



RLC Newsletter

May 2022

A Message from Pastor Allman

National Volunteer Week this year was April 17-23, and April was National Volunteer Month. I hope you took the opportunity to volunteer for some new service organization. If not, I will unofficially declare May as “do over” month here at Redeemer. Each of you now has a new opportunity for a volunteer “do over” here at Redeemer.

News reports inform us that volunteerism is down all over the country. Perhaps people are still hesitant to venture forth in the lull of the pandemic. Although, consumers seem to be venturing out to take advantage of this same lull in the pandemic. Problems arise when there are more consumers than servers. Some of you may have noticed this when you go to a restaurant and are told there is a long wait, even though there are plenty of

empty tables. There are more consumers than servers.

Here at Redeemer every single Ministry Team is saying they need more help – that is, volunteers. Every single Ministry Team also seems to believe that if I make an announcement the volunteers will come running. When it comes to your participation here at Redeemer, are you a server or a consumer? Consumers come to receive, while servers come to volunteer – to give back to God on one or more of Redeemer’s Ministry Teams.

At the end of March, we hosted a Ministry Fair after Worship. Did you come? We heard from Ministry Team leaders about the various opportunities to give back to God through our time and talents, also known as Stewardship. Most people hear

the word Stewardship and think, “There goes the Church asking for money again” which is not the whole story. Stewards also give back to God through their time and talents.

What are your talents? What are you passionate about? How can you use those talents and that passion to give back to God? Do not say you can’t! That is merely making an excuse. God gives each person a talent, and God has brought each of you here because your talent and passion can help fulfill God’s preferred future for Redeemer.

In 1 Corinthians 12 the Apostle Paul writes, “Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in

everyone. To each is given the manifestation of the Spirit for the common good... For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body" (Vs 4-7, 12-13). So, why has God brought you to Redeemer?

Pastor Allman 

Hybrid Bible Study

Our Hybrid Bible Study is both in-person and live streamed. Please join us on Thursday mornings at 10:00 AM. The Hybrid Bible Study will be held in the Sanctuary to accommodate both in-person and online (for those who cannot attend in person). I will be teaching on the readings for the upcoming Sunday worship. We invite you to attend in-person or online through our You Tube channel. There will be no Bible Study on May 5th.



News from the New Office Administrator

May 2022

We have some exciting things coming up on our calendar that you will read more about in this newsletter, so please be sure you read it all, and sign up or come join us for the fun. The Prayer Labyrinth is something we are doing for the first time here in our sanctuary; we hope you will join us. We also have a luncheon just for ladies on May 11th. This will be a great opportunity to make some new friends and visit with your current friends too! Last but not least we will be having another concert here but this time we are presenting the Riverside Jukebox Swing Band.

We have not had much luck with filling a part-time IT/Media Specialist. If you are interested in finding out more, please contact the office.

I also want to say thank you to all of our church volunteers. It takes a lot of people to make things go smoothly during funerals, fellowship, and special events. We also have fantastic people helping to make sure the church and surrounding areas are kept up as well. Thanks to all of the people that make Sunday worship possible too. We see you and thank you for all that you do! We are always in need of volunteers at the church. I hope that you will give some thought on what you are able to help with, not all tasks require big commitments. Please reach out to our office if you would like to volunteer.

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.

Upcoming Activities:

May 3: (Tue) Prayer Labyrinth in the sanctuary at 10:30 AM

May 5: (Thu) Caregivers Focus Group at 11:00 AM

May 11: (Wed) Ladies Luncheon at 11:30 AM (please sign up in the Narthex)

May 18: (Wed) Riverside Jukebox Swing Band at 7:00 PM (free will donation & non-perishable food item)

May 23: (Mon) Dinner & Movie Night at 5:30 PM- Wind River (please sign up in the Narthex)

MAY

STEWARDSHIP

“Do not neglect the spiritual gift you received... Give your complete attention to these matters. Throw yourself into your tasks so that everyone will see your progress” (1 Timothy 4:14-15, NLT).

“God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another” (1 Peter 4:10, NLT).

Did you know you had a spiritual gift? Do not panic! There is nothing to fear! The Holy Spirit is our friend! The Holy Spirit is the third part of our Triune God! God gives good gifts! Now breathe...

After you have your breathing back under control you may feel like asking, “Why me?” or simply “Why?” Let’s consider the larger picture of why spiritual gifts are important. First and foremost spiritual gifts are given and used to glorify God. Second, spiritual gifts are given and used to help us build up the Church and become more like Jesus Christ.



The Apostle Paul says, *“Their responsibility is to equip God’s people to do his work and build up the church, the body of Christ. This will continue until we all come to such unity in our faith and knowledge of God’s Son that we will be mature in the Lord, measuring up to the full and complete standard of Christ” (Ephesians 4:12-13, NLT).*

Jesus is our perfect example! Jesus personified all the spiritual gifts through the words Jesus spoke and the actions Jesus carried out. Since Jesus’ ascension, the Holy Spirit is the primary expression of the presence of God on the earth. Therefore God distributes the gifts of the Holy Spirit among Christians, so we can glorify God and build up the Church.

Each person has been given a primary spiritual gift, and other secondary spiritual gifts. God brings people together in order that our spiritual gifts can complement one another and we learn to rely on one another. As our understanding of Redeemer’s spiritual gifts matures, our appreciation for all of the people at Redeemer increases.

God has brought you to Redeemer for a reason. Your spiritual gifts are important to God’s preferred future for Redeemer. Your spiritual gifts are not an end in themselves. They are tools with which we can speak clearly the love of God to all people. Use them well to serve one another.



GROWING IN FAITH

“Grow in Faith” is the short version of the second part of our Mission Statement. “Proclaim Jesus; Grow in Faith; Love All People”

What does it mean to Grow in Faith, also known as Spiritual Growth? Why is it important to Grow in Faith? Is it not enough to go to Church and try to be the best person possible? Those are all valid questions, although I would like to speak toward the positive aspects of spiritual growth in this life. Even a basic internet search shows that there is a growing body of evidence indicating that spiritual practices are associated with better health and wellbeing.

Spiritual growth is the process of becoming more mature in one's relationship with Jesus – Grow in Faith. Someone who is growing spiritually will become more and more like Jesus.



Spiritual or contemplative practices are good for us spiritually, mentally and physically. Many spiritual traditions have a long history of using contemplative practices to increase compassion, empathy, and attention, as well as quiet the mind. Christians, and Lutherans in particular, are

learning that contemplative practices are not ungodly or unbiblical.

Centering Prayer, which resembles meditation, may elicit a relaxation response, along with feelings of hope, gratitude, and compassion—all of which have a positive effect on overall wellbeing. Centering Prayer, acknowledging that our lives are centered in God, provides a sense of comfort and support in difficult times, especially during difficult times that feel outside of our control.



Journaling about your prayer experience is another, often overlooked, contemplative practice that can help you become more aware of your inner life and feel more connected to your personal experience and the world around you. Studies show that writing during difficult times may help you find meaning in life's challenges and become more resilient in the face of obstacles.



These are two simple spiritual practices that can help us along the ways in which we ‘Grow in Faith.’

VITAMIN D *From the Parish Nurse Team*

Vitamin D is a nutrient your body needs for building and maintaining healthy bones. That's because your body can only absorb calcium, the primary component of bone, when vitamin D is present. Vitamin D also regulates many other cellular functions in your body. Its anti-inflammatory, antioxidant and neuroprotective properties support immune health, muscle function and brain cell activity.

Vitamin D isn't naturally found in many foods, but you can get it from fortified milk, fortified cereal, and fatty fish such as salmon, mackerel and sardines. Your body also makes vitamin D when direct sunlight converts a chemical in your skin into an active form of the vitamin (calciferol).

The amount of vitamin D your skin makes depends on many factors, including the time of day, season, latitude and your skin pigmentation. Sunscreen, while important to prevent skin cancer, also can decrease vitamin D production.

Many older adults don't get regular exposure to sunlight and have trouble absorbing vitamin D. If your doctor suspects you're not getting enough vitamin D, a simple blood test can check the levels of this vitamin in your blood.

Taking a multivitamin with vitamin D may help improve bone health. The recommended daily amount of vitamin D is 600 IU for people ages 1 to 70 years, and 800 IU for people over 70 years.

Research on vitamin D use for specific conditions shows:

- **Cancer.** Findings on the benefits of vitamin D for cancer prevention are mixed. More studies are needed to determine whether vitamin D supplementation may reduce the risk of certain cancers.
- **Cognitive health.** Research shows that low levels of vitamin D in the blood are associated with cognitive decline.
- **Inherited bone disorders.** Vitamin D supplements can be used to help treat inherited disorders resulting from an inability to absorb or process vitamin D.
- **Multiple sclerosis.** Research suggests that long-term vitamin D supplementation reduces the risk of multiple sclerosis.
- **Osteomalacia.** Vitamin D supplements are used to treat adults with severe vitamin D deficiency, resulting in loss of bone mineral content, bone pain, muscle weakness and soft bones (osteomalacia).
- **Osteoporosis.** Studies suggest that people who get enough vitamin D and calcium in their diets can slow bone mineral loss, help prevent osteoporosis and reduce bone fractures. Ask your doctor if you need a calcium and vitamin D supplement to prevent or treat osteoporosis.
- **Psoriasis.** Applying vitamin D or a topical preparation that contains a vitamin D compound called calcipotriene to the skin can treat plaque-type psoriasis in some people.

Without vitamin D your bones can become soft, thin and brittle. Insufficient vitamin D is also connected to osteoporosis. If you don't get enough vitamin D through sunlight or dietary sources, you might need vitamin D supplements.



MAY BIRTHDAYS

- 1st – Kathie Bastion, Mariam Sorby**
3rd – Carolyn Cole
4th - Cal Adams, Paula Simenson
5th – Jane Magalski
6th – Dorothy Warke
7th – Karin Meredith
9th – Mike Sigler
10th – Eleanor Jurgens
11th – Dorothy Paulson
12th – Joan Wessinger
14th – Lee Johnson
19th – Elmer Mack
21st – Chuck Kovacik, Laurence Moquin
22nd – Kathie Hackett
26th – Judith Lavallee
30th – Carolyn DeCarbo, Martha Viohl



MAY ANNIVERSARIES

- 3rd – Ralph & Betty Johnson**
7th – Joseph & Audrey Ercegovich
9th – Rosalie & Jerry Kelleher,
15th - Nancy & Mike Almaguer
17th – Doris Hahn & Bill Hahn
18th – Mike & Sherri Knaub
19th – David & Candy Allman
28th – Bob & Delores Casper



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



Time	Acolyte	Communion Assistants	Lector
Sun. May 1 10:00 AM	Kathy Jones	Wendy Kitzman, Kathy Jones, Mike Corbett	Mike Corbett
Sun. May 8 10:00 AM	Paul Ó Braonáin		Chuck Kovacik
Sun. May 15 10:00 AM	Debbie Andrews	Lucy Ann Clark, Mike Corbett, Debbie Andrews	Sherri Knaub
Sun. May 22 10:00 AM	Mike Corbett		Paul Ó Braonáin
Sun. May 29 10:00 AM	Lucy Ann Clark		Vorin Johnston



Worship Assistants Needed - We are in need of worship 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

Our biggest need is acolyte and communion assistants.

May Usher Team	May Altar Guild	Sound & Camera
Chuck Kovacik Team	Erika Barfels	Volunteers

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

Please remember, NO open packages or containers.





My Warrior's Place

My Warrior's Place is a local Retreat Center for our Veterans, Military Service Members, Law Enforcement Officers, Fire Fighters, Gold Star, Blue Star, and Silver Star families. Additionally, My Warrior's Place offers several amazing programs for those who have put their life on the line for our safety and well-being, endured the death of a Fallen Warrior, and/or experienced the horrors of war. Each program offered by My Warrior's Place plays an important role in the healing and coping process, and the support obtained through these programs is priceless.

WELCA would like to support them. One of the items they need is a golf cart. Since that isn't something that we can buy, we are asking for monetary donations for them during May. Please write My Warrior's Place on your envelope.



Thrivent Choice Dollars

Thank you from Redeemer to everyone that designated their Choice Dollars to come to Redeemer. Your gift is greatly appreciated.

Ministry Fair

Thanks to everyone who participated in the Ministry Fair this year: team leaders who presented, servers, and those who set up and cleaned up. And a special thanks to Chuck Buskirk for making the delicious pasta salad. Winners of a \$25 Publix gift card were Laurel Smith, Angela Grill, and Miriam Sorby. Redeemers need for volunteers is ongoing. We encourage everyone to find the ministry that best fits you.



Prayer Labyrinth

We will be introducing a program that uses the Redeemer sanctuary as a prayer labyrinth where prayer or meditation is combined with motion and a deeper appreciation for the sanctuary itself. Labyrinths have been used for centuries for meditation and prayer. Meditation for this activity is a time and posture of quiet where you clear your mind, concentrate on your breath, and listen. Prayer is your conversation with God.

Many outdoor labyrinths are found in outdoor gardens and retreat centers. An example of a labyrinth in a sanctuary comes from Chartres Cathedral in France, where a prayer labyrinth is in a section of the nave. The participant moves in a circle with stations for pause and meditation and prayer at their own pace. Changing positions and views is designed to enhance the prayer/mediation experience.

Join us on Tuesday, May 3 at 10:30 AM as Linda Eargle leads us in a prayer labyrinth that she designed for our sanctuary.

Sun City Center Expo

Redeemer recently had a table at the SCC Expo. Thanks to volunteers Carolyn Cole, Ann Miller, Larry Clark, Don Hobratschk, and Lois Hobratschk for taking turns at the table.



Caregiver Focus Group

Are you a caregiver that currently or recently had difficulty finding or getting resources that you need to care for your loved one? If so Baycare Faith Community Nursing would like for you to participate in a Focus Group in Buhr Hall on Thursday, May 5 at 11:00 AM until 12:00 PM. This will be a small group that will focus on ideas for what is needed and what it takes to better care for loved ones. If you are willing to participate, please let the office know.

Women's Luncheon

WELCA invites all women of the congregation to a luncheon in Buhr Hall on Wednesday, May 11th at 11:30 AM. We invite you to also bring a woman friend. Since it has been many months since we have been together, this will be an opportunity to interact with each other again. **The lunch is FREE, but you will need to bring a non-perishable food item for the local food pantry.** Please sign up on the sheet on the narthex counter so we know how much food is needed.

Synod Assembly Requests

At the Synod Assembly this year they are asking for select personal hygiene product donations. These items will benefit Second Harvest Food Bank in Orlando.

You can help by bringing in the following items and placing them on the table used for social ministry products.

Wish List items:

- Diapers
- Feminine hygiene products
- Soap
- Shampoo, conditioners
- Toothpaste & toothbrushes
- Deodorant
- Shaving Cream
- Body wash



Balance Presentation

95 people attended Linda Eargle's very informative presentation on balance. She provided many useful hints for improving balance, and hopefully we are all using some of these exercises each day. Thanks to the Parish Nurse Team for organizing the event.



Riverside Jukebox Swing Band

Riverside Jukebox Swing Band is a new band formed to entertain the Southshore community with music from the Big Band era to the 1980s. You will hear songs like **In the Mood, At Last, The Way You Look Tonight,** and **Leapfrog** from the WWII era. Audiences love to dance to songs from the 1970s like **If You Don't Know Me By Now, Get It On,** and **Spinning Wheel.** The music covers multiple dance styles from cha-cha to polka, with plenty of ballads for the slow dance crowd. The band plays the music of the Beatles, Barry Manilow, Billy Joel, Engelbert Humperdinck, and, of course, Frank Sinatra.

RJSB has 16 musicians including saxophones, trumpets, trombones, and a rhythm section. Three singers mix vocal numbers into each of the sets. Several of the band members travel from Sarasota in the south to north of Tampa, but most are residents of the Southshore area. The band rehearses at King's Point in Sun City Center.

Please bring a non-perishable food item for the food pantry. A free will offering will be collected.



Save the date

May 18th 7:00 PM

In Buhr Hall



Our next movie Monday will be May 23rd doors open at 5:30 PM. Dinner will be provided so please sign up. The sign-up sheet can be found on the welcome table.

May Movie: Wind River



Wind River follows U.S. Fish & Wildlife agent Cory Lambert (Jeremy Renner) as he is forced to confront his past when he joins a rookie FBI agent in a quest to solve a murder on the Wind River Indian Reservation in Wyoming. Cory Lambert finds the body of an 18-year-old woman on an American Indian reservation in snowy Wyoming. When the autopsy reveals that she was raped, FBI agent Jane Banner (Elizabeth Olsen) arrives to investigate. Teaming up with Lambert as a guide, the duo soon finds that their lives are in danger while trying to solve the mystery of the teen's death.



John

H U C F I S H Y L G G Q S Q T
 T W A M M S U M E D O C I N J
 B A I L A Z A R U S O Q O H G
 M T A A H F K A G Q P G O B N
 O V P M S P N H G H W N O T I
 T N H B E A I Q I A H I E L L
 Y G U O L S Q L T D O H V D A
 T G S F F M I E K S L S T G E
 P O H G D P R A Q E Y A B D H
 M T F O R T L N U H S W L U E
 E B L D O D W A E T P T P Z M
 H J O W W R U H N E I O F N D
 C C I Q D L Q T I B R O K M E
 N N U H B J J A V B I F J W G
 E R Z J E O J N G Y T Z B A G

- | | | |
|--------------|-------------|---------------|
| BETHESDA | HEALING | NICODEMUS |
| CAIAPHUS | HOLY SPIRIT | PHILIP |
| EMPTY TOMB | LAMB OF GOD | VINE |
| FISH | LAZARUS | WATER TO WINE |
| FOOT WASHING | NATHANAEL | WORD FLESH |

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 AM-Holy Communion Worship	2 10:30 AM-AI-Anon	3 10:30 AM-Prayer Labyrinth 1:00 PM-Barbershop 3:30 PM-Women's AA	4	5 10:00 AM-OA Group 11:00 AM-Caregivers Group 6:45 PM-Choir practice	6 9:30 AM-Quilters	7
8 10:00 AM-Worship	9 10:30 AM-AI-Anon	10 1:00 PM-Barbershop 3:30 PM-Women's AA	11 11:30 AM-Ladies Lunch	12 9:00 AM- Parish Nurse 10:00 AM-Hybrid Bible Study 10:00 AM-OA Group 6:45 PM-Choir practice	13 9:30 AM-Quilters	14
15 10:00 AM-Holy Communion Worship	16 10:30 AM-AI-Anon	17 1:00 PM-Barbershop 3:30 PM-Women's AA	18 6:30 PM-Swing Band Concert	19 10:00 AM-Hybrid Bible Study 10:00 AM-OA Group 06:45 PM-Choir practice	20 9:30 AM-Quilters	21
22 10:00 AM-Worship	23 10:00 AM-WELCA Board Meeting 10:30 AM-AI-Anon 1:00 PM-Council Meeting 5:30 PM-Movie Night	24 1:00 PM-Barbershop 3:30 PM-Women's AA	25	26 10:00 AM-Hybrid Bible Study 10:00 AM-OA Group 6:45 PM-Choir practice	27 9:30 AM-Quilters	28
29 10:00 AM-Worship	30 OFFICE CLOSED	31 1:00 PM-Barbershop 3:30 PM-Women's AA				

