



RLC Newsletter

Easter 2020

A Message from Pastor Allman

"I tell you, do not worry about your life... Can any one of you by worrying add a single hour to your life?" (Matthew 6:25, 27)

How can Jesus tell us not to worry? If ever there was a time to worry, it has been over the past couple of months. The entire world has been under siege from the COVID-19 pandemic. The numbers of countries without confirmed cases are few and far between. As of this writing (mid April) 1.5 million around the world are infected, and nearly 100,000 have died. The CDC has said the cases in the USA have not yet peaked, and it will get worse before it gets better. Deaths could be between 100,000 to 240,000 just in the USA. Does Jesus just not understand what we are facing? Can Jesus not relate?

Matthew's gospel is written to Christians who converted from Judaism and were mostly living in and around Jerusalem. They were facing oppression from Roman military rule, expulsion from the Temple, suspicion and persecution from their neighbors, loss of income, food shortages, etc. I think Jesus understands what we are facing. I think Jesus can relate. I think Jesus is speaking to the futility of continuing to worry to the point where it takes over our lives.

Maybe Jesus' statement sounds too demanding, and becomes hard to hear. Perhaps another way to reach the same end is to include other words as well. *"Worry never robs tomorrow of its sorrow, it only saps today of its joy."*
- Leo F. Buscaglia. *"If you ask what is the single most important key to longevity, I*

would have to say it is avoiding worry, stress and tension. And if you didn't ask me, I'd still have to say it." - George F. Burns. *"Worry is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained."* - Arthur Somers Roche. *"That the birds of worry and care fly over your head, this you cannot change, but that they build nests in your hair, this you can prevent."* - Chinese Proverb. *"Worry is like a rocking chair: it gives you something to do but never gets you anywhere"* - Erma Bombeck.

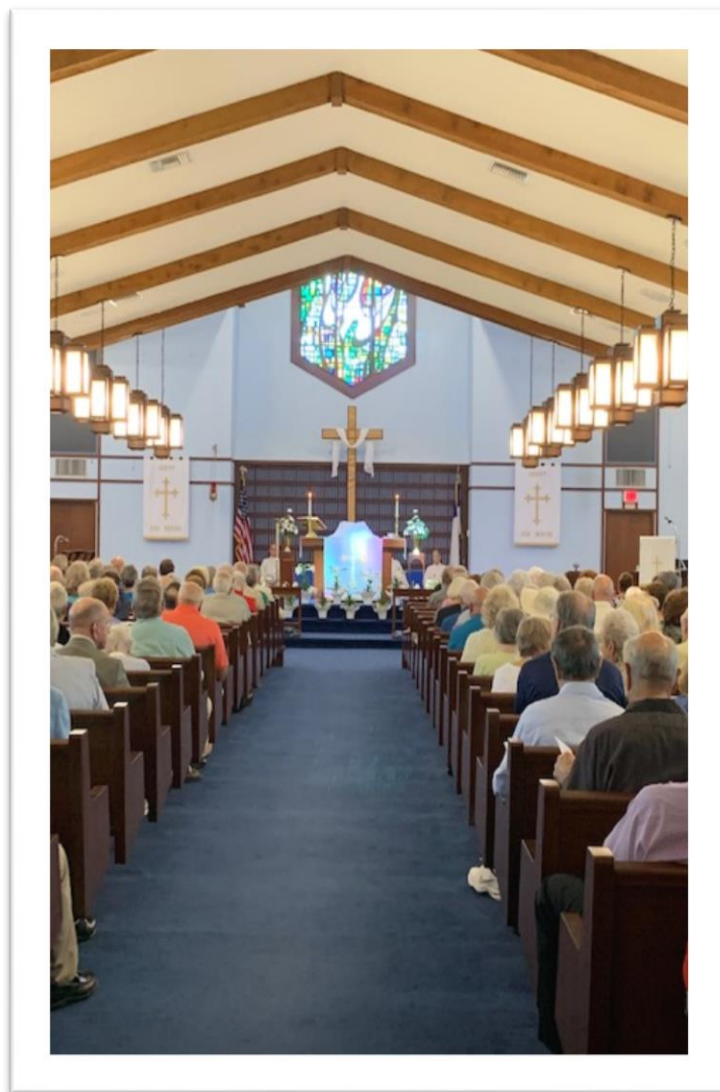
During these unprecedented times of pandemic, the thin stream of fear will trickle through our minds which cannot be avoided. What we can do is fight the good fight of not obsessing over that fear to point where it drains all other thought;

especially thoughts of the gospel (good news). Jesus concludes his teaching on worry by saying, "...seek first (God's) kingdom and (God's) righteousness, and all (other) things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own" (Mt 6:33-34).

Pastor Allman ✝



Photos from Easter's past



EASTER STEWARDSHIP

by Pastor David Allman

Have you decided what you will be doing with the government check you will be receiving from the Stimulus Package? Investment brokers are suggesting the best dividend stocks that you can buy. Small retail businesses are hoping that you will buy from them. Restaurants are hoping you will be spending it on takeout orders. Travel organization hope you will book a trip. You may need the extra money simply to 'make ends meet.' You may have some creditors that you can pay off. You may have thought of something you have always wanted and could not justify spending the money before.



There are many charitable organizations that are overwhelmed right now as well. People who have lost their jobs are already visiting food pantries and other organizations that help by giving out food. Some of your own neighbors may be in that situation. Some people are already worried about paying their rent or mortgage; utility bills; car loans; insurance – housing, car and medical; etc. Unemployment claims are so numerous that some people who have filed have already waited a month and still heard nothing. You may choose to hold onto the money, just in case.

There will be no shortage of ways in which the money could be used to stimulate our economy. There will be too many ways for you to contribute even a little if you divided it among them all. The economic impact of this pandemic reaches everyone, everywhere. There is no business, large or small, that has not felt the effects. Including churches.



My request is that you give prayerful consideration to your decision before you receive the check – if you have not already. Instead of asking the person you see in the mirror what to do, ask God, and that means also listening for an answer.



Your donations are appreciated

**They are all important,
no matter the size.**

Evangelism

I know, you are probably thinking that we are under a “Safer at Home Order” and Pastor wants us to go out knocking on doors of people we do not even know? I am not exactly sure how evangelism was automatically turned into knocking on doors of people you do not know. I think that is more Jehovah’s Witness than Lutherans.

The Greek word we translate as evangelism simply means ‘good news.’ What better time to share some ‘good news’ with people than during a pandemic when we are under a “Safer at Home Order?” I am not even suggesting that you leave your house. Feel free to think outside of the box: use your telephone to call someone; or, a cell phone to send a happy image text; or, email someone a video of a laughing baby – I know that one always makes me laugh (I don’t need 200 of these); or, maybe a video of dancing kittens, frolicking puppies, fields of colorful flowers; etc.



If you are bold enough, pick a name out of the Redeemer directory, someone you do not already know, and call them and make new friends. Or, maybe find a person in the Redeemer directory where there is only one name and call that person

just to make sure someone is checking on her/him. No one of us can do it all, although all of us can do some.



I know I am feeling saturated with bad news these days. It can start to feel overwhelming. And, we are not supposed to go out to the places we used to go to relieve the stress and tension. So, think outside of the box, and let’s find ways to bring a little good news to our ‘Redeemer family,’ who may be looking for something to smile about.



So how do you avoid going stir-crazy when events get canceled, restaurants close, streets become empty and your home becomes your world? Simon Rego (chief psychologist at Montefiore Health System and an associate professor of psychiatry and behavioral sciences at Albert Einstein College of Medicine in New York) offered these tips:

1. Focus on the good you're doing for others.

Always remember: You are doing your part in protecting the vulnerable people in your neighborhood and community who are at risk for the severe form of COVID-19.

Thinking about “the altruism and compassion in it helps us feel a little bit better about our decisions,” Rego said.

Indeed, knowing others will benefit from your decisions and health authorities are genuinely grateful for your efforts “can make stressful situations easier to bear,” wrote the authors of a recent study about the psychological impact of quarantine.



2. Maintain a daily structure.

It's a good idea to keep a similar schedule to the one you had before the outbreak began: Wake up at a consistent time, get dressed, eat when you would normally eat, make time for exercise and stick to the lifestyle you always had, assuming it's a healthy one, Rego advised.

In other words, don't sit in pajamas all day and overeat or drink alcohol excessively. Turning to

substances to cope could be problematic in both the short and long term, he warned.



3. Start a journal.

Documenting these strange times could be both memorable and therapeutic. When you look back at the Great Quarantine of 2020, it may be hard to believe all these things actually happened. As you're living through historic events now, there's a lot to process.

“It's helpful to put those worries on paper,” Rego said. “Also use it to practice balanced thinking... what you don't want is a running log that takes an overly negative and pessimistic view because then reviewing that and re-reviewing that can prime you for rumination, which can backfire and bring down your mood.”



4. Keep a realistic and objective view.

“Our mind may create scenarios where it seems like doing this may be forever,” Rego said.

Resist thinking this way. Stay informed by getting your information from reliable, trusted sites and question rumors.

5. Tackle all those projects you've been putting off.

Start a garden, update your resume, tackle some home improvement projects, write a book or let Marie Kondo help you get rid of clutter. Consider this an opportunity to do something productive.

“Capitalizing on the opportunities rather than focusing on the threats makes a big difference,” Rego said.



6. Deepen your relationships.

Stay in touch with friends and loved ones via chat, text, FaceTime and other tech tools. If you are lonely, ask your doctor about tele-therapy or find an online group that's offering support.

“We can, if we are thoughtful and deliberate about it, still maintain our social support networks,” Rego noted. Just be sure to contact people who are actually supportive and helpful rather than those who may unwittingly amplify your stress, he advised.

If your entire family is staying at home, it's an opportunity to connect in ways that might otherwise get pushed aside during the business of everyday activities.

A request for Prayer from Janice Walsh

As you know, now more than ever we need to rely on God for good things to come. That is something we can truly trust that will come from God. That doesn't mean things will be easy. We can all agree on that! We know that God has ultimate control. With that being said, I would like to remind everyone to pray for our church.

Things you might like to include:

1. Our Pastor. He has not given up on us. He continues to make public his sermons and continues to throw jokes at us to make sure we're alive!

2. The Council. They need prayer. These members gather and make pretty hefty decisions on our behalf. We pray that the Holy Spirit directs and guides them.

3. The numerous ministries with in our church. There are so many from our Quilters to our Fellowship helpers, to the Choir, our Parish Nurses and the Social Ministry Team. The list could go on and on. These groups touch people in countless ways.

4. Our administrative staff Kadie and Susan. Both go over and above what is expected anytime they possibly can to help when they are asked, even if it does not involve them. They are great assets.

5. Members and friends of our church. Many have varying specific needs, whether it is financial, health related, or family related. All of these are important and we ask that you pray for God to offer his direction to those in need.

6. More than ever, our country. The plague we are experiencing is an eye opener. I have personally seen the progression of this virus and it is something I will never forget. Caregivers along with those affected and infected by the virus.

I pray that our church grows from our dedication and daily prayers. I thank God for all of you.

Jancie Walsh

The people of Redeemer believe in the power of prayer.

Bill Allen, Gerry Barnicle, Becky Bergman, Meta Boesel, Marilyn Bohl, Diane Brace, Fran Bullock, Chuck Buskirk, Maggie Byrd, Delores Casper, Lenora Chapman, Anne Clouser, Carolyn Cole, Peggy Collins, Katharina Coryell, Carol Crawford, Hazel Crosby, Al Delaporte, Dottie Earl, Audrey & Joe Ercegovich, Patty Fricke, Jim Glass, Oliver & Kathie Hackett, Nancy Hayes, Ken Heindel, Mary Jane Hermanns, Jay & Audrey King, Anne Koehler, Jean Kostka, Louise Kunard, Cheryl & John MacPhee, Sandy McCaw, Alice Miller, Louise Neam, Sharon Olson, Dick & Dorothy Paulson, Nancy Payne, Nancy Philips, Gerda Regelin, Fred Ristow, Mary Ann Romano, John & Patti Schaefer, Marlene Scharback, Deya Schierenbeck, Margaret Scott, Paula Simenson, Mariam Sorby, Myrna Strom, Patrick Sturmer, Sam Thompson, Jane Trefren, Sylvia Wicktor, Ted Wilson.

Our Family and Friends

Ashley & Zach Allen, Allan & Phillis Amlee, Roman Amon, Mike Arnold, Dana Axinger, Lois Barrett, Abigail Bayless, Tim Berns, Max Bokma, Lu Ann Bordwine, James Brooks, Steve Bullock, Carrie Burt, Bud Clark, Connie & Frank Castro, George Clark, Doug Cockerham and family, Norma Cole, Orv & Marlene Conner, Portia Conway, Diane Cowell, Julia Cox, April D'Alessio, Thomas Deakin, Melissa Dickinson, Angie Ellenbecker, Ellenbecker family, family of Kenneth Ellenbecker, Steve Evans, Mark Everman, Peggy Farrell, Edward Ferrara, Cindy Freeman, Jo Anna Freeman, Katherine, Austin & August French, Meg Gallagher, Mauricio Garcia, Diane Garro, Carol Gray, Marie Grazino, Bob Greenslate, Bob Grotheer, Matt Gunter, Richard Haller, James Harkins, Bill Hahn, Miranda Harris, Karol Harrison, Leonard Hermanns Jr., Diane Heindel, Michael Hillard, Airriana Holmes-Smith and family, Sandy & Bob Janicek, Harrison Johnson, Marion K., Kathleen Kelleher, Tracey Kirk, Gary, Joan, & Mike Kollerman, Aurora Kunnard, the family of Betty Larssen, Mark Lucas, Ron & Bridgette Lumme, Annie Mangen, Zoe Marcus, Emily Marks, Keri Lynn Marston, George Martin, Terry Mattia, Brooke Melton-Hardy, James Miller, Mary Fran Miller, Tracey Mineo, Amy Minor, Darlene Murray, James Neuenschwander, Amy Newman, Sheila Nicholson, David Nuchols, Melissa Pickinon, Robert Poetzsch, Scott Potochny, James Pottinger, Kelly Powell, Joe Raymond, Neil Rich, Ed Robb, Lori Robb, Mary Rollins, Hope Rund, Jane Ruth, Victoria Rymer, Steve Sanfilippo, Alison Scharback, Dan Schierenbeck, Renata Schirmacher, Joan Schollmeyer, Lynn & Patrick Sheridan, Florence & Richard Silvis, Michael Smart, Mary Soja, Jeff Sommers, Richard Steinbruck, Pastor Peter Stiller, Pedro & Aura Suarez, Mia Theo, Lucas Thor, Bobby Timm, Jim Tucker, Patty Tyrol, Hagen Ronald Urey, Melvin Vore, Agnes Wagaman, Stephanie Warner, Alex Watts, Max Weiner, Karl & Oneta Wiechers, the family of Teresa Wilcox.

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