Special Prayer Opportunities:

Health Concerns:
♀ Lavonne Sas, Ketan Schwerman, Shari Oldenburg, Craig Nelson, Don Strelow

Grieving:
♀ The family and friends of Bill Toomey who passed away on April 12, 2011

Guidance:
♀ For those we will host as part of the IHN program this week

Strength:
♀ For those seeking employment
♀ For those struggling with addictions

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 Gail Sim (289-2087) who will activate the chain. Anyone interested in becoming a part of this prayer ministry, please contact June or Gail.

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

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.

HOLY WEEK WORSHIP SCHEDULE

MAUNDY THURSDAY - APRIL 21
“A Part With Christ”
- Services at 4:15 and 7:00 pm.
- Holy Communion will be offered at both services.

GOOD FRIDAY - APRIL 22
“Centurion: Hands Forgiven!”
- Services at 12:15 and 7:00 pm
- We follow the ancient service of Tenebrae, darkening the lights as we hear the seven last words from the cross.

EASTER, SATURDAY, APRIL 23
“He Rose -- We Will, Too!
- 5:30 pm, Easter service (similar to Sunrise)
- Holy Communion will be offered.

EASTER, SUNDAY, APRIL 24
“He Rose -- We Will, Too!
- Easter Sunrise Worship at 6:30 am
- Easter Breakfast served from 7:30 - 8:45 am by our Youth.

“Things Above”
- Festival Worship at 8:45 and 10:15 am.
(Please note: The 8:45 am service is usually the most crowded.)
- The Nursery will be staffed for the 8:45 and 10:15 am services on Sunday.
- Holy Communion will be offered at all services.
**BIBLE CLASSES - 9:20 am**

“Christianity and Atheism” - Join Pastor Settle in the South Fellowship Hall.

“Fireproof Your Marriage” - Join Lonnie Strohschein in the North Fellowship Hall.

“Discover God’s Vision For Your Life” - Pastor Heining leads this class in the Upper Room.

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**PIZZA RANCH - STEWARTVILLE**

On Tuesday, April 19, Redeemer Youth will once again be helping out at the Pizza Ranch in Stewartville. Redeemer members - we really appreciate the support you have given us by attending these evenings. It’s great to have so many of you there on any given night that we serve. It has become a great family night for Redeemer.

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**REDEEMER TO HOST IHN**

The week of April 17th we will host guest families from Interfaith Hospitality Network. Kay Fockler will contact current volunteers. If you would like more information about volunteering for IHN, contact Kay Fockler at 288-0668.

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**REDEEMER WOMEN SPRING EVENT**

Tuesday, May 3 - 6:00 pm

**Menu:** Salad Buffet Supper

**Program:** Ginger Lagergren on her Uganda Mission Trip

**Cost:** Free!

**RSVP:** Please sign up on the sheet in narthex to aid in our planning.

**What to bring:** Your Mites for LWML

**Contact/Questions:** Ardis Jenkins at 282-8906

*This event is hosted by the Rebecca Circle.*

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**Mark Your Calendar for VBS!**

a Big Jungle Adventure

July 11-15, 2011
Redeemer Easter Egg Hunt

The Redeemer Easter Egg hunt will take place on April 23! The festivities start at 10 am. A sign up sheet is now out! There is no cost and everyone leaves with a treat!

As we prepare we would appreciate donations of candy for the prize bags that the kids receive. Please bring your donation to the office. See you at the hunt!

Easter Breakfast

SUNDAY, April 24, 2011
Time: 7:30 - 8:45 am
Menu:
Scrambled Eggs
Pancakes
Sausage
Muffins
Juice/Milk

Sponsored by:
Redeemer Youth

Proceeds go toward Youth mission trips and the 2012 Youth Gathering.

FINANCIAL UPDATE - Every Person Needed

<table>
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<th>March Income</th>
<th>$69,108</th>
<th>Jan-March Income</th>
<th>$222,183</th>
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<tbody>
<tr>
<td>March Expense</td>
<td>$70,016</td>
<td>Jan.-March Expenses</td>
<td>$222,344</td>
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</table>

After three months, our income and expenses are just about equal. This reminds us that each person is needed to continue our ministry here at Redeemer. As always, the full report is on the bulletin board in the narthex. Thanks to all.
Health Notes

Fruit juice: Is it good or bad for kids?

Answer from Katherine Zeratsky, R.D., L.D. Mayo Clinic nutritionist

Don't be too concerned. Recent studies have confirmed that drinking moderate amounts of 100 percent fruit juice doesn't affect a child's weight. However, fruit juice contains calories. Just like any other food or calorie-containing drink, too much fruit juice can contribute to weight gain.

If you choose to give your children fruit juice, choose 100 percent fruit juice instead of sweetened juice or fruit-juice cocktails. While 100 percent fruit juice and sweetened fruit drinks may have similar amounts of calories, your children will get more vitamins and nutrients and fewer additives from 100 percent juice.

To ensure your children aren't drinking too much juice, follow these limits from the American Academy of Pediatrics:

- **Birth to 6 months**: No fruit juice, unless it's used to relieve constipation
- **6 months to 12 months**: Up to 4 ounces (118 milliliters) a day, served in a cup (not a bottle) to avoid tooth decay
- **1 year to 6 years**: Up to 6 ounces (177 milliliters) a day
- **7 years and older**: Up to 12 ounces (355 milliliters) a day

Four ounces (118 milliliters) of 100 percent fruit juice equals one serving of fruit. Juice lacks the fiber of whole fruit, however. Although a reasonable amount of fruit juice each day is fine for most children, remember that whole fruit is an even better option.

THE YOUTH GARDEN

The youth will again have a vegetable garden that will include many of the same items that were grown last year with the addition of a few more. We will be trying some earlier vegetables so you will get to enjoy them earlier this summer. We would like any youth and parents who have an interest to contact Dan Zemke at 356-4653.
UPCOMING Youth Events!

April 17 - **Youth Garden Planting** - This Sunday afternoon we will try to plant potatoes in the youth garden, weather permitting. If you are able to help meet at the church at 1:30 pm. If you have questions contact Dan Zemke at 356-4653.

April 19 – **Pizza Ranch** – Sign up for a shift! Let’s work hard and have fun!

April 23 – **Easter Breakfast Set up** – The more the merrier! Come at 10 am to help get everything ready for the Easter Breakfast! If everyone pitches in it will go fast!

April 24 – **Easter Breakfast** – We need everyone to help out! Come to the set up the day before to get an assignment. If you cannot make the set up call Lynora (288-7219) to see where you can help!

If you are going on the Chicago and/or Bethesda trip make sure you are helping with the youth projects!

June 19-25 – **CHICAGO MISSION TRIP!!!** – Keep them in your prayers!

July 10-15 – **VBS** – We need great youth helpers for this too!

**July 24-29 - Bethesda** - Keep them in your prayers!

If you have questions about any of these events contact: Michael Harvey (319-4929) daharveys@msn.com or Lynora Miller (288-7219) millertwins2@charter.net.

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**RADA CUTLERY, ETC.**

The Youth are taking orders for RADA cutlery again for a short period of time. RADA includes cutlery, recipe books, candles, dips, and soups. If interested, see Lynora. A table will be set up in the Narthex. To get these for Mother’s Day, orders need to go in by April 24. If you have orders after that date, I can still send it in for after Mother’s Day.
MERCY KITS for HAITI

Rochester Zone Lutheran Women in Mission and the Redeemer Women are calling on all members to contribute items for the Mercy Kits which are the designated ‘Gifts from the Heart’ for Haiti and will be dedicated at the Rochester Zone Spring Rally April 30 at Christ Lutheran, Rochester.

The Mercy Kits contain:

- one bath towel, dark color recommended;
- one washcloth, dark color recommended;
- one bath-size bar (4 to 5 oz) of soap, any brand in its original wrapping;
- one adult-size toothbrush in original packaging;
- one tube of toothpaste;
- one sturdy comb, remove packaging;
- 6 band-aids preferable ½” to ¾” secured together.

Donations of items should be placed in the box by the Spring Rally display in the narthex by April 29. Volunteers are needed to organize and wrap the kits on Friday, April 29 at 10 a.m. (To wrap the items yourself, place the smaller items in the washcloth, wrap the washcloth and remaining items in the larger towel: spread the towel out flat. On the two long sides of the towel fold them in about 5 inches on both sides. Place everything in the center, between these folds and then roll the towel up. Secure the rolled towel with strong cord or a strong ribbon securely tied at both ends.)

Share the Easter Joy at the Rochester Zone LWML Spring Rally Saturday, April 30, at Christ Lutheran, Rochester. The annual Spring Rally will follow the joyful news of Christ’s resurrection and the Zone has invited Michelle Ritchie, a nurse from Mankato who will have returned from her third mission trip to Haiti on April 18. Michelle will share her experiences in that area which was so devastated by the hurricane two years ago. Our Gifts from the Heart will be Mercy Kits for Haiti that we will send through Orphan Grain Train. Bible Study is also a feature of the morning – Rev. Scott Schilbe, pastor of Christ Lutheran, will lead us in a study of witnessing women with Matt 28:10 “...And He said to them (the omen) ‘Do not be afraid. Go and tell my brothers...’” Share also the joy of music and fellowship throughout the morning, with lunch hosted by the ladies of Christ Lutheran. Celebrate – bring someone with you – an old friend or someone who is a new member of your congregation. And if you have one, wear a hat!
BIBLICAL WORLDVIEW RALLY
Monday, April 18
6:30 to 9:30 pm

Purpose: To equip Christians to understand the times in light of Biblical truth and how God would have us respond.

Where: Ilstrup Auditorium, John Marshall High School (1510 14th ST NW, Rochester)


Speakers: Branon Howse and Usama Dakdok

CONTRIBUTION STATEMENTS for the first quarter of 2011 are available on the counter in the narthex. Please pick up yours today! Please call the church office (289-5147) with any questions or discrepancies.
<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
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| **SATURDAY, APRIL 16** | Spring Clean-up Day - 8 am  
Kidney Walk Meeting - NFH - 11 am  
WORSHIP - 5:30 pm  
CC Equippers - Upper Rm - 7:35 pm  
W.O.W. CC - 8 pm |
| **SUNDAY, APRIL 17 - Palm Sunday** | HOLY COMMUNION - 8 and 10:40 am  
Blood Pressures - 9 am  
Adult Bible Classes - 9:20 am  
Sunday School - 9:20 am  
Y.E.S. Group - 9:20 am  
Instrumentalists - 5 pm  
IHN at Redeemer - 5 pm  
HOLY COMMUNION - 4:15 pm  
Stephen Ministry Training - Rm 102 - 6:30 pm  
HOLY COMMUNION - 7 pm  
THURSDAY, APRIL 21 | Maundy Thursday  
IHN at Redeemer  
**FRIDAY, APRIL 22** | Good Friday  
IHN at Redeemer  
WORSHIP - 12:15 pm  
WORSHIP - 7:00 pm  
SATURDAY, APRIL 23 | Easter Egg Hunt - 10 am  
Easter Breakfast Set-up - 10 am  
WORSHIP - 5:30 pm  
SUNDAY, APRIL 24 - EASTER | SUNRISE WORSHIP - 6:30 am  
Easter Breakfast - FH - 7:30 am  
FESTIVAL WORSHIP - 8:45 am  
FESTIVAL WORSHIP - 10:15 am  |
| **MONDAY, APRIL 18** | IHN at Redeemer  
Quilters - NFH - 8 am  
Boy Scout Den Meeting - FH - 6 pm  
Salk Shakers CC - Upper Rm - 7 pm  
Health Cabinet - Rm 10 2- 7 pm  |
| **TUESDAY, APRIL 19** | IHN at Redeemer  
Men’s Bible Study - Rm 102 - 9 am  
Ladies Bible Study - North FH - 9am  
FFF - North FH - 10:30 am  
FCCI Board Meeting - Rm L-1 - 6 pm  
Young Couples CC - Youth Rm - 6:30 pm  
ChristCare Training - Rm 102 - 6:30 pm  
Koinonia ChristCare - Upper Rm - 7 pm  |
| **WEDNESDAY, APRIL 20** | Resource Deadline  
IHN at Redeemer  
Seekers ChristCare - Upper Rm - 1 pm  
Youth Choir (7-12)- Chapel - 5:30 pm  
Youth Chimes (7-12) - Sanctuary - 5:47 pm  
Alleluia Singers (2-6) - Rm L-2 - 6 pm  
Cherub Choir (4 yrs -1 gr.) - Rm 100 - 6:05 pm  
Confirmation - 6:10 pm  
Angelic Chimes (2-6) - Sanctuary - 6:30 pm  
Sounds of Praise - Choir Rm - 7 pm  |