



RLC Newsletter

July 2024

A Message from Pastor Allman

Independence Day. That is the big thing that Americans will be celebrating this month, in just a few days, on the 4th. What does it mean to be truly independent? Here are a few definitions: not subject to another's authority or jurisdiction; autonomous; free; not influenced by the thought or action of others; not dependent; or not depending or contingent upon something else for existence.

As I thought about those definitions, I realized that I cannot really claim to be truly independent. Ultimately and in every one of those categories I realize that I am completely dependent on God. God is responsible for my initial and continuing existence. God influences my thoughts and actions. I am under God's authority and jurisdiction. And, frankly, I do not want to be truly independent from God. I love God and I love being able to talk with God anytime and anywhere, and I love knowing that God loves me and loves hearing from me.

I suspect that some of you are thinking, "Well, Pastor that is not what Independence Day is all about." I realize that. Independence Day has nothing to do with religion and everything to do with politics and separation from the King of England. And, I realize that there were thirteen colonies,

numbering in the millions of people, who had to depend on one another to make the Declaration of Independence worth anything.

Either way, the point is the same: none of us are truly independent. Everyone falls under some kind of authority or jurisdiction. No individual can be truly autonomous. There is someone who influences your thoughts and actions. None of us can exist outside of community. My encouragement is that each us be aware of our choices and choose wisely.

Have a blessed 4th of July and the rest of the month.

Pastor Allman 



May on YouTube
4 New Subscribers
789 total views
9,597 K minutes watched



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 July 2024

I hope everyone has a safe 4th of July. Keep in mind that Redeemers office will be closed for the holiday on July 4th.

In case you had not heard Mike is a Notary Public, he will be offering this service to our congregation. If you have a friend in need the cost is \$10 per signature.

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.

Donations to the Pastors discretionary fund can be made at any time and given in any amount. If you would like make a donation, please write Pastor's discretionary fund on the memo line.

Friendly Reminder

Beginning soon our Council Members will be calling a few of our members, simply to check-in and see how you are doing. Many will be using cell phones that could appear from area codes outside of the (813) prefix for our region. If you are committed to not answering those kinds of calls, please, at least, wait to see if they leave a message before declining and blocking the number. Once you receive a message, please take the time to call back and speak with the Council member. I promise they will have your best interests in mind and heart. Thank you, Pastor Allman.



JULY STEWARDSHIP

Which do you practice: a theology of abundance or a theology of scarcity?

Psalm 23:1 reads, *“The LORD is my shepherd, I shall not want.”* Matthew 6:25 reads, *“Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear.”* Philippians 4:6 reads, *“Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”*

The economic situation of the world certainly shows the disparity between abundance and scarcity. The richest 1% in the USA now own more wealth than the bottom 90% combined. Oddly one statistic states that the rich – the ones with the abundance – rely on an ideology of scarcity, while the poor – the ones suffering from scarcity – rely on an ideology of abundance. (Example: read Mark 4:41-44, The Widow’s Offering)

An ideology of scarcity says there is never enough, so hold onto what you have. In fact, do not just hold onto it, hoard it. Put aside more than you need, so that if you do need it, it will be there, even if others must do without. When I was young, I never thought about whether we were rich or poor, because there was always enough.



An affirmation of abundance says there is enough to go around, so long as each of us takes only what we need (i.e., *“I shall not want”* Psalm 23:1). In fact, if we are willing to have and not hoard, there will

even be more than enough left over. In the story of the feeding of the five thousand, after everyone has had enough to eat the disciples gather twelve baskets of leftovers.



Gifts, for which we are willing to give thanks and share, have immense potential. Walter Brueggemann writes, *“(In the Gospel) Signs of unlimited generosity are abundant and visible, leaving no room for the mistaken notion of scarcity...We don’t experience the world that way. But (the) Gospel suggests that this is because we, like the disciples, are not clear about the limitless generosity of God.”* (Enough is Enough, The Other Side, November-December 2001, Vol. 37, No. 5).

We are stuck between a world that teaches us to *“look out for number one”* and the Bible that teaches us to trust that God will provide enough for our personal needs and even more to share with others. The ideology/theology of scarcity is a false teaching, coming through the world, from the Father of Lies! When we gather for worship each Sunday it is to hear the good news that God is enough, and more than enough – abundance.

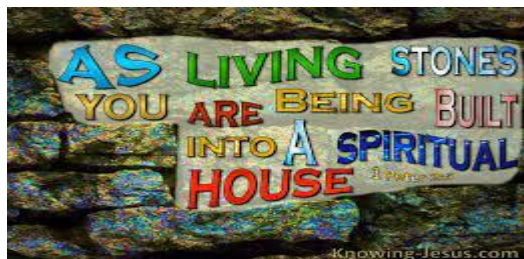


**Become
Part of
Our
Church
Family**

Redeemer is always welcoming new members! If you would like to join, new member forms can be found on the welcome table or stop by the office to learn more.

GROWING IN FAITH

“Now you are living stones that are being used to build a spiritual house” (1 Peter 2:5, CEV).



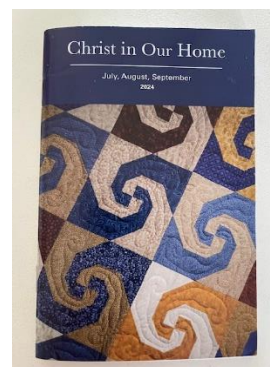
When I was the pastor in a multigenerational congregation, and had responsibilities for the youth, Sunday school and catechism programs, one of the comments heard most often was to wonder why the young people disappeared after making their Confirmation. Along with that, I even wondered why the people that stayed in the Church stopped their spiritual development after catechism training. By that I mean, why did most people who regularly came to worship not come to Sunday school and/or Bible study?

Often today I read or hear people talking about spiritual maturity and it makes me wonder, “What does ‘spiritual maturity’ look like?” The Apostle Peter (above) says that we are living stones being built into a spiritual house. The verse implies that there is a builder (God) and that we go through an ongoing building process.

In his letter to the Ephesians, Chapter 4, the Apostle Paul says, *“I beg you to lead a life worthy of the calling to which you have been called”* (Eph. 4:1, NRSV). And again, *“Christ chose some of us to be apostles, prophets, missionaries, pastors, and teachers, so that his people would learn to serve and his body would grow strong. This will continue until we are united by our faith and by our understanding of the Son of God. Then we will be mature, just as Christ is, and we will be completely like him”* (Eph. 4:11-13, CEV).

As I put those quotes into the proverbial “nutshell,” the Apostle Paul is telling us that each one of us is

called by God, some are called to teach and some are called to grow in faith and to serve others, until we all become mature – which means “completely like Christ.” So, you be your own judge, “Are you completely like Christ?” If the answer is “no,” then I encourage you to find ways to learn to grow into spiritual maturity (Grow in Faith).



We have the Christ in Our Home daily devotional booklets on the Welcome Table, and the next quarter (July-September) is available. Whether you are an avid reader of this or looking to start, this is a great resource, as it often uses the upcoming Sunday readings during the week. You may want to read the Bible, yet want a different resource. You can search the internet and find a reading plan, possibly even to read through the Bible in one year. There are also “apps” that will read the Bible aloud for those who may want to do that while going on your daily walk. I have been offering an overview of the Acts of the Apostles on Thursday mornings via our You Tube channel (about 30 minutes), and there is no formal Bible training required to watch the videos. I am a few months into the study, although you can search through the videos on our page and start from the first one – here is a link <https://www.youtube.com/@redeemerlutheranchurchsunc3414/videos>

You could also visit our Web site, click on the Bible Study 2023-24 tab, scroll down, and start there. Here is the link to our website <https://www.redeemerlc.com/bible-study-2023/>

Whichever you choose, please take time to “subscribe” to our You Tube Channel, and/or “bookmark” our Web site. Either is also a good place to find the Live Stream of our Hybrid Worship Service on Sundays at 10:00AM if you cannot join us in person.

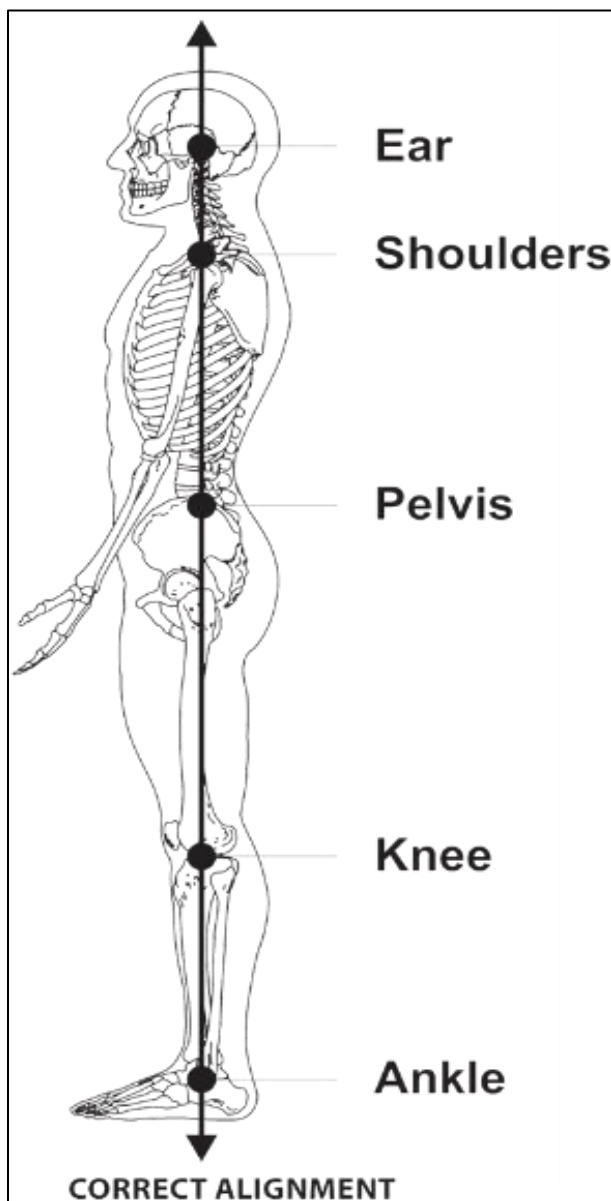
Older Adults and Posture

Static posture is our body alignment in standing. What do we know about standing straight?

Maintaining a good standing posture is important for good balance and ability to move. Bad posture and weak muscles can change our posture. Chronic pain is a significant cause of changes in standing posture.

Pain in hips, knees, and/or the spine are the most common places changing our postures. Hip or knee pain, typically from osteoarthritis, changes putting your weight equally on both legs. Injuries from many years ago can precipitate pain and result in postural change. Spine pain may be the result of previous surgeries, older adult scoliosis, spinal stenosis, or spinal osteoarthritis. Pain management physicians and/or physical therapy can help to reduce the pain. Daily awareness of static and dynamic postures and adapting your activities of daily living can offer some relief.

No one likes to stand in line, but many of us are unable to do so because of pain or fatigue. Several things may help. For example: Shifting weight from one leg to another, shifting weight from the front to the back of your feet, and taking some weight off your feet and on to your hands by using a cane or walker.



Good standing posture is when your ear lobe is over the middle of your shoulder, your hip joints, the middle of your knees, and over your foot just in front of the ankle.

One way to check your posture is to back up to the refrigerator and put the handle(s) against your spine, pulling shoulders back and lifting the top of your head as the arrow shows. Doing this frequently will help your body remember what good posture feels like.

General instructions are to pull shoulders back and pull in your stomach. However, I've found that pushing my belly button out will make my shoulders come back and my hip muscles work.

Good shoes with orthopedic support can make a difference in posture. Flip Flops or sandals without heel support do not support good posture.

Daily exercise is a key to keeping our posture the best it can be. It's a daily battle, but it is worth the effort.

*From Linda Eargle
and the Parish Nurse Team*

JULY BIRTHDAYS

- 1st – Bernie Tucker**
2nd – David Lickfeldt
4th – Linda Miller, David Schierenbeck
6th – Doris Long, Nancy Phillips
**7th – Audrey Erickson, Theresa McKee,
 Bob Shields**
8th – Laura Akins
9th – Betty Johnson
10th – Howard Baker, Phyllis Mead
11th – Wendy Kitzman, Judy Quitsch
13th – Linda Kovach
14th – Joseph Ercegovich
15th – Jim Fredrickson
17th – Jim McCaw, Sammy Samuelson
20th – Harry Oelgart, Nina Smart
21st – Mirdza Drenegers
22nd – Marge Miller



JULY ANNIVERSARIES

- 1st – Jim & Sue Smeltzer**
22nd – Jim & Kathy Schwartz
23rd – Vlado & Eva Michna



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



JULY

Time	Acolyte	Communion Assistants	Lector
Sun. July 7 10:00 AM	Kathy Schwartz	Kathy Schwartz, Wendy Kitzman, Judy Buskirk	Wendy Kitzman
Sun. July 14 10:00 AM	Paul Ó Braonáin		Chuck Buskirk
Sun. July 21 10:00 AM	David Lickfeldt	Sharon & Bill Horiszny, David Lickfeldt	Sharon Horiszny
Sun. July 28 10:00 AM	Joyce Kuzmick		Joyce Kuzmick

July Usher Team	July Altar Guild	Sound & Camera
Arlene Hansen Team	Doris Hahn and Judy Buskirk	Volunteers



Time	Acolyte	Communion Assistants	Lector
Sun. August 4 10:00 AM	Kathy Schwartz	Kathy Schwartz, Joyce Kuzmick, Judy Buskirk	Joyce Kuzmick
Sun. August 11 10:00 AM	David Lickfeldt		Chuck Kovacik
Sun. August 18 10:00 AM	Paul Ó Braonáin	Paul Ó Braonáin, Wendy Kitzman, Arlene Hansen	Wendy Kitzman
Sun. August 25 10:00 AM	Kathy Schwartz		Jim Schwartz

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.





CAHT Presentation

Representatives from CAHT (Campaign Against Human Trafficking) provided a presentation on June 19th in which they provided information on the problem and ways in which they support victims. Thanks to WELCA for organizing the event and to a Thrivent Action Team for the lunch that followed.

The picture shows Arlene Hansen, Myrna Strom, Lois Hobratchk, Jeanne Pruett, and Judy Buskirk from the WELCA Board giving items donated by the congregation to Bonnie Doll and LouAnne Rossdeutscher from CAHT.

Our collection for them will continue through July.

STOP HUMAN TRAFFICKING



Campaign Against Human Trafficking (CAHT) Requested items

Note: All items must be new

- Brushes
- Dental floss
- Toothpaste
- Lip balm
- Toiletry bags
- Water bottles
- Black leggings women's: sizes small thru xlarge or (one size fits all)
- Tee shirts women's: small thru xlarge (no white tee shirts)
- Flip flops women's: small thru large

Property Team Members Needed

Redeemer is in need of some handy people. We are looking for men or women 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.



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.



Thank You from Sandy Gundacker

My Redeemer staff, choir, and congregation surprised me after our service, June 23rd with a birthday party. There were many wonderful greeting cards, balloons, and cake. My choir even sang happy birthday to me at the beginning of our service. Everyone enjoyed the fellowship and I am very thankful for all the blessings, love, and kindness I have received during the past 30 years of sharing music with our choir and congregation. Thank you so very much for making my birthday so very very special.

Fathers Day Treats

Thank you to WELCA for assembling and distributing treat bags for the fathers in the congregation.



Day, July 29 at 5:30 PM

Join us for movie night this month on Monday, July 29 at 5:30 PM. Dinner will be potluck, so bring a dish to share. Bring your own beverage and a non-perishable food item to be donated to the food pantry. There is a sign-up sheet on the welcome table. Please include what type of item you plan to share so we don't all bring desserts. The movie will begin at 6:00 PM

Check the welcome table for more information about the movie **Going in Style**.

WELCA Fall Gathering

Did you spend time at church camp when you were young? Do you remember camp songs and crafts? Join the Florida-Bahamas Women of the ELCA at our 2024 Fall Gathering at the Warren Willis Conference Center in Fruitland Park November 8 - 10. The theme of this year's Fall Gathering is **He's Got the Whole World in His Hands**. The week-end will be a wonderful time of fellowship, Bible study, worship, learning, singing, and more.

Registration information along with a listing of workshops is on the welcome counter in the narthex. Registration deadline is September 5th. Carpooling may be an option. For more information see Lois Hobrathschk.



July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:30 AM-AI-Anon 6:30 PM-AA Mtg	2 10:30 AM- Barbershop Quartet 1:00 PM-Barbershop 3:30 PM-AA Meeting	3 9:00 AM-Gold Star Mtg	4 Office Closed	5 9:30 AM-Quilters 10:00 AM-Prayer Shawl Ministry	6 10:00 AM-RJSB Practice
7 10:00 AM- Holy Communion Worship	8 10:30 AM-AI-Anon 6:30 PM-AA Mtg	9 10:30 AM- Barbershop Quartet 1:00 PM-Barbershop 3:30 PM-AA Meeting	10 9:00 AM-Gold Star Mtg	11 9:00 AM-Parish Nurses	12 9:30 AM-Quilters 10:00 AM-Prayer Shawl Ministry	13 10:00 AM-RJSB Practice
14 10:00 AM- Worship	15 10:30 AM-AI-Anon 6:30 PM-AA Mtg	16 10:30 AM- Barbershop Quartet 1:00 PM-Barbershop 3:30 PM-AA Meeting	17 9:00 AM-Gold Star Mtg	18 5:30 PM-AA Group	19 9:30 AM-Quilters 10:00 AM-Prayer Shawl Ministry	20 10:00 AM-RJSB Practice
21 10:00 AM- Holy Communion Worship	22 10:30 AM-AI-Anon 6:30 PM-AA Mtg	23 10:30 AM- Barbershop Quartet 1:00 PM-Barbershop 3:30 PM-AA Meeting	24 9:00 AM-Gold Star Mtg	25 5:30 PM-AA Group	26 9:30 AM-Quilters 10:00 AM-Prayer Shawl Ministry	27 10:00 AM-RJSB Practice
28 10:00 AM- Worship	29 10:00 AM- WELCA 10:30 AM-AI-Anon 5:30 PM-Movie Night 6:30 PM-AA Mtg	30 10:30 AM- Barbershop Quartet 1:00 PM-Barbershop 3:30 PM-AA Meeting	31 9:00 AM-Gold Star Mtg			

