



# The Parish Beacon

Volume 41– No. 05

May 2020

Dear Brothers and Sisters in Christ,

Christ is Risen!

I pray that you're doing well during this incredibly unique time in many of our lives. Yes, nothing is normal, but perhaps you've been able to get used to this "New (and Lord willing, temporary) Normal" or maybe you're still struggling. May God give us all peace and patience as some of us are going a little "Stir-Crazy".

One thing that I know I'm thankful for is Stir-Fry. Rachel is a great cook and innovator in the kitchen. Often, I'll find myself looking into the cupboard and thinking, "Man, there just aren't enough things here for me to make a proper meal that I know how to make." Which normally boils down to us being out of rice, beans, and chicken. At that time, I normally throw in the towel and make a homemade batch of mac and cheese, cereal, and/or PB&J.

However, Rachel can see combinations of flavors and ingredients that I wouldn't even think possible! She can look into a bunch of random vegetables and meats and decide to make something as wonderfully delicious as Stir-Fry! Where I didn't see connections, Rachel sees an opportunity. All these parts are put together, some heat is added, and a wonderful meal is made.

During this time of Quarantine, I think God is doing the same thing in our lives. You and I can see all the parts: Panic buying, toilet paper shortages, shut-downs, stay at home orders, nursing homes closed, people dying, online school, online church, and the list goes on. You and I look at these parts and think, "Nope. No thank you, I can't make anything out of this!" People can't wait to close the door on this situation and open the doors of their homes and churches. Life feels like it has stopped to a dead halt. You might be feeling a little stir crazy.

God sees it a bit differently.

Yes, there is pain, heartache, even death. Yes, things feel like they're changed for good. But our God is still in control, wide awake at the wheel. In the midst of this, God is putting together a list of different ingredients: families are spending more time together at home. Parents have chances to educate their children in the faith. Churches can still worship online. Leaders are put forward in a visible way for the people to pray for. People are making masks for each other. Neighbors are signing up to help pick up groceries for those who are unable to go shopping themselves. The Gospel is still being preached to the people of God. God is making something beautiful out of the struggles in our nation right now.

Christ is Risen!

The one who took all the sin, pain, and punishment which should have been ours. He took those ingredients and drank the gall of death.

And then He rose.

He made something new for you and for me.

He is Risen indeed, Alleluia!

In Christ,  
Vicar Gonzalez-Feliciano



**OUR REDEEMER LUTHERAN CHURCH AND PRESCHOOL**

2301 East Court Street Iowa City, IA 52245

Phone: 319-338-5626

Email: [redeemer@ourredeemer.org](mailto:redeemer@ourredeemer.org)

[www.ourredeemer.org](http://www.ourredeemer.org)

## MAY ACTIVITIES

### Schedule for the week of April 26—May 3

Sun YOUTUBE-Divine Worship Service 8:00am  
ZOOM-Sunday School 9:30am  
ZOOM-Adult Bible Class  
YOUTUBE-Divine Worship Service

Mon Staff Meeting 1:00pm

Tues Stephen Ministry Training 6:45pm  
CALL DAY

Wed ZOOM-Midweek Celebration 6:45pm

Thurs No events scheduled

Fri

Sat YOUTUBE-Divine Worship Service 5:30pm

Sun YOUTUBE-Divine Worship Service 8:00am  
ZOOM-Sunday School 9:30am  
ZOOM-Adult Bible Class 9:30am  
YOUTUBE-Divine Worship Service 10:30am

**Dear Members & Friends of Our Redeemer,**

At this unprecedented time it is still impossible to include a calendar for the month of May.

Please check the online calendar to stay up to date. If you have any questions, please call the Church Office at 338-5626 or email me at:

**redeemer@ourredeemer.org**

May the Lord watch over everyone and keep us safe.

Yours in Christ,  
Lorrie

**Christ commands:**

**“Contribute to the needs of the saints.**

**Therefor we show hospitality.”**

### WORSHIP SCHEDULE

**\*\*Watch your email for links\*\***

**Saturday 5:30pm YOUTUBE**  
**Sunday 8:00am & 10:30am YOUTUBE**  
**Sunday School 9:15am ZOOM**  
**Adult Bible Study 9:30am ZOOM**

**\*\*\*\*Communion in May unknown at this time due to COVID19 situation.\*\*\*\***

**Comfort-Tiers meet Thursdays at 9:00am**  
*Not meeting until further notice.*

**Choir practice Wednesdays at 6:45pm**  
*Not meeting until further notice.*

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

You have heard our pleas for mercy, O Lord, and given up Your Son to be our Savior. Hear us now as we come to You on behalf of ourselves and all people according to their needs.

Our hearts have burned in us, O Lord, as Your Word has been read and preached. Keep our faith from growing cold and grant us grace, that we may not waver in faith or succumb to temptation. Give to us and to our children receptive hearts, that we may hear and, hearing, believe and, believing, be steadfast in this faith and hope all our days.

Lord, in Your mercy, **hear our prayer.**

You have cleansed us, O Lord, with water and the Word in Baptism, and You have marked us as Your own people. Give to us grace, that we may live out this faith in holy lives, lifting up Your name in word and works for as long as we live. Guide us, that with souls purified by obedience to the truth, we may love one another earnestly from a pure heart.

Lord, in Your mercy, **hear our prayer.**

Deliver us from all our afflictions, and grant us strength to bear all our burdens, O Lord. According to Your gracious will, heal the sick, relieve those who suffer, comfort the grieving and give peace to the dying. *[We especially pray for **Tom Barnes** (Melody Strom's stepfather), **Jeanette Cain** (Vaughn Davisson's cousin), **Charles Calef**, **Jody Cole** (Charles Calef's friend), **Keri Cotè** (friend of Sara Cross), **Emee Elkeurti**, **Ron Freeman** (Larry Freeman's nephew), **Danny Fuhrmeister**, **Don Hein**, **Gabe Hundley** (grandson of Karen Abernathy), **Ken Jensen** (Ron Westfall's nephew), **David Jones** (Lonne Loney's uncle), **Ken and Donna Kober** (friends of the Thompson's), **Brad Koelper** (Donna Saehler's nephew), **Creedon Miller** (son of Duane and Florence Miller), **Tonda Moyer** (Lillian Moyer's daughter-in-law), **Barb Nace** (Doris Siemer's niece), **Don Netser** (Melissa Mullane's father), **Ephraim Newland**, **Sharon Paulus** (Sandy Wagner's sister), **Joyce Pence** (Chad Pence's mother), and **Steve Schultz**].*

Lord, in Your mercy, **hear our prayer.**

Stay with us, O Lord, and be our strength in weakness and our hope in time of despair. Your gracious will once kept the saints in faith even unto death. Keep us, we pray, with them in Your faith and fear, that we may be found faithful when Christ comes again in His glory to bring to fulfillment all things, once and forevermore.

Lord, in Your mercy, **hear our prayer.**

Accept, O Lord, this sacrifice of praise and thanksgiving we bring for all Your goodness and generosity. And with our song of praise, accept our tithes and offerings, that Your Church may have the resources to proclaim Your Gospel and care for the poor and those in need.

Lord, in Your mercy, **hear our prayer.**

Give us peace, O Lord, in the face of death. This week **Carol Lake** died. This week the funeral will be private, but please keep this family in your prayers.

We pray for the family and friends of **Carol Lake** as they mourn her death. Help us, we pray, in the midst of things we cannot understand, to believe and find comfort in the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.

Lord, in Your mercy, **hear our prayer.**

*[We pause for a moment of silent prayer.]*

Into Your hands, O Lord, we commend all for whom we pray, trusting in Your mercy, through Your Son, Jesus Christ, our Lord.

**Amen.**

## Membership Changes and Official Acts

MISSION	APRIL
Iowa District East	\$3,333.33
UIHC Chaplain Endowment Fund	\$333.33
<b>TOTAL</b>	<b>\$3,666.66</b>
Camp Io-Dis-E-Ca	\$500.00
Lutheran Family Services	\$500.00
Orphan Grain Train	\$250.00
St. Paul's Chapel	\$375.00
<b>MONTH TOTAL</b>	<b>\$5,291.66</b>
MEMBER CONTRIBUTIONS	
CommUnity Crisis Center	\$30.00
Lutherans For Life	
<b>TOTAL</b>	<b>\$30.00</b>

<u>Removed</u>	
Barbara Wade	3-28-2020
Samuel Wade	3-28-2020
Monte, Sherri & Brock Amundson	3-28-2020
Brian Benson	3-28-2020
Shay, Kristina, Monika, Lauren & Zachary Bevans	3-28-2020
Christina Cook	3-28-2020
Valerie Erickson & Madalynn Mergen	3-28-2020
Rick Holderness	3-28-2020
Jonathan & Shanna McClure & Kids	3-28-2020
Andrew Stockman	3-28-2020
Dawn, Karlie & Kelsie Stoddard	3-28-2020
Gregory Hodges	3-28-2020
Gretchen Daniels	3-28-2020
Anthony Mueller	3-28-2020
<u>Baptism</u>	
Adelaide Grace Philippi	4-7-2020




---

Oh, it's no bother. We love to have company drop in.



**Christ commands: “Contribute to the needs of the saints and seek to show hospitality”. Romans 12:13**

April 27-May 3

Person	Scripture
Dorcas	Acts 9:36-43
People of Malta	Acts 28:1-10
Aquilla	Acts 18:1-10; Romans 16:3-4
Philippian Church	Philippians 1:1-11
Paul	Acts 27:13-44
Philemon	Philemon 1
James	James 1:19-27
John	1 John 4:7-21

May 4-10

**Upcoming Sunday School Lessons for Kids**

Date	
4/26	An Ascending Truth– Jesus Ascends      Luke 24:44-53; Acts 1:1-11
5/3	A Telling Truth-Pentecost      Acts 2:1-24

**Birthdays**

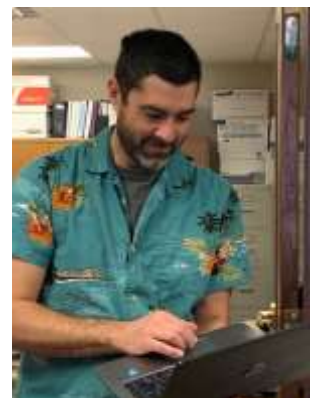
Sun. 4/26	Glorine Berry, Luke Young
Mon. 4/27	Erica Davisson, Louise Klopp
Tues. 4/28	Kelli Bruckman, Darrick Eldridge, Samuel Gienapp, Elisabeth Hottel, Jessi Kucera, Aaron Mueller, Samantha Nelson
Wed. 4/29	Haleigh Jones, Curtis McBride
Thurs. 4/30	Denise Fesler, Sophie Foster, Erik Jorgensen
Fri. 5/1	Jonathan Ealy, Drake Obermueller, Abbie Schmidt, Tom Strumpel
Sat. 5/2	Donald Klemo, Brian Lake, Lynda Miller, Joseph Penney, Faith Quinlan, Scott Rathke, Timothy Schultz

Treasures	
Contributions	\$19,780.00
Debt Reduction	\$5,550.00
Monthly needs for budget	\$64,902.00

**Stewardship April 18/19, 2020**



HOORAY!!  
 NEW PHONES!!  
 The staff is getting used to a recently donated phone system—thank you, Rob Gabel, for your technical expertise in getting it all set up!!



## Digital Services Available During Iowa City Public Library Closure



Did you know that the Iowa City Public has a number of excellent digital (online) services that you can enjoy from your home and computer while the downtown library and Bookmobile are closed?

With your library card, you can enjoy:

- eBooks
- digital audiobooks
- magazines
- movies
- listen to local music
- “The New York Times” newspaper
- animated picture books
- the history of Iowa City on the Digital History Project
- the ICPL streaming video site for a variety of programs

Don't have an ICPL card? No problem. Simply contact us by phone or e-mail and we can issue one online.

Need help navigating the ICPL digital offerings? Give us a call and let us help you.

Is there a genre of books or movies that you enjoy? Are you an armchair traveler? Let our librarians help make your selections.

The librarians are still working in the library (10 AM – 5 PM) despite the closure of the building to the public and are ready and willing to help you or make suggestions. Let us entertain you!

Here is our contact information:

Phone: (319)356-5200

Website: [www.icpl.org](http://www.icpl.org) (to access e-mail and live chat with librarians)



## Spring Clean-Up Day was cancelled - Some jobs are getting done!

There are still projects to be completed. If anyone would like to tackle one or more of the jobs remaining by themselves or with social distancing rules please call Brenda Johnson (319)333-9653.

### Church

- Clean leaves and debris out of the two-air vent (with grate) in front of church.
- Evergreen tree in the back of church (north end) needs to be removed. (Louise)
- Clean all ground level windows.
- Pick up rocks/stones from the edging, grass and driveway (they can be put back in the rock-mulch gardens).

### Vicarage

- Re-stain the back deck (Louise will power wash.)
- Remove the outdoor yard lights at Vicarage (Louise)

### Parsonage

- Mulch fence line behind parsonage - north side (mulch is not bought yet)
- Fix or repair/replace downspout and elbows on the front of the house
- Clean/wash gutters
- Fix roofing around fireplace

### Big Shed

- Basketball hoop (backboard) needs to be washed, repaired/painted or replace.

### Little Shed

- Clean the trim (with wet and forget)



*Welcome to our new spring/summer members.... Mr. + Mrs. Duck!*



*Some of the staff suspect that it will eventually become Mr. & Mrs. Duck and Family.  
Time will tell.*

## Seasonal allergies: Nip them in the bud

Relieve seasonal allergies with these tried-and-true techniques.



[By Mayo Clinic Staff](#)

Spring means flower buds and blooming trees — and if you're one of the millions of people who have seasonal allergies, it also means sneezing, congestion, a runny nose and other bothersome symptoms. Seasonal allergies — also called hay fever and allergic rhinitis — can make you miserable. But before you settle for plastic flowers and artificial turf, try these simple strategies to keep seasonal allergies under control.

### Reduce your exposure to allergy triggers

To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside — pollen can stick to sheets and towels.
- Wear a pollen mask if you do outside chores.

### Take extra steps when pollen counts are high

Seasonal allergy signs and symptoms can flare up when there's a lot of pollen in the air. These steps can help you reduce your exposure:

- Check your local TV or radio station, your local newspaper, or the Internet for pollen forecasts and current pollen levels.
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night or any other time when pollen counts are high.
- Avoid outdoor activity in the early morning when pollen counts are highest.

### Keep indoor air clean

There's no miracle product that can eliminate all allergens from the air in your home, but these suggestions may help:

- Use the air conditioning in your house and car.
- If you have forced air heating or air conditioning in your house, use high-efficiency filters and follow regular maintenance schedules.
- Keep indoor air dry with a dehumidifier.
- Use a portable high-efficiency particulate air (HEPA) filter in your bedroom.
- Clean floors often with a vacuum cleaner that has a HEPA filter.

### Try an over-the-counter remedy

Several types of nonprescription medications can help ease allergy symptoms. They include:

- **Oral antihistamines.** Antihistamines can help relieve sneezing, itching, a runny nose and watery eyes. Examples of oral antihistamines include loratadine (Claritin, Alavert), cetirizine (Zyrtec Allergy) and fexofenadine (Allegra Allergy).
- **Decongestants.** Oral decongestants such as pseudoephedrine (Sudafed, Afrinol, others) can provide temporary relief from nasal stuffiness. Decongestants also come in nasal sprays, such as oxymetazoline (Afrin) and phenylephrine (Neo-Synephrine). Only use nasal decongestants for a few days in a row. Longer-term use of decongestant nasal sprays can actually worsen symptoms (rebound congestion).



- **Nasal spray.** Cromolyn sodium nasal spray can ease allergy symptoms and doesn't have serious side effects, though it's most effective when you begin using it before your symptoms start.
- **Combination medications.** Some allergy medications combine an antihistamine with a decongestant. Examples include loratadine-pseudoephedrine (Claritin-D) and fexofenadine-pseudoephedrine (Allegra-D).

### **Rinse your sinuses**

Rinsing your nasal passages with saline solution (nasal irrigation) is a quick, inexpensive and effective way to relieve nasal congestion. Rinsing directly flushes out mucus and allergens from your nose.

Look for a squeeze bottle or a neti pot - a small container with a spout designed for nasal rinsing - at your pharmacy or health food store. Use water that's distilled, sterile, previously boiled and cooled, or filtered using a filter with an absolute pore size of 1 micron or smaller to make up the saline irrigation solution. Also be sure to rinse the irrigation device after each use with similarly distilled, sterile, previously boiled and cooled, or filtered water and leave open to air-dry.

### **Interested in alternative treatments? Consider these**

A number of natural remedies have been used to treat hay fever symptoms. Treatments that may help include extracts of the shrub butterbur and spirulina (a type of dried algae). However, the benefits and safety aren't clear.

Some people claim acupuncture can help with seasonal allergy symptoms. There's some evidence that acupuncture works, and there's little evidence of harm.

Talk to your doctor before trying alternative treatments.

### **When home remedies aren't enough, see your doctor**

For many people, avoiding allergens and taking over-the-counter medications is enough to ease symptoms. But if your seasonal allergies are still bothersome, don't give up. A number of other treatments are available.

If you have bad seasonal allergies, your doctor may recommend that you have skin tests or blood tests to find out exactly what allergens trigger your symptoms. Testing can help determine what steps you need to take to avoid your specific triggers and identify which treatments are likely to work best for you.

For some people, allergy shots (allergen immunotherapy) can be a good option. Also known as desensitization, this treatment involves regular injections containing tiny amounts of the substances that cause your allergies. Over time, these injections reduce the immune system reaction that causes symptoms. For some allergies, treatment can be given as tablets under the tongue.

Mayo Clinic. (2020). *Seasonal allergies: Nip them in the bud*. Retrieved from

<https://www.mayoclinic.org/diseases-conditions/hay-fever/in-depth/seasonal-allergies/art-20048343>



2020

2020



Easter comes to  
Our Redeemer,  
both inside and  
outside





Submitted by Marcia Hulse

# Stephen Ministry

We care, Christ cures.

## CRISIS CAN TURN YOUR WORLD UPSIDE DOWN

**DEATH OF A LOVED ONE**

**DISCOURAGEMENT**

**DIFFICULTIES**

**SERIOUS ILLNESS**

**JOB LOSS**

**RELOCATION**

When an event shakes up your world, you can either let it hurt you or help you. If you would like help in turning a life crisis into an opportunity of growth and faith, a STEPHEN MINISTER is ready to help you.

**A STEPHEN MINISTER is:**

- A trained lay volunteer.
- A good listener.
- Trained in confidentiality.
- Supervised for quality care.
- Ready to offer God's love through Christian caring relationship on a one-to-one basis.

Stephen Ministry



*"Christ Caring for People through People"*

**CHILDBIRTH**

**DIVORCE**

**HOLIDAY BLUES**

**AGING**

**STEPHEN LEADERS**

Pastor Hartwig	338-5626
Bill Benson	517-881-9848
Marcia Hulse	351-7059
Kathy Schweer	466-3084
Kevin Sellers	631-8924

# Preschool Newsletter



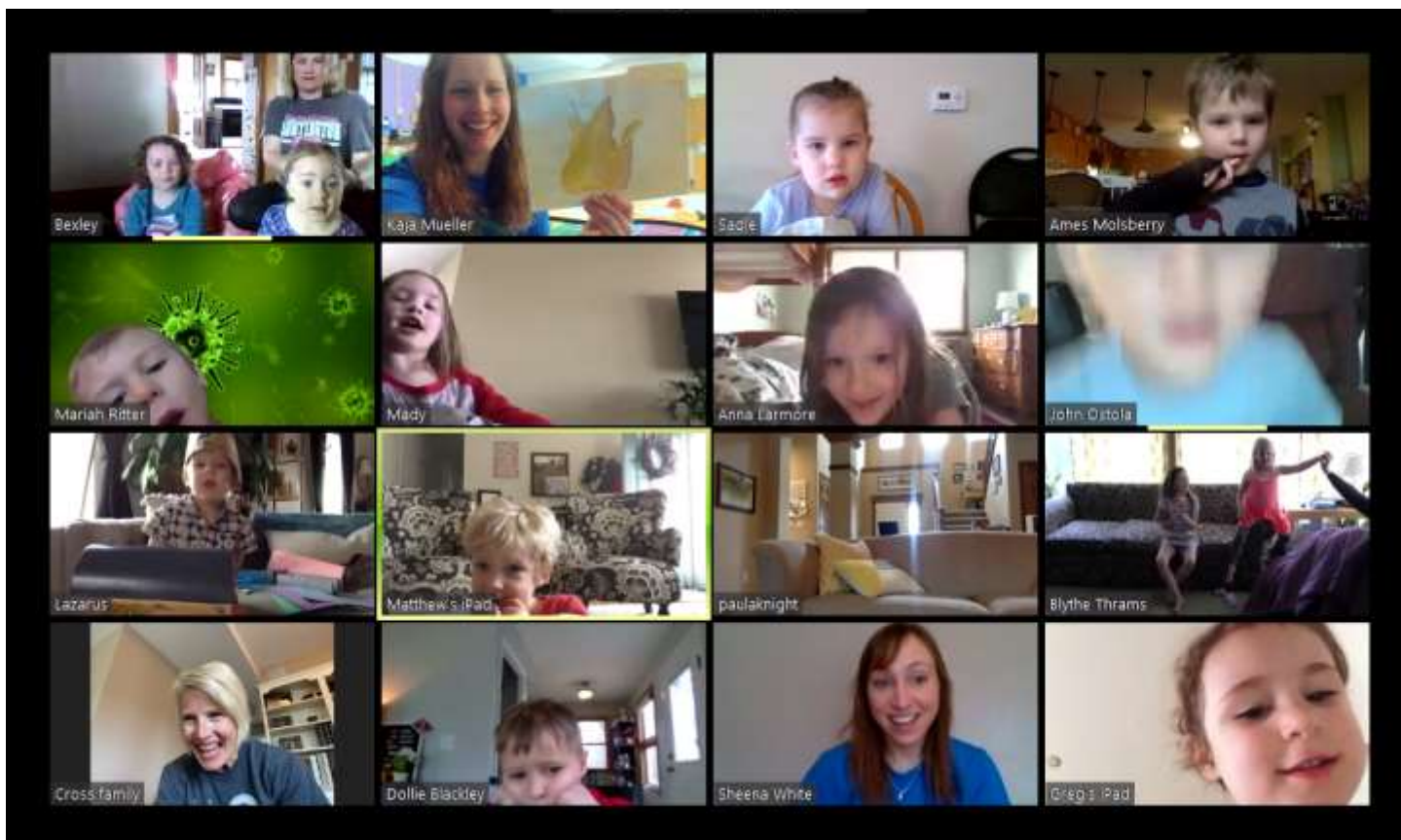
May 2020

Director/Teacher, Kaja Mueller Assistants, Sheena White M/W/F, Sara Cross T/TH

Preschool Phone: 319-338-3949 www.ourredeemerpreschoolic.org preschool@ourredeemer.org

*Our Redeemer Preschool where children play, learn, and grow in Jesus!*

## We Have Been ZOOMING It!



A Little Peek  
Into our  
Virtual  
Classroom!

Preschool Enrollment for  
2020-2021 school is open.  
Share the word!

Class Enrollment: M/W/F = 12 T/Th = 10



# Children's Ministry

Birth—5<sup>th</sup> Grade

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



## Zooming into Sunday School!

We have had 20-30 children

**learning God's word, doing activities,**

learning crafts and even singing some of our favorite songs! Watch your email each week for the Zoom link and join me anytime after 9:20 for some fellowship before the lesson! Please continue to join us on Sunday mornings at 9:30 for Zoom Sunday School lessons!



## Kid's Club Zoom

We have had 10-15 children joining us for Midweek class. We learned a fun way to tell the Easter morning story **with the word 'startling'** and how to give our heavy backpack of worries to God. We have one lesson left next week! Join us at 6:45 on Zoom !

## VBS 2020 IS COMING!



**August 2nd-6th**

**Our Children's Ministry team has begun planning our Rainforest Adventure for VBS! If you are interested in joining our planning team or donating a Thrivent card, please contact Marnie!**

# Youth

6<sup>th</sup> - 12<sup>th</sup> Graders

May

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	29	30
31						

Dates for May Youth events will be sent via email and/or text messages to Youth families.

## YOUTH "PETS & PAJAMAS"

Sunday, April 26<sup>th</sup>  
From 9:00 am—9:30 am

Connect with us on the Zoom Youth Sunday School link anytime after 9:00 am, show off your pets, wear your pajamas or do both!



*Guess you could dress your pet in pajamas, too!*

Wednesday, April 29<sup>th</sup>  
6:45 pm—8:00 pm



### 6<sup>th</sup> Grade—Small Group

Review for Exam  
**ONLINE EXAM**



### 7<sup>th</sup> Grade—Small Group

Review for Exam over Baptism  
**OLINE EXAM**



### 8<sup>th</sup> Grade—Lecture

**Genesis to Revelation**



## Youth Sunday School

Sundays at 9:30 am  
Confirmation & High School

Join us for Youth Sunday School on  
**Sunday, April 26<sup>th</sup>**  
**@ 9:30 am.**

4/26 Jesus Ascends  
5/3 Pentecost



*We are about equipping disciples to make disciples for Jesus.*

## Prayers for Youth

Dear Lord, We lift up our youth and their families to you. Please fill them with your Peace which passes all understanding as they face new and unique circumstances. Give them encouragement and bless them with good health. Most of all keep them firm in their faith. In Jesus' name, AMEN.



## High School Midweek Schedule



April 29 **Isaiah: The "Fifth" Gospel** @ 6:45 pm



*Isaiah prophesies the coming of the Holy Spirit and points us to the day when our Lord will come again.*

## 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](mailto:prayerchain@ourredeemer.org) Special Announcements Line: 338-3505

<u>STAFF &amp; EMAIL</u>	<u>PHONE NO.</u>	<u>STAFF &amp; EMAIL</u>	<u>PHONE NO.</u>
Brent Hartwig, Senior Pastor <a href="mailto:bhartwig@ourredeemer.org">bhartwig@ourredeemer.org</a>	338-5626 (church) 337-2403 (home)	Kaja Mueller, Preschool Director <a href="mailto:preschool@ourredeemer.org">preschool@ourredeemer.org</a>	338-3949 (preschool) 338-5626 (church)
Miguel Gonzalez-Feliciano, Vicar <a href="mailto:vicar@ourredeemer.org">vicar@ourredeemer.org</a>	338-5626 (church)	Lorrie Bailey, Office Coordinator <a href="mailto:redemer@ourredeemer.org">redemer@ourredeemer.org</a>	338-5626 (church)
Sara Cross, Preschool Assistant <a href="mailto:preschoolassistant@ourredeemer.org">preschoolassistant@ourredeemer.org</a>	338-3949 (preschool)	Sarah Gabel, Bookkeeper <a href="mailto:bookkeeper@ourredeemer.org">bookkeeper@ourredeemer.org</a>	338-5626 (church)
Kara Hartwig, Youth Coordinator <a href="mailto:youthcoordinator@ourredeemer.org">youthcoordinator@ourredeemer.org</a>	338-5626 (church)	Denise Holida, Adult Coordinator <a href="mailto:smallgroups@ourredeemer.org">smallgroups@ourredeemer.org</a>	338-5626 (church) 930-0165 (cell)
Louise Klopp, Director Choirs/Properties <a href="mailto:choirdirector@ourredeemer.org">choirdirector@ourredeemer.org</a>	338-5626 (church)	Marilyn Paetz, Organist <a href="mailto:organist@ourredeemer.org">organist@ourredeemer.org</a>	351-4262 (home)
Marnie Schrader, Children's Coordinator <a href="mailto:childrensministry@ourredeemer.org">childrensministry@ourredeemer.org</a>	319-530-1563 (cell)	Kevin Sellers Director of Technology <a href="mailto:technology@ourredeemer.org">technology@ourredeemer.org</a>	338-5626 (church) 631-8924 (cell)
Laurel Sellers, Consultant <a href="mailto:consultant@ourredeemer.org">consultant@ourredeemer.org</a>	319-331-3242 (cell)	Sheena White, Preschool Assistant <a href="mailto:preschoolassistant@ourredeemer.org">preschoolassistant@ourredeemer.org</a>	338-3949 (preschool)

### 2020 Board of Elders

Bill Benson	517-881-9848
Dave Bohnsack	319-430-2054
Vaughn Davisson (Chair)	319-648-4660
Jim Eick	319-430-5603
Ryan Haack	319-325-7915
Eric Kooker	319-339-0175
Chad Pence	319-321-5686
Art Schwarting	319-325-6152
Arlan Thompson	319-338-2938

### 2020 Board of Directors

President	Myrl Holida	319-351-4301
Vice President	Denny Schrader	319-461-7318
Secretary	Barb Schanbacher	319-351-3998
Treasurer	Larry Freeman	319-400-8356
Board of Elders	Vaughn Davisson	319-648-4660
Properties	Dave Yansky	319-621-7694
At Large	Jeff Kucera	563-316-1088
	Marilyn Albright	319-430-8129
	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 20<sup>th</sup> of each month.

### RADIO

**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](http://www.LHM.org).

### VOLUNTEER BACKGROUND SCREENING

Our Redeemer Lutheran Church has a strong, caring ministry with children and youth. To promote the safest and most secure environment possible all employees and volunteers, both new and existing, undergo a background screening before working with younger members. Performing background checks provides safeguards and peace of mind to our staff, volunteers, parents, youth, and children.



Overcoming Shyness

Philippians 1:20

I wish to retreat  
from what lies ahead.  
I want to run and hide,  
but I have not that luxury.  
So, taking a deep breathe,  
gathering courage  
and whispering a prayer.  
I step forward-  
with You  
into the future.

Carol Schuldt