



MOTHER'S DAY CARNATIONS FROM WELCA

RLC Newsletter

June 2021

A Message from Pastor Allman

Starting Over! That seems to be a new catch phrase for our recovery from the past fifteen months of the COVID-19 Pandemic. I have been writing and telling people that we cannot “go back” to the ways things were pre-pandemic. I think people have been upset with me for saying that, although if you think about every major traumatic experience in history, it is not possible to go back to exactly the ways things were without some changes. Sometimes people refer to these adaptations as the “new normal.” I think that phrase tends to irritate some folks too, although that may have more to do with our personal resistance to change than anything.

I think the Staff were the first to recognize that coming out of

complete lockdown and working to bring back some sense of the familiar is like starting all over from scratch. We started in November of 2020 by welcoming back in-person worship, although we had to start over with a new normal, having adapted to some of the changes to meet guidelines and recommendations.

With the introduction of each familiar thing, we have had to adapt to a new normal way of doing things: wearing masks, social distancing, carrying hand sanitizer, not hugging or shaking hands, leaving out parts of worship that might cause cross contamination, no fellowship, etc. When we started having Holy Communion again it began with wafer only; and, we are using a contactless distribution – not everyone likes it. On Easter we

included wine/grape juice again, although we are doing continuous communion – not everyone likes it. In May we welcomed Ministry Teams to begin meeting in-person, yet not every team has started doing that. On Pentecost we started over with Fellowship, while adapting to new normal ways of being social – probably not everyone likes it. Mark Twain has been credited with saying that the only people who like change are babies with dirty diapers.

I offer kudos to the Staff who, over the past fifteen months, have been handling nearly all of the work that has been necessary to keep Redeemer going. Some people may have been thinking that nothing was being done while the world was in lockdown. “Nothing” could be

further from the truth. Nearly all of the things that were being done by volunteers, pre-pandemic, were being done by Staff over the past fifteen months. Now that some of the Ministry Teams are meeting in-person they are realizing that we need volunteers. Some have even said that we need “younger” people. That is something the Staff cannot do for you.

Starting Over! Each Ministry Team is going to feel like we are starting over. Some of the folks who used to volunteer cannot do it anymore. Some Ministry Team leaders cannot be leaders anymore. People who are still active on the respective Ministry Teams may need to elect a new leader, and may need to recruit new members to the Team.

Even more broadly, it would be great to have some “younger” people coming to Redeemer. Each of you is the best person to help make that happen. The majority of people who visit a congregation do so because of a personal invitation from one of the members. I like the “come and see” form of invitation. It is very non-threatening to invite someone to “come and see” for themselves. Then 70% of the people who become members cite “friendliness” as a major contributor to their decision. If someone visits and no one talks to them, they are likely never to return. Each of you is instrumental in making those things happen. God has given each of you a sacred trust to grow His Kingdom.

Coming out of the COVID-19 Pandemic really is starting over from scratch, and we need everyone’s participation to start over. Remember that the primary role of a church is a service organization; and, becoming a member means joining the service. We all like to sing, “Onward Christian Soldiers,” and now is the time to enlist.

Pastor Allman 

News from the Office Administrator June 2021

Happy summer! It is nearly June as I am writing this and it seems we are really starting to see the light at the end of a very long tunnel! Attendance at services has continued to increase, and as the CDC continues to relax the mandates I am sure we will see more. Each week people arrive for worship that we haven’t seen and it is such a wonderful surprise. Now with the mask mandate removed, those of our friends who have breathing problems are able to return to worship safely.

As we begin to move into a more normal routine, we are starting over again with many of our teams. **We need leadership to step up for Finance Team, Social Ministry, Church Council and Altar Guild.** Without team leaders these activities won’t be able to resume. As a staff we are here to support the teams, but we can’t be the leaders of the teams. Please prayerfully consider where you might be able to serve as we move forward. The teams needing helpers are Fellowship, Finance, Church Council, Social Ministry, Altar Guild, and Worship Assistants. Your Redeemer family needs you!

Please know that if you are in need of financial assistance, we have funds available at the church to help. This remains confidential, only Pastor will know that you received aid. We don’t want anyone left in need so please, speak with Pastor Allman if we can be helpful.

First and foremost, stay safe and healthy. Our first priority is the safety and wellbeing of all of you, so please be good to yourselves.

JUNE

STEWARDSHIP

Apparently, I have made a new “friend.” She says her name is “Vanessa” and that she is calling from “Dealer Services.” I am not sure how she got my cell phone number, because I rarely ever give that to anyone. As an extreme introvert, I do not particularly like talking to people on the phone – especially people I do not know. I do make exceptions for church members.



Even though I disconnect with “Vanessa” right after she tells me she is calling from “Dealer Services,” and then I block her phone number, I routinely get another call from her the very next week. Over the past three weeks, my new “friend,” Vanessa from Dealer Services, has called me at least once a week, despite me cutting her off in mid-sentence and blocking her phone number. She must have a lot of phone numbers from which to call. I have to give her credit for her persistence.

Her persistence has made me wonder about how we could learn a thing or two from her in regard to inviting people to “come and see” Redeemer; especially now that we have loosened up so many of the pandemic precautions and are returning to so

many of the familiar ways of being church. “Vanessa” does not give up, even after I rejected her three latest attempts to talk to me and even blocked three of her phone numbers. She persists in finding a new way to reach out to me and talk to me about “Dealer Services.” We could learn from her about finding new ways to invite someone to “come and see” Redeemer.

Apparently, she is very passionate about “Dealer Services.” How else can I explain her persistence in finding new ways to reach out, even after I have been pretty rude to her? We say we love Jesus, and we say we love our church, yet I wonder how many of us have the same passion for Jesus and church as Vanessa has for Dealer Services. Perhaps you can answer that to yourself; and God, of course.

Redeemer is starting over from scratch as we recover from the COVID-19 Pandemic. We are not where use to be, and it truly is not possible to “go back” to the way things used to be. We can only move forward and develop a new normal. I suspect that for people who have survived the pandemic, while millions have not, there might be a God-sized hole in people’s lives, even if they are not aware of it. Some who may not have welcomed an invitation to “come and see” Redeemer in the past, might respond differently now. Let me encourage each of you to be like “Vanessa” who refuses to let me stop her from reaching out with an invitation to talk.



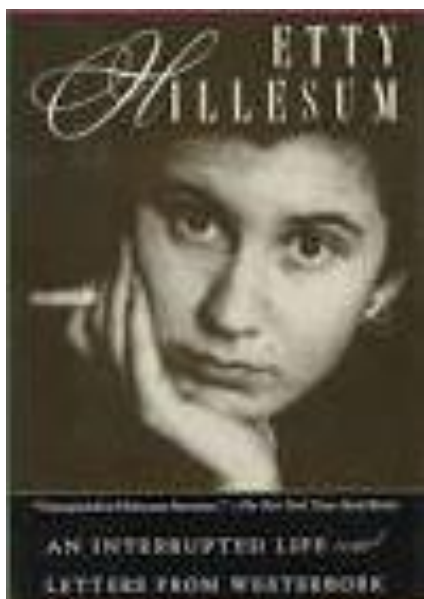
GROWING IN FAITH

A few years ago, I completed training to become a Spiritual Director, through the Lutheran Theological Southern Seminary in Columbia, S.C. As Spiritual Director I journey alongside people on their quest to develop a deeper relationship with the Divine (Grow in Faith). Spiritual Direction is nothing new. This practice of a spiritual discipline was around even before Christianity became an organized religion.

Some people come to a deeper relationship with the Divine from different avenues; and, some people develop a deeper relationship with the Divine because their circumstance leaves them limited ways in which to deal with life.

Etty Hillesum (1914–1943) who died at Auschwitz at the age of 29 writes,

“I kneel once more on the rough coconut matting, my hands over my eyes, and pray: ‘Oh, Lord, let me feel at one with myself. Let me perform a thousand daily tasks with love, but let every one spring from a greater central core of devotion and love.’ Then it won’t really matter what I do and where I am...” (*An Interrupted Life: The Diaries*).



During the Sundays of Easter we have, through Scriptures, encounter God’s unconditional, ἀγάπη love; and, we have been called to the sacred responsibility of spreading and sharing that ἀγάπη love with the world – all of Creation. Etty Hillesum’s brief life in this world demonstrates that even when we feel like our options are limited, there is much we can do to “...perform a thousand daily tasks with love.” As she also demonstrated, it all starts with daily prayer.

Small things
BECOME
Great
WHEN
done
WITH
Love



Search for Redeemer Lutheran Church Sun City Center Florida and hit the red subscribe button.

This will keep you current with videos from Pastor Allman.

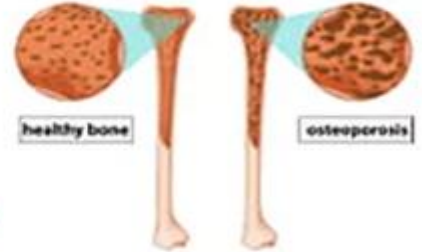
The direct link below can be entered right in to your address bar.

<https://www.youtube.com/channel/UCUniSRGmRw4qLi2qmolnoxw>

OSTEOPOROSIS

Understanding Osteoporosis - Risk Factors - Diagnosis - Treatment - Prevention

Osteoporosis, from the Greek term "porous bone", is a disease in which the bones gradually become weak and brittle, affecting millions of people worldwide.



Risk Factors



Women and post-menopausal women



Men over the age of 50 with low levels of testosterone



Family history



Inactive lifestyle



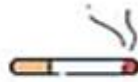
Getting older



History of bone fracture



Frequent alcohol use



Smoking



Thin and/or small frame



Calcium and vitamin D deficiency



Corticosteroids and anti-seizure medications



Medical conditions (rheumatoid arthritis, hyperthyroidism, etc)

Diagnosis

Bone densitometry (DEXA) X-ray:

- Identify and monitor osteoporosis and osteopenia
- Assess your risk for developing fractures in the future
- Monitor the effects of treatment for osteoporosis and other conditions that cause bone loss

Treatment & Prevention

Follow your doctor's recommendations:



Take calcium and vitamin D supplements



Eat dairy and green vegetables



Exercise regularly



Take prescribed medication



Stop smoking



Limit alcohol consumption

From Parish Nurse Team

JUNE BIRTHDAYS

- 4th – Kathy Filip, Gerry Harding
 5th – Karen Munford, Don Schwarz
 7th – Gerri Julian, Evan Dehne
 8th – Tina Kotek
 9th – Linda Eargle
 10th – Esther Geissler
 11th – Roger Clark, Cheryl Green,
 Steve Stephanic
 15th – Kaye Ristow
 17th – Clarence Antonsen, Mike Corbett,
 Guy Merskin
 18th – Sieglinde Obernesser, David Barrett,
 Marjorie Mingst, Ralph Johnson
 19th – Fred Bastion
 23rd – Joan Abrams
 25th – Sandy Gundacker
 28th – Ann Miller, Mary Moquin
 29th – Sally Trenski
 30th – Walter Geissler



JUNE ANNIVERSARIES

- 5th – Lucy Ann & Buddy Clark
 6th – Jackie & Lester Moretti
 11th – Ava & James Casper
 13th – Patrick & Jane Sturmer
 15th – Ed & Tina Kotek
 18th – Robert & Delores Turner
 20th – Vern & Renate Bartz
 25th – Jim & Sandy McCaw
 29th – Martha & Robert Viohl Jr.



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



Time	Acolyte	Communion Assistants	Lector
Sun. June 6 10:00 AM	Lucy Ann Clark	Wendy Kitzman, Lucy Ann Clark, Arlene Hansen	Wendy Kitzman
Sun. June 13 10:00 AM	Lucy Ann Clark		Dick Fricke
Sun. June 20 10:00 AM	Walter Geissler	Walter Geissler, Lucy Ann Clark, Arlene Hansen	Chuck Kovacik
Sun. June 27 10:00 AM	Walter Geissler		Debbie Andrews

Worship Assistants Needed - We are in need of worship assistants, primarily acolyte and communion assistants, to help on Sunday. If you have helped in the past and would like to again, or would like to help for the first time please call Carolyn Cole so she can add you to the schedule. 813-812-7527

Altar Guild- We are currently looking for people to join the altar guild. If you are interested in helping please contact Judy Buskirk 813-335-5445 or Jean Jackson 813-748-6971



June Usher Team	June Altar Guild	Sound
Debbie Andrews Team	Judy Buskirk and Jean Jackson	Noah Allman



Thank you

Thank you all for your thoughts, prayers, & comfort during this time of grieving for our son.
Rosalie & Jerry Kelleher

Carnations on Mother's Day

WELCA distributed carnations to women as they left church on Mother's Day. Thanks to Arlene Hansen for leading the project and to Carolyn Cole, Linda Miller, Honey Ashley, Myrna Strom, Wendy Kitzman, and Lois Hobratschk for helping.



The picture shows Linda Miller handing a carnation to Marty Gifford.

Thank You Meals On Wheels Drivers

During the month of May, Redeemer, once again, served our community by bringing hot meals to people in need. This very worth-while project reaches those who can use some help in tough times that are often brought on by medical problems, loss of spouse, or other difficulties. Receiving a hot, tasty, healthy meal and simply not having to worry about meal preparation is very much appreciated.

Covid-19 precautions were taken which included social distancing and the wearing of masks. No signatures were required and meals were placed in coolers positioned near their entrance. After ringing the doorbell or knocking on the door, the client was greeted with a smile (under the mask) and a wave, plus the usual concern for their welfare.

The meals are picked up at South Bay Hospital and delivered throughout Sun City Center and Kings Point. The coordinator for Kings Point is Kathie Hackett (642-0971) and for Sun City Center is Hal Wold (634-2805). Please contact either Kathie or Hal if you are willing to be part of this important mission. And, a great big THANK YOU to all our volunteers who brought smiles and joy, as well as meals, to those who need and rely on this service.



Carolyn Cole and Cathy Lindsey help make Meals on Wheels deliveries in the area.

Redeemer Shirts

We have a few Redeemer shirts available for anyone that is interested.

Ladies Large with Redeemer embroidery on front, new \$21

Ladies 2XL with Redeemer on back, slightly used - Free

Ladies Med with Redeemer on back, slightly used - Free (?)

Office closed

The office will be closed on Friday June 25th.

Welcoming New Choir members

We are welcoming new members to join our choir. If you are interested in joining, please stop by and practice with us Thursday at 6:45 PM.



WELCA School Supply Project

School supplies for middle school aged students

Next month (July) WELCA will be collecting school supplies for middle school students. Social ministry usually does this project, but since we currently do not have a Social Ministry Team, WELCA will do the honors. Many families are on a budget and school funding is limited. When you are out shopping, you might consider picking up some school supplies. We hope to provide Beth Shields Middle School with some needed supplies. Supply lists will be available on the table in the narthex mid-June, to aid in your shopping for items to donate. If you would like to donate money (we will do the shopping for you), please write school supplies on your check and make note on your church envelope.

Thank you for your help, WELCA



Thank you for donating items for the food pantry in the narthex closet.

Please remember, NO open packages or containers.



Support for others

(Collection boxes are on the narthex counter)

BRING US YOUR



June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 AM-RLC Staff Meeting 12:30 PM-Barbershop 3:30 PM-Women's AA	2	3 6:45 PM-Choir practice	4 9:30 AM-Quilters	5
6 10:00 AM-Holy Communion Worship	7	8 10:00 AM-RLC Staff Meeting 12:30 PM-Barbershop 3:30 PM-Women's AA	9	10 10:00 AM-Parish Nurse Meeting 6:45 PM-Choir practice	11 9:30 AM-Quilters	12
13 10:00 AM-Worship	14	15 10:00 AM-RLC Staff Meeting 12:30 PM-Barbershop 3:30 PM-Women's AA 7:00 PM-Finance Team Meeting	16 1:00 PM-Conf of Ministry	17 1:00 PM-Conf of Ministry 06:45 PM-Choir practice	18 9:30 AM-Quilters	19
20 10:00 AM-Holy Communion Worship	21 10:00 AM-WELCA Board Meeting	22 10:00 AM-RLC Staff Meeting 12:30 PM-Barbershop 3:30 PM-Women's AA	23	24 6:45 PM-Choir practice	25 9:30 AM-Quilters	26
27 10:00 AM-Worship	28 1:00 PM-Council Meeting	29 12:30 PM-Barbershop 3:30 PM-Women's AA	30			

