



The Parish Beacon

Volume 40– No. 1

February 2019

Dear Brothers and Sisters in Christ,

Winter is finally here! We were blessed for a while with a mild December, and for a week or two in January, I was beginning to feel like Spring was already around the corner! Everyone was waiting for the real winter to hit. Some, like my son, were looking forward to snow with the anticipation of sledding, snowmen, and snowball fights. Others were dreading the onslaught of shoveling snow, scraping off windshields, and shivery commutes.

My son loves going out to play in the snow, but I look out the window and think about how cold it will be and how much work it is to get on snow pants, coats, boots, gloves and hats. But because I want my son to play in the snow like I did when I was his age, we get our snow gear on and head outside. At first it really does feel terrible and cold, and I think to myself, “how long do we have to be out here?” But then we get the sled out and start making a path down the hill. We throw snowballs and build snowmen. Before I know it, I’m having just as much fun as my son, and we’re both trying to see how far we can sled into the church parking lot behind the house. I just need to remember how much I loved playing in the snow.

Before I decided to go to seminary, I felt the same way about church as I do now about snow. At first glance it seemed like a lot of work: getting everyone up early, getting dressed in Sunday clothes, and driving quickly to church to get there on time (we were almost never on time). The idea of going to church also made me feel guilty for neglecting my Christian walk throughout the week. Getting out the door on Sunday morning was often stressful, especially if we had already missed a week or two.

But then we got to church (five or ten minutes late) and somewhere between the Confession and Absolution, the sermon, and the Lord’s Supper, God reminded me of how important it is to make the time to hear His Word and His promise of forgiveness in Jesus. On those weeks, I could feel the hardness of my heart melting away. Those days when I especially wanted to stay home in my warm house and enjoy a book or a movie were the times I needed to hear God’s Word most of all.

So this February as you continue to deal with the cold and the snow and it may seem so much easier to just stay home for the weekend, I encourage you to put in the effort to come and hear God’s Word for you, to come and receive the blessing of Jesus’ body and blood in the Sacrament, and to find fellowship with your brothers and sisters in Christ. Just like going out and playing in the snow reminds me of how much fun snow is, coming to church and participating in the divine service reminds us of how great and gracious our God is.

Blessings,
Vicar Otterman



OUR REDEEMER LUTHERAN CHURCH AND PRESCHOOL

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Phone: 319-338-5626

Email: redeemer@ourredeemer.org

www.ourredeemer.org

FEBRUARY ACTIVITIES

- 1-2 Confirmation Winter Retreat
- 3 Sunday School 9:15am/Adult Bible Study 9:30am
High School Super Bowl Party 4:30pm
- 4 Youth Committee 6:00pm
Mission Committee 7:00pm
- 5 Women's Beth Moore Study 9:30am
Human Care 6:30pm
- 6 Bible Study 11:00am
Lunch Bunch 12:00pm
Midweek Meal 6:00pm
Midweek Classes 6:45pm/Adult Class 7:00pm
- 7 Visitation Meeting 10:00am
Safety & Security Meeting 6:30pm
Women's Beth Moore Study 7:00pm
Board of Elders 7:00pm
- 8 Basics of the Faith 7:00-9:00pm
- 9 Men's Bible Study 8:00am
Basics of the Faith 9:30am-3:30pm
- 10 Sunday School 9:15am/Adult Bible Study 9:30am
Trivia Challenge 12:00pm
- 11 Outreach Committee 6:30am
- 13 Properties Committee 6:00pm
Midweek Classes 6:45pm/Adult Class 7:00pm
- 14 Board of Directors 7:00pm
- 17 Sunday School 9:15am/Adult Bible Study 9:30am
Voters' Meeting following 10:30am worship
- 18 LWML Mission Guild 7:00pm
- 19 Women's Beth Moore 9:30am
Stephen Ministry Peers-Marcia/Skip 6:30pm
Assimilation 7:00pm
- 20 Bible Study 11:00am
Lunch Bunch 12:00pm
Midweek Classes 6:45pm/Adult Class 7:00pm
- 21 Women's Beth Moore Study 7:00pm
- 23 Pastor & Kara Hartwig leave - 25th Anniversary Cruise
Men's Bible Study 8:00am
- 24 **Kids Club Sunday**
Sunday School 9:15am/Adult Bible Study 9:30am
Lunch 12:00pm *Who Am I?* following

- 26 Stephen Ministry Large Group 6:45pm
- 27 Sunday School 9:15am/Adult Bible Study 9:30am
- 28 **No Preschool or Iowa City Schools**
Theology 101 7:00pm

February 6
6:00 pm



- Chicken noodle soup
- Buns
- Meat & cheese
- Carrots & Celery
- Fruit
- Bars or cookies
- Milk, Water

Sunday School SCHEDULE

- 9:15 am** Music Preschool B—4th Grade
5th-8th Grade Sunday School
- 9:30 am** Sunday School Preschool A-4th Grade
- 10:00 am** Music 5th-8th Grades
- 10:15 am** Sunday School/Music Ends

The Birth of John Luke 1:57-80

Through Zechariah, God said John would give knowledge of salvation to His people in the forgiveness of sins. Through His Holy Word, God speaks to give us knowledge of salvation and forgiveness through Jesus, His Son.

WORSHIP SCHEDULE

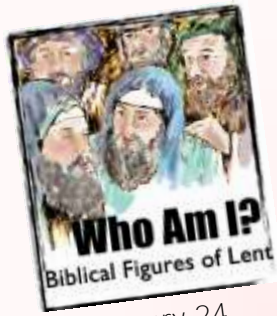
Saturday 5:30pm Sunday 8:00am & 10:30am
Communion on February 2, 3, 16, 17

Comfort-Tiers meet Thursdays at 9:00am
Need more tiers anytime between 9:00 am to noon
No expertise or materials required-Coffee provided

Choir rehearsals Wednesdays at 6:45pm

Praise Team Practice schedule varies—
Contact Myrl Holida myrl-holida@uiowa.edu or
Louise Klopp choirdirector@ourredeemer.org

Watch *Reflections* for information on:



February 24
Lunch at noon
Who Am I?
following



February 17
11:45am
Fellowship Hall



CHALLENGE
February 10
Noon
Fellowship Hall



Bunco Night
LWML Meeting
February 18
7:00pm
Room 208/210



Super Bowl Party
(High School)
February 3



St. Paul's Variety!
March 30
7:00pm
Fellowship Hall



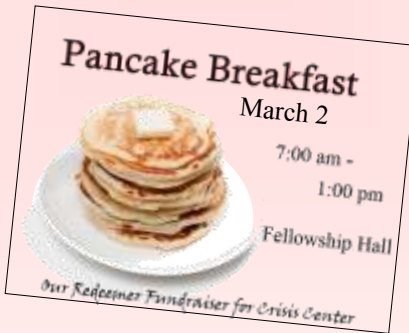
Kids Club Sunday
February 24



WINTER RETREAT
February 1 & 2



BASICS OF THE FAITH
February 8, 9
Weekend Immersion
Fri. 7 – 9 pm
Sat. 9:30 – 3:30 pm



Pancake Breakfast
March 2
7:00 am -
1:00 pm
Fellowship Hall
Our Redeemer Fundraiser for Crisis Center



ASH Wednesday
March 6
Services 1 & 7 pm



New Member
BRUNCH
March 10 at noon
Fellowship Hall



Sunday, March 10
2:00pm
Wellman



February 6 & 20
Bible Study
11:00am
Noon Lunch
Fellowship Hall



Heart Healthy Benefits of Chocolate

Is Chocolate Good for Your Heart?

Why a little, in moderation, may be beneficial.

Chocolate has gotten a lot of media coverage in recent years because it's believed that it may help protect your cardiovascular system; the reasoning being that the cocoa bean is rich in a class of plant nutrients called flavonoids.

Flavonoids help protect plants from environmental toxins and help repair damage. They can be found in a variety of foods, such as fruits and vegetables. When we eat foods rich in flavonoids, it appears that we also benefit from this "antioxidant" power.

Antioxidants are believed to help the body's cells resist damage caused by free radicals that are formed by normal bodily processes, such as breathing, and from environmental contaminants, like cigarette smoke. If your body does not have enough antioxidants to combat the amount of oxidation that occurs, it can become damaged by free radicals. For example, an increase in oxidation can cause low-density lipoprotein (LDL), also known as "bad" cholesterol, to form plaque on the artery walls.

Flavanols are the main type of flavonoid found in cocoa and chocolate. In addition to having antioxidant qualities, research shows that flavanols have other potential influences on vascular health, such as lowering blood pressure, improving blood flow to the brain and heart, and making blood platelets less sticky and able to clot.

These plant chemicals aren't only found in chocolate. In fact, a wide variety of foods and beverages are rich in flavonols. These include cranberries, apples, peanuts, onions, tea and red wine.

Are all types of chocolate healthy?

Before you grab a chocolate candy bar or slice of chocolate cake, it's important to understand that not all forms of chocolate contain high levels of flavanols.

Cocoa naturally has a very strong, pungent taste, which comes from the flavanols. When cocoa is processed into your favorite chocolate products, it goes through several steps to reduce this taste. The more chocolate is processed (through things like fermentation, alkalizing, roasting, etc.), the more flavanols are lost.

Most commercial chocolates are highly processed. Although it was once believed that dark chocolate contained the highest levels flavanols, recent research indicates that, depending on how the dark chocolate was processed, this may not be true. The good news is that most major chocolate manufacturers are looking for ways to keep the flavanols in their processed chocolates. But for now, your best choices are likely dark chocolate over milk chocolate (especially milk chocolate that is loaded with other fats and sugars) and cocoa powder that has not undergone Dutch processing (cocoa that is treated with an alkali to neutralize its natural acidity).

Cont'd p 6

What about all of the fat in chocolate?

You may be surprised to learn that chocolate isn't as bad for you as once believed.

The fat in chocolate comes from cocoa butter and is made up of equal amounts of oleic acid (a heart-healthy monounsaturated fat also found in olive oil), stearic and palmitic acids. Stearic and palmitic acids are forms of saturated fat. You may know that saturated fats are linked to increases in LDL cholesterol and the risk of heart disease.

But, research shows that stearic acid appears to have a neutral effect on cholesterol, neither raising nor lowering it. Although palmitic acid does affect cholesterol levels, it only makes up one-third of the fat calories in chocolate. Still, this does not mean you can eat all the dark chocolate you'd like.

First, be careful about the type of dark chocolate you choose: chewy caramel-marshmallow-nut-covered dark chocolate is by no means a heart-healthy food option. Watch out for those extra ingredients that can add lots of extra fat and calories. Second, there is currently no established serving size of chocolate to help you reap the cardiovascular benefits it may offer, and more research is needed in this area. However, we do know that you no longer need to feel guilty if you enjoy a small piece of dark chocolate once in a while.

So, for now, enjoy moderate portions of chocolate (e.g., 1 ounce) a few times per week, and don't forget to eat other flavonoid-rich foods like apples, red wine, tea, onions and cranberries.

Cleveland Clinic. (2019). *Heart healthy benefits of chocolate*. Retrieved from <https://my.clevelandclinic.org/health/articles/16774-heart-healthy-benefits-of-chocolate>

LWML AND COMFORT-TIERS

The total numbers of the different projects worked on this year by the LWML and Comfort-tiers that I have gotten for the year of 2018 are as follows:

- 1123 quilts
- 146 baby quilts
- 11 lap robes (small quilts)
- 33 blankets
- 72 school kits
- 44 baby kits
- 35 health kits
- 2 fabric kits
- 44 bars of soap
- 2 fleece blankets
- 1 box of boys' clothing
- 152 diapers



Places these have gone to include:

- Lutheran World Relief
- Orphan Grain Train
- Domestic Violence House
- Shelter House
- Ronald McDonald House
- LWML convention
- Our Redeemer mission auction
- Kenya
- Gift Chair
- Other places in the community where needs were met

I have been as accurate as possible but there may be a charity I have left out or I may have deleted a number or two, but this is as close as I have been able to come. I wish you on behalf of the Comfort-tiers, blessings and the biggest Thank You possible to all of you that have donated in the past and present as we are a-sewing away!

Rejoice! And praise Him forever! <><><>
<>< Carol Schuldt



All women are invited to Bingo Night for Mites on Monday, February 18 at 7:00 pm in the Fellowship Hall. After a brief LWML business meeting, we'll play this fun and fast game. Since you change partners every round, it's also a great opportunity to get to know other women while helping people around the world. Please sign up if you plan to come and bring a donation that night! (A "mite" is an offering, based on the Biblical account of the widow's mite in Luke 21:1-4.) We hope you'll join us!



January Update

Seminary student supported in part by Our Redeemer and Kara Hartwig's cousin

Wonderful Christmas

Just as Andy Williams sings it, Christmas is “the most wonderful time of the year!” This past Christmas was indeed special as I was able to spend a lot of quality time with my siblings and parents. I was also able to spend some time with my girlfriend, Amelia, both at her house, and at mine, which is always wonderful! It was nice to see my four younger siblings over the holidays, especially as now three of us are graduated from high school and off to school in other places. I also enjoyed seeing my extended family, as I love the nostalgic feeling around Christmas time seeing them all again and participating in Christmas traditions such as Christmas Eve brunch or a day after Christmas football game (rain, snow, or shine).



I was blessed with many gifts this past Christmas such as a T-shirt quilt, made by my aunt (and baptismal sponsor) that is so large and warm, but also a great reminder of many special memories from high school and college. I also received a few new books to add to my pastoral library. Overall though, I am so thankful for the cards and letters of support and prayers from so many.

“Winterim”

These past couple of weeks I took and am currently finishing up a “winterim” class at the Seminary called Mission and Ministry. Now, you may ask “what is winterim?” Winterim is a two to three week period after Christmas and before the spring semester where you have the option to take a class that is more intensive and compact. I chose to come back for winterim and take a mission and ministry class which focused on learning more about church planting and church revitalization.



It was an overall good class and we were able to take a couple field trips to a new church plant in the St. Louis area, to Mission Central in Mapleton, Iowa, and to a revitalized rural congregation in eastern Nebraska. It was wonderful learning about the work of LCMS missions internationally, sent out from Mission Central and also seeing the blessings of ministry in a couple of churches. This class was helpful for me as I grow and learn about being a future pastor.

Thank you!

Thank you all again for all the prayers and support that you have given me over the past months and into this New Year. I continue to covet your prayers as Satan continues to try and stop God's Word from being spread, especially as my fellow Seminarians and I train to be those who preach God's Word. “³I thank my God every time I remember you. ⁴In all my prayers for all of you, I always pray with joy ⁵because of your partnership in the gospel from the first day until now.” ~Phil 1:3-5



God's blessings to you in Christ,
Andrew Thompson

Quilts, Kits & Caboodles



LWML sponsored workshop on Saturday, January 12 for learning about and hands-on mission work.

Not pictured:

- Baptism Banner
- Baptism Napkin
- Sewing a Diaper
- Sewing a School Bag



Making String Quilts



Personal Care Kits for LWR



Tying Fleece Blankets



Sewing Sleepers

Pictures by
Erica
Davisson
and Tiffany
Roiseland



Tying Quilts





In her role as guest music leader, Wendysue Fluegge brought witness and joy, keeping the focus on Jesus to January 12/13 Worship. She shared short personal introductions, or added transitions that assisted the flow of service elements, while Vicar Otterman did the preaching! She accompanied all congregational songs on an electric keyboard (using occasional backing tracks) .



Wendysue shares her music and her faith at Our Redeemer



REJOICE IN GIVING!



The Human Care hat and mitten tree collected items for children in the Iowa City schools who need them. Totals were:

- ◆ 5 pair boots
- ◆ 48 mittens/gloves
- ◆ 42 hats
- ◆ 42 scarves
- ◆ 8 pair snow pants

Thanks to all who contributed!



Linda Diggelmann delivered 18 fleece blankets to Stead Family Children’s Hospital on January 15. These fleece blankets were tied at the Quilts, Kits, & Caboodles Event the previous Saturday. 28 people gave of their time and talents to help with this and other projects—see page 7.



Submitted by Marcia Hulse

Stephen Ministry

We care, Christ cures.

STEPHEN MINISTRY *by the* NUMBERS

Our Redeemer Lutheran Church

5

Since enrollment, ORLC has sent a total of 6 members to be trained as Stephen Leaders at Stephen Ministries' training conference in St. Louis. We currently have 5 Stephen Leaders.

Since beginning Stephen Ministry, over 24 hurting people have received Christ-centered care from ORLC's Stephen Ministers.

24

5

Our Redeemer Lutheran Church has been enrolled as a Stephen Ministry congregation since 2013. That's a total of 5 years of ministry! Our Stephen Leaders have taught five cohorts and commissioned four.



The Stephen Leader team estimates that Stephen Ministry at Our Redeemer Lutheran Church has provided about 1207 hours of care.

1207

27

Our Stephen Leaders have trained 27 lay Stephen Ministers to provide high-quality, one-to-one Christian care to hurting people in our congregation.

Fifteen of our Stephen Ministers began serving the same year they were commissioned. They are still active and caring for people.

15

Board of Directors January 10

TREASURER'S REPORT-Larry Freeman

- December income \$121,443, expenses of \$73,517—net income \$47,926
- Large December contributions
- 2018 income \$734,194, expenses \$719,157—net income \$15,037
- Immeasurably More November/December giving \$56,552—total campaign \$570,386

ELDER'S REPORT-Arlan Thompson

- New elders Ryan Haack and David Bohnsack
- Arlan remains head elder
- Marty Wenck gave an update on Safety & Security policy progress. Working on guidelines. Discussed necessity of communicating any changes instituted.

AT-LARGE REPORTS-

Kevin Roiseland-30 children in Wednesday night Kids Club

Barb Schanbacher

- Angel Tree gifts delivered—record number
- Human Care will aid February Crisis Center 'Spread the Love' campaign by collecting peanut butter and jelly. Will also aid October "Socktober"

CHURCH PROPERTIES-Dave Johnson

- Installed LED lights in parking lot at a cost of \$3800, \$1900 rebate from MidAmerica—yearly savings over \$800
- New sump pump installed
-

VISION 2020-Dave Johnson

- Working on budget and balancing books with LCEF.
- Meeting with engineers about air handlers/air ducts.
- Carpet bought for education rooms.
- Committee established for Fellowship Hall project (Pam Wilson – chair)
- Fire alarms/elevator alarm updated in remodel so automatic notification made to 911.

STAFF REPORTS

Pastor Hartwig

- Semisaurus Mobile Museum visit tabled

- Thrivent Action cards totaled \$11,500 for 2018

Vicar Otterman

- Preaching January 27 in Dewitt
- Working with Marlene Thompson on Biblical Figures of Lent

Ministry-Kara Hartwig

- Live nativity had good weather—goats and fencing provided by members. Kids also made goodie bags for Children's Hospital (Thrivent Action Team)
- College Care Packages —January 23
- Ski trip January 21 to Sundown Mountain
- Winter Confirmation Retreat February 1
- UKANDU planning
- Tracy Nelson added to Youth Committee



KUDOS

Our Redeemer's



Board of Directors recognizes

LIVE NATIVITY HELPERS

ERIC KOOKER, JACOB SEXTON, ALEX KOOKER
For set up and tear down of Nativity stable

LOUISE KLOPP

Provided fencing, set up and take down

WILL, KATE, BEN, and JACOB LOTHAMER
Bringing three goats

MARILYN KEMPENICH

Organizing refreshments

VAUGHN, CHERYLL, and ERICA DAVISSON
Hosting refreshment area

LINDA DIGGELMANN

Making new costumes

SARAH GHABEL

Making and helping with costumes

LONNE LONEY

Outdoor lighting, fence set up and take down

HIGH SCHOOL YOUTH

DAVE BOHNSACK

Helped with projector repair twice

Thank you!

2019 MARCH FOR LIFE INFORMATION



Marchers gather at the Washington Monument for the 2019 March for Life in Washington, D.C. (Christine Rousselle/CNA)

The 46th Annual ***MARCH FOR LIFE*** on January 19th in Washington, D.C. this year has adopted the theme “**UNIQUE FROM DAY ONE: PRO-LIFE IS PRO-SCIENCE**”.

Christians and Pro –Life supporters join together to make the **public statement in favor of LIFE**. Life that God creates is sacred; life that needs to be treasured before birth and up to the moment of death. Scripture tells us that God “formed us in the womb” and “we are known by Him” Isaiah 44:2.

says is Truth. That Truth will be shown the day when Jesus returns; however, science even now continues to prove more and more Truth of the Bible. That is embraced in the MARCH FOR LIFE THEME this year: “**UNIQUE FROM DAY ONE: PRO-LIFE IS PRO-SCIENCE**”.

While Washington, D.C. is miles away, we all can march our little, local march with our families, friends and community. We all can march with our Prayers, march with our words, march with our actions and march with our Love of Life.

As Pastor Hartwig mentioned in Sunday Bible Class – we are just waiting for the day when science proves what the Bible



Anti-abortion marchers rally at the Supreme Court during the 46th annual March for Life in Washington, U.S., January 18, 2019. REUTERS/Joshua Roberts

God is able to do
Immeasurably
MORE
 than we can imagine . . .

according to the power that works within us.
 Ephesians 3:20

129 Pledges for
\$626,897.52

Cash in hand
\$572,794.32

Membership Changes and Official Acts

<u>Removed</u>	
Sandra Irvine (Michelle, Russell Jr.)	1-14-2019
<u>Transfer In</u>	
Gary & Karen Wright	1-15-2019
<u>Death</u>	
Lucille Bain	1-8-2019

January 24, 2019



Our Redeemer Lutheran Church
2301 E. Court St.
Iowa City, IA 52245

Grace to you and peace from God, our Father, and from our Lord and Savior, Jesus Christ! As the new year gathers speed, I am once again reminded of how much we love, appreciate, and depend on the support you have prayerfully been giving us. We've had a lot of Christmas and end of the year bills come in and your support has kept us safe despite all of the financial turmoil the turn of the year caused. Thank You!

We celebrated the remainder of December by enjoying Christmas Eve with worship services at my field congregation and dinner at my in-law's house. Hope was able to play bells at one of the Christmas Eve worship services and also on Christmas Day. Beyond that, we spent most of the Christmas vacation at home enjoying the chance to sleep in as much as our 4 kids would allow. I think by the end of the break we even made it to 8 am a couple of times! Hope and I also celebrated our 12th anniversary by sending the kids to Grandma's house for the night and taking the time without kids to enjoy dinner and a movie in a quiet and relaxed atmosphere. However, the vacation wasn't all play. Instead, we ended up spending the extra time at home trying to organize and clean up all of the toys and clothes we'd been blessed with for Christmas.

Like all things, the vacation had to come to an end. Recently we've gotten back into the normal wake-up routine as I took a 2-week intensive class on "offensive" passages of scripture and the kids went back to school. Hope has been busy planning a baby shower for our sister-in-law and a tea party for Eden's birthday. Eden is back into violin and Cub Scouts, Faith is back into gymnastics, Isaac is back in ballet, and Levi is back terrorizing the house. The whole family got the chance to enjoy 9" of snow a couple weekends ago and then the following weekend stayed at the family cabin at Camp Trinity. I helped with the circuit youth retreat and preached while Hope spent the time with the kids. Afterward, we even had the chance to do a driving tour of Hermann, MO, where I grew up, with the kids.

At seminary, church interviews for team ministry calls have begun and we are less than 100 days until Call Day. As we draw closer to the end of this seminary adventure I am yet again amazed at how much Christ has done, through you all, to love and support us. Yet all of this can't compare to the love God has shown us through Christ. Thanks be to God!

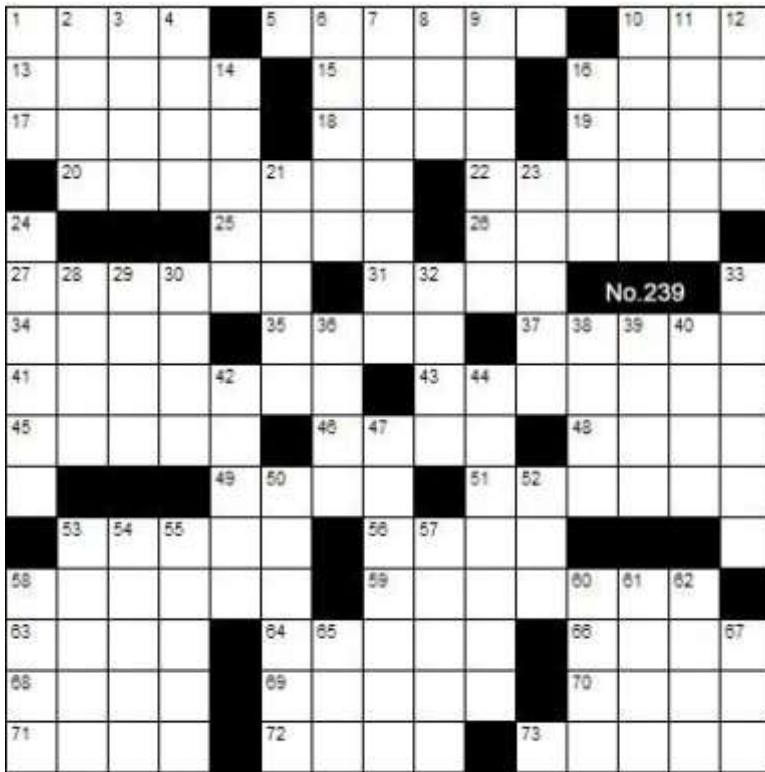
"Rejoice in the Lord always; again I will say, rejoice." (Philippians 4:4).

Your Servant in Christ,

A handwritten signature in cursive script that reads 'Luke Scheele'.

Luke Scheele





ACROSS

- 1 eyes they have closed: ___ at any time they should see (Matt 13:15)
- 5 Therefore, rid yourselves of all ___ and all deceit (1 Peter 2:1)
- 10 that I might preach him among ___ heathen (Gal 1:16)
- 13 They make many promises, take false ___ and make (Hos 10:4)
- 15 he was given a crown, and he ___ out as a conqueror (Rev 6:2)
- 16 he took ___ the Sodomites out of the land (1 Kings 15:12) KJV
- 17 like plants in the field, like tender ___ shoots (Isa 37:27)
- 18 It had large ___ teeth; it crushed and devoured (Dan 7:7)
- 19 David chose ___ smooth stones from the stream (1 Sam 17:40)
- 20 Though the arrogant have ___ me with lies (Ps 119:69)
- 22 the patriarchs, and from them is ___ the human ancestry of Christ (Rom 9:5)
- 25 I will ___ you with filth, I will treat you with contempt (Nah 3:6)
- 26 figs, which are so bad they cannot be ___, says the LORD (Jer 24:8)
- For through him we both have to the Father (Eph 2:18)
- 31 I have given you every ___ bearing seed (Gen 1:29)
- 34 merchants who ___ these things and gained their wealth (Rev 18:15)
- 35 The man who was healed had no ___ who it was (John 5:13)
- 37 a barber's razor to shave your head and your ___ (Ezek 5:1)
- 41 Why did the heathen rage, and the people ___ vain things? (Acts 4:25)
- 43 a man of Tyre, ___ to work in gold, and in silver (2 Chron 2:14) KJV
- 45 Bethany in the home of a man known as Simon the ___ (Matt 26:6)
- 46 all the trees of ___, that were in the garden of God (Ezek 31:9)
- 48 If someone forces you to go one ___, go with him two (Matt 5:41-42)
- 49 Ahab son of ___ became king of Israel (1 Kings 16:29)
- 51 intending after ___ to bring him forth to the people (Acts 12:4) KJV
- 53 the turtle and the and the swallow (Jer 8:7) KJV
- 56 with the words of David, and of Asaph the ___ (2 Chr 29:30)
- 58 whoever drinks the water I give him will never ___ (John 4:14)
- 59 They were ___ with each other about everything that (Luke 24:14)
- 63 they made braided chains of pure gold, like a ___ (Ex 39:15)
- 64 he sent out ___ to see if the water had receded (1,4) (Gen 8:8)

- 66 which is gone down in the sun ___ of Ahaz (Isa 38:8) KJV
- 68 was what looked like ___ of glass, clear as crystal (1,3) (Rev 4:6)
- 69 they pursued Joshua and were ___ away from the city (Josh 8:16)
- 70 and it vomited Jonah ___ dry land (Jonah 2:10)
- 71 a bull from your stall or of goats from your ___ (Ps 50:9)
- 72 silver in two bags, with two of clothing (2 Kings 5:23)
- 73 Jehoshaphat built a ___ of trading ships to go to Ophir (1 Kings 22:48)

DOWN

- 1 the priest shall take some of the ___ of oil, and pour it into (Lev 14:15)
- 2 Speak now in the ___ of the people (Exodus 11:2)
- 3 there shall come forth a rod out of the ___ of Jesse (Isaiah 11:1) KJV
- 4 Thou art my beloved Son; in ___ I am well pleased (Luke 3:22) KJV
- 6 I will besiege ___; she will mourn and lament (Isa 29:2)
- 7 Praise be to the ___, God of Israel (4,3) (1 Sam 25:32)
- 8 ___, ___ not forget your precepts (1,2) (Ps 119:141)
- 9 Jerusalem, which I have set in the ___ of the nations (Ezek 5:5)
- 10 they gathered ___ as much, two omers for each (Ex 16:22)
- 11 Zebulun will live by the seashore and become a ___ for ships (Gen 49:13)
- 12 one official is ___ by a higher one, and over them both are (Eccl 5:8)
- 14 as a piece of string ___ when it comes close to a flame (Judg 16:9)
- 16 the woman had ___ ___ calf in the house (1,3) (1 Sam 28:24) KJV
- 21 The manna was like coriander seed and looked like ___ (Num 11:7)
- 23 teacher (John 1:38)
- 24 Benjamites chased them and ___ overran them (Judg 20:43)
- 28 How the oppressor has ___ to an end! (Isa 14:4)
- 29 ___ your hands, all you nations; shout to God (Ps 47:1)
- 30 they shall fall by the ___ of the sword (Luke 21:24)
- 32 now therefore ___ thou somewhat the grievous servitude (2 Chr 10:4) KJV
- 33 not only do they become ___, but also gossips (1 Tim 5:13)
- 36 the roebuck, and the fallow ___, and the wild goat (Deut 14:5)
- 38 burn incense upon the hills, under oaks and poplars and ___ (Hos 4:13) KJV
- 39 send him away by the hand of ___ man (1,3) (Lev 16:21) KJV
- 40 he shall ___ them with a rod of iron (Rev 19:15)
- 42 his feet with shackles, his neck was put in ___ (Ps 105:18)
- 44 he ___ upon his knees three times a day (Dan 6:10) KJV
- 47 do not use deception, nor do we ___ the word of God (2 Cor 4:2)
- 50 I have made you a tester of ___ and my people the ore (Jer 6:27)
- 52 There went in two and two unto Noah into the ___ (Gen 7:9)
- 53 So Lot for himself the whole plain of the Jordan (Gen 13:11)
- 54 very good figs, like those that ___ early (Jer 24:2)
- 55 Forts and towers in the wooded ___ (2 Chron 27:4)
- 57 from foundation to ___, were made of blocks (1 Kings 7:9)
- 58 Let their table be made a snare, and a ___ (Romans 11:9)
- 60 took away the strange gods, and the ___ (2 Chr 33:15)
- 61 Were not all ten cleansed? Where are the other ___ (Luke 17:17)
- 62 for wide is the ___, and broad is the way (Matt 7:13)
- 65 If I am a master, where is the respect ___ me?" says the LORD (Mal 1:6)
- 67 they took ___, Abram's brother's son (Gen 14:12)



SUNDOWN MOUNTAIN RESORT

Monday
January 21

4 snowboarders

13 skiers

2 spectators
(from inside the warm lodge)

High Temp 12°F

Base Snow 24"-50"



SNOW
MUCH FUN!



2019 Officers and Committee Chairs

President	2 nd year of two-year term	Alan Meyer
Vice President	2 nd year of two-year term	Myrl Holida
	(then two years as President)	
Treasurer	1 st year of 2 nd two-year term	Larry Freeman
Secretary	2 nd year of 2 nd two-year term	Jennifer Kooker
Elders	1 st year of 1 st three-year term	*Dave Bohnsack
	1 st year of 1 st three-year term	*Ryan Haack
	2 nd year of 1 st three-year term	Eric Kooker
	1 st year of 2 nd three-year term	Jim Eick
	2 nd year of 2 nd three-year term	Arlan Thompson
	2 nd year of 2 nd three-year term	Vaughn Davisson
	3 rd year of 2 nd three-year term	Skip Kempnich
	3 rd year of 2 nd three-year term	Denny Schrader
	3 rd year of 2 nd three-year term	Marty Wenck
Church Properties	2 nd year of 2 nd two-year term	Brenda Johnson
	2 nd year of 2 nd two-year term	Henry Diggelmann
	2 nd year of 1 st two-year term	Dave Johnson
Only Chairperson limited to	2 nd year of 1 st two-year term	Dave Yansky
2 consecutive terms	1 st year of 1 st two-year term	
Otherwise no term limits	1 st year of 1 st two-year term	
Board of Directors		
(at large members)	2 nd year of 1 st three-year term	Jeff Kucera
	3 rd year of 2 nd three-year term	Barb Schanbacher
	1 st year of 2 nd three-year term	Kevin Roiseland
COMMITTEES:		
Assimilation	1 st year of 2 nd two-year term	*Cory Strumpel
Education/Children	2 nd year of 1 st two-year term	Kelly Kucera
Human Care	2 nd year of 1 st two-year term	Dean Hargens
Missions	2 nd year of 1 st two-year term	Bob Powers
Outreach	2 nd year of 1 st two-year term	Marlene Thompson
	2 nd year of 1 st two-year term	Marilyn Kempnich
Youth	2 nd year of 1 st two-year term	Art Schwarting
Small Groups	2 nd year of 1 st two-year term	Karyl Bohnsack
Technology	1 st year of 1 st two-year term	*Rob Ghabel
Health Ministries	2 nd year of 1 st two-year term	Erica Davisson
Preschool	2 nd year of 1 st two-year term	Pam Wilson
Auditing	12 th one-year term (no limit)	Bob Hansen
(Financial Review)	12 th one-year term (no limit)	*Rolland Poust - <i>unverified</i>
	11 th one-year term (no limit)	Dave Hintze
Nominating	10 th one-year term (no limit)	Twyla Freeman
	9 th one-year term (no limit)	Crissy Pence
	6 th one-year term (no limit)	Beth Hargens



Growing in God's Word everyday as we create, discover, forgive, laugh, learn, play, pray, and share!



snowball fight



igloo fun



igloo making



2019-2020 Enrollment will open soon.





Children's Ministry

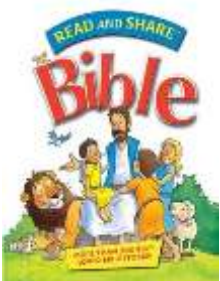
Birth—5th Grade

Children's Coordinator Marnie Schrader mvschrader@icloud.com (319) 530-1563



Bible Verse Memory

When the cares of my heart
are many, your consolations
cheer my soul.
Psalm 94:19



Children's Bibles
have been placed in a
portion of the pews
for children to read
during the church
service.



KID'S CLUB

happenings

Jan 30—College Care
Packages Service Project

rescheduled

Feb 6—Jonah

Feb—12 Apostles

Kids club Sunday will be
February 24th at both Sunday
services

Helpful Tips for Including Young Children in Church Service

- **Make Saturday night a part of worship by letting them help pick out clothes, pack a bag of quiet activities and get offering ready.**
- **Make a special "Church Bag" of quiet activities**
- **Take child to bathroom before service**
- **Get a children's bulletin**
- **Choose seats near front so kids can see**
- **Encourage child to sing during service**
- **Save bag & bulletin for during the sermon**
- **Help children look up scripture from service**
- **Greet Pastor at end of service**
- **Talk about the service on the way home**



Sunday School News

9:15 Opening

9:30 Sunday School

Preschool 2-4th grade please be in
opening by 9:15 in the music room.

Youth

6th - 12th Graders

February



High School Super Bowl Party

For high school & those going to NYG

Sunday, February 3

4:30 pm

Pastor Hartwig's House

We'll play a few games, eat snacks, have fun and watch the Super Bowl commercials!

What to bring? An appetizer or snack to share with the group. *Drinks will be provided.*



Thank you to everyone who helped move furniture in & out of the Youth Room for the new carpet installation!



SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

DATE	EVENT	TIME
1-2	Confirmation Winter Retreat <i>Comfort Suites, Coralville</i>	
3	Super Bowl Party <i>High School & those going to NYG</i>	4:30 pm
6	Midweek Meal <i>Meal Crew: 6th Grade Families</i>	Setup 5:40 pm Meal 6 pm
10	Trivia Challenge <i>Confirmation & High School Teams</i>	12 pm

Youth Trivia Challenge Teams

Sign up at the Welcome Center on the Trivia Challenge sheet.

Table #3 Confirmation Youth

Or

Table #4 High School Youth



OUR REDEEMER OFFICE DIRECTORY

Office: 338-5626 Fax: 338-9171 Website: <http://www.ourredeemer.org> Preschool: 338-3949
 Prayer Chain: 351-5297 or prayerchain@ourredeemer.org Special Announcements Line: 338-3505

<u>STAFF & EMAIL</u>	<u>PHONE NO.</u>	<u>STAFF & EMAIL</u>	<u>PHONE NO.</u>
Brent Hartwig, Senior Pastor bhartwig@ourredeemer.org	338-5626 (church) 337-2403 (home)	Kaja Mueller, Preschool Director preschool@ourredeemer.org	338-3949 (preschool) 338-5626 (church)
Joshua Otterman, Vicar vicar@ourredeemer.org	338-5626 (church)	Sara Cross, Preschool Assistant preschoolassistant@ourredeemer.org	338-3949 (preschool)
Sarah Gabel, Bookkeeper bookkeeper@ourredeemer.org	338-5626 (church)	Kara Hartwig, Youth Coordinator youthcoordinator@ourredeemer.org	338-5626 (church)
Denise Holida, Adult Coordinator smallgroups@ourredeemer.org	338-5626 (church) 930-0165 (cell)	Louise Klopp, Director of Choirs choirdirector@ourredeemer.org	338-5626 (church)
Marilyn Paetz, Organist organist@ourredeemer.org	351-4262 (home)	Marnie Schrader, Children's Coordinator childrensministry@ourredeemer.org	319-530-1563 (cell)
Kevin Sellers Director of Technology technology@ourredeemer.org	338-5626 (church) 631-8924 (cell)	Laurel Sellers, Office Coordinator redemer@ourredeemer.org	338-5626 (church)
Sheena White, Preschool Assistant preschoolassistant@ourredeemer.org	338-3949 (preschool)		

2019 Board of Elders

Dave Bohnsack	430-2054
Vaughn Davisson	319-648-4660
Jim Eick	430-5603
Ryan Haack	325-7915
Skip Kempnich	351-5297
Eric Kooker	339-0175
Denny Schrader	461-7318
Arlan Thompson (Chair)	338-2938
Marty Wenck	330-2761

2019 Board of Directors

President	Alan Meyer	319-461-1748
Vice President	Myrl Holida	319-351-4301
Secretary	Jennifer Kooker	319-339-0175
Treasurer	Larry Freeman	319-400-8356
Board of Elders	Arlan Thompson	319-338-2938
Properties	Dave Johnson	319-333-9606
At Large	Jeff Kucera	563-316-1088
	Barb Schanbacher	319-351-3998
	Kevin Roiseland	319-230-5247

DEADLINES

Reflections (printed weekly): Information must be submitted (written, typed, emailed or faxed) each Wednesday by 5:00 pm

Beacon Newsletter & Church Activities Calendar (printed monthly): Information must be submitted (written, typed, emailed or faxed) by noon on the 20th of each month.

TELEVISION ~ RADIO

Our Redeemer Worship Service on Public Access TV Channel 18 every Wednesday at 4:00 pm.

The Lutheran Hour Television Ministries talk show "On Main Street" is shown on **Public Access Television Channel 18** on Thursdays at 1:30 pm and Sundays at 10:00 pm.

Lutheran Hour Ministries on Radio—WMT 600 AM Radio on Sunday mornings at 6:30 am, and KXEL 1540 AM Radio on Sunday mornings at 9:30 am. For more information on Lutheran Hour Ministries go to www.LHM.org.

VOLUNTEER BACKGROUND SCREENING

Our Redeemer Lutheran Church has been in ministry with children and youth for almost 55 years. Our insurance carrier, Church Mutual, strongly encourages us to promote the safest and most secure environment possible by screening all employees and volunteers, both new and existing, especially those who interact with children. Performing background checks will provide safeguards and peace of mind to our staff, volunteers, parents, youth and children. Additional details will be forthcoming as we put this screening process in motion.

Four Different Friends

John 15:12-16

1. **We've known each other since**

We were both children small.

We have grown up together.

Apart? Not at all!



2. We were close, good friends, but

We had to move apart.

We don't write often, still, I

Hold you in my heart.

3. I feel you are my friend

Though we have only met.

We'll seek to meet each other

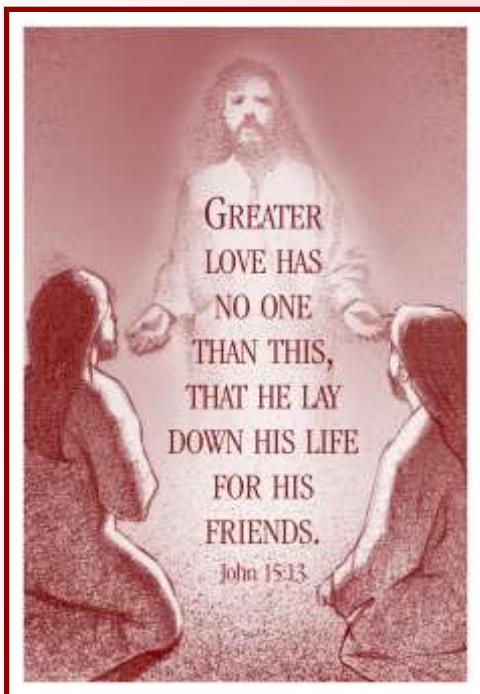
Quite often, I bet!

4. You are my Friend, I know,

No matter what I've done.

You accept me as I am

And saved me--**I'm won.**



Carol Schuldt