



BRAIN DANCING PRESENTATION

RLC Newsletter

June 2018

A message from Pastor Allman by David Allman

Summer is depressing. I used to like summer when I was a child. June meant school was about to be over, and summer was beginning. I would not have to attend classes and do homework. I would be able to sleep later and play outside. We were able to open the windows in the house, go to the drive-in movies on Friday nights, sleep in the backyard in a tent, cook out on the grill, and sometimes even head to the park and the public swimming pool.

That was in Ohio. In Florida we close up the windows and turn on the A/C. It is too hot to go to the drive-in movies, cooking on the grill means I perspire a lot, and sometimes the swimming pools are as warm as bath water. Oh, and I have to work! I no longer get the summers off to sleep later and play outside.

I have to be honest here, another reason summer is depressing is because so many people disappear from worship. I know that every year the people who have another house “up north” disappear for the summer. Many have already said their goodbyes before May barely began. I know to expect it. It is still depressing to see those empty spaces. Some longtime members already have or are moving permanently “up north” to be closer to family. I will miss them too. Some will be spending their summer months traveling around the states, around the world, and on cruises. I will miss them too. I think some folks simply stay home because of the heat and humidity. I will miss them too.

For those who will be coming to worship all summer, I have an idea that may make me feel better. How about if you all start

filling up the pews in the front first? That way the empty spaces will all be in the back and we will not notice them so much. You say you do not like that idea? Well then, I have another idea. How about if you invite some people to come along with you to Church on Sundays to help fill in the spaces left empty by the others? You can pick either or suggest a better way you can help fill the pews.

Just so you know, all summer long the doors will be open, the lights will be on, and the air conditioning will be running. You are invited to come to worship and enjoy spending time with your friends and family. I may even get one of those signs that says, “Yes, we’re open!”

If I do not see you, I will miss you. Have a blessed summer.

Pastor Allman 

News from the Office Administrator ~JUNE 2018

by Susan Warner

Happy June! It is getting quiet around Redeemer with so many of our friends up north! In spite of that, we still have activities throughout the summer months, so keep reading the newsletter and bulletins so you don't miss anything. Also, keep an eye on the Welcome Table for things happening here and around the community.

We are continuing work on the library project! Some of the bookcases have been removed and next is some electrical work. The outlets are too high, so the electrician will be relocating them lower, then new drywall, molding, painting and carpet. It will be exciting to see the finished product. Our vision is for it to be a multipurpose space with a comfortable sitting area. The table that is currently in there will remain and continue to be used for meetings of four or fewer people. A shout out to Fred Bastion and David Schierenbeck for getting the ball rolling!

Our Visitation/Communion Teams continue to reach out to our members in need with companionship and communion. Our parish nurses are providing support to our members with medical issues. **If you know of anyone who needs visiting or help with a medical question, or if you would like to be one of our volunteers providing care, please feel free to contact me at carekeepersccr@gmail.com or call the church office at 813-634-1292. Our list of folks who are homebound keeps increasing and we could use more team members to visit them, particularly men to visit other men.** If you have a couple of hours a month to reach out to one of these members, please consider joining us. It makes such a difference in their lives, as many are lonely and craving human interaction; I often receive feedback from those visited saying how much it meant to them. Believe me, you will be even more blessed by the visit!

Upcoming Events:

Thursdays at 10:00 AM – Bible Study in Buhr Hall. FREE!

Monday, May 28 – Office closed for Memorial Day.

Thursday, June 21 at 11:30 AM – OTC Medication Safety Presentation, Lunch provided.

Monday, September 10 beginning at 8:15 AM – Lifeline Screening

Tuesday, October 9 at 11:30 AM – Hands of Faith event, more details to come.

Tuesday, November 13 at 11:30 AM – Dementia Presentation by A.J. Cipperly of Inspired Living, Lunch will be provided.

Monday, December 10 at 7:00 PM – South Shore Concert Band.

Tuesday January 15 – Hearing Loss and the Aging Brain, more details to come.

Interfaith Council

Redeemer Lutheran Church is a member of the Interfaith Council. There are 7 other houses of worship that are also members. The council awards scholarships to East Bay and Lennard High School seniors and grants to nonprofit organizations in the South Shore area. The funds are raised through sales at the Nearly New Shop, which is in the Sun City Center Plaza.

We are looking for volunteers to work in the store. Barb Lauer is our lead representative and is happy to give you more information. Jane and Mike Trefren, Ann Miller, and Mirdza Drengers are council reps who also volunteer at the shop. Several of our members volunteer during the week. Please consider joining us at the Nearly New Shop.

JUNE STEWARDSHIP

by Pastor David Allman

“Practice makes perfect” is not as accurate as we might like it to be. A truer statement may be that *“Practice makes habit.”* The more we do something the more likely it is to become part of our routine. Think about your morning routine for brushing your teeth, showering, etc. Then tomorrow try to switch the order of those things around and see what it feels like. Depending on personality types, and what one is trying to add to their routine, statistics say that forming a new habit can take somewhere between eighteen days to two months.

In the second part of his Sermon on the Mount Jesus teaches that we can affect change in the world by first affecting change in our personal lives. There is a popular saying, *“Be the change you want to see in the world.”* Jesus was saying this to his followers nearly two thousand years ago. The key concept, according to Jesus, is the opposite of what we might expect: If you want to see change in the outside world, the first step is to withdraw into your inner world. Connect with God in secret, and the results will occur outwardly.



Matthew 6:1, 5, 16 reads, *“Watch out! Don’t do your good deeds publicly, to be admired by others... When you pray, don’t be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them... And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting”* (NLT).

If we make our lives a showcase to avoid criticism or to gain admiration from others, then we will not receive the true reward from God. About those who do things in order to be seen by others Jesus says, *“I tell you the truth, they have received all the reward they will ever get”* (Mt. 6:2, NLT). About those who follow Jesus’ teaching to do the above things in secret Jesus says, *“Then your Father, who sees everything, will reward you”* (Mt. 6:6, NLT).

Creating good habits never seems as easy as creating bad habits, although every habit takes time before it can become routine. Praying, studying God’s Word, daily devotions, fasting, service, simplicity, solitude, submission, confession, worship and monetary giving are all considered spiritual disciplines. You cannot immediately do all of them perfectly, any more than a marathon runner started out running twenty-six miles the first day.



The world will not change until we change, and we will not change until we pull away from the world’s influences and pressures. In secret, in solitude, in God’s presence, new routines can be formed, like a seed begins to take root. If these seeds, these good habits, take root in us, then as Jesus promised, we will bear fruit that leads to righteousness and affect change in the world.

Social Ministry & Benevolence Thank you!

The Haven of Hope organization was thrilled to be the recipient of Redeemer's generosity. Through your donations and the Thrivent Action Team, we were able to restock their pantry and provide them with Aldi gift cards. The ladies from Haven of Hope are reentering society after being in prison. Redeemer's congregation really stepped up to help this home. The five women feel very blessed. The center is currently looking for mentors for the residents. If you might be interested please call Haven of Hope.



Assistant Directors at Haven of Hope, Sharon Whiddon and Rhonda Altman, accept Redeemers donation.

Thank you for your support of the Pastor's fund. The Pastor's discretionary fund will allow him to help our members when the need arises. Our congregation has a big heart and truly adds God's blessing to many people.

Blessings, Social Ministry Committee.

June Benevolence

Lutheran Services of Florida

Lutheran Services Florida (LSF) is a leading, life changing human services organization. They work to transform the lives of people regardless of age, background, or belief. They generously serve children and families, youth and teens, adults and elderly, refugees and immigrants, and victims of natural disasters through various programs ranging from substance abuse and mental health to education. LSF helps to build healthier, happier,

and hope-filled tomorrows. We hope you will consider supporting this group who do so much good in the name of the ELCA

Thank you for your support,
Social Ministry Committee

Information on Lutheran services of Florida came from their website www.lsfnet.org



June Social Ministry

Good Samaritan Mission

In June we will be collecting toiletries, personal hygiene items for the Good Samaritan Mission in Balm. We are also including baby items in this project.

Personal hygiene items include toilet paper, soaps and shampoos, deodorant, hair accessories and toothpaste and tooth brushes.

Baby products include diapers, new clothing, lotions, baby wash, bottles and blankets.

A comprehensive list will be available on the Thrivent table.

If you wish, you can contribute cash for the project. The committee will shop for you. Please write Good Samaritan Mission on your envelope.

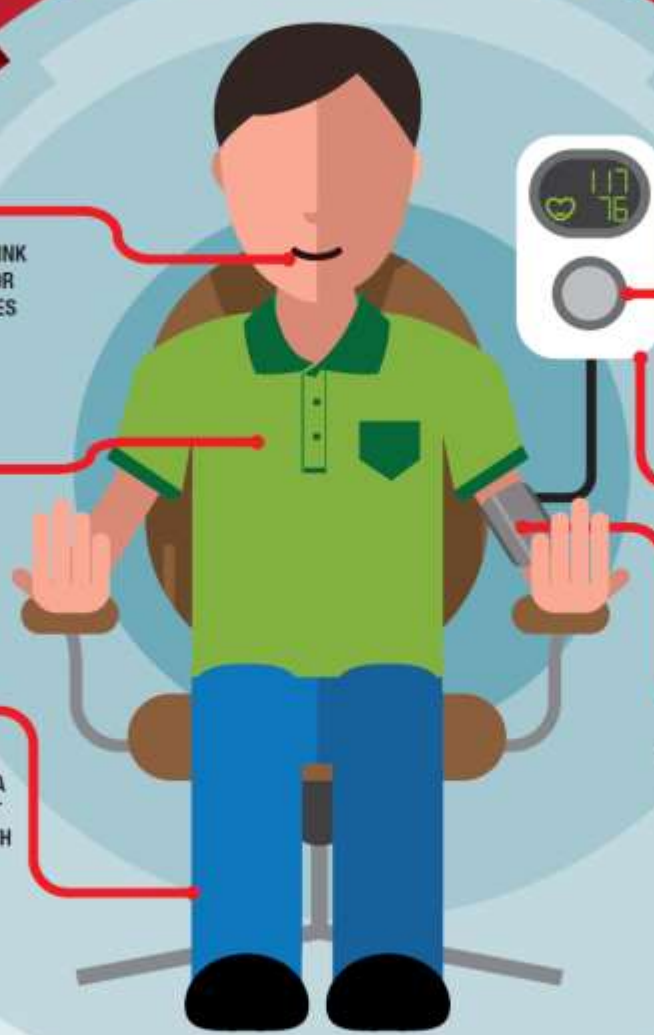
This mission reaches out to the community of migrant workers and educates them in many areas of social concerns. Please consider supporting their efforts.



From Parish Nurse Team



BLOOD PRESSURE MEASUREMENT INSTRUCTIONS



DON'T SMOKE, EXERCISE, DRINK CAFFEINATED BEVERAGES OR ALCOHOL WITHIN 30 MINUTES OF MEASUREMENT.

TAKE AT LEAST TWO READINGS 1 MIN. APART IN MORNING BEFORE TAKING MEDICATIONS, AND IN EVENING BEFORE DINNER. RECORD ALL RESULTS.

REST IN A CHAIR FOR AT LEAST 5 MINUTES WITH YOUR LEFT ARM RESTING COMFORTABLY ON A FLAT SURFACE AT HEART LEVEL. SIT CALMLY AND DON'T TALK.

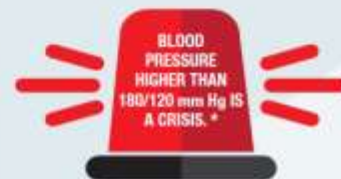
USE PROPERLY CALIBRATED AND VALIDATED INSTRUMENT. CHECK THE CUFF SIZE AND FIT.

MAKE SURE YOU'RE RELAXED. SIT STILL IN A CHAIR WITH YOUR FEET FLAT ON THE FLOOR WITH YOUR BACK STRAIGHT AND SUPPORTED.

PLACE THE BOTTOM OF THE CUFF ABOVE THE BEND OF THE ELBOW.

American Heart Association recommended blood pressure levels

| BLOOD PRESSURE CATEGORY | SYSTOLIC mm Hg (upper number) | | DIASTOLIC mm Hg (lower number) |
|---|-------------------------------|--------|--------------------------------|
| NORMAL | LESS THAN 120 | and | LESS THAN 80 |
| ELEVATED | 120-129 | and | LESS THAN 80 |
| HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1 | 130-139 | or | 80-89 |
| HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2 | 140 OR HIGHER | or | 90 OR HIGHER |
| HYPERTENSIVE CRISIS (consult your doctor immediately) | HIGHER THAN 180 | and/or | HIGHER THAN 120 |



* Wait a few minutes and take blood pressure again. If it's still high, contact your doctor immediately.

LEARN MORE AT HEART.ORG/HBP

JUNE BIRTHDAYS

- 5th – Karen Munford, June Pohl
 6th – Juanita Cunningham
 7th – Gerri Julian, Desmond Davis,
 Evan Dehne
 8th – Norman Koehler, Tina Kotek
 9th – Linda Eargle
 10th – Esther Geissler
 11th – Roger Clark, Cheryl Green,
 Herb McKittrick
 14th – Kathleen Zaucha
 15th- Kaye Ristow
 16th- Ellen Vargo
 17th –Clarence Antonsen, Guy Merskin
 18th – David Barrett, Ralph Johnson,
 Marjorie Mingst
 19th- Fred Bastion
 23rd-Barbara Abrams
 25th – Sandy Gundacker
 28th –Ann Miller, Mary Moquin
 29th –John Burness
 30th –Walter Geissler



JUNE ANNIVERSARIES

- 1st – Homer & Betty Morrison
 5th – Lucy Ann & Buddy Clark
 11th – James & Ava Casper
 13th – Patrick & Jane Sturmer
 15th- Edward & Tina Kotek
 17th- Gerri & Lucas Julian
 18th – Robert & Delores Turner
 19th – Jim & Tina Schwartz,
 Jim & Bernie Tucker
 20th – Vern & Renate Bartz
 25th – Jim & Sandy McCaw
 29th – Bob & Marty Vohl
 30th- Margaret & Ed Miller



We ask if you notice information is missing or incorrect please let us know. Thank you!

June 2018

| Time | Acolyte | Communion Assistants | Lector |
|-------------------------------|----------------|---|-------------|
| Sunday June 3 10:00 AM | Lucy Ann Clark | Lucy Ann Clark Gerri Julian Dick Fricke | Dick Fricke |
| Sunday June 10 10:00 AM | Lucy Ann Clark | | Hal Wold |
| Sunday June 17 10:00 AM | Pete Moose | Pete Moose Jim Moyers Kay Adkins | Edie Moose |
| Sunday June 24 10:00 AM | Kay Adkins | | Hal Wold |



Volunteers needed

Our 40th Anniversary at Redeemer is 4/1/2019! We are looking for a team to organize a celebration. If you are interested please contact the office.



| June Usher Team | June Altar Guild | Sound |
|------------------|---|-------------|
| Jan Glass's Team | Barb Lauer, Marge Miller, and Edie Moose | Bill Adkins |



Safety of OTC Medications

Over the counter medications (OTC meds) are those you can take without a prescription. If you take OTC meds or supplements, do you know which ones you cannot combine with your prescription meds? Dr. Marcus Campbell is a pharmacist, Assistant Professor Pharmacy Practice, and the Director for the Center for Drug Information and Research at the Bradenton School of Pharmacy. He will provide a presentation on the "Safety of OTC Meds" on Thursday, June 21st at 11:30 AM. You can also bring your meds or a med list, including any OTC meds you take, and have it reviewed for interactions by a pharmacist. Since lunch will be provided through a Thrivent Action Team, please sign the sheet on the counter in the narthex if you will be attending. FREE!



Thrivent Day at the Rays

The Thrivent Member Network invites everyone to enjoy a fun day at Tropicana Field. Join us on Saturday, August 4th when the Tampa Bay Rays play the Chicago White Sox. Game time is 6:10 PM. Ticket price for groups of 10 or more are \$26. The deadline to purchase tickets is July 27th. This does not include the price for the bus. More details will be released shortly.



Quilters say goodbye to Irene Brenner

We are all sad to see Irene go but we know she will be happy moving back to Wisconsin. Thank you for your contribution to the Quilters, Women's Bible Study and the congregation.



Bible Study

Members, visitors, guests, and friends, please join us on Thursdays at 10:00 AM for Bible study. We are currently comparing monotheistic religions, Christianity, Islam, and Judaism. No prior knowledge of the Bible required, and you don't even need to bring a Bible. One will be provided for you.

Refreshments are served and it is FREE!

Please note there will be NO Bible study June 14, 21, or 28.

Men in Christ – A Men’s Bible Study.

Led by Howard Roshaven, will meet every Friday, 7:30 to 8:30 AM at **St. John Divine**. This is not a course of study or a classroom lecture. Instead we read and discuss the power and truth of the Gospel. Many men enjoy this form of exploring Scripture and expanding our spiritual lives. Check us out. Bring your Bible and a cup of your favorite morning beverage. *“As iron sharpens iron, so a friend sharpens a friend.”* (Proverbs 27:17)

Women Mentors Needed for Haven of Hope

Haven of Hope is a six bed, Faith-Based Transition house for women released from prison who are trying to get their lives back on track. It is located in Ruskin, FL. We need a few ladies willing to give 1-2 hours a week to provide spiritual and practical guidance for an individual.

If you feel called to this ministry, please call Sharon Whiddon, 813-385-5492.

God Bless,

Sharon Whiddon, Asst. Director Haven of Hope

"Brain Dancing"

Everyone had a ton of fun at the event called "Brain Dancing". Christina Dyer, Certified Ageless Grace Educator lead the group in a seated movement class designed for all ages and abilities. The activities she shared during the event exercise the brain, and offer the benefit of joint flexibility, memory recall, creativity, imagination, laughter, breathing, balance & more! Thanks for all that attended.



Celebrating 5 Years with Redeemer!



Pastor Allman is ready to kick off the celebration with cake.



Left: Tina Schwartz presents Pastor Allman with a plate of his favorite cookies, chocolate chip.

Pictured below: Lois Hobratschk and Deya Schierenbeck helped at the celebration for Pastor Allman.





Everyone patiently waits for a slice of cake.

Good bye friends

Redeemer will miss the members that have moved up north this month. Irene Brenner (see page 8) has moved to Wisconsin. Loriann Fox has moved back to Ohio and Ralph and Betty Johnson have moved back to Iowa.



Noah Allman enjoying the celebration for his dad.



Loriann Fox



Betty and Ralph Johnson



Marion Giblin and Jonie Maschek at the celebration in Buhr Hall.

Thank you for donating items for our Food Pantry in the Narthex closet. Please remember, NO opened packages or containers.



Support for others (Collection boxes are on the Narthex counter)



RECYCLE

Don't forget to use the paper/card board recycling bin in the corner of the church parking lot.

The people of Redeemer believe in the power of prayer.

Ginny Acker, Mary Ann Addleman, Nancy Almaguer, Gerry Barnicle, Rev. Donald Beal, Ursula Beger, Becky Bergman, Shirley Bogedain, Marilyn Bohl, Fran Bullock, Delores Casper, Lenora Chapman, Anne Clouser, Carolyn Cole, Betty Corzine, Carol & John Crawford, Juanita Cunningham, Dottie Earl, Dorothy Erickson, Kitty Fogt, Patty Fricke, Joan Glas, Irene Griffin, Ken Heindel, Mary Jane Hermanns, Art Jarvela, Lee Kesler, Norman & Anne Koehler, Jean Kostka, Martin Lehnert, Harvey & LaVern Lentz, Tillie McMahon, Herb McKittrick, Tamica McWilliams, Phyllis Mead, Eva Michna, Alice Miller, Homer Morrison, Thyra Nagel, Louise Neam, Caroline Nensewitz, Bob Oliver, Sharon Olson, Nancy Payne, Gerda Regelin, Fred Ristow, Mary Ann Romano, Marlene Scharback, John & Patti Schaefer, Helene Schwartz, Margaret Scott, Mariam Sorby, Linda Strohfus, Myrna Strom, Patrick Sturmer, Ingrid & Sam Thompson, Sally Trenski, Sylvia Wicktor, Ted Wilson.

Our Family and Friends

Mark, Gerry Albert, Ashley & Zach Allen, Allan & Phillis Amlee, Roman Amon, Mike Arnold, Lois Barrett, Donna Barnett, Abigail Bayless, Terri Bergin, Tim Berns, Bill, Peggy & Kim Bierce, Lou Ann Bleeker, Lore & Max Bokma, Julie Boos, Marvin Boots, Mark Bordwine, Steve Bullock, Bud Clark, George Clark, Norma Cole, Orv & Marlene Conner, Portia Conway, Julia Cox, Shirley Crosby, Joe Delong, Reanna Diaz, Steve Evans, Mark Everman, Peggy Farrell, Tom Flamm, Cindy Freeman, Robin French, Katherine, Austin & August French, Meg Gallagher, Mauricio Garcia & family, Michael Golywacz, Marie Grazino, Ernestine & Bob Greenslate, Matt Gunter, Bill Hahn, Christa & James Harkins, Miranda Harris, Dan Haverland, Leonard Hermanns Jr., Diane Heindel, Jack & Cindy Hildebrandt, Michael Hillard, John Holland, Elaine Humphreys, Cindy Hyland and family, Sandy & Bob Janicek, Sherry Janovec, Imagene Jimenez, Joe Kanoza, Gary, Joan, & Mike Kollerman, Aurora Kunnard, Nell Lucas, Ron, Vance & Bridgette Lumme, Annie Mangen, Zoe Marcus, Adam Marks, Emily Marks, George Martin, family of Aleta Jonie Maschek, Terry Mattia, Caroline Mayne, Shannon McCormick, Marilyn Meister, Dennis Michel, Mary Fran Miller, Karen & Brodie Nelsen, Scott Nestor, Amy Newman, David Nuchols, Christina O'Neill, George Perkons, Melissa Pickinson, James Pottinger, Kelly Powell, Clariece Reitz, Neil Rich, Ed Robb, Lori Robb, Velma Roberts, Mary Rollins, Liz Rollins, Ken Rome, Irv Rothman, Joe Ruckert, Pam Goldy-Rudy, Hope Rund, Merrell Rushworth, Jane Ruth, Kathy & Steve Sanfilippo, Dan Schierenbeck, Joan Schollmeyer, Lynn & Patrick Sheridan, Mary Soja, Cindi & Jeff Sommers, Pr. Peter Stiller, Thomas Sullivan, Bobby Timm, Lucas Thor, Sharon Toth, Jim Tucker, Maria Veiazquez, Clair Vilasi, Melvin Vore, Agnes Wagaman, Josh Waters, Alex Watts, Donna Weber, MaryAnn Winters,

God bless our country, our first responders, and our military men and women.

June 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|---|-----------|
| | | | | | 1 9:30 AM- Quilters | 2 |
| 3 10:00 AM-Holy Communion Worship | 4 10:30 AM-AI- Anon | 5 10:00 AM-RLC Staff Meeting 3:30 PM-AA Women's Group | 6 7:00 PM-Barbershop practice | 7 10:00 AM-Bible Study 6:45 PM-Choir Practice | 8 9:30 AM- Quilters 12:00 PM- Women's Bible Study | 9 |
| 10 10:00 AM- Worship | 11 10:30 AM-AI- Anon | 12 3:30 PM-AA Women's Group | 13 7:00 PM-Barbershop practice | 14 10:00 AM-Parish Nurses Meeting 6:45 PM-Choir Practice No Bible Study | 15 9:30 AM- Quilters | 16 |
| 17 10:00 AM-Holy Communion Worship | 18 10:30 AM-AI- Anon 7:00 PM- Finance Meeting | 19 3:30 PM-AA Women's Group | 20 7:00 PM-Barbershop practice | 21 11:30 AM – OTC Medication Safety Presentation 6:45 PM-Choir Practice No Bible Study | 22 9:30 AM- Quilters | 23 |
| 24 10:00 AM- Worship 11:15 AM- Blood Pressure Check | 25 10:30 AM-AI- Anon | 26 3:30 PM-AA Women's Group | 27 7:00 PM-Barbershop practice | 28 No Bible Study | 29 9:30 AM- Quilters | 30 |