

8-23-2009 Redeemer Lutheran Church Weekly Announcements and Highlights

Special Prayer Opportunities:

Health Concerns:

† David Kruger, Don Strelow, Todd Zmina, and Glennis Beach

Grieving:

† Emery Walters and his family upon the recent death of his brother, Rodney.

† Mary Frances Burton and her family up on the recent death of her brother, George Pierce

PRAYER CHAIN – Prayer is a powerful gift that is always available for us to use. If you have a prayer request, call June Hovland (288-7579) or Kitty Harders (289-4991) who will activate the chain. Anyone interested in becoming a part of this prayer ministry, please contact June or Kitty.

NEW E-MAIL PRAYER CHAIN - To request a prayer or to join the chain, send an email to Lori Hameister at littlebitmoo@hughes.net.

PRAYER CARDS - Take a look in your pew rack and you'll see our prayer cards! These cards will be collected by one of the pastors during the offering time.

BAPTIZED during the 9:30 am service on Sunday is Zachary Isaiah Zimmerman, son of Stacey (Biedermann) and Al Zimmerman, born on July 16, 2009. His sponsors are Stephanie Sigmund and Angie Abbas.

BLOOD PRESSURES will be taken after Thursday evening services this week. Blood pressures will be taken on Saturday evening before and after services.

THURSDAY EVENING SERVICES will conclude on Thursday, September 3.

THE LUTHERAN WITNESS magazine for August is now available in the narthex. *Please pick up one copy per household.* Please note that due to rising costs, these will no longer be mailed to your home.

SUMMER REFRESHMENTS

Today's refreshment's between services are being served by the Wrubel family. Proceeds will offset April Beckman's education expenses.

REDEEMER GOLF TOURNAMENT will be Sunday, September 20, at 2:30 pm, at Willow Creek Golf Course. Sign-up and registrations must be received by September 14. Cost is \$25 per person. Registration forms can be found in the narthex on the counter.

NEW CONCORDIA SELF-STUDY

BIBLE is available for pre-order by signing up on the sheet in the narthex or by calling the church office. Bibles will be available for pickup the end of October.



(beginning September 13, 2009)

Saturday - 5:30 pm

Sunday - 8:00 & 10:40 am

Sunday School - 9:20 am

Bible Classes - 9:20 am

BOARDS AND COMMITTEES:

The Personnel and Staffing Committee is looking for your help. When scheduling meetings or cancelling meetings at Redeemer please remember to contact Chris in the church office. By doing so this will help Chris and our custodian Randy make sure that you have a room reserved and ready for your meeting. This will also allow Chris to get your meeting on the weekly schedule. We also ask you to contact the office if your scheduled meeting is going to be cancelled. This will allow your meeting to be removed from the weekly schedule and allow others to use your scheduled room if it is needed. Finally would all board and committee chairs get their names to Chris ASAP. This is necessary in case the office needs to get in contact with a particular board or committee.

COLLEGE ADDRESSES NEEDED:

Do you have a child heading off to college this fall? The Friends in Faith Christ Care group is looking for the addresses of those college students who will be moving away for the school year. Friends in Faith will be working on mission project to maintain contact with our college age members during the school year. Names and addresses can be dropped off at the church office or given to Dean and Kim Jensen.

MAGNETIC NAME TAGS - If you requested a magnetic name tag, please pick it up at the welcome center today!

FINANCIAL STATEMENTS for April to June are on the counter in the narthex.

SABBATICAL UPDATES can be found on Pastor Jim's new "blog," which can be accessed through Redeemer's website (www.redeemer-rochester.com) or on his "Facebook" page.

ELDERBERRIES GATHERING

(age 50 and older)

**Tuesday, September 1
11:30 am -- Fellowship Hall**

The menu will include grilled chicken breast, roasted red potatoes, coleslaw, buttered rolls and dessert. The cost is \$7.00.

Arlene Theye from the Area Agencies on Aging Senior LinkAge Line® will do a presentation on understanding long-term care insurance and the Long-term Care Partnership. This educational session is neutral and unbiased. The idea of planning or paying for long-term care is something most of us put off too long. There are now more options to consider. Solicitation or distribution of long-term care insurance materials is not included in the session. Come and listen to the presentation and enjoy the Christian fellowship.

The sign-up sheet will be in the narthex or just call Ted or Renee Saxman at 282-5079 if you want to attend. Please sign up by Sunday, August 30. If you would be willing to bring a dessert please indicate that on the sign-up sheet and Renee will contact you if she needs you to bring a dessert. Please remember if you can't attend and you haven't cancelled by Sunday, August 30, Elderberries will be charged for your meal. Any questions, call Ted or Renee Saxman at the above number.

YOUTH NEWS AND HIGHLIGHTS

UPCOMING Youth Events for August and September!

- ◆ Youth Softball - Thank you Coaches, players and fans for a great season!
- ◆ August 26 - Twin's Game - Sign up is closed, but please keep this group in your prayers as they travel!
- ◆ Friday, September 4 - Viking's Game - Sign up is closed, but keep this group in your prayers as well!
- ◆ September 13 - SHOUT! - If you are in grades 6-12, come to this evening of praise to God, food and fun! 6:00 to 8:00 pm in the Youth Room!



SUNDAY SCHOOL TEACHERS NEEDED

Looking at our needs for the 2009-2010 Sunday School year, we are in need of :

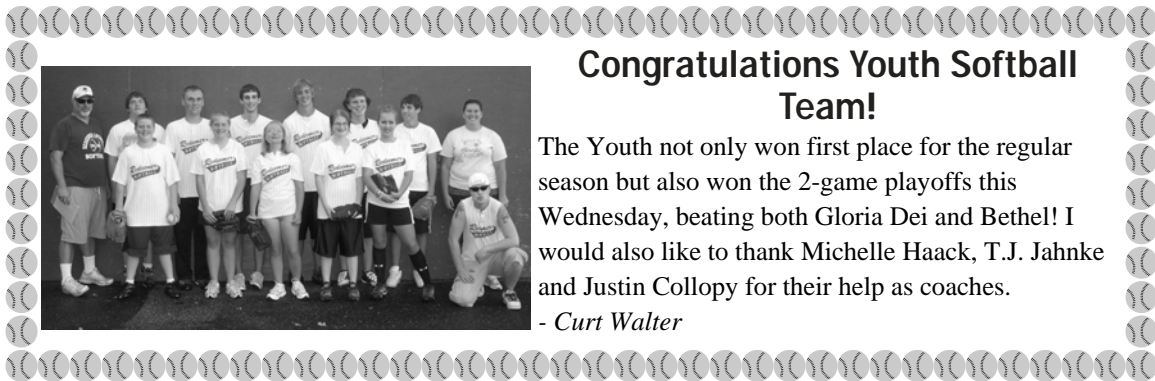
- ✦ one or two teachers for the 3-year-olds,
- ✦ two teachers for the fourth grade class
- ✦ one for the seventh grade class
- ✦ Someone to do openings for the 3rd and 4th graders

If interested in any of these positions, please

call Lynette Miller at 288-7219.

7TH GRADERS! IT IS CONFIRMATION

TIME! 7th Grade confirmation starts September 2 at 6:10 pm! Before then I will need to meet with every 7th Grade student and their parents. This meeting will last about an hour and will cover dates and times, homework and memory work, and service projects. A letter will be going out soon, but if you want to start setting up appointments, please call - 289-5147, text - 319-4929, email - daharveys@msn.com, or just stop by!



Congratulations Youth Softball Team!

The Youth not only won first place for the regular season but also won the 2-game playoffs this Wednesday, beating both Gloria Dei and Bethel! I would also like to thank Michelle Haack, T.J. Jahnke and Justin Collopy for their help as coaches.

- Curt Walter

OUR RESPONSE TO GOD LAST WEEK:

Weekend Worship Attendance:
432 (43+74+135+180) Guests: 48

NEXT WEEKEND'S READINGS

*Deuteronomy 4:1-2,6-9, Ephesians 6:10-20;
and Mark 7:14-23*
Theme: "Tradition!"

Health Notes

Laughter Can Boost Heart Health

New research lends weight to the old adage that laughter can be powerful medicine. Two studies have found that laughter not only reduces stress, which can damage the heart, it can lead to improved blood flow, which can help ward off high blood pressure. Both studies studied the difference between participants watching either a comedy or documentary. The first study included a small group of healthy adults who were asked to watch either a comedy or documentary film. They were then checked for activity of the carotid arteries -- the main arteries in the neck that bring blood to the brain and face -- during the films. People who watched the comedy displayed improved "arterial compliance" -- the amount of blood that moves through the arteries at a given time. Decreased arterial compliance is often linked with high blood pressure and heart disease. The second study focused on vascular function and the dilation of blood vessels. When a second group of adults watched either a comedy or a serious documentary, there was more dilation of blood vessels during the comedy. Constricted blood vessels can be a cause of high blood pressure. Not only did comedies improve vascular dilation, but watching a documentary about a depressing subject was actually harmful to the blood vessels. In both studies, the beneficial effects of laughter lasted for 24 hours, the researchers said.

Taken from health.gov; provided by Olmsted County Public Health Services

PANDEMIC UPDATE

Redeemer has begun it's plan for a pandemic flu, but your help is needed.

On Tuesday evening, August 25, there will be a pandemic flu informational meeting at 7:00 PM at the Red Cross building, located on the corner of 3rd Ave SE and 14th St SE.

I went to the meeting on August 18 and felt the material was presented well, but there is a need to have Redeemer members in addition to the Health Cabinet involved with this overwhelming project.

For more information call Jan Dicke, Parish Nurse 288-6405 or the Red Cross office.

The **RCLS LIBRARY is looking for VOLUNTEER WORKERS!** We are looking for people who are willing to be weekly, biweekly, or monthly library workers; substitute library workers, Book Fair workers; book repairers; and new book processors. If you have as little as one hour every two weeks to volunteer, we can find a place for you! If you are interested in more information about any or all of these opportunities, please contact Corey Nelson at 289-3267 ext. 106 or nelsonrcls@yahoo.com.



THIS WEEK AT REDEEMER

August 22 through August 30, 2009

SATURDAY, AUGUST 22

WORSHIP - 5:30 pm

SUNDAY, AUGUST 23

WORSHIP - 8 and 9:30 am

Blood Pressures - 9 am

Young Adults - 8 pm

MONDAY, AUGUST 24

LWML Zone meeting - Rm 102 - 6 pm

TUESDAY, AUGUST 25

Men's Bible Study - Rm 102 - 9 am

Faithfully Fit Forever - NFH - 10:30 am

Women's Bible Study - NFH - 7 pm

Friends in Faith ChristCare - 7 pm

WEDNESDAY, AUGUST 26

Newsletter Assembly - NFH - 1 pm

ChristCare Equippers - Upper Rm - 6:30 pm

Youth to Twins Game

THURSDAY, AUGUST 27

HOLY COMMUNION - 6 pm

Rengstorf ChristCare - Upper Rm - 6:30 pm

SATURDAY, AUGUST 29

Service of Prayer/Healing - 5:30 pm

HOLY COMMUNION - 5:30 pm

SUNDAY, AUGUST 30

Service of Prayer and Healing

HOLY COMMUNION - 8 and 9:30 am

Blood Pressures - 9 am

Young Adults - 8 pm

Sharing Their Talents Today

Message Pastor Dave Wood

Liturgist Pastor Rance Settle

Children's Message DCE Michael Harvey

Planist/ Organist April Beckman

Elders 6:00 pm Al Schacht and Terry Severson

5:30 pm Joel Pralle

8:00 am Bob Keith and Kurt Rump

9:30 am Tim Strohschein and Dean Jensen

Lectors 5:30 pm Chris Burdick

8:00 am Doug Priebe

9:30 am Erin Harvey

Acolytes 8:00 am Jaimie Shumaker / Ally Kann

9:30 am Noah Probach / Job VanProosdy

Blood Pressures

Greeters

5:30 pm Arlan and Elnora Hildestad

8:00 am Bob and Bonnie Hoenk, Marilyn Poppe,

Dick and Marge Rengstorf

9:30 am Ann Boyd and Lois Norby

Altar Guild Brenda Meyers, Cheryl Ryan, Sheryl Haugen,

Rosie Peterson, Kathy Solomonson, Marlie Ernst

Usher Coordinator Roger Toomey

Saturday, 5:30 pm Ken Blazing and Scott Okuno

Sunday, 8:00 am Virgil Eickhoff, Jerry Haack, Marlin

Haack, and Bruce Ludwig

Sunday, 9:30 am Bob Sonnabend, Nate Heining,

Glenn Prehn, Matt Erickson, Michael Erickson, Miranda

Christenson

REDEEMER CLASSIFIEDS Look for copies on the counter in the narthex. If you wish to place an announcement or have any questions, please contact Shelly Sturdevant at 951-1447 or redemerclassifieds@yahoo.com. The deadline to place announcements is Tuesday of each week.



Fall Sneak Peak!

Scheduled on Wednesday, September 2

- 5:30 pm - Youth Choir (grades 7-12)
- 5:47 pm - Youth Chimes (grades 7-12)
- 6:00 pm - Alleluia Singers (grades 2-6)
- 6:10 pm - Confirmation
- 6:30 pm - Angelic Chimes (grades 2-6)
- 7:00 pm - Sounds of Praise
- 8:00 pm - Celebration Practice

Scheduled on Thursday, September 3

- 7:00pm - Chancel Chimes

Scheduled on Wednesday, September 9

- 5:30 pm - Youth Choir (grades 7-12)
- 5:47 pm - Youth Chimes (grades 7-12)
- 6:00 pm - Alleluia Singers (grades 2-6)
- 6:05 pm - Cherub Choir (4-year-olds through 1 grade)
- 6:10 pm - Confirmation
- 6:30 pm - Angelic Chimes (grades 2-6)
- 7:00 pm - Sounds of Praise
- 8:00 pm - Celebration Practice

RALLY DAY on Sunday, September 13

- 8:00 am - Worship with special guest speaker Steve Cohen
- 9:20 am - Sunday School and Bibles Classes
- 10:40 am - Worship with special guest speaker Steve Cohen
- 11:40 am - Rally Day Luncheon and games