



RLC Newsletter

January
2026

A Message from Pastor Allman

It's a brand-new calendar year! For many it is an opportunity to compare the "old" with the "new" and make plans for improvement. Have you ever wondered how New Year's Resolutions started? In searching the internet, I have found that January gets its name from **Janus**, the two-faced Roman god who looks backwards into the old year and forwards into the new. Resolutions were made specific to moral behavior to improve individual and societal behavior for the New Year.

By the fourth century A. D. Rome had adopted Christianity as its official state religion and moral resolutions became times of prayer and fasting. January 1st because the celebration of the Feast of the Circumcision; and, people were encouraged to no longer participate in the revelry and indulgences that were meant to honor the pagan god, Janus.

As often happens church traditions and cultural traditions blend, and eventually Christian families were encouraged to make resolutions in the New Year that reflect Christian moral values: such as, making commitments to better use their talents, treat their neighbors with charity, and avoid their habitual sins.

If you are one who likes to make (and keep) New Year Resolutions, here are some suggestions to get your thought processes moving. You may choose all, none, one or two; or, you may read these and think of better ones.

Maintain a regular prayer time each day.
Find a "Read through the Bible in a year" program and follow it.
Make practical plans to show love to your neighbor.
Forgive someone who hurt you and tell them so.
Forgive yourself and don't take the guilt back on yourself.
Choose to be thankful in every circumstance.
Take a risk and learn something new.
Trust God for what you cannot see.
Keep a journal.
Invite others to "come and see" what is happening at Redeemer.

Whatever decisions you make for how you choose to celebrate the New Year, I hope we all have a blessed 2026.

Pastor Allman ✝

JANUARY STEWARDSHIP

Taito A. Kantonen (4/24/1900-4/26/1993) was an American academic and theologian. In a *“Theology of Christian Stewardship”* he wrote about Martin Luther’s perspective on “vocation” as stewardship. Kantonen states that vocation, for Luther, was not separated from Luther’s theology of justification by grace, nor was it to be romanticized in the Church by setting certain people apart for doing God’s work.

Vocation, or stewardship, is to be applied to everything, i.e., God and people, law and gospel, faith and love, creation and redemption. Within creation God gives everyone a sense of vocation (stewardship), i.e., each person has a place in God’s divine economy, what I would call God’s Kingdom impact in this world.



In a certain sense vocation belongs to the realm of law, and is foreign to the gospel. God compels even godless people to serve one another. When every person serves God’s Kingdom economy according to God’s purposes the powers of evil are held at bay.

Regardless of a person’s religious preference, or no religious preference, believer or not, each parent has been given a vocation of caring for her/his children, leaders are given the vocation of caring for her/his constituents, manufacturers are given the vocation of providing quality merchandise at a fair price – all people are gifted to serve God and God’s Kingdom economy. In consideration of the majority of Redeemer’s folks, I might add that retirees have the vocation of using their time, talents, and

treasures to the betterment of our community and God’s Kingdom.

Human vocation is not to be directed toward God, as if God needs something from us, rather in God’s Kingdom economy, our vocation/stewardship is to be directed outward, horizontally to the rest of Creation, including humans. Our vocation is a gift of grace, so it does not earn us forgiveness, salvation, or redemption, which are already given to us as gifts of grace.

Even as all individual vocations are to serve God, it is the Christ-followers who see our vocation (stewardship) as a “divine calling.” In true understanding of the gospel, we see God’s unconditional love and mercy contrasted to unchecked law. God’s justice is always tethered to God’s mercy, for which we should all be thankful.

Committed Christ-followers do not see the whole world as neutral, secular, or profane. Instead, we work to recognize divisions between the use and misuse of individual vocations, inside congregations and in our communities. God’s Pastors proclaim the gospel to her/his congregation. God’s Evangelists share God’s good news with those outside the Church. God’s Apostles are sent to others, which we would now call Missionaries. God’s Teachers help others learn how to understand and live out God’s Word. God’s prophets call out misuse of vocation, in Church and in the world, which proves detrimental to God’s Kingdom. All of those, we are told by the Apostle Paul, are “...to equip the saints for the work of ministry, for building up the body of Christ” (see Ephesians 4:11-12).

God’s
Calling

How will you respond?

GROWING IN FAITH

In his book, *A Testament of Devotion*, Thomas Kelly writes, “We feel honestly the pull of many obligations and try to fulfill them all. And we are unhappy, uneasy, strained, oppressed, and fearful we shall be shallow.” Devotion means living out of what Kelly calls, “*The Divine Center*.”

When asked which is the greatest commandment, Jesus responded, “‘*You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.*’ This is the greatest and first commandment” (Mt. 22:37-38, emphasis added). Would you say that God is your first and highest love? Would you say that you love God with everything in you?

Sometimes when I ask people to describe their relationship with God, they answer with words similar to “*I know that God is always there.*” Frankly that tells me about God’s relationship to them, not their relationship to God. Think about how my wife might feel if someone asked me to describe my relationship with her and I responded, “*I know that my wife is always there.*” It may sound like I am taking my wife for granted. When someone asks about my relationship with my wife, they are asking about how much I love her. When I ask about someone’s relationship with God, I am asking about how much that person loves God; does their love for God fit well within the greatest commandment?

One does not have to be a monk or a nun to live a life rooted and grounded in love for God. Living out of the Divine Center will mean making God your first and highest love every day. Martin Luther describes this as daily “*...we rise up to live before God in righteousness and purity*” (Small Catechism). If we truly believe that God is always there for us, is it too much to ask that we always be there for God?

Retired people are some of the busiest people I know, and they also have the most freedom to do

what they want with their time. The truth is even people who are not yet retired seem to be able to find time for what we want to do. Devotion, living out of the Divine Center, means choosing to spend time with God. Before we can commit to spending with God, we have to want to, with a love that places God first and highest.

News from the Office Administrator January 2026

Happy New Year! I hope everyone had a blessed Christmas. We look forward to many fun things in the new year. As usual, be sure you check the Welcome Table in the narthex for upcoming events. We will post flyers and signup sheets there for many different activities, so come and choose some fun and informative things to do!

A special thank you to all of those that stopped by my office with cards and gifts, you made my Christmas extra bright this year.

Our bookkeeper Mike is a Notary Public, he will be offering this service to our congregation. If you have friend in need the cost is \$10 per signature.

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 to make a donation, please write Pastor's discretionary fund on the memo line.



Caffeine and Seniors

From Parish Nurse Team

Many of us have a devotion to caffeine. Whether it's coffee, tea or other caffeinated beverages, we humans love the lift it gives. Recent data estimate that 85% of adults in the United States consume caffeine in some form each day.



Caffeine stimulates the central nervous system. Due to its physiological effects, as well as its potential for abuse, it is considered a drug. In fact, caffeine withdrawal, which can cause headache, anxiety, insomnia and depression, is a recognized disorder. At the same time, research continues to link coffee and tea, the two most widely consumed caffeinated drinks, to a range of physical and cognitive benefits such as alertness and an increase in metabolism.

As you have come to suspect, it is indeed possible to develop caffeine sensitivity. Due to certain changes that take place in our bodies as we grow older, this becomes more common as we age. Research shows that older adults clear caffeine from the body more slowly than younger people. In one study, coffee drinkers between the ages of 65 and 70 took 33% longer to metabolize caffeine than did younger participants. A slower clearance rate means the same amount of coffee that someone has been habitually drinking would have an amplified effect. This can cause unpleasant symptoms such as anxiety, irritability, jumpiness, difficulty with sleep, sleeplessness, and a “racy” feeling. It can also contribute to dehydration, a common problem in seniors.

Caffeine is rapidly and completely absorbed by the body. In fact, within 45 minutes of drinking a cup of coffee, 99% of the caffeine it contains has been absorbed. It makes its way from the digestive tract to the bloodstream, where it can reach peak levels within 15 minutes of consumption.

After a few hours, certain enzymes in the liver begin to metabolize, or break down, the caffeine. This occurs gradually, and in a series of steps. In a healthy young adult, it takes about six hours for the liver to cut the amount of circulating caffeine in half. But as people age, the enzymes involved in caffeine metabolism grow less efficient. This leads to the slower clearance rate that we discussed earlier. Other factors, certain medications and being a smoker can also slow the rate at which caffeine is metabolized.

When someone becomes sensitive to caffeine, it can become necessary to rethink consumption in order to avoid the adverse effects. An 8-ounce cup of coffee delivers between 80 and 100 milligrams of caffeine. Research shows that for older adults, amounts in the range of 50 to 100 mg are well-tolerated. To manage caffeine sensitivity, try limiting yourself to one cup a day preferably in the morning. And if multiple cups are your routine, consider switching to a half-caf blend.



JANUARY BIRTHDAYS

3rd – Howie Warfield
6th – Michael Ridgeway
8th – Richard Meredith
10th – Mary Ann Romano
12th – Linda Cagle, Shari Fleming
13th – Ruth Ann Hermanns
17th – Janet Thompson
20th – Mary Ihrke
22nd – Mariam Zane
23rd – Dieter Quitsch, Jane Sturmer
28th – Mike Knaub
31st – Charles Bennett



JANUARY ANNIVERSARIES

2nd – David & Deya Schierenbeck
11th – Paul Ó Braonáin & Dee Lahr
14th – Vern & Verbal Loepp
21st - Dale & Kay Lyndahl
27th - Bill & Nancy Frey



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



JANUARY

Time	Acolyte	Communion Assistants	Lector
Sun. Jan 4 10:00 AM	David Lickfeldt	Joyce Kuzmick, David Lickfeldt, Wendy Kitzman	Wendy Kitzman
Sun. Jan 11 10:00 AM	Kathy Schwartz		Dan Pollert
Sun. Jan 18 10:00 AM	Joyce Kuzmick	Joyce Kuzmick, Jenise German, Kathy Schwartz	Joyce Kuzmick
Sun. Jan 25 10:00 AM	David Lickfeldt		Chuck Kovacik

January Usher Team	January Altar Guild	Sound & Camera
Shari Flemings Team	Doris Hahn and Judy Buskirk	Volunteers



Time	Acolyte	Communion Assistants	Lector
Sun. Feb 1 10:00 AM	David Lickfeldt	Bill & Sharon Horiszny, David Lickfeldt	Dan Pollert
Sun. Feb 8 10:00 AM	Kathy Schwartz		Jim Schwartz
Sun. Feb 15 10:00 AM	Paul Ó Braonáin	Paul Ó Braonáin, Judy Buskirk, Joyce Kuzmick	Joyce Kuzmick
Wed. Feb 18 4:00 PM	Kathy Schwartz	Wendy Kitzman, Jenise German, Kathy Schwartz	Wendy Kitzman
Sun. Feb 22 10:00 AM	Joyce Kuzmick		Sherri Knaub
Wed. Feb 25 3:00 PM	Joe Bernagozzi		Joe Bernagozzi

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.





Annual Reports

If you are part of a committee, it is almost time to turn in your team's annual report. Please plan to have those in to Kadie no later than January 9th. Please reach out to Kadie if you have any questions.



**Plan to attend the Annual Meeting.
January 25th immediately after worship.**

Second Chance Sale

We have changed the name of our annual rummage sale to Second Chance Sale. Laura Akins, Jenise German, and Tina Schwartz will be leading the sale this year.

Dates for the sale will be Friday, February 6 from 8:00 AM to 2:00 PM, and Saturday, February 7 from 8:00 AM to 1:00 PM.

It is time to start thinking about items you might donate or how you might volunteer to help. A sign-up sheet for volunteering for prep and on sale dates is on the Welcome Counter in the narthex. Both men and women are needed.

Donations can be dropped off in Buhr Hall from 10:00 AM to 2:00 PM Monday through Friday from January 12th until February 3rd. Items must be in working order. We will not be accepting large furniture. Please do not leave anything outside.

Sorting and pricing will be from 10:00 AM to 2:00 PM Monday through Friday starting January 12th. Any hours that you can help during that time would be appreciated. There are jobs for everyone including ones where you can sit. This can also be a chance to socialize with fellow members. An orientation meeting will be held on Monday, January 12th at 10:00 AM in Buhr Hall for all volunteers where you will receive instructions on what you need to do.

Items that we need you to start saving are large brown paper bags, plastic grocery size bags as well as larger ones, newspaper, and bubble wrap.

We need your donations and lots of help to make this a great sale. Profits will be used for Redeemer projects.



Calling all bakers to support the upcoming bake sale to benefit WELCA!

We need homemade, shelf stable items to make this another fundraising success. Items that sell well include cookies, bar cookies, muffins, breads, coffee cakes, brownies, pies, scones, fudge, candy, sugar-free baked goods (please label what sweetener is used), and gluten-free items.

Please label items containing allergens, such as tree nuts and peanuts. Please bring your items in disposable containers (or mark any container with your name if you want it returned to you and remember to pick it up in the kitchen after the sale). Please be sure to tell us what you've made (simple label or note will do) and drop off your donated items to the kitchen on Thursday, February 5, 2026 between 10:00 AM and noon. Thank you!



Thank you from Sunshine Circle

Thank you to all of the people that donated items and/or their time to helping with the Sunshine gift bags. It makes our homebound members so happy to receive something from the church at Christmas.

School/Teacher Supplies

This year we will be collecting school supplies for teachers at Reddick Elementary School during the month of January. Why now? This is the time of year when all the donations from the beginning of the year start to run out. These are the items that were requested by teachers: laminating pouches, playdough, colored pencils, composition books, dry erase markers and erasers, sticky notes, pens, pencils, crayons, markers, folders with pockets, binders, tissues, and bleach wipes. Donations can be left on the side table in the narthex. If you would like us to do the shopping for you, please place "school supplies" on the memo line of your check or on your envelope and place it in the offering plate.



Bible Study

Pastor Allman is discussing 1 Corinthians in his newest Online Bible Study. Videos will be available every Thursday. A list of the many bible verses is also available for you to read if you wish.

Our YouTube channel is:

Redeemer Lutheran Church Sun City Center Florida



Aluminum/Scrap Metal Collection at the United Methodist Church

Please note that the scrap metal collection is not advertised beyond their congregation. Earl at the United Methodist Church said it would be okay to

share this information with our congregation as well. It is our hope that having a local place that collects scrap metal will be helpful to those that might not have access to proper disposal options.

The metal collection area is located in the back parking lot by sheds. There are two collection areas- aluminum and metal.

Please do not abuse this service: No trash, tires, paint, chemicals, or wood.

Aluminum collection area for is for aluminum cans only. Most vegetable cans are metal. It is metal if a magnet sticks to it.

Collection for anything metal: All other aluminum goes in the metal collection area. It is sorted by collection personnel.

Some metals collected- Appliances: washers, dryers, refrigerators, kitchen range, microwave, dishwasher, water heater, or anything with a power cord. Air conditioner unit (big or small), rain gutters/downs spouts, bath tubs (cast iron or metal), storm doors/screens, storm shutters, filing cabinets, nuts, bolts, nails, screws, fasteners, lawn mowers, garden tractors, golf carts, boat motors, chain saws, generators, pressure washers, mobility scooters, wheel chairs, walkers, extension cords, Christmas lights, kitchen ware [pots, pans, silverware], bed frames, lamps, bikes, exercise equipment, golf clubs, tools, tool boxes, televisions, electronic equipment, motors [electric or gas], metal patio/lawn furniture, grills, vegetables/metal cans, batteries [car, golf cart, mobility scooters], ceiling fans, faucets, door handles, hinges, garage door slider screens and screen framework, garage door closures and frames, light fixtures, aluminum/metal siding, shovels/rakes. copper, brass, ladders.

If it is metal please put it in or near the metal collection area. If you have any questions, please contact the United Methodist Church office at 813-634-2539.



January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Office closed	2	3 10:00 AM-RJSB Practice
4 10:00 AM-Holy Communion Worship	5 10:30 AM-AI-Anon 12:00 PM-OA Meeting 6:30 PM-AA Mtg	6 1:00 PM-Barbershop 3:30 PM-AA Meeting	7 9:00 AM-Gold Star Mtg 10:00 AM-Fundraising	8 9:00 AM-Parish Nurse Mtg 6:30 PM-Choir Practice	9 9:30 AM-Stitch & Bond	10 10:00 AM-WELCA Board 4:30 PM-AA Anniversary Party
11 10:00 AM-Worship	12 Sale prep Hall closed 10:00 AM-Orientation (Sale) 10:30 AM-AI-Anon 12:00 PM-OA Meeting 6:30 PM-AA Mtg	13 Sale prep Hall closed 1:00 PM-Barbershop 1:00 PM-Worship & Music 3:30 PM-AA Meeting	14 Sale prep Hall closed 9:00 AM-Gold Star Mtg	15 Sale prep Hall closed 6:30 PM-Choir Practice	16 Sale prep Hall closed	17 Sale prep Hall closed
18 Sale prep Hall closed 10:00 AM-Holy Communion Worship	19 Sale prep Hall closed 10:30 AM-AI-Anon 12:00 PM-OA Meeting 1:00 PM-Council Mtg 6:30 PM-AA Mtg	20 Sale prep Hall closed Respite in the wilderness 11:30 AM-South shore coalition 1:00 PM-Barbershop 3:30 PM-AA Meeting	21 Sale prep Hall closed Respite in the wilderness 9:00 AM-Gold Star Mtg	22 Sale prep Hall closed Respite in the wilderness 6:30 PM-Choir Practice	23 Sale prep Hall closed	24 Sale prep Hall closed 10:00 AM-RJSB Practice
25 Sale prep Hall closed 10:00 AM-Worship	26 Sale prep Hall closed 10:00 AM-WELCA Board 10:30 AM-AI-Anon 12:00 PM-OA Meeting 6:30 PM-AA Mtg	27 Sale prep Hall closed 1:00 PM-Barbershop 3:30 PM-AA Meeting	28 Sale prep Hall closed 9:00 AM-Gold Star Mtg	29 Sale prep Hall closed 6:30 PM-Choir Practice	30 Sale prep Hall closed	31 Sale prep Hall closed 10:00 AM-RJSB Practice

The people of Redeemer believe in the power of prayer.

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

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