



WELCA LADIES BRUNCH

# RLC Newsletter

April  
2025

## A Message from Pastor Allman

"When God Builds the Church" Pastor Bob Russell, Principle #8: Fellowship: Continually Practice Agape Love for One Another.

"No one has ever seen God; if we love one another, God lives in us, and his love is perfected in us" (1 John 4:12, NRSV).

In a healthy church, the love that flows from the heavenly Father and through Christ-followers is deeper, richer, faster, and more authentic than that which is found anywhere else in the world. Anne Ortlund in her book *"Up With Worship"* describes the average church like a bag full of marbles that rub and scratch up against each other and make a little noise yet really do not affect one another much. She says that the church should be like a bag of grapes that mess together, producing a sweet tasting wine.

The original apostles were a very diverse group. Simon the Zealot hated the Roman rule over Israel. Matthew was a tax collector who had collaborated with the Roman government. Yet Jesus brought the two together and expected them to work in harmony despite their differences. One author said that

would be like expecting Rush Limbaugh and Ted Kennedy to serve on the same committee. Peter was impulsive, quick to believe and take action. Thomas was a thinker, methodically slow to take action and deeply committed.

These diverse personalities must have irritated each other. Jesus brought them together intentionally and united them in a cause bigger than themselves. Jesus expected them to sacrifice their egos and mingle their personalities together wisely for the greater mission of proclaiming the good news of the Gospel *"to the ends of the earth."*

A survey of thousands of churches spanning many continents names *"loving relationships"* as one of the necessary qualities of a growing church. Any church can talk about love. It will not take visitors long to notice whether a church loves God and loves one another in the way Jesus commands us. Agreeing with one another is not required to love one another.

The Apostle Paul writes in 1 Corinthians 12:21, *"The eye cannot say to the hand, 'I have no need of you,' nor again the head to the feet, 'I have no need of*

you.” You need the relationship with other believers to grow and to be held accountable, and other Christians need you. Jesus does not give us the option of saying, “*I believe in Jesus, but I don’t want anything to do with the church.*” When we attach ourselves to the head (i.e., Jesus) we attach ourselves to the body (i.e., Church).

As a friendly challenge, do some Bible research on all the “*one another*” commands that God gives us and that are found in the books of the New Testament. Being in relationship with ‘one another’ benefits everyone in many ways and especially in assuring us that we are not alone. Every Sunday we can see hundreds of others who share our values and are making the effort to walk in the light of the gospel.

Pastor Allman 

### First Communion at Redeemer!

Many of you have met our Godson, Carter, when he has visited us over the years and has attended worship at Redeemer. Carter is now of an age to receive his First Communion and he has asked if he could do that here at Redeemer. Candy and I are honored to welcome our Godson, Carter Edward Wall, to receive his First Communion here at Redeemer on Maundy Thursday, April 17, 2025, during our 7:00 PM worship service. Carter will be joined by a few of his family members, whom we have known and loved for many years, so we look forward to seeing them as well. Please join us in worship on Maundy Thursday and we celebrate Holy Communion with our Godson for his first of many times.



## News from the Office Administrator

April 2025

As many of you have heard I will be going on an adventure with my father at the end of April and will be away until mid-May. My email will be monitored by Mike while I am away, but please go easy on him and the Pastor in my absence. I will be completing the newsletter when I get back so if you are sending me items for the newsletter, please note that in the emails memo line so I can identify them easily.

In case you had not heard 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.***

### Upcoming Activities:

April 7: (Mon) Sunshine Circle gift bag assembly for homebound

April 10: (Thur.) Carpet Cleaning

April 20: (Sun) Easter Breakfast 8:30 AM-9:30 AM- Please bring an item for donation to the food pantry

## Last month on YouTube

**2 New Subscribers**

**703 total views**

**9,794 minutes watched**



# APRIL STEWARDSHIP

According to the American Heart Association there are seven main things everyone should do to keep your heart healthy. (1) Avoid smoking and using tobacco products; (2) Be physically active every day; (3) Eat a heart healthy diet; (4) Maintain a healthy weight; (5) Manage your blood pressure; (6) Control your cholesterol; and, (7) Keep your blood sugar healthy.

The human heart weighs less than a pound. I have read that the heart beats 115,200 times per day and 3,363,840,000 times in the average lifetime. As an adult your system of blood vessels – arteries, veins and capillaries – is close to 100,000 miles long, nearly enough to go around the world four times. Without your heart your body would cease to work. Heart disease is the number one cause of death in the Western Hemisphere.

That is all about your physical heart. God's Word speaks about your spiritual heart. In God's Word the heart is not the seat of emotions as we consider it; the spiritual heart is the seat of the human will. The spiritual heart is where we decide whether we will or will not be obedient to God's Will. God also wants us to have a healthy spiritual heart. God is more interested in whose "will" we follow than what we say or what we do. God said to the prophet Samuel *"The Lord doesn't see things the way you see them. People judge by outward appearance, but the Lord looks at the heart"* (1 Samuel 16:7, NLT).



When one of the teachers of the law asked Jesus which was the greatest commandment Jesus replied, *"The most important commandment is this:*

*'Listen, O Israel! The Lord our God is the one and only Lord. And you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.'* The second is equally important: *'Love your neighbor as yourself.'* No other commandment is greater than these" (Mark 12:29-31, NLT).

At the heart of our relationship with God and with one another is a heart filled with obedience to God's Will, and that commitment can only come about through love, both vertical and horizontal. God has Samuel choose David to replace Saul as king of Israel because God is seeking someone committed to God's own heart – God's Will.

Jesus came to make us righteous before God. The way to be righteous before God, Jesus says, is to love God with your whole heart, mind, and strength – everything in you – to be someone committed to God's own heart – doing God's Will; and, to love your neighbor out of that same love. In God's Word love is an action word, not an emotion, not sentimentality and – as the song says – others will know that you are a Christian by your love (i.e., actions).





# GROWING IN FAITH

Centering Prayer: how should we; and, why should we?

We already know how to pray, right? Most, if not all of us, were taught to pray by our parents while we were still quite young. Bed time prayers and meal time prayers, and possibly even prayers of petition (asking for stuff) when we were a little older. We may even have been taught to say a prayer of thanks for answered prayers. How many of us were taught by our parents to “*be still*” in the presence of God and listen?

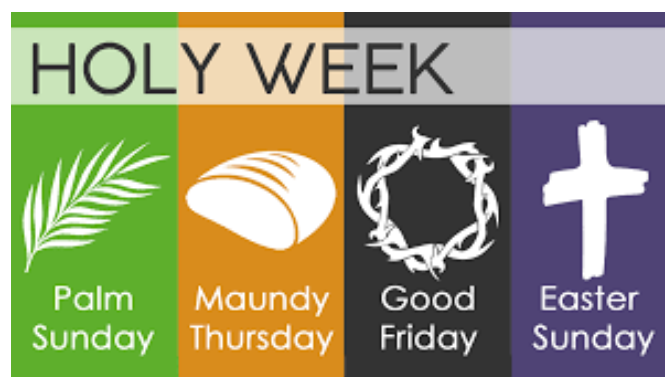
I remember when I began to learn to “*be still*” and listen; and, as a Spiritual Director, I have experience teaching others to “*be still*” and listen. What was true of me as a beginner, and true of some others as beginners, was the time where I needed to “*be still*” did not last very long – in the beginning. Thomas Merton (theologian and monk) said, “*We do not want to be beginners. But let us be convinced of the fact that we will never be anything else but beginners, all our life!*” Here is some good news: Beginners are welcome. I, too, am a beginner, even and especially after several years of practicing.

Centering Prayer is one of many spiritual disciplines. God has given us the disciplines of the spiritual life as a means of receiving God’s grace. In “The Cost of Discipleship” Dietrich Bonhoeffer makes it clear that grace is free, although it is not cheap. Of all the spiritual disciplines prayer is the most central because it ushers us into everlasting communion with God. Prayer brings us into the deepest and highest work of the human spirit. Real prayer is life creating and life changing. Prayer is the central avenue God uses to transform us.

Some have used the excuse that they have little or no time to pray, especially for sitting to listen and “*be still*.” Our need to “*be doing*” convinces us that we are accomplishing nothing when we “*be still*” to listen. I have before compared this to going to the doctor, rattling off a list of ailments, and then running out the door before the doctor can respond.

How many of you do that? If you would not do that to a doctor; how would you justify doing it to God? Martin Luther declared, “*I have so much business I cannot get on without spending three hours daily in prayer.*” Luther held it as a spiritual proverb that “*He that has prayed well has studied well.*”

Søren Kierkegaard once observed: “*A man prayed, and at first, he thought that prayer was talking. But he became more and more quiet until in the end he realized that prayer is listening.*” Listening to the Lord is the first thing, the second thing, and the third thing necessary for successful intercession. Listening to God is the necessary prelude to intercession. We must hear, know, and obey the will of God before we pray it into the lives of others. The beginning of learning to pray for others is to listen for guidance. If you thought you already knew everything you needed to know about prayer, perhaps I can help you come back to the beginning.



Join  
us!

**Palm Sunday – April 13<sup>th</sup> at 10:00 AM**

**Maundy Thursday- April 17<sup>th</sup> at 7:00 PM**

**Good Friday- April 18<sup>th</sup> at 7:00 PM**

**Easter Sunday- April 20<sup>th</sup> at 10:00 AM**

## ***From our Parish Nurse Team***



### **Gluteal Tendinopathy**

Tendinopathy is a chronic problem caused by tendon breakdown, strain or overuse. The most common are the shoulder rotator cuff tendons, the Achilles tendon just above the heel, the patella tendon (at the knee cap), the tendons that insert on either side of the elbow, or the gluteal tendons (particularly the Gluteus Medius and Minimus). Gluteal Tendinopathy (GT) has symptoms similar to low back pain or hip arthritis pain. A good evaluation is needed.

Who is predisposed to GT? Older women because estrogen is reduced. Other predisposing factors are obesity, overuse of legs (runners), sedentary lifestyle, hip instability due to muscle imbalance, a fall or accident that causes tendon compression. I also read that as we age we narrow the distance between our feet as we stand and walk. This can put a continual strain on one hip and contribute to a tendinopathy. (I am an older, obese, female, obese, with a history of a hard fall where I landed on my hip.)

The pain is typically at the hip bone (greater trochanter). Pain may also run down your leg or be in your back or groin. Pain usually increases if you are in the same position for more than 30 minutes, lay on the side, or stand on that leg.

Physical Therapists can manage your rehabilitation to make sure you are on a program designed for you at your stage of GT. I found no medical research to indicate medications or supplements are helpful. Research shows some non-insurance approved treatments have been effective.

GT requires patience, attention to your posture and positions, and frequent gentle exercises. My exercises begin before I get out of bed in the morning, continue in the pool several times a week, and during the day I stand up frequently and do an exercise of some kind. I have also added strengthening exercises for my knees and ankles based on research and expert recommendations.

Balance exercises to reduce risk of falls, appropriate exercise programs, and trying to maintain a healthy weight can help reduce your risk. Prevention is the key.

Reference: Cleveland Clinic <https://my.clevelandclinic.org/health/diseases/22960-gluteal-tendinopathy>  
<https://mayoclinic Elsevierpure.com/en/publications/gluteal-tendinopathy-critical-analysis-review-of-current-nonopera>

Linda Eargle

## APRIL BIRTHDAYS

- 3<sup>rd</sup> – Carol Buege, Sherri Knaub**  
**5<sup>th</sup> – Gary Stark**  
**8<sup>th</sup> – Marion Giblin, Eva Michna**  
**11<sup>th</sup> – Jeanette Barber**  
**12<sup>th</sup> – Vicki Weiss**  
**14<sup>th</sup> – Helga Spitzenberger**  
**16<sup>th</sup> – Erika Barfels**  
**19<sup>th</sup> – Carol Brown, Angela Grill**  
**21<sup>st</sup> – Chris Zewin**  
**29<sup>th</sup> – Gerry Adams, Candy Allman,  
Reinhold Baal, Lois Hobratschk**



## APRIL ANNIVERSARIES

- 1<sup>st</sup> – Terry & Liz Hood**  
**8<sup>th</sup> – Bill & Marion Giblin**  
**10<sup>th</sup> – Richard & Karin Meredith**  
**13<sup>th</sup> – Russ & Kathy Filip**  
**16<sup>th</sup> – Bob Oliver & Jennie Fleitner**  
**18<sup>th</sup> – Gary & Kathy Westerman**  
**25<sup>th</sup> – Howard & Kathleen Warfield**  
**26<sup>th</sup> – Charles & Edie Moose**  
**28<sup>th</sup> – Don & Carol Brown**  
**29<sup>th</sup> – Jack & Wendy Kitzman**  
**30<sup>th</sup> – Gerry & Ron Harding**



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



# APRIL

<b>Time</b>	<b>Acolyte</b>	<b>Communion Assistants</b>	<b>Lector</b>
<b>Sun. Apr. 6 10:00 AM</b>	Joyce Kuzmick	Joyce Kuzmick, Jay German, Mary Ann Sigler	Joyce Kuzmick
<b>Sun. Apr. 13 10:00 AM</b>	Kathy Schwartz	Kathy Schwartz, David Lickfeldt, Paul Ó Braonáin	Dan Pollert
<b>Thur. Apr. 17 7:00 PM</b>	David Lickfeldt	David Lickfeldt, Bill & Sharon Horiszny	Sharon Horiszny
<b>Fri. Apr. 18 7:00 PM</b>			Chuck Kovacik
<b>Sun. Apr. 20 10:00 AM</b>	Kathy Schwartz	Kathy Schwartz, David Lickfeldt, Arlene Hansen	Sherri Knaub
<b>Sun. Apr. 27 10:00 AM</b>	Paul Ó Braonáin		Jim Schwartz

<b>April Usher Team</b>	<b>April Altar Guild</b>	<b>Sound &amp; Camera</b>
Dan Pollert's Team	Doris Hahn and Judy Buskirk	Volunteers



<b>Time</b>	<b>Acolyte</b>	<b>Communion Assistants</b>	<b>Lector</b>
<b>Sun. May 4 10:00 AM</b>	Paul Ó Braonáin	Paul Ó Braonáin, Judy Buskirk, Deb Pollert	Dan Pollert
<b>Sun. May 11 10:00 AM</b>	Kathy Schwartz		Jim Schwartz
<b>Sun. May 18 10:00 AM</b>	Joyce Kuzmick	Joyce Kuzmick, Arlene Hansen, Wendy Kitzman	Joyce Kuzmick
<b>Sun. May 25 10:00 AM</b>	David Lickfeldt		Chuck Buskirk

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.





### Gift Bags for Homebound Members

WELCA Sunshine will again be distributing Easter gift bags to homebound members. We will meet to assemble the bags on Monday morning, April 7th at 10:00 AM. Your assistance to help with both assembly and delivery of the bags would be appreciated. And we are looking for donations of prepackaged food items or wrapped candies as well as personal care items such as kleenex, etc. This is a good opportunity to provide a little cheer for some of our members..



### Easter Brunch

WELCA is organizing an Easter Brunch from 8:30 am to 9:30 am on Easter Sunday, April 20th. We are looking for members who would be willing to bring egg casseroles, pastries, eggs (hard boiled/deviled), or egg salad sandwiches. There is a sign-up sheet on the welcome counter in the narthex. WELCA will provide juice and coffee.



### Women's Brunch

30 women attended the Women's Brunch on March 11th. In addition to enjoying a tasty assortment of brunch items, the women enjoyed fellowship and learning something new about each other. A wonderful time was had by all.





**SYNOD Service Project** – Our Service Project this year is with Hope Partnership in Kissimmee. Formed in 2011 to meet the needs of the growing number of families and children experiencing poverty and living in hotels and motels along Highway 192. They have grown by providing a holistic community to meet the needs of the poor and homeless.

As part of our commitment to serving our community, we will be collecting toiletry items and offering a hands-on volunteer opportunity at Hope Partnership in Kissimmee.

The most needed items are:

**Body wipes**

**Men's boxer briefs (M, L, & XL)**

**Women's underwear (L, XL, & 2XL)**

**Travel-size lotion**

**Unisex T-shirts (L & XL)**

**Deodorant**

**Bug Spray**

**Sunscreen**

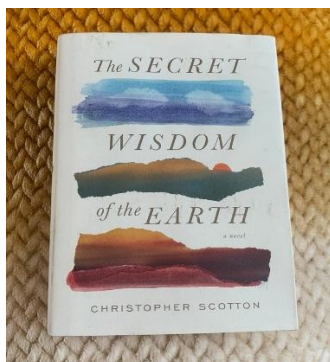
**Razors**

## WELCA Book Club News

The WELCA book club will wrap up its final meeting on Thursday, April 24 at 1:00 PM in the Conference Room. The featured book is the author's debut novel and was highly recommended by a member. Please join in reading the *Secret Wisdom of the Earth* by Christopher Scotton. Reviews describe it as "a page turner," "a big old fashioned yarn well worth the telling," and "human and warm, richly detailed, beautifully told, impossible to put down."



Diane



## Volunteers Needed – Join Now!

Find purpose and friends by volunteering at Interfaith Council's Nearly New Store. Our volunteers, caring donors and faithful customers help us provide funds to support our houses of worship's food pantries, essential needs and other programs, as well as local nonprofits including SCC Emergency Squad, Security Patrol, and other social service programs. Interfaith Council's Nearly New Store provided \$2,500 to each house of worship that is an Interfaith Council member during the Covid isolation, and \$5,000 in Fall 2024. Funds generated also provide college scholarships to high school seniors graduating from 3 local high schools. We ask for 4 hours a week and have a variety of ways to help – even remote opportunities as well. Pick up an application at the [house of worship] office or at the Nearly New Store, 1515A Sun City Center (rear shopping area), Sun City Center, FL, or call Nearly New at (813) 642-9099 for more information. Your donations are welcome too!



## Movie Night

In April we will have movie night on the last Tuesday of the month, April 29<sup>th</sup>. The doors will open at 5:00 PM, dinner will be at 5:30 PM, the movie will begin at 6:00 PM. The movie will be announced soon. This event is potluck so bring an item to share and a non-perishable food item for donation to the food pantry.

## Bible Study

Pastor Allman is discussing Revelation in his current Online Bible Study. Videos are available every Thursday. Prior bible study videos on Prayer will remain online along with Acts of the Apostles videos for you to view at your convenience.

Our YouTube channel is:

**Redeemer Lutheran Church  
Sun City Center Florida**



# April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 1:00 PM-Barbershop 3:30 PM-AA Meeting	<b>2</b> 9:00 AM-Gold Star Mtg 3:00 PM-Lent Worship	<b>3</b> 6:30 PM-Choir Practice	<b>4</b> 9:30 AM-Quilters 10:00 AM-Prayer Shawl Ministry	<b>5</b> 10:00 AM- RJSB Practice
<b>6</b> 10:00 AM-Holy Communion Worship	<b>7</b> 10:00 AM-Gift Bag Assembly 10:00 AM-SD With Stephen 10:30 AM-AI- Anon 6:30 PM-AA Mtg	<b>8</b> 11:30 AM-Finance Team 1:00 PM-Barbershop 1:00 PM-Worship & Music 3:30 PM-AA Meeting	<b>9</b> 9:00 AM-Gold Star Mtg 10:30 AM-Fundraising Team 3:00 PM-Lent Worship	<b>10</b> 9:00 AM-Parish Nurse Meeting 6:30 PM-Choir Practice CARPET CLEANING	<b>11</b> 11:00 AM-Memorial Svc Marlene S	<b>12</b> 10:00 AM- RJSB Practice
<b>13</b> 10:00 AM- Worship	<b>14</b> 10:00 AM- Executive Team 10:30 AM-AI- Anon 6:30 PM-AA Mtg	<b>15</b> 11:30 AM- Southshore Coalition 1:00 PM-Barbershop 3:30 PM-AA Meeting	<b>16</b> 9:00 AM-Gold Star Mtg	<b>17</b> 6:30 PM-Choir Practice 7:00 PM-Maundy Thursday Worship	<b>18</b> 9:30 AM-Quilters 10:00 AM-Prayer Shawl Ministry 7:00 PM-Good Friday Worship	<b>19</b> 10:00 AM- RJSB Practice 2:00 PM- Set up- Brunch
<b>20</b> 8:30 AM-Easter Brunch 10:00 AM-Holy Communion Worship	<b>21</b> Office Closed 6:30 PM-AA Mtg	<b>22</b> 1:00 PM-Barbershop 1:00 PM-Council Meeting 3:30 PM-AA Meeting	<b>23</b> 9:00 AM-Gold Star Mtg	<b>24</b> 1:00 PM-Book Club Meeting 6:30 PM-Choir Practice	<b>25</b> 9:30 AM-Quilters 10:00 AM-Prayer Shawl Ministry	<b>26</b> 10:00 AM- RJSB Practice
<b>27</b> 10:00 AM- Worship	<b>28</b> 10:00 AM- WELCA Board 10:30 AM-AI- Anon 6:30 PM-AA Mtg	<b>29</b> 1:00 PM-Barbershop 3:30 PM-AA Meeting	<b>30</b> 9:00 AM-Gold Star Mtg			

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

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