lead us not into temptation, but deliver us from
evil. For thine is the kingdom, and the power, and the
glory, for ever and ever. Amen.

BEING BLESSED

God bless you,
when you get up in the morning,
before you get a chance to get upset
about the day or even be afraid.

God bless you
amidst the hustle and bustle of everyday life,
when you do not get to think of him.

God bless you,
when something bad happens to you,
before it can settle in your heart.

God bless you in the evening,
by taking the shadows from you,
before they creep into your dreams.

God bless you
in all you do and don't do.
May he look at you kindly.
May his peace be with you.

Amen



UPDRAUGHT

Publisher: Evang.-Luth. Kirchengemeinde Oberstdorf

Photos: pixabay (S. 1, 9, 13), Roland Sievers (S. 4)

Texts: Roland Sievers; The Holy Bible in Basic English
Some sources are unknown to us despite research.

Translation: Kathrin Bäuerle

Layout: Roland Sievers

