



THE LAST SUPPER BUNKA ART MADE BY TILLIE MCMAHON

RLC Newsletter

April 2021

A Message from Pastor Allman

There is an old story that comes in a variety of tellings, listing a variety of sources, and it generally describes a grandparent giving advice to a grandchild. It reads something like this: "A fight is going on inside each of us. It is a terrible fight and it is between two rivals. One is evil and consists of anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."

The grandparent continues, "The other is good and consists of joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too."

The grandchild thought about it for a minute and then asked, "Which one will win?"

The grandparent simply replied, "The one you feed."

Psalm 19:14 reads, "Let the words of my mouth and the meditation of my heart be acceptable to you, O LORD, my rock and my redeemer" (NRSV). This was part of the Psalm from a few weeks ago, and I now have that on my bulletin board above my computer. I say it more than once a day now. It is commonly held that it takes 28 days for something to become a habit. I think that saying this at least once a day would be a good habit for each of us to create. Some people suggest a pause before responding to someone or something, especially if that

response comes from a place of evil. What might change if each of us filled that 'pause' with, "Let the words of my mouth and the meditation of my heart be acceptable to you, O LORD, my rock and my redeemer"? How might this help us to remember that we have been made in the image of God? In what ways do others see in you the image of God? In what ways do others see in you something other than the image of God?

Bishop Michael Curry writes: There is a Jewish proverb, "Before every person there marches an angel proclaiming, 'Behold, the image of God.'" Unselfish, sacrificial living isn't about ignoring or denying or destroying yourself. It's about discovering your true self—the self that looks like God—and

living life from that grounding. Many people are familiar with a part of Jesus's summary of the law of Moses: You shall love your neighbor as you love yourself [Mark 12:31]. *Yourself*. Loving the self is a required balance. If we fail in that, we fail our neighbor, too. To love your neighbor is to relate to them as someone made in the image of God. And it is to relate to *yourself* as someone made in the image of God. It's God, up, down, and all around, and God is love. [Love Is the Way: Holding on to Hope in Troubling Times (Avery: 2020)]

Pastor Allman 

News from the Office Administrator April 2021

Happy Easter! The Lord is Risen, He is Risen Indeed! As I am writing this mid-March, we are excited to have Easter service this year. Last year we weren't able to hold Holy Week and Easter so we are thrilled to be able to participate in those services this year. This year we plan to hold Maundy Thursday, Good Friday and Easter Sunday service.

Lately we have noticed more people attending services on Sunday morning; we are delighted to have you! With many vaccinated there is a new comfort level. We are loosening the restrictions a bit, while still following CDC guidelines and our Bishop's recommendations. Those of us in the office hope to be getting vaccinated very soon. Until then we are being careful to observe precautions.

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.

Support for others

(Collection boxes are on the narthex counter)

BRING US
YOUR



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

Please remember, NO open packages or containers.



APRIL

STEWARDSHIP

What happened to Consecration Sunday 2020?

I do not think anyone has been surprised that COVID-19 changed the way the world (including Redeemer) operated. That also meant that we did not have our annual stewardship campaign, which has been the *New Consecration Sunday Stewardship Program* for the past few years.

Congregations that approach financial stewardship from a biblical perspective do not view the money Christians give to their church merely as a way to pay its bills. Rather, such congregations see financial contributions as a way to help people grow spiritually in their relationship with God by supporting their church's mission and ministry with a percentage of their incomes.

The *New Consecration Sunday Stewardship Program* has been a way to teach the biblical and spiritual principles of generous giving in our stewardship education emphasis over the past few years.

people like members of a social club who should pay dues, we treat people like followers of Jesus Christ who want to give unselfishly as an act of discipleship. *New Consecration Sunday* encourages people toward proportionate and systematic giving in response to the question, "What percentage of my income is God asking me to give to Redeemer?"

COVID-19 changed the way we have done things in the past. Our 2021 Spending Plan could not be based on 2020 income/expenses because those were totally different from what they would have been without COVID-19. Also, we could not have a Consecration Sunday where we could all gather for celebratory worship and a meal after. The changes also meant that *Estimate of Giving Cards* could not be completed and brought before the Altar.

Even though some things have changed because of COVID-19, the idea of our members and friends of Redeemer prayerfully considering what God is asking them to give as their offering in 2021 has not. Members and friends of Redeemer making their financial commitments is still an act of worship.



Thank you
FOR YOUR SUPPORT

Thank you in advance for your enthusiastic participation in seeking God's Wisdom and for your generosity of spirit directed to Redeemer.



New Consecration Sunday is based on the biblical philosophy of the need of the giver to give for his or her own spiritual development, rather than on the need of the church to receive. Instead of treating

From Parish Nurse Team

Arthritis



The facts and resources

By Linda K Eargle, PT, DPT, MInEd
Certified Exercise Expert for Aging Adults

Here are some interesting facts on osteoarthritis. According to the CDC, between 11 and 25% of the population in Hillsborough County have arthritis. Hawaii has the lowest rate of arthritis and West Virginia has the highest at approximately 1/3 of the population with a medical diagnosis of arthritis.

https://www.cdc.gov/arthritis/data_statistics/arthritis-related-stats.htm

I don't know about you, but I've heard all sorts of folk medicine about how to "cure" arthritis. Here is a 2020 list of six myths of joint pain that are not true according to the Cleveland Clinic.

Myth 1: All joint pain is arthritis.

Myth 2: Rain and damp weather worsen arthritis.

(Linda note: there is some truth related to changes in barometric pressure.)

Myth 3: Take it easy with exercise if your arthritis acts up.

(Linda note: exercise but reduce or change your program when the pain is severe.)

Myth 4: Rum-soaked raisins, grapefruit, and eggplant or other nightshade vegetables are dietary cures for arthritis.

(Linda note: there is evidence a healthy diet and loss of 10% body weight will improve pain.)

Myth 5: Ice is less helpful than heat for sore joints.

(Linda note: I use ice when muscle or joint pain is severe, there is swelling or the pain is caused by a recent event like moving furniture, working in the yard, etc. Heat is comforting and is good before exercise to warm the joint.)

Myth 6: Supplements like glucosamine benefit everyone with arthritis.

(Linda note: do your research annually on supplements and ask your pharmacist. I found two studies (2005 and 2019) that found glucosamine beneficial. "Glucosamine effects in humans: a review of effects on glucose metabolism, side effects, safety considerations and efficacy" and "A retrospective observational study of glucosamine sulfate in addition to conventional therapy in hand osteoarthritis patients compared to conventional treatment alone".) References available.

Here are some government resources with researched based evidence.

Arthritis: <https://www.cdc.gov/arthritis/>

Arthritis and physical activity: <https://www.cdc.gov/arthritis/basics/physical-activity-overview.html>

The Hillsborough County senior center is currently offering activities on Zoom. Contact <https://seniorconnectioncenter.org/> for classes in April and beyond. They also have other senior services. Check out their website.

All of the research, and there are new studies released each month, show that activity throughout the day (at least 34 sit to stands daily), and programs for flexibility, endurance, coordination and strengthening and intensity are the key to keeping us healthy and mobile with arthritis or any chronic disease. **Follow your physician and physical therapist's guidelines and instructions before starting an exercise program.**

APRIL BIRTHDAYS

- 6th - Phil Eaton**
- 8th - Marion Giblin, Eva Michna**
- 11th - Alice Miller**
- 13th - Renate Bartz, Marilyn Bohl**
- 14th - Debby Nelson,
Helga Spitzenberger**
- 16th - Helga Balter, Erika Barfels**
- 18th - Jo Anne Owens, Mike Wiechers**
- 19th - Carol Brown, Angela Grill,
Barb Lauer**
- 21st - Marty Matz**
- 25th Paul Davenport**
- 27th - Paul Carrier**
- 28th - Cheryl MacPhee**
- 29th - Gerry Adams, Candy Allman,
Reinhold Baal, Lois Hobratschk**



APRIL ANNIVERSARIES

- 4th - Hal & Susan Wold**
- 8th - Bill & Marion Giblin**
- 10th - Richard & Karin Meredith**
- 13th - Russ & Kathy Filip**
- 16th - Donald & Karen Munford**
- 22nd - Jon & Margie Ruse**
- 25th - Howie & Kathleen Warfield**
- 26th - Pete & Edie Moose**
- 28th - Don & Carol Brown,
Wayne & Janet Gehrke**
- 29th - Jack & Wendy Kitzman**
- 30th - Gerry & Ron Harding**



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



Dear Redeemer Lutheran Church Members,

In accordance with our Constitution (C10.03), please receive this as notification that a Special Congregational Meeting will be held on Sunday, April 18, 2021, immediately following the worship service. The meeting is being held for one purpose: The Council is bringing a motion to approve a proposal (bid) to replace our outside sign on Rickenbacker and place a second sign on Valley Forge. The motion will require a second, and then we will open the floor for discussion, culminating in a vote. The proposal (bid) will be distributed at the meeting.

According to our Constitution (C8.02c) *“Voting members are confirmed members. Such confirmed members, during the current or preceding calendar year, shall have communed and made a contribution of record to this congregation.”*

Associate members and “friends of Redeemer” are welcome to attend the Special Congregational Meeting, although they will not have voting rights. Our Constitution prohibits absentee ballots and/or vote by proxy.

We will need 50 voting members present at the meeting for a quorum in order to conduct our business. Please mark your calendars and plan to attend.

Sincerely,

Pastor David Allman, on behalf of the Congregation Council

Council Announcement

Jim Schwartz had tendered his resignation from Council and as President for personal reasons. We thank Jim for his commitment and ministry to Redeemer; and, especially during his time on Council and as President. Jim plans to continue participation in other ministries at Redeemer. According to our Constitution Mike Sigler becomes Interim Acting President.

Loosening Covid Restriction

We are no longer asking people to RSVP to come for worship. Continue wearing masks, covering mouth, nose and chin while in the building; if you have had your two vaccines and you want to: please sing and respond with your masks still covering your mouth and nose; some choir members are choosing to sit in the choir pews; opening (no tape) all pews and alternating between sitting only on the ends and sitting only in the middle for those who wish to remain 6 feet distance; People from separate households can choose to sit together, if that is by mutual consent. Please be respectful of those who wish to remain 6-feet distance.

Beautiful New Easter Banners

We wish to thank Judy Kiel for two new banners in celebration of Easter. Here are some of her thoughts behind the story of the banners hanging in the front of the sanctuary for Easter. The three crosses are for Jesus, the repentant sinner, and the unrepentant sinner. The repentant sinner is the silver cross and the unrepentant sinner is the black cross. The flowers represent the blessings that God gives us because of his love. Those blessings are impossible to count, and you will note that they begin at the top around Jesus and fall in abundance to the bottom around all people. The unrepentant sinner does have blessings (leaves) near him. God loves every person he has created, even the unrepentant sinner. Thank you for the opportunity to make banners that may be a blessing to someone. Judy Kiel



Time	Acolyte	Communion Assistants	Lector
Thur. Apr. 1 3:00 PM			Jim Schwartz
Sun. Apr. 4 10:00 AM	Lucy Ann Clark	Walter Geissler, Debbie Andrews, Lucy Ann Clark	Wendy Kitzman
Sun. Apr. 11 10:00 AM	Debbie Andrews		Judy Kiel
Sun. Apr. 18 10:00 AM	Dale Lyndahl	Kay & Dale Lyndahl, Lucy Ann Clark	Mariam Sorby
Sun. Apr. 25 10:00 AM	Walter Geissler		Myrna Strom



**If you would like to help
as an Acolyte,
Communion assistant, or
Lector on Sunday, please
call Carolyn Cole.
813-812-7527**

Maundy Thursday Worship	Good Friday Worship	Easter Worship
3:00 PM	3:00 PM	10:00 AM

