

*Celebrate
the Season*



Redeemer

JANUARY 2007

“ Lord,
Teach
Us To

ANNUAL MEETING January 14, 1:00 pm

ITEMS ON THE AGENDA:

- Reports from Boards and Committees
- Consideration of the recommendation of the Board of Elders that we adopt the new Lutheran Service Book when funds are available
- Nominations for President and Vice-President of the LC-MS
- Follow-up plan for “Under Construction -- Under God’s Grace”
- Adoption of the 2007 budget

All members of Redeemer, 18 and over, are considered voting members and are encouraged to attend. Others are welcome as are visitors. Childcare will be provided. Plan to come to the Youth Chili Dinner at noon.

(Board chairs: please remember to turn in your written report by January 7.)

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BAPTISM CELEBRATION SERVICE

On January 6/7, we will have a chance to remember and give thanks to God for the day he made us his own in baptism. In all services will have opportunity to come forward and dip our fingers into the baptismal water as a reminder of that special day. At the 10:40 am service our special guests will be those children who were baptized at Redeemer during 2006.

“WORSHIP THE LORD WITH GLADNESS”

DECEMBER 30/31

we will celebrate the First Sunday After Christmas. Scripture readings will be from Ecclesiastes 8:31-39, Romans 8:31-39, and Luke 2:22-40. The theme will be “The Pause That Refreshes.” Holy Communion will be celebrated at all services this weekend.

We will also include the Service of Prayer for Healing at all regular services on December 30/31. There will be the opportunity to have the pastor and elder lay hands upon you and offer a special prayer (for yourself or a loved one), and the opportunity to make use of the ancient practice of anointing with oil (James 5:14) for those who so desire.

JANUARY 6/7

we will celebrate the Baptism of Our Lord. Scripture readings will be from Isaiah 43:1-7, Romans 6:1-11, and Luke 3:15-22. The sermon theme will be “The Power of Baptism”.

During the late service, we will also recognize and celebrate with, those who were baptized at Redeemer during 2006.

JANUARY 13/14

we will celebrate the Second Sunday After The Epiphany. Scripture readings will be from Isaiah 62:1-5, 1 Corinthians 12:1-11, and John 2:1-11. The theme will be “One Spirit -- Many Gifts”. The 10:40 am service will be “celebration” style.

JANUARY 20/21

we will celebrate the Third Sunday After The Epiphany. Scripture readings will be from Nehemiah 8:1-3,5-6,8-10, 1 Corinthians 12:12-31, and Luke 4:16-30. The theme will be “You Always Were His Favorite”.

2006 OFFERINGS

According to the tax codes, offerings must be received by December 31 to be credited for 2006. It is possible to make 2007 contributions in 2006 if that is helpful in your tax planning. (However, please make sure you indicate that clearly on your envelope.)

FOOD COLLECTION

Redeemer members brought 351 pounds of food to our Thanksgiving services. Through Channel One, these have been shared with those in our community with special needs. Our Thanksgiving offering \$2226 will help those around the world through LCMS World Relief. Thanks to all!



TAKE NOTE

DID YOU KNOW?

Redeemer has a volunteer who will coordinate meals (food) for members who are facing a stressful situation in their lives. Connie Bennett will be working in conjunction with the pastors and Parish Nurse, Jan Dicke. Several people indicated on the Stewardship Time and Talent sheets that they would be willing to serve our members by providing this service. This is not a frequent occurrence, but a loving service at times when needed. If you did not indicate on the Time and Talent sheet that you would be willing to help with meals, you may fill out the form below and return it to the office (or simply call the office at 289-5147).

Name: _____ Phone: _____

IHN VOLUNTEER UPDATE

RE-CERTIFICATION NEEDED FOR ALL INTERFAITH NETWORK VOLUNTEERS

All volunteers, at all sites, must attend either an original training or re-certification training by the end of 2007. Re-certification will be a short (35-45 minute) meeting. At the end of 2007, anyone who has not had either their original training in 2006 or re-certification in 2007 will not be allowed to work with IHN until training has been completed. This is to keep our volunteers current with new or changed procedures that we use while hosting and is for the protection of everyone.

Redeemer will be hosting a session this winter to help our volunteers meet this requirement. Sessions will be held at other host sites and you are welcome to attend whichever is most convenient for you. Those dates will be announced soon. Thank you for your continuing support of this outreach!



CPR/AED TRAINING

February 3, 2007

SIGN UP for the upcoming training in the narthex. Prepare yourself for heart and/or breathing emergencies that may occur in your family here at church or anywhere you might be. A CPR class will be held here at Redeemer in Room 102 on Saturday, February 3, from 8 am to Noon. You will also be familiarized with a portable defibrillator (AED). The class is limited to 12 people. Sign up now!

EDUCATION PROGRAMS AND HIGHLIGHTS

ADULT BIBLE CLASSES - resuming December 31

“Book of Mark” - It may be the shortest Gospel, but it’s packed with power! Come join us as we take an in-depth look at St. Mark’s testament to the Savior of the world. We’ll look at the imagery, the poetry and the intricate drama that the Holy Spirit weaves in telling the greatest story ever told! Join Pastor Rance to learn more as part of this seven-week study.

“The Quran and the Bible” is a new four-week class which will begin on December 31 and will be led by Pastor Heining in the South Fellowship Hall.

“Creation” – Ever wonder about Intelligent Design or DNA or Scopes monkey trial? Ever wonder if there are scientists who don't believe in random chance and millions of years...come and hear a testimony from a former evolutionary scientist. We will be talking about these and other topics related to creation/evolution in the upcoming bible class. This will be coordinated by John VanProosdy and Tim Strohschein and will feature different topics than the series last Spring.

THE TUESDAY EVENING WOMEN'S ADULT BIBLE STUDY

We will meet two times in January. January 2, we will plan to watch a Women of Faith video, and January 23 we plan to continue with our regular study. If you have any questions, please contact Julie Walter (289-8394) or Sandy Weiden (287-6885).

B.R.I.G.H.T. Night Site Starts January 10th!

BRIGHT Night is a midweek program for 2nd-6th graders. It takes place on Wednesday nights from 7-8 pm. There is no cost to take part in BRIGHT night, but advanced sign-up is needed to ensure we have the needed supplies. Sign up on the counter in the narthex.

Those children who participate in the upcoming session of BRIGHT Night will “Journey to the Cross”. For six weeks they will get a close look at the journey Jesus took during the last week of his earthly life.

ROCHESTER ADULT EDUCATION- ASSURING OUR FAITH

Area LC-MS churches are teaming up to provide some great educational opportunities for youth and adults. It will take place at Rochester Central Lutheran School on Sunday nights starting January 7. Child care will be provided and classes go from 4:00-5:00 pm. The classes last six weeks and include the topics: Essentials of Discipline by Dr. Dobson, Understanding Islam, Responding to Homosexuality, and Defending the Faith (by learning Paul’s methods). Please pre-register so we can properly prepare, yet drop-ins will be accepted. Registration information can be found in the narthex on the bulletin board by the coffee machine.

♪ Redeemer's Music Ministry ♪

Out of our music comes worship and praise to our King!
~~~ALLELUIA~~~

**Thank you** for all who shared the joy of Christmas through **Caroling!** We had a great turn out and I pray those who sang and listened had a wonderful time!

The **Carol Sing** at Trinity was a wonderful experience for all! The total offering from that night was \$882.11! The money is going to St. John's Lutheran in rural Claremont for repairs from the fire they had last year. Thank you to Sounds of Praise who participated in the program!

**Happy New Year!** In your thoughts and goals for 2007 consider joining a musical group at Redeemer! There are a variety of groups that reach any age:

Cherub Choir—ages 4—grade 1  
Alleluia Singers & Angelic Chimes—grades 2-6  
Youth Chimes—grades 6-12  
Sounds of Praise—adults  
Chancel Chimes—adults  
Men's Choir—adults  
Instrumentalists—anyone with at least 2 years experience with an instrument  
Celebration Team—Singers/Instrumentalists  
Solo or Small Group opportunity—let me know!

If you have any questions, please feel free to email or call April Beckman at (289-5147) or [beckmana1@hotmail.com](mailto:beckmana1@hotmail.com)

### **CHARTER BUSES ARE READY! ARE YOU?**

**"REST ON THE KING"** is the theme for the 2007 LWML Convention in Sioux Falls, South Dakota, on June 21-24, 2007. Buses are being chartered on the District level. Travel on the buses is open to the ladies interested in going, plus family members (including men!) and friends. We will be leaving on Thursday, June 21, and returning on Sunday, June 24. The buses hope to be there in time for choir practice that Thursday. The cost of the bus trip is \$65 per person (round trip and 'shuttle' - most of the hotels and motels are not within walking distance.) Housing will be in addition to the trip cost. Housing will be done for us if you ride the bus. The deadline for bus reservations is Monday, January 15, with a \$10 non-refundable deposit. There are ladies from Redeemer who are going! If you have any interest or have questions, please call Joan Gennrich (286-9343) or Connie Bennett (288-2713).

## STEWARDSHIP NEWS

### FINANCIAL UPDATE

“Almost”

November Budget Income: \$49,624  
November Budget Expenses: \$48,908

YTD Budget Income: \$556,786  
YTD Budget Expenses: \$568,976

With one Sunday to go we are very close to ending the year with a balanced budget, but it will take some “last minute” catching up and extra effort to make it happen. We thank God for working through his people to make it happen! (2006 offerings have to be to church by December 31, 2006, to be

“**Simply Giving**” is an automatic withdrawal program for church offerings. Thanks to Thrivent there is no charge to you or the church. To enroll in the program or to modify your giving, use the form on the counter in the narthex, and return it to the church office.

**2007 OFFERING ENVELOPES** are available in the narthex. If you do not find your envelopes or would like to request envelopes, please place your name on the sheet on the table. For those who have SGSE/Renovation Pledges, you will find yellow envelopes also attached to your weekly offering envelopes or separately at the end of the table.

**Please note:** Your envelope number for 2007 is probably different from your number for 2006. **After December 31 please dispose of all 2006 offering envelopes.** If you have leftover SGSE envelopes for 2006, please dispose of them and use the new ones issued to you, or be sure to request new ones. Also, if you are giving cash, the finance committee encourages you to include your name on the envelope or inside as this helps them ensure credit goes to the proper party. If you have any questions, please call the church office at 289-5147.

#### **MEMORIALS/SPECIAL GIFTS**

- ♥ \$59.90 Orphan Grain Train
- ♥ \$395 for New Hymnal Fund
- ♥ \$200 for Music Fund
- ♥ \$30 for Bus Fund
- ♥ \$90 for Good Samaritan Fund in honor of Franklin Rahman’s 90th birthday.
- ♥ \$10 for Lutheran Hour World Relief
- ♥ \$15 for Undesignated Memorials in memory of Mary Jensen.
- ♥ \$20 for Good Samaritan Fund
- ♥ \$10 for New Hymnal Fund in memory of Mary Jean Kelleher
- ♥ \$49 for Debt Reduction in honor of Mr. and Mrs. Al Hein’s 49th wedding anniversary
- ♥ \$21 for Pastor Settle’s Education Fund

- ♥ \$300 for the Nursery, \$165 for Debt Reduction, \$1340 for the Youth Room in memory of Dale Griebenow
- ♥ \$20 for New Hymnal Fun in memory of Gilbert and Kay Garnatz

### **STEWARDSHIP COMMITMENTS FOR 2007**

can still be turned in at any time. Extra materials are in the narthex, or can be mailed to you by calling the church office (289-5147).

## CHURCH COUNCIL HIGHLIGHTS - December 12, 2006

Wes Bussell was in attendance to give us an update on fulfilled pledges to date from the Sustained Giving Program. We began with a debt of \$1.8 million, which is now down to \$1.1 million. This is a remarkable achievement. 87% of the pledges have been collected at the present time, which amounts to 40% of the total indebtedness. Various ideas were discussed as to how to proceed to finish paying for the balance of the debt when our current pledge period runs out. We will ask for ideas from the congregation at the Annual Meeting.

**The proposed 2007 budget.** It is about \$100,000 more than the 2006 budget, mainly due to our increased mortgage payments. Final figures will be ready for the January Council meeting and will be discussed in greater detail before being presented to the congregational members at the Annual Meeting in January.

Terry Severson also reported on the **Checks and Balances** we now have in place, relative to the handling of our offering money, etc. The system we have in place has several steps where double checks are used. The money counters, who meet every Monday, are a dedicated, accurate group of people who accomplish a difficult task with great speed and accuracy.

The date for the **Annual Voters' Meeting** was set for January 14, 2007, at 1:00 P.M. The youth are serving a Chili Dinner that Sunday after the late service, so people attending the dinner can stay for the meeting. Final yearly reports from all committees and boards are due to Chris by Sunday, January 7, to give her time to get these year-end reports printed for the meeting.

**Staff Housing Allowances** will remain the same as this year.

### Education Committee

Augsburg Curriculum will be used for grades one through six in the Sunday School. This change was prompted by the lack of content and adequacy of the Concordia materials.

The Sunday School Christmas program "Stars of Love" is progressing well and will be held in the afternoon of December 17. The Mission offering for the Orphan Grain Train has now raised approximately \$400, and this project will be completed by the middle of January 2007. This year's Birthday Party for Jesus will be held on December 31.

### Board of Elders

New members accepted into membership on December 10 totaled 21.

The Elders agreed to send a recommendation to the voters that they adopt the new hymnal.

The Elders recommended to the Council that the release of the Todd Natzke family to Christ Community Church be granted.

Pastor Rance will be attending a week-long Stephen Ministry Training session in Orlando, Florida, in January. The Elders had passed a motion that they ask the Church Council for an additional \$1,500 from the New Ministry Fund to underwrite this trip. A motion was made, seconded and passed to allow this disbursement.

### Fund Development

The committee is working on guidelines for committee operations and is now in its final review. We have a current CD that will expire on 12/21/06. This money will be reinvested with LCEF. The current balance of the Fund is \$72,310.83.

## CHURCH COUNCIL HIGHLIGHTS - continued

### **Health Cabinet**

Another cholesterol screening is scheduled for February 11, 2007. The numbers of people having their blood pressures taken at church has risen steadily.

### **Human Concerns**

IHN is tightening up qualifications on volunteers. All volunteers trained before 2006 will have to attend a shortened re-qualification session during 2007 in order to continue serving with IHN.

### **Board of Trustees**

There are always new projects that come up that need to be addressed. When the electricity went out during our first Advent Service, it caused the water pipes leading to the boiler to freeze and burst. Anti-freeze will have to be added to the system, and approximately \$800-\$1,000 will be needed in 2007 to make improvements on the boiler system.

Improved security is high on the list to be addressed in early 2007. The Trustees will get a survey done by the Rochester Police Department relative to our security and then get quotes on the improvements that were suggested. At the very least alarms will be installed on all of the outside doors.

Also, please note that with the colder weather we are all wearing coats again. When you hang your coats in the narthex, **DO NOT LEAVE KEYS OR VALUABLES IN THE POCKETS**. There are people who walk through churches during services, funerals, weddings, and in-between just looking for something to grab. Also, the Trustees have finished a site-wide inventory of things of value. If you donate or buy anything for the church of any value, please let the Trustees know so that they can add it to their inventory list.

### **Youth Ministry**

The wreaths were delivered the Sunday before Thanksgiving. The Parents' Night Out was a huge success and may be scheduled again. There were 26 children being taken care of. The youth had a pizza outing and an evening at the Athletic Club. They decorated and delivered Christmas cookies to the Ronald McDonald House, and they served the supper between Advent Services on December 13.

The youth have been practicing for the Christmas Eve Service; a chili lunch is being planned for January 14 after the 10:40 am service, and the YES group filled and sent 12 boxes to servicemen. Extra articles were delivered to Operation Hometown.

### **DCE Report**

Caroline Ferdig has volunteered to assist Lynette Miller as Superintendent of the Sunday School.

### **DPM Report**

The Dave and Barb Anderson Christmas Concert was attended by 210 people. The choir participated in that Concert, and will also participate in the Carol Sing at Trinity Church on Sunday. Christmas caroling for our shut-ins will take place on December 20.

## Thank You Redeemer Members For Your Generous Donations!

**A SPECIAL THANK YOU** to the following people for your donations of poinsettias. Your generosity is appreciated.

### **Donation of Poinsettia's:**

- ♥ Paul and Sandy Collopy, John, Jason, and Justin in memory of Elmer and Wilma Jacob.
- ♥ Alice Colwell in memory of Burt Colwell.
- ♥ Royce and Marlie Ernst in memory of Marlie's dad, Wayne Wright.
- ♥ Lowell and Lorraine Fahrman and Helen Wassel in memory of Albert and Ella Fahrman, Ernest and Elsie Schulz, Victor Schulz, and Jack Wassel. (2)
- ♥ Harlan and Karen Gerke in memory of Arly Sackett and Alvin Gerke.
- ♥ Arlys Hackbart in memory of Cleo Hackbart.
- ♥ Mike and Mary Hanley.
- ♥ Roland Hansen in memory of Tille Hansen.
- ♥ Dottie Hultquist in memory of Donald Hultquist.
- ♥ Ken and Judy Klennert in memory of Verle and Ruth Klennert, Allen Klennert, and Clarence Rustad.
- ♥ Ruth Knop.
- ♥ Jay Kurtz in memory of sister, Kaye. (5)
- ♥ Ginger Lagergren in memory of Dick Lagergren, Joyce Rosendahl, and Todd Taff.
- ♥ Bruce and Jan Ludwig in memory of Darla Ludwig, Doug Ludwig, Arnold Burmeister, and Merle Klongerbo. (2)
- ♥ Willard and Denise Nisbit in memory of Rodney Nisbit, Dennis Oredson, and Willard Nisbit Sr.
- ♥ Rev. John and Julia Rieck in memory of Rev. Earl and Mrs. Ruth Schwerman and in honor of Adeline Lockman.
- ♥ Barb Rupkalvis and family in memory of Leslie Rupkalvis.
- ♥ Sharron Smith in honor of her grandchildren.
- ♥ Mary Swenson in memory of Otis Swenson.
- ♥ Richard and Shirley Valde.
- ♥ in memory of beloved parents and grandparents.
- ♥ Dorothy Bornmann in memory of Wallace Bornmann.
- ♥ Don and Ann Boyd in memory of our parents, brothers, and sisters.
- ♥ John and Karen Brandt.
- ♥ Adeline Grantner in memory of John Grantner
- ♥ Dorothy Groth in memory of friends and relatives.
- ♥ Arlys Hackbart in memory of Cleo Hackbart.
- ♥ Pastor Jim and Jolene Heining in honor of our granddaughter Melody Sorgatz.
- ♥ Elizabeth Horstmann and family in memory of Lawrence Horstmann.
- ♥ Dottie Hultquist in memory of parents, Fred and Bertha Ohland.
- ♥ Durwood and Joanne Iverson in memory of Duane Iverson
- ♥ Doug and Ellie Jerde in honor of God's gift of a Savior.
- ♥ Kenneth Kalk.
- ♥ Hedy and Irma Kent.
- ♥ Doug and Mary Koepsell.
- ♥ Sue, Mark, Nicole and Allison Kruger.
- ♥ Lois Leuth in memory of parents Henry and Leona Walters, brother, Melvin Walters, and in honor of family and friends.
- ♥ Sharon Matzke in memory of Melissa Matzke.
- ♥ Tom and Marilyn Olson in memory of Alfred and Pearle Moeller, Raymond Olson, and Cyrus Riehl.
- ♥ Rebecca Circle.
- ♥ Redeemer Lutheran Church Women.
- ♥ Mick and Diana Reese in memory of mom, Linda Blue, great aunt, and our grandparents.
- ♥ Larry and Myrna Reinartz in memory of daughter, Laura Mae Reinartz.
- ♥ Helen Ryan in memory of Earl Ryan.
- ♥ Earl and Donna Schwerman in memory of Rev. Earl O. and Ruth Schwerman and Edmund and Dora Strehlow.
- ♥ Terry and Sandy Severson in memory of parents, Jim and Avis Schroder.
- ♥ Roger Toomey in memory of Helen Toomey.
- ♥ Rich and Shirley Valde.
- ♥ Barb and Wendy Wallskog in memory of Mike Wallskog, Fran and Floyd Buresh, Albert and Elaine Wallskog.
- ♥ Donna Walters.
- ♥ in memory of Joyce Petersen
- ♥ in memory of beloved parents and grandparents

**A SPECIAL THANK YOU** to the following people for your donations to the New Hymnal Fund. Your generosity is appreciated.

### **Donations to the New Hymnal Fund:**

- ♥ Janette Benson in memory of Wes Luehmann.

## THANK YOU

**THANK YOU** - We thank our Redeemer family for all the prayers, cards, and calls during the illness and death of Gene's sister, Joyce. Also, we thank Pastor Heining for his personal visit and prayers.

- *Gene and Elaine Searles and family*

**THANK YOU** - A special thanks to Pastor Jim and Pastor Rance for their prayers and visits. And a thank you to all my friends for their prayers, visits, and cards. A blessed new year to all.

- *Carl Burfeind*

**THANK YOU** to the members of Redeemer for your many prayers, words of support and concern during Mike's recent job loss. As many of you know, God answered these prayers and we are grateful to have been blessed with such a warm and caring Redeemer family during this time. Thank you!

- *Mary and Mike Hanley*

**THANK YOU** for your cards, gifts, "goodies", and kind words during the Christmas season. We are truly blessed to be able to minister with God's people here at Redeemer.

- *Pastor Jim and Jolene Heining*

**THANK YOU** to everyone for your outpouring of Christian love this Advent season! The cards, letters and gifts were so kind of you and meant so much to me and my family. I am continually amazed at the generosity and self-sacrifice that you so willingly show, and consider myself blessed to be a part of such a giving congregation. May the Lord bless and keep you always!

*In Christ's service,  
Pastor Rance, Leslie, Addisyn and Chloe*

**THANK YOU** - The Redeemer Junior Youth, known as the Y.E.S. Group, would like to wish you a very Merry Christmas and thank you once again for your support for our "Send the Military

Friends and Family of Redeemer a Christmas Care Package!" Our first batch has just been mailed. We want to send 18. We still have a few extra so it is not too late to get your addresses into Michael Harvey in the church office. We would especially like to thank Sheri Hoffmann at Thrivent for bringing us devotional materials, books, and CDs to send. We would like to thank the members of Redeemer for cash for postage and all the other contents. We were so surprised again by the wonderful response. Each box included a hand-held game, chap sticks, puzzle book, treats, peanuts, a CD, DVD, and devotional book material, not to mention personalized Christmas cards and messages from members of Redeemer. Any extra items received will be given to Operation Hometown Gratitude. Thanks again!

- *Redeemer YES Group*

**THANK YOU** to all the members and friends of Redeemer who have donated coins to the Orphan Grain Train drive. We have collected over \$1400! Many thanks to you for your continued support!

**THANK YOU** - I would like to thank all the caring Redeemer members who sent me cards and prayed for me after my surgery. To be part of such a caring congregation is a blessing to me and to all of us.

- *Sandy Weiden*

**THANK YOU** - On behalf of RLCW, I would like to thank Alexis Burdick, Sam Carlson, and Sondra Roerish for presenting "Mary's Treasure Box" at our Christmas dinner. What a joy it was to see the faith of these young women and their willingness to serve. We have inherited LWML from our mothers, but we nurture and grow it for our daughters. These daughters are our future.

- *Sandy Weiden, Christian Growth, RLCW*

## HEALTH NOTES

### Health Notes

## COPING WITH HOLIDAY BLUES

Most people believe the holidays are supposed to be a time of joyous celebration where family members who haven't seen each other recently get together to praise and acknowledge each other's accomplishments over the past year. Many people respond with, "Yeah right."

For many people the holidays bring out their worst concerns. They may reflect on their "failures" of the past or worry about loneliness. They may have financial worries that place a shadow over any excitement or anticipation those around them may have.

For those who find the holidays less than "storybook perfect," there may be a risk of the "Holiday Blues." This type of stress and depression can be caused from holding unrealistic expectations, wanting everything to be perfect or isolating altogether. A sense of cynicism can come from a focus on the over-commercialization or an inability to spend the holidays with loved ones.

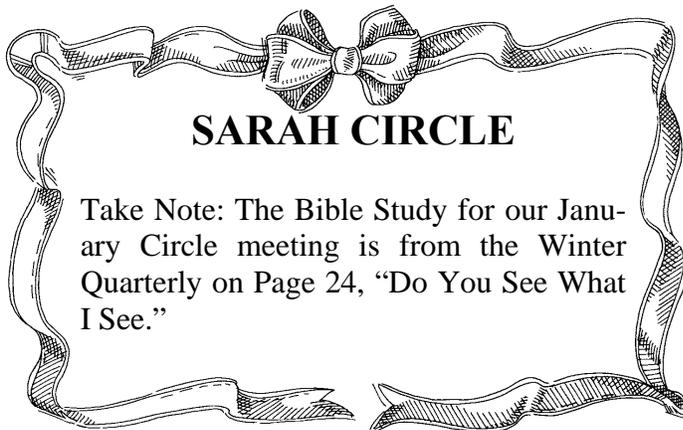
The symptoms of the "Holiday Blues" are much like those of other types of stress and depression. Symptoms may include poor concentration, disturbances in eating (too much or very infrequently), drinking too much, difficulty sleeping or wanting to spend all day in bed, irritability, low frustration tolerance, and agitation. Physical signs of stress may also be present such as, stomach aches, headaches, back problems, digestive problems, jaw tightness and physical fatigue.

Even though many people with the "Holiday Blues" experience these feelings during the holiday season, some sufferers can be greatly affected by a post-holiday let down after January 1. These later reactions can be due to fatigue, emotional disappointments of the preceding months and residual financial stress.

**There are many practical things anyone with a predisposition to the "Holiday Blues" can do to minimize its effects.** Remember that the action one takes to prevent feeling stressed and depressed takes less effort than to try later to pull oneself out of feeling down and miserable.

- 1. Give yourself the right to enjoy the holidays as you wish.** Try to let go of high expectations and wanting everything to be perfect. Allow yourself to participate in the aspects of the holiday which have meaning for you and try to let go of anyone's "shoulds". Allow yourself to be a little "crazy". Have some fun and let go of how everything "must" look, including yourself.
- 2. Organize your time.** Take 10-15 minutes each morning to plan out what your day will look like. Don't leave things until the last minute. Make lists and plan out how you wish to spend your time. Don't spend all your time planning for just one event (an office party or Christmas dinner, etc.).
- 3. Try something different,** especially if this is the first holiday after a significant loss (death of a loved one, loss of home or job, children growing up, or a divorce). Spend the holiday in a different location or celebrating with different people than usual.
- 4. Find the specialness and uniqueness in THIS holiday season.** Don't compare it with the past. Life moves forward not backward. Each holiday season is different and these are the "good old days" you will look back on in a few years.
- 5. Spend time with people who accept and love you unconditionally.** These may not be biological family. Often our chosen family members are able to accept us more unconditionally. Surround yourself with encouragement and support.
- 6. Take care of yourself physically.** Don't drink too much (alcohol is a depressant). Exercise, it will help with all the holiday goodies you want to enjoy. Get outdoors. As the days shorten and less daylight hours are available many people become depressed from insufficient light. Go for walks. Drink lots of water.
- 7. Do something for someone else.** There is no faster way to get out of a "funk" than to help someone else feel better. Make a gift for someone. Give a gift anonymously. Help out at a soup kitchen, church or charity project, local hospital or retirement home, or homeless shelter. Focus on people rather than things. Give "love coupons" good for making a favorite meal, or a walk in the woods, or a visit to a museum or art festival.
- 8. Spend time doing low cost or free things.** Too often the holidays are focused on consumerism. There are many holiday displays that are free to visit and participate in. Children love to drive around at night and look at lights or visit large hotel lobbies decorated for the holidays.
- 9. Remember the real significance of this time of the year.** Focus on that and celebrate it in ways that are the most meaningful for you.
- 10. Give yourself the gift of letting go of past resentments.** It has been said, "resentment is a poison we take hoping that it will harm another." Forgive, if only for the holidays or only a part of the remembered betrayal. Release someone from indebtedness for past mistakes. Do this not for them but for your own peace and serenity this holiday season.

## REDEEMER LUTHERAN CHURCH WOMEN



## SECRET SISTERS

All the names that were received have been partnered for 2007. It is, although, not too late if you would still like to participate. The table in the narthex holds the personal forms for you to fill out and some guidelines. It may take a couple of weeks for you to receive the name of your Secret Sister, as



## LADIES! WOMEN OF FAITH CONFERENCE October 19-20, 2007

Reserve your spot now for the Women of Faith conference this Fall! We can reserve 25 spots for October 19-20, 2007, for the Friday and Saturday sessions at a price of \$65 for premium (on floor seating) or \$45 for standard seating. We will be carpooling and staying at a hotel that ranges from \$109-\$159 a night for a quad, depending on how close you would like to stay to the Excel Center. Please contact Sandy Weiden (287-6885 or 951-6901) immediately so that we can get preferred seating. Fees will not be due until June – so you have time to plan ahead! "Amazing Freedom" promises a Christ-filled day with Christian ladies all over the state.

## "Rest On Christ The King"

Plans are being made for the LWML National Convention in Sioux Falls from June 21-24, 2007.

If you are planning on riding the bus, your \$10 deposit, along with rooming details, needs to be to Joyce Swedean by January 15.

Details for "Gifts From The Heart" are listed in the Winter Quarterly in the convention section. We will be making plans for our contribution to this ingathering in the next couple of months, but this gives you a chance to start gathering your items. For those who are planning to attend, please consider riding the charter busses. The convention center is not within walking distance of any of the hotels, and the busses will be used to shuttle people back and forth. The meal package has been promoted, but for those on a limited budget, concessions will be available at the center during convention hours. Questions, contact Sandy Weiden at 287-6885 or 951-6901.

(LWML Bus sign-up)

## MEET OUR NEW MEMBERS

### **SHIRLEY AXFORD**

Shirley Axford is very familiar with Redeemer, as her family were members here from 1964 until 1971 when they moved to Windom, Minnesota.

Her husband, Willie, worked in the plumbing business for Bernie Nesler. He was called home to be with his Savior on July 2, 2006. They were blessed with five children. Philip lives in Phoenix, Arizona; Mark in Fosston; Pam in Lakeville; Wendy in Rochester; and Becky in Hayfield. She has 15 grandchildren and 8 great-grandchildren.

Due to health problems they moved back to Rochester in 2004 to be near their children and health facilities.

We welcome Shirley back to Redeemer.

### **ELLEN CUMMINGS**

Ellen lived in Rochester during the 1970's, moved away, and then moved back to Rochester in 1997. She currently lives 1 1/2 blocks from Redeemer on 7th Street and 7th Avenue.

Ellen's father recently passed away in September, and she now cares for her mother and 14-year-old son.

Ellen has worked for 11 years at Snappy Stop and has a great boss. She also enjoys the fact that she is able to walk to work and church!

Ellen enjoys reading good magazines and is part of the Riverside Walk program. Her walking has contributed to a recent weight loss of over 50 lbs! Congratulations to Ellen and welcome to Redeemer!

### **DALE AND LINDA HALL**

Dale and Linda Hall have always lived in Rochester and currently reside at 1928 1st Ave SE. Linda is a housewife and Dale is currently unemployed, but has been a handy-man doing yard work, raking, windows, and a paper route.

In their spare time, Dale likes to fish and hunt and Linda enjoys stitchery and crossword puzzles.

### **SIEGBERT AND DIANA KLING, AND LINDSEY, AND ALEX HAAGENSON**

Sieg, Diana, and Lindsey live in northwest Rochester, having moved from Illinois four years ago. Sieg is now retired after working for 42 years in International Ag business, which included worldwide travel. Diana is an Office Coordinator for Safety and Building Inspection for the City of Rochester. Lindsey works at the Mayo Clinic, is finishing her 4-year degree, and plans to pursue her PHD in the future. Lindsey will be getting married in June at Redeemer to Alex Haagenson.

In their spare time, Sieg enjoys cooking and cleaning; Diana enjoys shopping; and Lindsey plays volleyball.

While employed, Sieg worked to promote Christianity in Africa. Sieg and Diana were also instrumental in getting an LCMS church established in Illinois.

Pam Kitzman, a Redeemer member and Alex's mother, invited them to attend Redeemer. One of the things they liked at Redeemer was all the young children.

**Alex Haagenson** lives in northwest Rochester. He is attending college and works for a beverage distribution company. In his spare time he enjoys hunting and fishing, and helping Lindsey with wedding plans for June.

### **JANET LUDWIG**

Janet married Bruce Ludwig at Redeemer in August of this year. Together they have six children and six grandchildren.

Janet is employed at the Mayo Clinic as an R.N. and works as a Diabetic Educator for out-patients. Bruce worked at IBM, but is now retired.

Janet was born in Iowa. She moved from here from Charleston, South Carolina. She enjoys antiquing and together they enjoy sports and attending their grandchildren's activities.

## MEET OUR NEW

### JEAN MICHAELIS

Jean is originally from Lewiston where she attended school at Silo Emmanuel Lutheran School from Kindergarten through eighth grade. She currently lives in Meadow Park in southeast Rochester.

She has been a hair stylist for over 20 years. She worked at JC Penny's Salon since 1991, until recently when she opened her own salon in northeast Rochester, Therapy Hair Salon. This is a dream come true for Jean!

Jean has a faithful Golden Retriever, Astie, and is an avid softball player. She likes to pitch on women's leagues and play the outfield on co-ed leagues.

She also enjoys singing in the choir and promises to check out the Sounds of Praise choir!

### JAMIE MUSSELL

Jamie is a life-long resident of Plainview and lives at 240 2nd Ave SE. He was in the service from 1996-2000 and currently works as a heating/air condition installer for Haley Comfort Systems.

In his spare time, Jamie enjoys playing softball and bowling. He will be married to Nancy White next June.

### STEVE AND KATHY WILLIAMS, AND KATIE

Steve and Kathy Williams and their daughter Katie, currently live in northeast Rochester. They have lived in Rochester for over 25 years and also have a son, Kyle.

Both Steve and Kathy work at the Mayo Clinic. Steve is an MRI Technician and Kathy is a Quality Control Supervisor.

In their spare time, Steve enjoys hunting, fishing and golf. Kathy enjoys golf and sewing.

They are both looking forward to getting to know Redeemer better.

## OCCASIONAL REMINDERS

- ☺ **Perfumes and other scents** - Please use in moderation, for the sake of those who are allergic or sensitive.
- ☺ **Cold and Flu season** - If you are suffering from such symptoms or are concerned about spreading germs, please give a cherry greeting rather than a handshake at the beginning of the service.
- ☺ **Security** - Please do not leave your keys, wallets, purses, or other valuables in coat pockets or left unattended. Such is the world we live in!



*Requested from the RLCW Christmas Dinner and Social.*

### EASY CHERRY SALAD

Bring to a boil:

- 1 can Cherry pie filling
- 3/4 cup white sugar
- 3/4 cup water

Then add:

- 1 - 6 oz package Cherry Jello
- 1 - 20 oz can crushed pineapple and juice

Then stir in one can of Cherry Coke. (You can also use regular Coke or Pepsi.) Optional, you can add 1/2 cup chopped nuts. Refrigerate until set -- then enjoy!

(Principal Page)

## COMMUNITY NEWS

**CHILDCARE RESOURCE AND REFERRAL CRISIS NURSERY** will be holding a 'Souper' Bowl Saturday fundraising event on January 27, from 11 am to 2 pm. The event will be held at St. Francis of Assisi Catholic Church in Rochester. There will be a luncheon with soups, bread, beverages, and desserts prepared by local restaurants. We will entertain you with music, dance, and a wonderful silent auction. Autographed sports memorabilia, beautiful handcrafted items, and much, much more will be included in the silent auction. In addition, you can receive a handcrafted ceramic soup bowl of your choice for each ticket purchased! The cost is \$20 per family, \$10 individual, of which a portion is tax deductible. For tickets, please call Child Care Resource and Referral at 287-2020. Tickets are also available at the door the day of the event. Proceeds will benefit the Crisis Nursery of Olmsted County, a child abuse prevention program that provides services at no cost to families in crisis with children birth age to twelve.

**HOME INSTEAD SENIOR CARE** is a non-medical homecare agency that provides services to seniors in their homes. We can assist with meal preparation, light housekeeping, grocery shopping, transportation to appointments, medication reminders, etc. We also offer an awesome website [www.caregiverstress.com](http://www.caregiverstress.com) and the rental of an md.2 machine which is a medication dispenser that is in the homes of people who use them. How this works is a voice tells them when it is time to take their medications and then they press a button to dispense them. If the pills are not dispensed then the person they chose to be notified is notified that the medication has not been taken and then they can follow up with them to see what has happened. In case you are unaware of the following statistic, Olmsted County has the highest falls in Minnesota and having this medication dispenser in place may help to avoid some of those falls. We are also, on a continuous basis, hiring CAREGivers to provide these services to our clients, so if you know of anyone interested please send them to Home Instead.

**Have You Heard of Apache Mall Cash Back for Schools?** Simply save all of your Apache Mall receipts and drop them in the locker marked Rochester Central Lutheran School. The locker is located next to J.C. Penney's. If for some reason you need to keep your receipt, simply take it to the service counter, and they will record the amount of your purchase and credit RCLS. Your receipts can also be dropped off at the church office. RCLS receives ten points for every dollar spent. Any receipts turned in dated October 20-22 will receive triple points. Cash Back for Schools continues until December 31, 2006. Your continued support for RCLS is appreciated.

**ORGANIST NEEDED!** Christ Lutheran Church (LCMS) 2904 20th Street SE, [www.christrochester.org](http://www.christrochester.org) is seeking an organist to assist in leading worship services two weeks per month. (Sunday services are at 8 am and 10:30 am; summer services are Thursday at 7 pm and Sunday's at 9 am). Christ's average attendance is around 87 per Sunday. Both services employ traditional Lutheran liturgy and hymns using the new LCMS hymnal, the *Lutheran Service Book* and two manual Allen digital organ (1992). Applicants who are comfortable with liturgical services and have knowledge of matching appropriate service music with themes of the church year are preferred. The ability to work well with others is required. Applicant must publicly respect the LCMS positions and moral issues. Scheduling is extremely flexible. Contact Reverend Scott Schilbe, Pastor, at 289-0271 or [pastor@christrochester.org](mailto:pastor@christrochester.org) for more information and to schedule an interview/audition. Deadline to apply is January 15, 2007.



## **WE REMEMBER...**

**WILLIAM "BILL" SISSON** was born March 16, 1929, in Austin, Minnesota. He was baptized as an adult at Redeemer Lutheran on July 24, 1969, where he was also confirmed on December 9 of the same year. He married Melba Schneckloth on May 4, 1966, and became a loving father to her four young children, Karen, Mark, Kay, and Lori. After battling ALS for nearly four years, Bill received the crown of eternal life on December 24, and his memorial service will be held at Redeemer on December 28.

Remember to keep in your prayers Bill's family and especially Melba who has now been widowed a second time.

## **MISCELLANEOUS NEWS AND EVENTS**

**LUTHERANS FOR LIFE FORUM** - On January 28, Redeemer Lutheran Church will host a special Life Forum for the Rochester community. Inspirational life speaker, Ed Szeto, will address current hot topics from a biblical and Christian perspective. We hope this event will provide interest in starting up a Lutherans for Life chapter in the Med City. LFL is a pan-Lutheran group who provides counsel, aid and education to all. LFL saves lives. A special collection will be taken at this event for any interested in supporting this endeavor. Checks may be made out to the "Rochester Circuit." At 5:00 pm, all are invited to bring a dish to a potluck with drinks provided. From 6:00 to 8:00 pm, the seminar will address issues of stem cell research, in vitro fertilization, cloning, and end of life issues. Ed Szeto will also have a special presentation at the Sunday morning Bible study hour.

### **IRA'S - INVESTING IN FUTURE GENERATIONS WITH LCEF**

A new year may mean many new things for you and your family; take the time to explore the benefits of an LCEF IRA. Saving for education or retirement can also help future generations when you invest in the Lutheran Church Extension Fund (LCEF). Special IRA applications and current rates are available at [www.lcef.org](http://www.lcef.org) or call 1-800-THE-LCEF.

**GIVE THE BEST GIFT POSSIBLE!** Attend the January 5-7 Marriage Encounter. Visit [www.marriages.org](http://www.marriages.org) for a listing of monthly retreats or call 651-454-3238. Weekends are held on beautiful Rogers Lake, 6 minutes from the Mall of America.

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**ON THE RADIO** - *The programs below are produced by The Lutheran Hour Ministries.*

**WOMAN TO WOMAN** is aired over KNFX (970 AM) 9 am Sundays and on KFSI (92.9 FM) each Thursday at 8:30 am. Woman to Woman is a 30-minute interview program produced by Lutheran Hour Ministries, hosted by Phyllis Wallace. Upcoming topics are:

Dec. 31 - "Ways To Build A Better You"  
Jan. 7 - "Down In The Dumps, Up In The Scale"  
Jan. 14 - "Till Debt Do Us Part"  
Jan. 21 - "Whirlpool of Depression"  
Jan. 28 - "U-turns Allowed"

**THE LUTHERAN HOUR** is heard each Sunday on WCCO (830 AM) at 6 am; KOLM (1520 AM) at 9 am; KAGE (1380 AM) and KDHL (920 AM) at 6 pm. The upcoming topics are:

Dec. 31 - "God's Inseparable Love"  
Jan. 7 - "Worry or Worship?"  
Jan. 14 - "Whatever He Says"  
Jan. 21 - "What You Don't Want To Hear"  
Jan. 28 - "Hold On"

**BLESSED TO BE ABLE TO SERVE:**

Pastor James W. Heining - [jamesheining@hotmail.com](mailto:jamesheining@hotmail.com) ..... res. 282-6955  
 Pastor Rance A. Settle - [PastorRance@hotmail.com](mailto:PastorRance@hotmail.com) ..... res. 289-7154  
 Michael J. Harvey, Director of Christian Education - [daharveys@msn.com](mailto:daharveys@msn.com) ..... res. 529-5463  
 April Beckman, Director of Parish Music - [beckmana1@hotmail.com](mailto:beckmana1@hotmail.com) ..... cell (651) 338-0354  
 Christina Tjosaas, Administrative Secretary - [redeemer@charterinternet.com](mailto:redeemer@charterinternet.com) ..... 289-5147  
 Chuck Kreter, Custodian..... res. 288-8146  
 Lynora Miller, Youth Coordinator - [millertwins2@charter.net](mailto:millertwins2@charter.net) ..... res. 288-7219  
 Jan Dicke, Parish Nurse - [jdicke325@charter.net](mailto:jdicke325@charter.net) ..... res. 288-6405  
 Michelle Haack, Nursery Coordinator ..... res. 252-1269  
 Missionaries Rev. James and Tiina May and family - Togo, West Africa - [rev.jamesmay@yahoo.com](mailto:rev.jamesmay@yahoo.com)

Office Hours: 7:30 am to 4:00 pm, Monday - Friday  
 Office Phone: (507) 289-5147  
 Fax Number: (507) 289-7887  
 E-Mail: [redeemer@charterinternet.com](mailto:redeemer@charterinternet.com)  
 Website: [www.redeemer-rochester.com](http://www.redeemer-rochester.com)

**NEWSLETTER DEADLINE**

**for articles to be included in the next Resource is Wednesday JANUARY 17.**  
**Please call the church Office (289-5147) with questions. Thank you!**

**OUR RESPONSE TO GOD'S LOVE**

|                    | November 25/26    | December 2/3      | December 6  | December 9/10     | December 13   |
|--------------------|-------------------|-------------------|-------------|-------------------|---------------|
| Worship Attendance | 517 (103+217+197) | 511 (113+219+179) | 183 (97+86) | 553 (110+172+553) | 237 (119+118) |
| Guests             | 56                | 45                | 2           | 29                | 6             |
| S.S./Adult Classes | 180 (80+100)      | 236 (107+129)     |             | 215 (117+98)      |               |
| Budget Offerings   | \$6284.50         | \$11,505.02       | \$475.75    | \$8579.00         | \$438.00      |
| District/Synod     | \$638.50          | \$1341.90         | \$55.00     | \$945.00          | \$72.00       |
| Special Services   | \$118.00          | \$120.00          | \$561.00    | \$203.00          | \$1128.55     |
| Undesignated       | \$11.00           | \$70.00           |             | \$45.00           | \$10.00       |
| Renovation         | \$2565.00         | \$12,026.31       | \$1122.00   | \$90.00           | \$44717.00    |

|                      | December 16/17        | December 20  | December 23/24 | December 24/25        |
|----------------------|-----------------------|--------------|----------------|-----------------------|
| Worship Attendance   | 895 (136+178+189+392) | 166 (105+61) | 282 (97+185)   | 833 (337+214+142+140) |
| Guests               | 48                    | 3            |                | 213 (Dec. 23-25)      |
| S. S./Adult Classes  | 205 (96+109)          |              |                |                       |
| Budget Offerings     | \$11,395.11           | \$32.00      | \$3555.93      | \$4566.90             |
| District/Synod       | \$1410.31             | \$13.00      | \$902.50       | \$345.10              |
| Special Services     |                       | \$477.00     | \$1540.00      | \$5803.00             |
| Undesignated/Special | \$20.00               |              |                | \$20.00               |
| Renovation           | \$1902.00             | \$2426.00    | \$478.00       | \$10.00               |

**We are thankful** for the 120+ who divided into eight groups and sang carols for our shut-ins on December 20.

**LOOSE COINS** for December have been designated for the Lutheran Association of Missionary Pilots.

