

# Redeemer Lutheran Church

869 7<sup>th</sup> Avenue SE  
Rochester, MN 55904



## Redeemer Lutheran Church

### Seventh Sunday of Easter

Sunday, May 13, 2018 – 8:00 am

Sunday, May 13, 2018 - 10:40 am

**Grow In Christ ♦ SHARE HIS LOVE ♦ Encourage**

**Our Mission Statement:** *“As Christians based on the solid foundation of God’s Word, empowered by the Holy Spirit we strive to live out, lift up, and share our faith in Jesus Christ – welcoming all into our Family of Believers.”*

**Values:**

Truth, Community Engagement, Family of Believers, Teaching, Healing/Caring, Joy, Prayer

**WELCOME VISITORS** We have printed out our worship service to make it easier for all of us to follow. Hymns are found in the hymn section of the Lutheran Service Book or in Worship & Praise, the purple supplement. The service is also projected on the screen. Please visit our “Welcome Center” in the Narthex for additional information about Redeemer.

**60TH ANNUAL MUSIC SERVICE** - We are thankful for all of our dedicated musicians who share their God-given talents throughout the year. On this day several of our groups are coming together to lead a good portion of our worship. **Since this is a service of worship, we ask that you not applaud for individual groups. We will have a chance to say thanks to all at the end.**

**OUR THEME FOR TODAY:** One of the first things that stands out to us about John 17 is often times one of the least things that we take to heart and fully recognize: Jesus prayed for us. Many people talk about how comforting and encouraging it is to know that another person is praying for us. How much more so then when that person is our Risen Savior? Today we look at the power and grace of having a Savior who died for us, rose for us, and prays for us; and we will explore the significance of what Jesus prays.

**+ We Come Into God’s Presence +**

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(\*) *Those who are able are asked to stand during these parts of the Service.*

## PRE-SERVICE

"You Are Mine" – Men's Choir

"Processional Celebration" – Youth Chimes

**GREETINGS and ANNOUNCEMENTS** *(We welcome our fellow worshippers.)*

## (\*) OPENING PRAYER

(\*) **PROCESSIONAL HYMN** "The Church's One Foundation" ..... LSB 644

## (\*) **THE INVOCATION and PSALM OF PRAISE** *(based on Psalm 98)*

P: In the name of the Father and of the Son and of the Holy Spirit.

C: **Amen.**

P: Oh sing to the LORD a new song, for He has done marvelous things!

C: **His right hand and His holy arm have worked salvation for Him.**

P: He has remembered his steadfast love and faithfulness,

C: **Even when we have not remembered him.**

P: All the ends of the earth have seen the salvation of our God,

C: **Which He has revealed in the face of His Son Jesus Christ,**

P: Who was faithful until death

C: **To forgive us.**

P: And who rose from the dead

C: **To give us new life and hope.**

P: So, make a joyful noise to the LORD, all the earth.

C: **Break forth into joyous song and sing praises!**

P: Sing praises to the LORD with the guitar and the sound of melody.

C: **With voices and instruments make a joyful noise before the King, the LORD.**

*(Please be seated.)*

**HYMN** "Word of God"

**The Word of God is light in my darkness**

**Hope for the hopeless strong and true.**

**The Word of God is strength for the weary,**

**A shield for those who trust in You,**

**A shield for those who trust in You.**

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**Ev'rything will fade, ev'rything will fade,  
The heavens and the earth will pass away;  
But You will remain,  
Yes, You will remain always.**

*Chorus* **Jesus, faithful Word of God,  
The anchor of my heart;  
You're ev'rything You say You are. Lord,  
Greater than my deepest needs,  
The ground beneath my feet;  
Your promises won't fail me now.**

*Repeat from beginning*

**You will not fail us,  
You will not fail us,  
You will not fail us,  
Oh, Word of God! Repeat**

*(10:40 am)* **CHERUB CHOIR**

*"My God Is With Me"  
"If I Were A Butterfly"*

**ANGELIC CHIMES**

*"A Time For Joy"*

**+ God Speaks to Us +**

## **SCRIPTURE READING**

L: The First Reading is from 1 John, chapter five.

<sup>9</sup> We accept human testimony, but God's testimony is greater because it is the testimony of God, which he has given about his Son. <sup>10</sup> Whoever believes in the Son of God accepts this testimony. Whoever does not believe God has made him out to be a liar, because they have not believed the testimony God has given about his Son. <sup>11</sup> And this is the testimony: God has given us eternal life, and this life is in his Son. <sup>12</sup> Whoever has the Son has life; whoever does not have the Son of God does not have life.

<sup>13</sup> I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life. <sup>14</sup> This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. <sup>15</sup> And if we know that he hears us—whatever we ask—we know that we have what we asked of him. *1 John 5:9-15 NIV*

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L: This is the Word of the Lord.  
C: **Thanks be to God.** *(Please stand.)*

## (\*) RESPONSE

*(LSB 816, st. 1)*

**From all that dwell below the skies,  
Let the Creator's praise arise; Alleluia, Alleluia  
Let the Redeemer's name be sung  
Through ev'ry land by ev'ry tongue. Alleluia, Alleluia!  
Alleluia, alleluia, alleluia!**

## (\*) HOLY GOSPEL

L: The Holy Gospel according to St. John, the seventeenth chapter.  
C: **Glory to You, O Lord.**

<sup>11b</sup> Holy Father, protect them by the power of your name, the name you gave me, so that they may be one as we are one. <sup>12</sup> While I was with them, I protected them and kept them safe by that name you gave me. None has been lost except the one doomed to destruction so that Scripture would be fulfilled.

<sup>13</sup> "I am coming to you now, but I say these things while I am still in the world, so that they may have the full measure of my joy within them. <sup>14</sup> I have given them your word and the world has hated them, for they are not of the world any more than I am of the world. <sup>15</sup> My prayer is not that you take them out of the world but that you protect them from the evil one. <sup>16</sup> They are not of the world, even as I am not of it. <sup>17</sup> Sanctify them by the truth; your word is truth. <sup>18</sup> As you sent me into the world, I have sent them into the world. <sup>19</sup> For them I sanctify myself, that they too may be truly sanctified. *John 17:11b-19 NIV*

L: This is the Gospel of the Lord.  
C: **Praise to You, O Christ.**

## (\*) RESPONSE VERSE

*(LSB 816, st. 2)*

**Eternal are Thy mercies, Lord;  
Eternal truth attends Thy Word. Alleluia, Alleluia!  
Thy praise shall sound from shore to shore  
Till suns shall rise and set no more. Alleluia, Alleluia!  
Alleluia, alleluia, alleluia! *(Please be seated)***

**ALLELUIA SINGERS** "Light The Fire"  
"Hear O Israel"

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**HYMN** "Tell Out, My Soul, The Greatness Of The Lord" ..... LSB 935

**PASTOR'S MESSAGE** "Our Praying Savior" – John 17

## + We Respond To God's Word +

### **GATHERING OF THE OFFERINGS**

*(The pastor will collect any special prayer request cards during this time.)*

### **FRIENDSHIP REGISTRATION**

*(Please fill in and pass the booklets in your row, if you have not already done so.)*

**MUSICAL OFFERING** "I Love To Tell The Story" – Chancel Chimes

*(When the offerings are brought forward, please stand to sing. . .)*

### **(\*) OFFERTORY**

*(LSB 816, st. 3)*

All praise to God the Father be,  
All praise, eternal Son, to Thee. Alleluia, Alleluia!  
Whom with the Spirit we adore  
Forever and forevermore: Alleluia, alleluia!  
Alleluia, alleluia, alleluia!

## + God Sends Us Forth to Serve and Proclaim +

### **(\*) PRAYERS**

*- Congregation's response: "Hear our prayer"*

### **(\*) LORD'S PRAYER**

**ALL:** Our Father who art in heaven, hallowed be thy name, thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory forever and ever. Amen. *(Please be seated.)*

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## HYMN-VERSE

(W&P 144)

*Refrain:* Thy word is a lamp unto my feet  
And a light unto my path.  
Thy word is a lamp unto my feet  
And a light unto my path.

1. When I feel afraid, think I've lost my way  
Still You're there right beside me.  
And nothing will I fear as long as You are near.  
Please be near me to the end. *Refrain*
2. I will not forget your love for me and yet  
My heart forever is wandering.  
Jesus be my guide and hold me to Your side.  
And I will love You to the end. *Refrain*

**SOUNDS OF PRAISE** "The Word Was God" (based on our theme verse – John 1:1-3)  
"True Light"

**CLOSING COMBINED CHOIRS** "The Lord Bless You"

*Stanzas 1 & 2 – Choirs*

*Stanza 3 - congregation join in singing*

The Lord bless you and keep you,  
The Lord make his face to shine upon you  
And be gracious, gracious, gracious to you.  
The Lord lift up his countenance upon you  
And give you, give you, give you peace.

## (\*) BENEDICTION

**P:** The Lord bless you and keep you. The Lord make His face shine on you and be gracious to you. The Lord look upon you with favor and give you peace.

**C:** Amen.

(\*) RECESSIONAL HYMN "Thy Strong Word" ..... LSB 578, sts. 1,3,4,5

**POSTLUDE** Tocatta on "Thy Strong Word"

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## Music Participants 2017-2018

### Cherub Choir (Director: April Beckman, DPM)

Elayna Grewe	Addie Scheid	Amelia Hammer	Abigail Heins
Natalie Fisk	Jace Brown	Meredith Fisk	McKinley Steffen
Myles Tostenson	Aaron Koglin	Juliette Loos	Bailey Steffen
Samuel Mueller	Adelaide Beckman	Josiah Loos	Solveigh Zmina

### Alleluia Singers (Directors: Joel and Kris Mueller)

Cody Clark	Karlynn Gustafson	Kaylee Mueller	Elizabeth Tostenson
Lily-Rose Decker	Kaitlyn Hartson	Grace Nelson	Julia Hendrickson
Sam Decker	Abigail Hendrickson	Melody Sorgatz	Josiah Reese

### Angelic Chimes (Director: April Beckman, DPM)

Julia Hendrickson	Melody Sorgatz	Grace Nelson	Kaitlyn Hartson
Caleb Harvey	Abigail Hendrickson	Gabe Harvey	Lily Rose Decker
Josiah Reese	Bryce Grewe	Elizabeth Tostenson	
Kaylee Mueller	Samuel Decker	Karlynn Gustafson	

### Youth Chimes (Director: April Beckman, DPM)

Kylee Hartson	Ian Reese	Addie Harvey	Lily Harvey
M.J. Harvey	Brandon Mueller	Gracie Decker	Tyler Jerabek

### Men's Choir (Director: April Beckman, DPM)

Mike Hanley	Herb Mueller	George Poch	Rich Gommels
Bruce Struve	Kurt Rump	Jim Naessens	Dave Dubbels
Bob Jenkins	Doug Koepsell	Joel Dubbels	Mike Wilshusen
Paul Lewis	Bernie Nesler	Steven Brady	

### Instruments of Praise (Director: April Beckman, DPM)

Beth Hanson	Matt Hanley	Cheri Struve	Steven Brady
Virginia Miller	Sandy Severson	Kathy Zarling	Laura Brady
Emily Applen	Mary Jo Rosin	Ken Ikier	Addie Harvey
Jay Kurtz	Matt Saxman	Jeff Sorgatz	Olivia Rossman
Scott Okuno	Bethany Mennecke	Kayla Finley	Shanna Britt

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**Sounds of Praise** (Director: April Beckman, DPM)  
Accompanists, Carol Sonnabend, Kathy Zarling)

Noel Berthiaume	Lynora Miller	Mike Wilshusen	Karen Meyer
Betty Mueller	Marcia Cochran	Harlan Petersen	Tracey Decklever
Carol Sonnabend	Mary Hanley	Andy Hanson	Emily Peter
Dawn Radtke	Pat Fitch	Bob Jenkins	Shelley Mosquera
Dawn Shelstad	Renee Brandt	Paul Lewis	Shanna Britt
Gail Wood	Laura Brady	Herb Mueller	Sydney Johnson
Joann Karges	Ruth Vrieze	Steven Brady	Joan McCormick
Jolene Heining	Jodi Hellickson	George Poch	Christine Loos
June Storma	Kathy Zarling	Bruce Struve	Teresa Louks
Kathy Hildestad	Mike Hanley	Dave Wood	Jane Quaintance
Kay Fockler	Jeff Sorgatz	Beverly Mundell	Karina VanMeekeren

**Celebration Team**

Melissa Montgomery	Arnie Kuntz	Jodi Hellickson	Dan Zemke
Jean Geib	Becky Decker	Karina VanMeekeren	Josh Zemke
Michael Harvey	Dawn Shelstad	Noah Schmitz	Sarah Finley
Wendy Hickey	Noel Berthiaume	Sam Janssen	Kay Kluge
Jeff Schoppers			

**Chancel Chimes** (Director: Herb Mueller)

Bruce Struve	Sara Lassila
Cheri Struve	Brooke Stene
Gloria Poch	Lisa Martinson
Julie Gehrking	Jane Quaintance
Beth Harwood	
Ardis Jenkins	
Mary Hanley	
Carol Sonnabend	
Lynora Miller	
April Beckman	
Emily Applen	
Kaitelyn Schultz	
Kathy Hildestad	
Joel Mueller	
Todd Mueller	



*Redeemer Lutheran Church*  
*Weekly Announcements and Highlights*  
*Week of May 13, 2018*

**Special Prayer Opportunities:**

**Health Concerns:**

- ✚ Jim Naessens, Dick Vrieze, Cindy Kettner, Bob Sonnabend, Mike Hanley, Ted Saxman, Wil Mennecke, the Theis family
- ✚ Receiving Hospice care: Cindy Fister, Bob Salley, Rita Priebe, Ruth Wheeler

**Thanksgiving:**

- ✚ For the vocation of Mothers
- ✚ For the gift of Music and those dedicated to sharing it.

**PRAYER CHAINS** – If you have a prayer request, call Gail Sim (289-2087), the church office (289-5147), or send an email to Lori Hameister at [littlebitmoo@gmail.com](mailto:littlebitmoo@gmail.com).

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

**FLOWERS IN THE CHANCEL**

- ✚ In honor of Dorothy Beasley's 80th birthday on May 10.
- ✚ In honor of Dennis Burdick's 72nd birthday on May 13.
- ✚ In honor of Eldora Krueger's 102nd birthday on May 14.
- ✚ In honor of Lois Kuehn's 82nd birthday on May 17.
- ✚ In honor of Lois Kuntz's 74th birthday on May 18.
- ✚ In honor of Katherine Mellem's 81st birthday on May 19.

**THURSDAY WORSHIP SERVICE**

Please join us Thursday evenings at 6 pm in the Chapel! This service will be similar to the coming weekend.

**60th Annual Music Sunday**

We are very blessed with so many giving hearts that are sharing their gift of Music on Sunday. Enjoy the wonderful morning of worship filled with extra music!

**STILL TIME TO TURN IT IN!**

If you have not turned in your Ministry Activity Questionnaire -- there is still time! Extra copies are available in the Narthex. Completed copies can be returned to the house in the Narthex.

**MAY VOTERS' MEETING**

**Sunday, May 20**  
**12:30 pm**

- We will elect officers, be updated by our various boards and ministry teams, and hear an update from the Audit.
- A pizza lunch will be served by the Church Council. Please join us!

**YOUTH SOFTBALL CHANGE**

Due to some maintenance at Slatterly Park, **all the youth softball games will now be played at McQuillian Field #1** (1655 Marion Road SE). Field #1 is the first field by the road. Any questions, please contact Curt Walter at 951-7151.

## ADULT BIBLE CLASSES Sundays at 9:20 am

*Concluding this week!*

### **James: Faith That Works!**

God, through James, will help us understand the relationship between faith in Christ and the good works that God has prepared for us to do. Come and let our eternities, our today's, and our tomorrows be shaped by this wisdom that comes from God. Pastor Loos leads this class in the Choir Room.

### **Joining Jesus on His Mission**

Based off of the book by the same title, you will be empowered and your eyes will be opened to the millions of ways God is on the move all around you, and how serving God is less about what we should do and more about enjoying what God is already working on. This is an exciting class! Michael Harvey, DCE, facilitates this class in the North Fellowship Hall.

### **"Here I Stand"**

Luther's "Here I Stand" is a call to us today to continue to take our stand on God's Word. This class will look at the history of Semtex from someone who was there and use it to remind us of the importance of taking our stand on God's Word as a Synod, as a Family of Believers, and as an individual. This class is co-facilitated by Pastors Adam Koglin and Jim Heining in the South Fellowship Hall.



## JOIN US FOR A POTLUCK! Saturday, May 19 -- 6:30 pm

The Friendship Team is hosting a potluck on Saturday, May 19, at 6:30 pm. *(Immediately following the 5:30 pm worship service.)*

We have invited our friends from POBLO, so this will be a chance to try a variety of ethnic foods. Bring your favorite dish to share -- invite a friend -- come for an evening of fun and fellowship. You will be blessed! *(Reminder: Due to allergies, please avoid foods with Peanut butter and nuts.)*

Extra invites to share with friends are available at the Welcome Center. If you have any questions, contact Molly Gommels at 507-319-0323.

## CHRIST CARE TRAINING

This past weekend four individuals were commissioned after completing ChristCare training. The training is 40 hours over the span of 16 weeks, which may seem long but those who take the training soon discover it flies by and the group bonds in special ways. The 2018 ChristCare leadership class members were:

- **Al and Nancy Mennecke**- The Menneckes will be leading a ChristCare group here at Redeemer
- **Martha Farag**- Martha will use what she learned during the training to aid in her Christian outreach to Muslims on Rochester
- **Katie Cafilish**- Katie is a member at Trinity Lutheran and will use the training and resources to bless young adult groups at Trinity

We will start another training in January 2019. Is God nudging you into this sort of service? Talk to Michael Harvey!



*Summer*  
**Refreshments**

**VOLUNTEERS NEEDED  
TO SERVE  
SUNDAY SUMMER COFFEE**

If your group or family would be willing to serve “treats” between services on a Sunday, beginning May 27 through September 2, please contact the church office (289-5147) as soon as possible.

Instructions and helpful hints are provided!

**2018**

**GRADUATE  
RECOGNITION**

Save the date! Redeemer’s High School graduates will be recognized at the 9:30 am service on **Sunday, June 3.**

**Attention Graduates:** Please turn in a **Senior picture**, along with a sentence of your plans for next year, to the church office by **Friday, May 25.**

**CHANNEL ONE CLEAN ROOM**

**OPPORTUNITY:** Redeemer is signed up to work in the Channel One Food Bank Clean room on Monday, May 21, from 6 to 8 pm. If you are interested in participating or would like more information, please contact Ellen Blanco at 206-8394. Thank you for your interest in helping with this outreach in the community.

**HOSPITALIZED?**

**We care and want to know!**

As always, please contact the church office if you or one of our members are hospitalized, or you can have a family member notify us. In addition to that, however, with the new Mayo Clinic Epic system you can specify your congregational affiliation when registering at the hospital. If you are hospitalized, please provide, when asked: your faith tradition (Lutheran), full church name (Redeemer Lutheran Church), and the town/city where our church is (Rochester). Then, we will be able to find you easily in order to support and care for you during that time. This is one important way that we want to encourage each other in the Lord and minister to you.

**INTERESTED IN JOINING OUR  
FAMILY OF BELIEVERS?**

**Our next Welcome To The Family Weekend  
will be May 19/20, 2018.**

Our pastors would enjoy meeting you! Please introduce yourself to Pastor Koglin or Pastor Loos.

For more information contact:  
Pastor Adam Koglin  
akoglin@redeemer-rochester.com



## Youth Highlights!

- **IGNITE/PYROS:** No PYROS or IGNITE on May 13th due to Mother's Day. Help out and pamper your mommas!
- **LOCK-IN: EXTRA! EXTRA!** Read all about it! There is a lock-in! All current grades 6-12 are invited and we hope you can make it! Details:
  - Where:** At Redeemer Lutheran Church and Slatterly Park
  - When:** May 18-19th 7pm to 7am
  - What to bring:** A snack to share. Clothing to run in (at the park and inside!). A pillow/blanket. Deodorant isn't a bad idea either...
  - What's the plan:** Plan is- Games! Food! Music! Fun!
  - Theme:** Last Team Standing.
- **IGNITE:** May 20th, at 6pm is our final IGNITE of the year! At our final IGNITE of the activity year, we always invite our future sixth graders to participate with us! Come on down to the youth room for food, games and music. We are having a quick conversation about topics for next year. If you have any questions about this, please talk to Josh!
- **HOW CAN I STAY CONNECTED OVER THE SUMMER?** Great question! Come to our servant event (you can still register!). Come to the youth sharing services after RSE and our Colorado Servant Adventures. Play Softball with our youth group! Volunteer with VBS!
- **PSALM 37:4 SCHOLARSHIP:** This scholarship, formed in memory of Josh Evers, is available to all youth! Its purpose is to allow youth to attend youth events that they are unable to afford otherwise. If you would like more information please talk to Michael Harvey. This is completely confidential.

If you have questions about any of these events,  
contact:

**Josh Heirigs, DCE**

(923-6288) OR [joshheirigs@redeemer-rochester.com](mailto:joshheirigs@redeemer-rochester.com)

## HELPING HANDS!

Does your ministry team or organization need some helping hands? The Support Team for the Rochester Servant Event (RSE) welcomes any ideas, suggestions, or projects for their consideration to work on during this year's event. We are currently looking for ideas for the wonderful support team members who come and share in fellowship and service. Last year, besides supporting RSE, we tied fleece blankets and made greeting cards. Please contact Sue Tollers (288-2317), Judy Lee (951-0221), or Gail Sim (289-2087) with ideas. Thank you!

## NEED SOME HELP?

Feeling overwhelmed by a home project, either inside or out? Know of someone who is and may need assistance? If so, we are looking for projects to work on during the Rochester Servant Event. Please contact Jan Czaplowski at 507-319-4695.

## FOOD DONATIONS!

RSE will be collecting food items for Channel One Food Drive. Please plan to bring a food donation to the June 13 concert. All food items are appreciated so we can ROCK THE BOX! All members are welcome to show their support by contributing non-perishable food items.



**Grief and Loss Support/  
Discussion Group for  
Redeemer Members**

Redeemer will again be offering a Grief and Loss Support Group. If you have suffered the loss of a loved one and would like to join together within a supportive, Christian group to remember, talk, and share in a confidential environment; this is for you. We would like to know your interest for a group during late May – July, running for 8 weeks, on Wednesdays, from 1-2:30.

**Please respond, if you are interested, by Sunday, May 13,** as each group to be held will need a minimum of 3 and maximum of 10 individuals. Additionally, we ask that you plan to attend all 8 sessions, to provide consistency and cohesiveness for all members of the group. To sign-up or if you have any questions, please call Kathy Zarling, RN, Parish Nurse, at 507-398-7036, Jan Ludwig, RN, at 287-1067, or the Redeemer church office, at 289-5147.

## Best Practices in Ministry (BPM):

February 21-23, 2019

Mark your calendars for the next Best Practices for Ministry conference in sunny Phoenix! Redeemer members who have gone have come back changed and blessed. Ideas and concepts from this conference have added depth to our family and those that attend come back rested and refreshed and excited to do the Lord's work! If you have interest in attending this event, please add your name to the interest sheet on the Welcome Center. Scholarships of some sort will be offered as we see interest.

## RCLS Employment Opportunity

RCLS is seeking a .5, Spanish teacher to begin in August, 2018. The specific teaching schedule will be determined once a candidate is identified. Duties include teaching one period of Spanish instruction, per week, to students in Preschool/Pre-K through Grade 8. A teaching degree with strong ability with the Spanish language or a degree in Spanish preferred. Contact Suzanne Lagerwaard @ 507.289.3267 for more information or send a letter of interest and a resume to [sulagerwaard@rcls.net](mailto:sulagerwaard@rcls.net)

### **OUR RESPONSE TO GOD LAST WEEK:**

**WEEKEND WORSHIP ATTENDANCE:**

587 (35+69+208+275) Guests: 51

**SUNDAY SCHOOL / ADULT BIBLE CLASSES:**

217 (86+131)

**NEXT WEEKEND'S READINGS:**

Ezekiel 37:1-14; Acts 2:1-21;

John 15:26-27;16:4b-15

**THEME:** "Our Helper"

# Health Notes

Christian have challenges that can weigh on emotional health like any other person. The Bible is full of expressions of depression.

## KEY MESSAGES

- Being emotionally healthy doesn't mean you will never go through rough times, disappointments and loss throughout life. The difference is that if you are emotionally well, you are able to cope when you encounter most emotional issues.
- If you're struggling with emotional well-being, know that you're not alone.
- Mental health problems are very common. According to the National Alliance on Mental Illness (NAMI), one in four adults experiences mental illness in a given year.
- All of us experience some kind of mental illness in our lifetime.
- Emotional problems are not a sign of weakness.
- Don't be embarrassed or ashamed to get help.
- Your physical well-being affects your emotional well-being. Exercise releases endorphins that energize and lift your mood.
- Alcohol, cigarettes, caffeine and other drugs may make you feel better temporarily, but they have negative long-term effects.
- Sunlight can lift your mood.

## RECOGNIZE ANY OF THE FOLLOWING SYMPTOMS?

- Changes in energy levels and sleep patterns.
- Noticeable restlessness or irritability.
- Loss of interest or pleasure in activities.
- Feeling sad, empty, hopeless, worthless or guilty.
- Frequent thoughts of death or suicide
- Difficulties with concentration or decision-making.
- Changes in appetite, eating habits or weight.

## DO YOU OR DO YOU KNOW SOMEONE WHO IS STRUGGLING?

- Redeemer, we have pastors, Stephen Ministers, Parish Nurses are resources for you.
- Or the National Suicide Prevention Life Line 1-800-273-TALK (8255) or 911.

## ELDERBERRIES

**DATE:** Tuesday, May 22

**TIME:** 11:30 am

**PLACE:** Redeemer Lutheran, South Fellowship Hall

**LUNCH:** By Canadian Honker

**COST:** \$8.50

**DEADLINE** to sign up (or cancel): Sunday, May 20

**PRESENTER:** Jordon Tredinnick, MS

Nutritional Health Coach @ Natural Grocers

**PROGRAM:** "Make Your Next Plate Great!"

Please sign up (or cancel) at the Welcome Center by Sunday, May 20, so I can notify Canadian Honker regarding the number of attendees and so you do not owe for failure to cancel on time.

If you are willing to donate a dessert (cake, bars, etc), please *also* sign up on the separate sheet for that. You will be contacted if you are needed to bring a treat. If selected, your meal will be free. Thanks for volunteering!

**QUESTIONS:** Please contact Darlene Thompson at 507-289-7043 or at [dthompson1448@gmail.com](mailto:dthompson1448@gmail.com).

## Blessed to Serve Today

**Message** ..... Pastor Ben Loos  
**Liturgist** ..... Pastor Adam Koglin  
**Pianist (Thursday)**..... Kathy Zarling  
**Organist** ..... April Beckman, DPM  
**Acolytes**  
     8:00 am ..... Andrew Sonnabend / Seamus Olive  
     10:40 am ..... Brandon Mueller / Luke Miller  
**Altar Guild** ..... Chair: Caroline Ferdig  
     Members: ..... Vicky Ward, Rosie Petersen, Donna Mundell  
**Blood Pressure** ..... Julie Probach  
**Elders**  
     6:00pm ..... Scott Feeder  
     5:30 pm ..... Tom Werle  
     8:00 am ..... Jeff Schoppers  
     10:40 am ..... Darin Grewe  
**Greeters**  
     5:30 pm ..... Randall and Karen Peck  
     8:00 am ..... Jerry and Bonnie Ott  
     10:40 am ..... Lois Norby  
**Lectors**  
     5:30 pm ..... Joel Dubbels  
     8:00 am ..... Virginia Miller  
     10:40 am ..... Jane Quaintance  
**Nursery**  
     9:20 am ..... Anna Koglin / Jane Quaintance  
     10:40 am ..... Sara Bonnes / Madi Werle  
**Usher Coordinator** ..... Roger Toomey  
**Ushers**  
     5:30 pm ..... Rich Ward  
     8:00 am ..... Ed Feeder, Harold Jenkins, Andrew Fockler, Jeff Lee, Sam Gehrking, Chantel Van Guilder, Jagger Schoppers  
     10:40 am Willis Fitting, Joel Pralle, Gary Seering, Jacob Pralle, Madison Pralle, Tyler Bruns, Carter Kmett, Abi Manthei, Josh Berthiaume  
**Welcome Center**  
     5:30 pm ..... Diana and Larry Stoen  
     8:00 am ..... Terry and Sharon Muller  
     10:40 am ..... Beth Hanson  
**Worship Recording** ..... Royce Ernst


  
 SING SONGS OF PRAISE  
 James 5:13

## ALL HANDS ON DECK!!! VBS IS SHIPWRECKED!!!



We need people of all ages to join us!  
**Kick-off:** July 15, 5:30 pm to 7pm  
 -Hot dogs, burgers, chips  
**VBS:** July 16 - 20, 9 am to 12pm  
**Celebration Service:** Sunday, July 22,  
 9:30

Please note: There will be NO potluck following service this year.

**Registration is open online and paper forms are in the Narthex, all ages needed!!**  
**Sign up you, your kids, grandkids, even your neighbor!**

## THANK YOU!

Thank you to those who donated empty toilet paper and paper towel rolls for VBS decorations. We now have enough!

## "LIFE QUOTES"

"If you knew that Jesus would be in your church on Sunday to bless your children, to put His hand on your shoulder, to personally assure you of His forgiveness and love, would you be there? He is there, and He does that through the Gospel." *Rev. James Albrecht, St. John's Evangelical Lutheran Church, Okabena, Minnesota – A Life Quote from Lutherans For Life*  
[www.lutheransforlife.org](http://www.lutheransforlife.org)

## The Week at a Glance

### SATURDAY, MAY 12

WORSHIP - 5:30 pm

### SUNDAY, MAY 13 - MUSIC SUNDAY

WORSHIP—8 & 10:40 am  
 Blood Pressures—Nurses' Office—9 am  
 Sunday School/Adult Bible Classes—9:20 am  
 Agape CC - 6:30 pm  
 Lutherans For Life - Rm 102 - 7 pm

### MONDAY, MAY 14

Quilters - NFH - 8 am  
*Adjustment to Blindness* - Rm 102 - 9:30 am  
 Story Time - Narthex - 10:15 am  
*FCCI Banquet* - FH - 5 pm  
 Lynne Gaunt CC - RM L-1 - 6 pm  
 Emmanuel CC - Upper Rm - 6:30 pm  
 J.O.Y. CC - RM 102 - 7 pm

### TUESDAY, MAY 15

Ladies' Bible Study—NFH—9 am  
 Men's Bible Study—Rm 102—9 am  
 FFF Exercise Group—Rm L-3—10:15 am  
*REM Training* - NFH - 10:30 am  
*Accordion Band* - Rm L-3 - 1 pm  
 Koinonia CC - Upper Rm - 6:30 pm

### WEDNESDAY, MAY 16

**NEWSLETTER DEADLINE - NOON**  
*POBLO Sewing*—NFH—10 am  
 Seekers CC - SFH - 1 pm  
 Shalom CC - Upper Rm - 1 pm  
 Men's Bible Study—Upper Rm—6 pm  
 Children/Youth Choir/Chime Party - FH - 6 pm  
 7/8 Confirmation—6:10 pm  
 Sounds of Praise—7:00 pm  
 Youth Softball - McQuillian Field #1 - 7 pm

### THURSDAY, MAY 17

Faithfully Fit Exercise—Rm L-3—10:15 am  
 Faithful Followers - RM 102 - 1 pm  
 HOLY COMMUNION - Chapel - 6 pm  
 Stephen Ministry - Rm 120 - 6:30 pm  
 ChristCare CE - Upper Rm - 6:30 pm  
 Technology Team - Rm 201 - 7 pm  
 Chancel Chimes - Sanctuary - 7 pm

### FRIDAY, MAY 18

Library Committee - Library - 9:30 am

### SATURDAY, MAY 19

New Member Class - RM 102 - 10 am  
 Barbershop Chorus Concert - FH - 1 pm  
 HOLY COMMUNION - 5:30 pm  
 POBLO Fellowship Potluck - FH - 6:30 pm

### SUNDAY, MAY 20

HOLY COMMUNION—8 & 10:40 am  
 Blood Pressures—Nurses' Office—9 am  
 Sunday School/Adult Bible Classes—9:20 am  
 Sunday School Teach Mtg - 11:45 am  
 Voters' Luncheon - FH - 11:30 am  
 Voters' Meeting - FH - 12:30 pm  
*Japanese Fellowship* - Chapel/Nursery - 3:30 pm  
*Japanese Fellowship* - NFH - 5:00 pm  
 Young Families CC - Upper Rm - 4 pm  
 IGNITE - Youth Rm - 6 pm  
 Partners in Christ - Upper Rm - 6:30 pm





# Redeemer Lutheran Church

869 7<sup>th</sup> Avenue SE -- Rochester MN 55904  
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 E-mail: [office@redeemer-rochester.com](mailto:office@redeemer-rochester.com)  
 Web site: <http://www.redeemer-rochester.com>

<b>WELCOME VISITORS</b>	Whether looking for a church home or just here for the day, we are glad to have you as our guests. Please sign the red Friendship Registration pad in your pew and pick up a visitor packet in the Narthex. Remember that you are our guests; the offering is for our members who support the work of the church through their voluntary gifts.
<b>WORSHIP SCHEDULE</b>	Thursday 6:00 pm      Saturday 5:30 pm      Sunday 8 and 10:40 am
<b>HOLY COMMUNION</b>	is celebrated in each service the weekends of the 1st, 3rd, and 5th Sundays of the month. We invite those who acknowledge their sinfulness, recognize that Christ's body and blood are truly present for our forgiveness, and are willing to give witness to the unity of their faith with this community, to join with us in receiving the sacrament. For those who for health or conscience reasons are not able to receive wine, please note that there is a cup of white grape juice in the middle of each tray. Gluten-free wafers are available in the middle of the bread tray for those with that allergy.
<b>CHILDREN</b>	are always welcome at Redeemer. Parents should note that according to your needs and preferences, 1) children's bulletins and "color bags" are available in the narthex; 2) our nursery is staffed each Sunday morning during the 9:20 am Education Hour and the 10:40 am service. The Nursery is located just off the Narthex -- look for our sign!
<b>WORSHIP CDs</b>	are available in the rack by the elevator.
<b>TRANSPORTATION</b>	is available each Sunday morning. Please call the church office (289-5147) by Noon on Thursday.
<b>SPECIAL NEEDS</b>	Large print bulletins and personal hearing devices are available in the Narthex from an Usher or at the Welcome Center.
<b>OFFICE HOURS</b>	Monday through Friday 7:30 am - 4:00 pm

## STAFF

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