



# RLC Newsletter

## August 2023

### A Message from Pastor Allman

As I write this article, it is hot! We are experiencing triple digit heat indexes daily. Some parts of the country are under heat advisories. The news has carried stories of people dying from the heat. At the same time, the upper northeastern part of our country is flooding. Florida is well into our hurricane season, and thankfully we have not yet had any destructive experiences – still multiple home insurance companies have either stopped servicing Florida or announced that they soon will.

What is there to say about August, other than I doubt it will get cooler, and the threats of hurricanes will still exist? Hope motivates us to keep moving forward. Most school years begin again in August, although I know of one school that began in July. In July we have been seeking to help teachers and students by donating school supplies. I am related to and know teachers who have had to spend their own money for school supplies in their classrooms. It does not cost me much to help.


Hope can be defined as a feeling of expectation and desire for a certain thing to happen. I could hope to win millions of dollars in the lottery, although I am often reminded that I would have to buy a ticket. I

can also place my hope in someone/something based on previous experience. Isaiah 55:10-11 promises that, *“...the rain and the snow come down from heaven, and do not return there until they have watered the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and succeed in the thing for which I sent it.”*

Isaiah prophesied to people living in exile who hoped to return to their homes and lands. Many of them were born in exile, and had never experienced the “promised land,” although they had experienced the promise-keeper -- Yahweh/God. God’s Word speaks of abundance, which is why we can freely give of our resources to help those in need. Whether that is school supplies, a helping hand, or even a cup of cold water on a hot day.

I know Redeemer folks to be gracious and generous. I was barely able to pack into my trunk everything we collected for the Harbor House of Central Florida in May/June. My heart grew with the privilege of bearing those gifts to the Synod

Assembly, where they were added to that of other congregations, in numbers that overflowed a sixteen-foot moving truck into many vans and pickup trucks. You are evidence that God's Word fulfills God's purposes. You help provide hope. You are blessed to be a blessing. Thank you.

*Pastor Allman* 

**Thank you for donating items for the food pantry in the narthex closet. Please remember, NO open packages or containers.**



### **News from the Office Administrator August 2023**

The summer is over for my kids! My oldest has started the 7<sup>th</sup> grade and my youngest is off to 1<sup>st</sup> grade. August tends to be light on events around here. Starting in September many of our groups will start to meet again.

Bible Study videos from Pastor Allman are on our YouTube channel. I encourage you to watch and interact with or respond to these videos. Did you find anything particularly interesting? Did you have any questions about what he shared? I hope you will let us know that you are seeing and hearing our requests.

As usual be sure you check the Welcome Table in the narthex for upcoming events. We post flyers and signup sheets there for many different activities so come and choose some fun and informative things to do!

***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 Events:**

**Sunday, August 27-** Blood Pressure Checks following worship

**Monday, August 28-** Movie night, pot luck dinner

**Sunday, October 8** – New Member Sunday

**Saturday, November 4** – Arts & Crafts Fair

**June YouTube  
2 New Subscribers  
656 total views  
8,224 minutes watched**

# AUGUST STEWARDSHIP

John Wesley (1703-1791) was an English cleric, theologian, and evangelist who was a leader of a revival movement within the Church of England known as Methodism. The societies he founded became the dominant form of the independent Methodist movement that continues to this day. In 1738 he had an intense religious experience. Moving across Great Britain and Ireland, he helped form and organize small Christian groups (societies) that developed intensive and personal accountability, discipleship, and religious instruction. Members met regularly for learning and personal accountability. The following questions were used by Wesley (and others) for self-examination - and may be helpful as we consider ways in which our actions speak louder than words.



Am I consciously or unconsciously creating the impression that I am better than I really am? In other words, am I a hypocrite?

Am I honest in all my acts and words, or do I exaggerate?

Do I confidentially pass on to another what was told to me in confidence?

Can I be trusted?

Am I a slave to dress, friends, work, or habits?

Am I self-conscious, self-pitying, or self-justifying?

Did the Bible live in me today?

Do I give it time to speak to me every day?

Am I enjoying prayer?

When did I last speak to someone else about my faith?

Do I pray about the money I spend?

Do I get to bed on time and get up on time?

Do I disobey God in anything?

Do I insist upon doing something about which my conscience is uneasy?

Am I defeated in any part of my life?

Am I jealous, impure, critical, irritable, touchy, or distrustful?

How do I spend my spare time?

Am I proud?

Do I thank God that I am not as other people, especially as the Pharisees who despised the Publican?

Is there anyone whom I fear, dislike, disown, criticize, hold a resentment toward or disregard? If so, what am I doing about it?

Do I grumble or complain constantly?

Is Christ real to me?

Feel free to post these in a conspicuous place and refer to them often.

# GROWING IN FAITH

(Jesus said) *“You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’ But I say to you: Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven... For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? And if you greet only your brothers and sisters, what more are you doing than others? Do not even the gentiles do the same? Be perfect, therefore, as your heavenly Father is perfect”* (Matthew 5:43-48; NRSV).

These verses come from what we call Jesus’ Sermon on the Mount, of which many reference only the Beatitudes (5:1-12), yet the sermon is all of chapters 5-7 of Matthew’s Gospel. Jesus presents many of these type of statements in which Jesus is basically saying, *“This is the way you think it should be, and this is the way God thinks it should be.”* Jesus and God set the Christian bar way higher than we do.

Yet, if the bar is set at, *“Be perfect, therefore, as your heavenly Father is perfect,”* we are destined to fail, so why bother? I have a poster above my desk that reads, *“The only way to discover the limits of the possible is to go beyond them into the impossible.”* Some might say that the best way to fail is to not even try. The Apostle Paul writes, *“I press on toward the goal, toward the prize of the heavenly call of God in Christ Jesus”* (Philippians 3:14; NRSV). Some who can be blatantly honest might admit that they do not even want to try; it is too hard.

Rev. Richard Rohr, in one of his devotionals, considers this difficult teaching from Jesus to love our enemies. Rohr writes, *“The understanding that I am a holy child of God contains within itself often unrealized consequences. If I embrace this notion about myself, I must accept its corollary: that is, if I am a holy child of God, then so is everyone else.”* Liza Rankow, author and interfaith minister, writes, *“(Oneness) is even an easy thing to profess, until we*

*realize that it must include not only the people we like and agree with, not only those to whom we are sympathetic, but also those whom we view as abhorrent (whatever side of a political position we may hold). We don’t get to choose who we are one with—it’s everybody.”*

I sometimes quip that if you think being a Christian is easy then you are not doing it right. If you think I am kidding, then read Matthew, chapters 5-7, and keep reading them over and over until you understand. Jesus’ admonition to love your enemies and pray for those who persecute you is only the tip of the proverbial iceberg.

The people that Jesus made friends with were the outcasts of religious society, the tax collectors, and sinners. Rev. Howard Thurman wrote, *“Jesus, however, approaches life from the point of view of God. The serious problem for him had to be: Is the Roman a child of God? Is my enemy God’s child? If he is, I must work upon myself until I am willing to bring him back into the family... If God loves them, that binds me. Can it be that God does not know how terrible my enemy is? No, God knows them as well as he knows himself and much better than I know them... If a person is of infinite worth in the sight of God, whether they are saint or sinner, whether they are a good person or a bad person, evil or not, if that is true, then I am never relieved of my responsibility for trying to make contact with this worthy thing in them”.* (The Growing Edge (New York: Harper & Brothers, 1956), 17–18).

The easiest way to cultivate a new relationship is to walk up to and speak with someone on Sunday morning, someone you do not already know. And, you can open that conversation with, *“Hi, my name is \_\_\_\_\_.* I do not think I know you yet.” You can do this before or after worship; which is also a great time to invite them to sit with you during fellowship afterward. Or, you could approach someone already enjoying fellowship time; especially if you see someone sitting by themselves. These are already brothers and/or sisters in Christ, so it is a great place to start. Once you grow in confidence, you can transfer that confidence to speak with someone outside of Redeemer, who Jesus would call “your neighbor.”

# SLEEP APNEA & HEART TROUBLES



## What is **SLEEP APNEA?**

It is a common disorder in which your **BREATHING STOPS BRIEFLY DURING SLEEP.**

Pauses last **10-20 seconds** and occur as many as **30+ times/hour.**



### Sleep apnea is linked to:

- High blood pressure
- Atrial fibrillation
- Sudden cardiac death
- Heart failure

More than **18 MILLION** Americans have it.

## KNOW THE SIGNS

### MOST COMMON SIGNS:

- Loud snoring
- Gasps for breath during sleep
- Waking up frequently



## How to **TREAT** it



From Parish Nurse Team

## AUGUST BIRTHDAYS

- 1<sup>st</sup> – Robert Viohl Jr.**
- 2<sup>nd</sup> – Cindy Hetler**
- 3<sup>rd</sup> – Jennie Flietner, Margery Ruse**
- 4<sup>th</sup> – Anne Doerfler, Marty Gifford,  
Dr. Oliver Hackett, Nancy Hayes,  
Judy Kiel**
- 6<sup>th</sup> – Audrey Ercegovich**
- 7<sup>th</sup> - Dan Pollert**
- 8<sup>th</sup>- Jenise German**
- 10<sup>th</sup> – Denise Fitzpatrick**
- 12<sup>th</sup>- Nancy McIntosh**
- 14<sup>th</sup> – Betty Morrison**
- 21<sup>st</sup> – Dick Fricke**
- 22<sup>nd</sup> – Maureen Hill**
- 25<sup>th</sup> – John Vogelsang**
- 26<sup>th</sup> – Richard Johnston**
- 27<sup>th</sup>- Grace Springer**
- 28<sup>th</sup> – Ginny Acker**
- 29<sup>th</sup>- Hans Barfels, Pete Moose**



## AUGUST ANNIVERSARIES

- 1<sup>st</sup> – Sally & Michael Trenski**
- 3<sup>rd</sup> – Kurt & Elfi Nolden**
- 13<sup>th</sup> – John & Pam Vogelsang**
- 16<sup>th</sup> – George & Susan Grosskopf**
- 20<sup>th</sup> – Mike & MaryAnn Sigler**
- 22<sup>nd</sup> - Dianne & Joe Good**
- 24<sup>th</sup> – Paul & Nancy Carrier**
- 27<sup>th</sup> – Keith & Linda Kovach**
- 29<sup>th</sup> – Jerry & Carolyn DeCarbo**
- 31<sup>st</sup>- Dr. Oliver & Kathie Hackett  
Bob & Valerie Southwell Jr.**



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

# AUGUST

<b>Time</b>	<b>Acolyte</b>	<b>Communion Assistants</b>	<b>Lector</b>
<b>Sun. August 6 10:00 AM</b>	<b>Mike Corbett</b>	<b>Paul Ó Braonáin, Mike Corbett, Arlene Hansen</b>	<b>Paul Ó Braonáin</b>
<b>Sun. August 13 10:00 AM</b>	<b>Walter Geissler</b>		<b>Chuck Kovacik</b>
<b>Sun. August 20 10:00 AM</b>	<b>Paul Ó Braonáin</b>	<b>Kathy Schwartz, Walter Geissler, Wendy Kitzman</b>	<b>Wendy Kitzman</b>
<b>Sun. August 27 10:00 AM</b>	<b>Kathy Schwartz</b>		<b>Jim Schwartz</b>

Please contact Carolyn Cole at 813-812-7527 if you have any questions about being an acolyte, lector, or communion assistant or if you would like to be added to the upcoming schedule.



<b>August Usher Team</b>	<b>August Altar Guild</b>	<b>Sound &amp; Camera</b>
<b>Chuck Kovacik Team</b>	<b>Barb Lauer, Marge Miller Doris Hahn and Judy Buskirk</b>	<b>Volunteers</b>





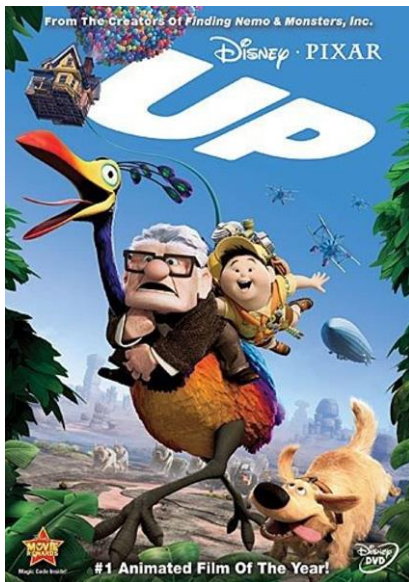
### School Supplies Thank you

Thank you to all that donated school supplies in July to the students of Cypress Creek Elementary.



**Monday, August 27<sup>TH</sup> at 5:30 PM**

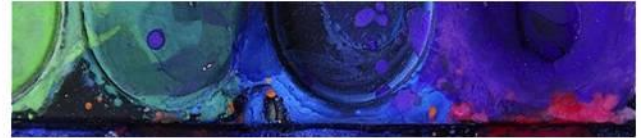
Join us for movie night this month on August 28<sup>th</sup> at 5:30 PM to see *Up*. Dinner will be potluck style, bring a dish to share. Bring your own beverage and a non-perishable food item to be donated to the food pantry.



**About the movie:** Retired balloon salesman Carl Fredriksen and eight-year-old Russell fly toward adventure as they seek the famed Paradise Falls!

### Blood Pressure Check

The next blood pressure checks will be on August 27th and continue on the last Sunday of every month. Honey Ashley and Rosalie Kelleher will be in Buhr Hall following the worship service. This is a convenient opportunity to keep check on your numbers.



### ARTS & CRAFTS FAIR



**Save the Date!**  
**Saturday, November 4<sup>th</sup>**  
**9:00 AM – 2:00 PM**

This will be the 4<sup>th</sup> Arts and Crafts Fair that Redeemer will be hosting. There will be a variety of arts & crafts, a raffle for gift baskets, 50/50 raffle, bake sale, and a food truck. Please save the date and come to support Redeemer and local vendors.

### Red Rover

Just like the childhood game, we need someone to let us come over and use your available garage space. In previous years, congregation members volunteered a portion of their garage for our Rummage Sale storage. Garage space allows Redeemer to increase the amount of inventory available on sale days. If you are willing to help us, please contact Mary Ann Sigler by e-mail at [masigler67@gmail.com](mailto:masigler67@gmail.com) or by phone at 614-313-8082. We need to begin storing items in September of this year.

### Save the Date!

Holy Ground- God Still Speaks  
 November 10-12, 2023

Warren Willis Retreat Center Fruitland Park



## Visitation Volunteers Needed

You may not be aware that Redeemer has more than 50 homebound people. Prior to 2020 and the pandemic, we had two teams of members who would volunteer to visit and/or take Holy Communion to our members who cannot come to Sunday worship. For a variety of reasons, volunteerism has declined in many not-for-profit organizations around the country; which is also true for Redeemer. We have lost nearly everyone who served in this vital ministry. Please prayerfully consider how God may be calling you to visit and/or provide Holy Communion to these homebound members and friends of Redeemer.

## Worship Assistants Needed

**Please consider being an acolyte and/or communion assistant.**

Please contact Carolyn Cole at 813-812-7527 if you have any questions about being an acolyte or communion assistant or if you would like to be added to the upcoming schedule.

## Property Team Members Needed

Redeemer is in need of some handymen. We are looking for men to help us assess work that needs to be done at the church. This may include some hands on work but often times you may just be writing up a contract for the scope of work that needs to be done & getting quotes for the work. There are no structured meeting schedules, the property team meets on an as needed basis. If you might be interested in lending a hand please contact the office.

## Happening around Redeemer

Redeemer has been working on numerous projects around the building. Fred from our property team has been replacing some of the door closers that have stopped working properly over time. We also recently had an electrician out to upgrade the breaker outside that runs power to the AC handler in the front of the sanctuary. We hope this means no more warm Sunday worship services. We also had it brought to our attention that there was some mold found on some of the walls in one of the closets in the building. We were able to locate where the problems began and should have that fixed, hopefully by the time everyone is reading this article.

## New Member Sunday is coming October 8

Our new member Sunday celebration is scheduled for Sunday October 8<sup>th</sup>. We will invite our new members to meet in the fellowship hall around 9:30 AM. This won't take long. I will have a few things for you and will take a picture that will be used for your church file only. If you prefer to email a picture rather than have one taken this Sunday, you are welcome to send it to the office email at [sccredeemerlc@gmail.com](mailto:sccredeemerlc@gmail.com).

During the service we will recognize new members by having you come to the front with the group for a welcome to Redeemer, or you are welcome to stand up where you are seated if that is easier.

It is always a good time to join. If you would like to become a member, you can find a membership form on the welcome counter. Forms can be returned to any member of the office staff.



**Become  
Part of  
*Our*  
Church  
Family**

## Choir Reminder for August



# August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 10:30 AM-Barbershop Quartet 1:00 PM-Barbershop 3:30 PM-Women's AA	<b>2</b>	<b>3</b> 5:30 PM-AA Group	<b>4</b> 9:30 AM-Quilters  reserved	<b>5</b>  reserved
<b>6</b> 10:00 AM-Holy Communion Worship	<b>7</b> 10:30 AM-Al-Anon	<b>8</b> 10:30 AM-Barbershop Quartet 1:00 PM-Barbershop 3:30 PM-Women's AA	<b>9</b> 10:00 AM-Fundraising Mtg	<b>10</b> 9:00 AM - Parish Nurse Mtg 5:30 PM-AA Group	<b>11</b> 9:30 AM-Quilters  reserved	<b>12</b>  reserved
<b>13</b> 10:00 AM-Worship	<b>14</b> 10:30 AM-Al-Anon	<b>15</b> 10:30 AM-Barbershop Quartet 1:00 PM-Barbershop 3:30 PM-Women's AA	<b>16</b>	<b>17</b> 5:30 PM-AA Group	<b>18</b> 9:30 AM-Quilters  reserved	<b>19</b>  reserved
<b>20</b> 10:00 AM-Holy Communion Worship	<b>21</b> 10:30 AM-Al-Anon	<b>22</b> 10:30 AM-Barbershop Quartet 1:00 PM-Barbershop 3:30 PM-Women's AA	<b>23</b>	<b>24</b> 5:30 PM-AA Group	<b>25</b> 9:30 AM-Quilters  reserved	<b>26</b>  reserved
<b>27</b> 10:00 AM-Worship 11:00 AM-BP Check	<b>28</b> 10:00 AM-WELCA Board 10:30 AM-Al-Anon 5:30 PM-Movie Night	<b>29</b> 10:30 AM-Barbershop Quartet 1:00 PM-Barbershop	<b>30</b>	<b>31</b> 5:30 PM-AA Group		

