


Redeemer Lutheran Church

869 7th Avenue SE
Rochester, MN 55904



Redeemer Lutheran Church
Twenty-Second Sunday After Pentecost
Sunday, October 21, 2018 – 8:00 am
Sunday, October 22, 2018 - 10:40 am

Family of Believers
IN PRAYER 1 THESS 5:16-18

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

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.

OUR THEME FOR TODAY is “Luggage.” Today we will look into our luggage and see what is truly needed to enjoy our trip. The grace is that when we look into the empty bag we see just how full it actually is!

+ We Come Into God’s Presence +

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

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

(*) OPENING PRAYER *(Please stand.)*

HYMN “What Is The World To Me” LSB 730

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(10:40 am) **SACRAMENT OF HOLY BAPTISM** *(congregation's welcome)*

P: In Holy Baptism, God the Father has made you a member of His Son, our Lord Jesus Christ, and an heir with us of all the treasures of heaven in the one holy Christian and apostolic Church. We receive you in Jesus' name as our sister in Christ, that together we might hear His Word, receive His gifts, and proclaim the praises of Him who called us out of darkness into His marvelous light.

C: **Amen. We welcome you in the name of the Lord.**

P: And you, Radke, the Lord bless you in all your ways from this time forth and forevermore.

C: **Amen.** *(Please stand to sing.)*

All sing: **Praise God, from whom all blessings flow;** *(LSB 805)*
Praise Him, all creatures here below;
Praise Him above, ye heav'nly host:
Praise Father, Son, and Holy Ghost. Amen.

(The 10:40 am service will continue with the Hymn of Praise on page 3.)

(8:00 am) **(*) CONFESSION AND ABSOLUTION** *(Please stand.)*

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

C: **Amen.**

P: If we say we have no sin, we deceive ourselves, and the truth is not in us.

C: **But if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness.**

Silence for reflection on God's Word and for self-examination.

P: Let us then confess our sins to God our Father.

C: **Most merciful God, we confess that we are by nature sinful and unclean. We have sinned against You in thought, word, and deed, by what we have done and by what we have left undone. We have not loved You with our whole heart; we have not loved our neighbors as ourselves. We justly deserve Your present and eternal punishment. For the sake of Your Son, Jesus Christ, have mercy on us. Forgive us, renew us, and lead us, so that we may delight in Your will and walk in Your ways to the glory of Your holy name. Amen.**

P: Almighty God in His mercy has given His Son to die for you and for His sake forgives you all your sins. As a called and ordained servant of Christ, and by His authority, I therefore forgive you all your sins in the name of the Father and of the Son and of the Holy Spirit.

C: **Amen.**

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(*) HYMN OF PRAISE

(LSB 782, st. 1)

Gracious God, You send great blessings
New each morning all our days.
For Your mercies never ending,
For Your love we offer praise.
Lord, we pray that we, Your people
Who Your gifts unnumbered claim,
Through the sharing of your blessings
May bring glory to Your name. *(Please be seated.)*

+ God Speaks to Us +

SCRIPTURE READINGS

L: The Old Testament Reading for the Twenty-Second Sunday After Pentecost is from the fifth chapter of Ecclesiastes.

¹⁰ Whoever loves money never has enough; whoever loves wealth is never satisfied with their income. This too is meaningless.

¹¹ As goods increase, so do those who consume them. And what benefit are they to the owners except to feast their eyes on them?

¹² The sleep of a laborer is sweet, whether they eat little or much, but as for the rich, their abundance permits them no sleep.

¹³ I have seen a grievous evil under the sun: wealth hoarded to the harm of its owners, ¹⁴ or wealth lost through some misfortune, so that when they have children there is nothing left for them to inherit. ¹⁵ Everyone comes naked from their mother's womb, and as everyone comes, so they depart. They take nothing from their toil that they can carry in their hands.

¹⁶ This too is a grievous evil: As everyone comes, so they depart, and what do they gain, since they toil for the wind? ¹⁷ All their days they eat in darkness, with great frustration, affliction and anger.

¹⁸ This is what I have observed to be good: that it is appropriate for a person to eat, to drink and to find satisfaction in their toilsome labor under the sun during the few days of life God has given them—for this is their lot. ¹⁹ Moreover, when God gives someone wealth and possessions, and the ability to enjoy them, to accept their lot and be happy in their toil—this is a gift of God. ²⁰ They seldom reflect on the days of their life, because God keeps them occupied with gladness of heart. *Ecclesiastes 5:10-20 NIV*

L: This is the Word of the Lord.

C: **Thanks be to God.**

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L: The Epistle Reading is from the fourth chapter of Hebrews.

¹ Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it. ² For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed. ³ Now we who have believed enter that rest, just as God has said, "So I declared on oath in my anger, 'They shall never enter my rest. '"

And yet his works have been finished since the creation of the world. ⁴ For somewhere he has spoken about the seventh day in these words: "On the seventh day God rested from all his works." ⁵ And again in the passage above he says, "They shall never enter my rest."

⁶ Therefore since it still remains for some to enter that rest, and since those who formerly had the good news proclaimed to them did not go in because of their disobedience, ⁷ God again set a certain day, calling it "Today." This he did when a long time later he spoke through David, as in the passage already quoted: "Today, if you hear his voice, do not harden your hearts."

⁸ For if Joshua had given them rest, God would not have spoken later about another day. ⁹ There remains, then, a Sabbath- rest for the people of God; ¹⁰ for anyone who enters God's rest also rests from their works, just as God did from his. ¹¹ Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

¹² For the word of God is alive and active. Sharper than any double- edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. ¹³ Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.

Hebrews 4:1-13 NIV

L: This is the Word of the Lord.

C: **Thanks be to God.** *(Please stand to sing.)*

(*) ALLELUIA AND VERSE

Al - le - lu - ia. Lord, to whom shall we go?

You have the words of e - ter - nal life. Al - le - lu - ia.

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(*) HOLY GOSPEL

L: The Holy Gospel according to St. Mark, the tenth chapter.



☐ Glo - ry to You, O Lord.

²³ Jesus looked around and said to his disciples, "How hard it is for the rich to enter the kingdom of God!"

²⁴ The disciples were amazed at his words. But Jesus said again, "Children, how hard it is to enter the kingdom of God! ²⁵ It is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God."

²⁶ The disciples were even more amazed, and said to each other, "Who then can be saved?"

²⁷ Jesus looked at them and said, "With man this is impossible, but not with God; all things are possible with God." ²⁸ Then Peter spoke up, "We have left everything to follow you!"

²⁹ "Truly I tell you," Jesus replied, "no one who has left home or brothers or sisters or mother or father or children or fields for me and the gospel ³⁰ will fail to receive a hundred times as much in this present age: homes, brothers, sisters, mothers, children and fields—along with persecutions—and in the age to come eternal life. ³¹ But many who are first will be last, and the last first."

Mark 10:23-31 NIV

L: This is the Gospel of the Lord.



☐ Praise to You, O Christ. *(Please be seated.)*

CHILDREN'S MESSAGE

(Parents, please feel free to come forward with smaller children.)

HYMN "You Are My Vision"

**You are my vision O King of my heart
Nothing else satisfies only You Lord
You are my best thought by day or by night
Waking or sleeping Your presence my light**

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You are my wisdom You are my true word
I ever with You and You with me Lord
You're my great Father and I'm Your true son
You dwell inside me together we're one

You are my battle-shield sword for the fight
You are my dignity You're my delight
You're my soul's shelter and You're my high tower
Come raise me heavenward O Power of my power

I don't want riches or man's empty praise
You're my inheritance now and always
You and You only the first in my heart
High King of heaven my treasure You are

High King of heaven when victory's won
May I reach heaven's joy O bright heaven's Son
Heart of my own heart whatever befall
Still be my vision O Ruler of all

Heart of my own heart whatever befall
Still be my vision O Ruler of all

SERMON "Luggage" – Ecclesiastes 5:15

+ We Respond To God's Word +

GATHERING OF THE OFFERINGS

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

FRIENDSHIP REGISTRATION

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

(Please stand to sing as the offerings are brought forward.)

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(*) OFFERTORY

Lord You are more precious than silver
Lord You are more costly than gold
Lord You are more beautiful than diamonds
And nothing I desire compares with You. *(repeat)*

(*) APOSTLES' CREED

I believe in God, the Father Almighty, maker of heaven and earth.

And in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. The third day he rose again from the dead. He ascended into heaven and sits at the right hand of God the Father Almighty. From thence he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy Christian Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

(*) PRAYERS

L: Lord in your mercy,
C: Hear our prayer.

(*) THE LORD'S PRAYER

C: 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.

+ God Serves Us His Holy Meal +

(*) THE WORDS OF OUR LORD

(*) PAX DOMINI

P: The peace of the Lord be with you always.



☐ A - men.

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(*) AGNUS DEI

Lamb of God, You take a - way the sin of the world;
have mer - cy on us. Lamb of God, You take a - way the
sin of the world; have mer - cy on us. Lamb of
God, You take a - way the sin of the world;
grant us peace, grant us peace. *(Please be seated.)*

(Distribution is continuous. When directed by the usher, proceed to the rail. When you have communed and had time for prayer, return by the far left side.)

DISTRIBUTION MUSIC

- HYMN "This Is The Feast" LSB 171
- HYMN "Lord Jesus Christ, We Humbly Pray" LSB 623
- HYMN "We Give Thee But Thine Own" LSB 781
- HYMN "The Gifts Christ Freely Gives" LSB 602

+ God Sends Us Forth to Serve and Proclaim +

(*) COMMON DISMISSAL - spoken by the pastor

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(*) POST-COMMUNION CANTICLE

☐ Thank the Lord and sing His praise; tell ev-'ry-one what
He has done. Let ev - 'ry-one who seeks the Lord re -
joice and proud - ly bear His name. He re-calls His prom-is-
es and leads His peo - ple forth in joy with shouts of thanks -
giv - ing. Al - le-lu - ia, al - le-lu - ia.

(*) 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.

☐ A - - - men.

HYMN "God of Grace and God of Glory" LSB 850

Acknowledgments

Divine Service, Setting Two from Lutheran Service Book
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*Redeemer Lutheran Church
Weekly Announcements and Highlights
Week of October 21, 2018*



Special Prayer Opportunities:

Health Concerns:

- ✚ Will Mennecke, Betty Renstrom, Nicolette Johnson, Dick Miller, Bob Trebble, Marge Zobel, Mike Hanley
- ✚ Receiving Hospice care: Cindy Fister, Rita Priebe

Grieving:

- ✚ LoJean Borland, and her family, upon the recent death of her mother, Dolores.

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.

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.

BAPTIZED

During the 10:40 am service on Sunday is, Radke Grace Potter, daughter of Derek and Rainy (Gustafson) Potter, born July 1, 2018. Her sponsors are Megan Potter, Autumn Sander, and Adam Seeman.

BAKELESS BAKE SALE

The Bakeless Bake Sale sheets are available in the Narthex during the month of October. Please consider a gift to our Redeemer Lutheran Church Women.

ROSE ON THE ALTAR

Is in honor of Doug Koepsell's 87th birthday on October 24.

Family of Believers: In Prayer

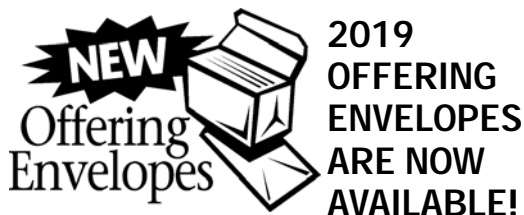
- ✚ Dene Narveson
- ✚ Michael Wilshusen
- ✚ Virgil and Linda Eickhoff
- ✚ Wayne and Brenda Meyers, Adam
- ✚ Cliff and Barb Berquam, Katie and Kyle
- ✚ Judy Bartlett, James and Peter
- ✚ Tim and Rhonda Kanne, Hayden and Rylee
- ✚ Patricia Markwardt
- ✚ John and Mariam Gayed, Natalie, Adam, and Lily
- ✚ Justin and Ellen Collopy

CONGREGATION! PIZZA RANCH!

On October 29, from 4:30 to 8:00 pm, we are at Pizza Ranch! This eagerly awaited event is finally back, so come on out for some good grub and great company! Your support of this helps our Youth go serve at places like Chicago, Colorado, and participate in the National Youth Gathering like the one this summer in Minneapolis. Come on out! Thanks Y'all!

A FUN OPPORTUNITY!

Are you looking for a new and fun volunteer opportunity that has a low a time commitment? If so, check out Story Time on Mondays! We need a volunteer or two to help set-up and greet our little visitors Monday mornings for Story Time. If you would like more information, please contact Judy Lee at 951-0221.



Your 2019 offering envelopes are now available on tables in the Education Hallway! Envelopes are laid out in alphabetical order. Look for your name in the upper right-hand corner. Please do not use your 2019 envelopes before January 1, 2019.

REDEEMER HEALTH TALKS

**Monday, October 22,
7:00-8:00 pm
North Fellowship Hall**

Just a reminder that the repeat evening presentation of “Redeemer Health Talks”, brought to you by our Redeemer Health Cabinet, will be given **Monday, October 22, from 7-8 pm**, in the North Fellowship Hall, at Redeemer.

This presentation on “Stroke Awareness”, will be given by Jody Hellickson, MS, APRN, Clinical Nurse Specialist, in the Neuroscience Intensive Care Unit, at Mayo Clinic. Jody will provide education for patients, family, friends, and caregivers experiencing symptoms of stroke, stroke itself, aftermath care, recovery, and resources. Time will be allowed for questions.

Please plan to attend and bring any interested family and friends. Stroke can “touch” all of us. Become informed!

NEW SUNDAY ADULT BIBLE CLASSES

Starting October 21, 9:20 am

THEOLOGY OF REST:

Rest is one of the first things God does and one of the first commands He gives his people. This class will look at the biblical theme of rest and apply it to our busy, hectic, and restless lives. How do we #workfromrest? What does that even mean? Let us learn together. Did I mention, rest also reminds us of our eternal focus? Let's rest in God's Word together. Facilitated by Pastor Koglin (*your mono pastor*) in the South Fellowship Hall.

WHAT DO YOU BELIEVE AND WHY DO YOU BELIEVE IT?

One of the things we hope students can do after confirmation is talk about what they believe with confidence. This class is going to get you thinking about what you believe and help you answer the further question of why you believe it. Sometimes we don't talk about our faith because we're not sure we'll be able to answer the questions asked. We're taking steps to remedy that. Bring a Bible, we've got a lot of questions to answer! Plan to meet in the North Fellowship Hall.

GENEROSITY

This class will focus on generosity. The unimaginable generosity of our God. The thrill of being generous to others and empowering ways to grow generosity in yourself and others. Redeemer's Stewardship Team will lead this class in the Choir Room, no offering plates will be passed.

a little


CRAFT

— IN YOUR DAY —

**October 27,
from 9 am to 4 pm
South Fellowship Hall**

Bring your project and join us for a day of
fun and fellowship!

Please bring a dish to pass for lunch.
Questions: Contact Tami Timbeross
507-951-0601/
tamitimbeross71@gmail.com



**Wednesday, October 31
Redeemer Parking Lot
Set-up begins at 4:30 pm
Event runs from 5:30-7:00
pm**

Would your group/team/family be interested in decorating a car for this event? Or helping out by donating time or candy?

Please sign up at the Welcome Center if you are interested in participating.

Fall Clean-Up Day

**Saturday, October 27
8:00 am to Noon**

No special tools needed -- just lots of willing hands to make the work go quicker! We will focus on cleaning up the yard and landscaping, as well as some general "fall cleaning" items. Come and enjoy good fellowship! *Rain date will be Saturday, November 3.*



ALL SAINTS DAY IS COMING UP!

Please fill out a "Praying Hand" with the name of someone who has passed that has influenced your faith. One name per hand. You may include a Prayer of Thanksgiving on the back of the praying hand if you would like.



A SPECIAL NEED

A free-will offering collection next week (Oct 27/28) for Channel One backpack program. Channel One has indicated a need for additional funds this school year in response to the increase in meals supplied and costs. (*\$72 provides one child a backpack full of food once per week for an entire year.*) Please consider a donation to help us minister to the community and care for families in need. Redeemer is in its 7th year in helping with this program already.

PICTORIAL DIRECTORY PICTURE UPDATES OCTOBER 23/24

Lifetouch will be at Redeemer on October 23/24, from 2 to 9 pm, taking pictures for those who have previously signed up. If you would like to have your picture taken, please contact the church office at 289-5147.

MISSING

On Sunday, October 14, a white antique wooden lattice was mistakenly put in the backseat of a mid-size, red, 4-door car. If you have this item or any information regarding this item, please contact the church office (289-5147).

ELDERBERRIES

Plan to join us on Tuesday, November 13, at 11:30 am in the Fellowship Hall. More information will be coming! The sign-up sheets are out at the Welcome Center.

CHRISTCARE! STAYING WARM ON A COLD WINTER'S NIGHT!

Can you identify with one of these situations?

- 1) Finding your way in the new empty nest lifestyle.
- 2) Attending Redeemer as a young professional and want to find a connection.
- 3) Not looking forward to the cold winter nights and would like something to do.
- 4) Wanting to find a way to connect with others that are working through the same family situations you are.
- 5) Feel called by God to grow in his Word and share it with others.

If any of these describe you, ChristCare Training is something you should investigate! The training starts January 10 and goes for 16 weeks. The training is designed to bring the training group together as a caring small group. As relationships build, each member also grows in wisdom and skill and deepens their faith life. If you want to know more contact Michael Harvey in person, by e-mail (dceorange@gmail.com) or call/text at 319-4929.

OUR RESPONSE TO GOD LAST WEEK:

WEEKEND WORSHIP ATTENDANCE:

520 (88+208+224) Guests: 51

SUNDAY SCHOOL/BIBLE CLASSES:

217 (102+115)

NEXT WEEKEND'S READINGS:

Jeremiah 31:7-9; Hebrews 7:23-28;
Mark 10:46-52

THEME: "Meh Is Over"



The Rochester Servant Event is hosting a

FALL DINNER

Sunday, October 28, 2018

11:45 am—FELLOWSHIP HALL

There will be Musical Entertainment!

Free-will offering

*To aid in planning, please sign up in
advance at the Welcome Center!*

Menu:

Turkey and Ham, mashed potatoes and gravy,
dressing, green bean casserole, rolls, seasonal
desserts, and beverages

YOUR HELP IS NEEDED!

Sign-up sheets are at the Welcome Center.

- Are you gifted in making desserts? We need seasonal dessert donations! (**No Peanut Butter or Nuts**)
- Are you wonderful at set-up and/or clean-up? Yes or no — we need your help too! Please sign up today!

BEST PRACTICES IN MINISTRY INFORMATIONAL MEETING!

On November 4, following the late service, there will be an informational Q&A meeting in the South Fellowship Hall regarding Best Practices in Ministry (BPM). BPM is a Free conference in Phoenix, Arizona, that takes place February 21-23, 2019. The conference, food, and warmer weather are free. Transportation and lodging are not, but Redeemer does have some scholarship money set aside to help defray some of this cost for new attendees. Redeemer has a group forming to go. It is a moving event that will open your eyes to how God is at work in you and others!

Questions, please contact Michael Harvey, 289-5147/dceorange@gmail.com.

ALL SAINTS CHORAL FESTIVAL NOV. 4 HYMN SING NOVEMBER 5

Redeemer will be hosting a live broadcast of two one-hour worship services to be held at our Concordia Theological Seminary in Ft. Wayne on Sunday, November 4 and Monday, November 5, both at 6:30 pm. The live-feed video will be shown in the Sanctuary. Printed service bulletins will be provided allowing all us remote attendees to sing and participate in the liturgy. These services provide a unique opportunity to participate in music-based worship along with 300+ strong singers accompanied by talented musicians from the Seminary. Contact Jay Kurtz (250-1464 or jay.kurtz@me.com) if you want more information, or would like to listen to one of these services from years past.

INTERESTED IN JOINING OUR FAMILY OF BELIEVERS?

Please introduce yourself to one of our Pastors or contact the church office (289-5147) for more information.



Encourage One Another...

In 1 Thessalonians 5, Paul writes, "Therefore encourage one another and build each other up...Encourage the timid, help the weak, be patient with everyone." God has called us all to build up and encourage one another. For those who are experiencing a really difficult time, our Stephen Ministers can provide the special encouragement, care, and support they need until they are past the crisis. If you would like more information on our Stephen Ministry here at Redeemer, please contact Pastor Loos at (507) 289-5147 or pastorbenloos@gmail.com



Hey mom! Do you have young kids? Visit Redeemer Moms play group for social time every other Tuesday morning at 9:30 AM. Email Kate Brown for the address at kate.brown55@gmail.com, or call (515)339-9804.

VOLLEYBALL ANYONE?

The Zumbro –Alexander Church Volleyball league is looking for one men’s team and one woman’s team to fill out the league this year. Men’s teams play on Tuesday nights, and woman’s teams play on Thursday nights. All games are played in the gym at Zumbro Lutheran Church. *But time is of the essence.* The league will begin playing in November, so we need to get things put together quickly. The league is competitive, but fun and friendly. So, talk to your friends at church and form a team. You must be over 18 to play. If you have any questions, you can contact Al Horstmann at 507-288-4112, or ahorstmann@rochester.mn.gov.

RCLS ANNUAL HALLELUJAH CARNIVAL

will be on Saturday, October 27, from 4-7 pm. It will be held at the school (2619 9th Ave. NW, Rochester). Activities and events include a pumpkin decorating/carving contest, games, food, and even a book fair! Attendees are invited to wear their best family-friendly costumes. Pumpkin contest entries may be dropped off at the school between 9:00-10:30 am on the day of the carnival. Arrive any time during the evening for a safe, family-friendly fall celebration. Admission to the carnival is free. Tickets for activities may be purchased at the carnival: 3 for \$1 or a discounted 40 tickets for \$10. Join RCLS in some family-friendly, safe fall fun and don’t forget to invite your friends and neighbors, too! Contact the school at 507-289-3267 for more details.

MOSES: In The Footsteps Of The Reluctant Prophet

Join the Wednesday, 6 pm, Men’s Bible Study as they work their way through this video series with discussion. Contact: Bob Jenkins 250-0317.

Youth Highlights!

- **CONFIRMATION RETREAT:** Keep our 1st and 2nd year confirmation students in your prayers as they retreat at Camp Omega October 26/27.
- **IGNITE:**
 - October 21, from 6 to 8 pm in the Youth Room we are going to have a discussion on Gender Identity. We encourage all to come and participate in this conversation! Parents, as always, you are welcome to come! Pastor Ben is going to lead the conversation.
 - October 28, from 6 to 8 pm, will be a Skit Guys movie night! We’ll have snacks and enjoy some awesome God-filled humor! All youth are invited!
- **PIZZA RANCH:** Come on out youth to the Stewartville Pizza Ranch and help us bus tables on October 29! The sign-up sheet is on the bulletin board! We need your help!
- **SAVE THE DATE:** November 4, IGNITE is at Bowlocity! Sign up on the bulletin board and come for a great evening of bowling and laser tag! Cost is \$15 per person.

If you have any questions, contact:

Josh Heirigs, DCE

(923-6288) OR

joshheirigs@redeemer-rochester.com

Health Notes

MYTH OR FACT?

I don't need to have my blood pressure checked regularly. I will be able to tell if it is high, and then I will go see my doctor.

This is a MYTH. High blood pressure (also called *hypertension*) usually does not have any signs or symptoms. According to the American Heart Association, nearly half of the American population over 20 years of age has high blood pressure, and many do not know it!

High blood pressure happens when the pressure in your arteries is higher than it should be. There are several risk factors that make a person more likely to have high blood pressure, including:

- Smoking
- Diabetes
- Being obese or overweight
- Unhealthy diet
- Physical inactivity

The only way for a person to know if they have high blood pressure is to have it checked regularly. The parish nurses here at Redeemer have free blood pressure screenings every Sunday from 8:50-10:40am and every third Saturday evening! We can also provide information about healthy lifestyle changes you can make to reduce your risk of developing high blood pressure. Stop by the nurse's office and say hi!

Material in this article is from the American Heart Association's website. For more information, please visit <http://www.heart.org>



- ◆ As Pastor Koglin made us aware on LWML Sunday, Circle membership is not the only way to be a Lutheran Woman in Mission - women *serve with gladness* in many, many different ways and areas as the LWML pledge states, “*wherever and whenever He has need of us.*” One way everyone, men, women and children, can serve is through donations to the Mite Box. All mites received fund the National and MN South District mission grants, 75% staying in MN South District LWML and 24% going to national LWML. Two bookmarks are available on the LWML display table in the Narthex - one for MN South Mission grants and one listing National Mission grants. Use the mite calendar to focus prayers throughout the month.
- ◆ Continuing with the Lutheran Women In Mission Bible study, *The Task-Filled Life*, by Jan Brunette, Week 3 *The God of Delays* (main session, Sat, Oct 20)
 - Delays from Former Years (10/22)
 - Delays in the Life of Paul (10/23)
 - God's Divine Purpose (10/24)
 - The Lingering Wait (10/25)
 - Even Christ (10/26)
- ◆ The topics continue Saturdays & weekdays through November 16. Join in by finding it online at LWML's Facebook page, or follow along on the LWML website at www.lwml.org/life, or go to lwml.org website and download each day's study.

Youth Fundraisers



CHRISTMAS GREENERY:

It is that time of year again! The youth are selling Christmas wreaths and other greenery. Please see one of the youth to order yours

today or e-mail Lynora at millertwins2@charter.net. We will be selling until October 25. The greenery includes wreaths (several different styles), swags, spruce tops, garlands, and centerpieces. There will be brochures to sign up on in the Narthex and down by the kitchen.

The youth will also be selling personalized cake pans, pie pans, etc. Check out the catalog on the table by the nursery or see Lynora. You can order by contacting one of the youth or Lynora, or you can order on line by going to thatsmypan.biz/Lynora. **Orders must be prepaid.**



The youth still have some cookbooks for sale. There are over 250 delicious recipes in this edition from various members of our congregation. They make great Christmas gifts. The cost is only \$10.00 each. They will be available in the Narthex or see one of the youth.



Blessed to Serve Today

Message Pastor Adam Koglin
 Liturgist Pastor Ben Loos
 Children's Message Michael Harvey, DCE
 Organist Carol Sonnabend

Acolytes

8:00 am Isabella Grewe / Alexis Plenge
 10:40 am Ian Cunningham / Tyler Jerabek

Altar Guild

..... Chair: Renee Brandt
 Connie Harnack, Linda Krueger, Wendy Hickey,
 Sherry Haugen, Connie Feeder

Blood Pressures

..... Barb Wallskog

Elders

5:30 pm Scott Feeder
 8:00 am Frank Kmett
 10:40 am Tony Fick

Greeters

5:30 pm
 8:00 am Royce and Marlie Ernst
 10:40 am Darrel and Irene Lande

Lectors

5:30 pm Clare Lovick-West
 8:00 am Julie Gehrking
 10:40 am June Storma

Nursery

9:20 am Anna Koglin / Kayle Lutzke
 10:40 am Carole Sorenson / Marcia Cochran

Technology Helper

5:30 pm Tim Rossman
 8:00 am Chris Senne
 10:40 am Seth Rosenberg

Usher Coordinator

..... Roger Toomey

Ushers

5:30 pm Fred Crossfield, Dale Hass, Bob Sim
 8:00 am Dave Zarling, Alan Krueger, Greg Utesch, Tony Fick, Tom Rud, Michael Wilshusen, Taylor Fick, George Gustafson
 10:40 am Marv Reinecke, Mark Fister, Gordon Hinsch, Ellen Hinsch, Davis Schulz, Lynne Gaunt, Seth Rosenberg

Welcome Center

5:30 pm Sherry and Curt Haugen
 8:00 am Arlene Strelow
 10:40 am Mike and Joan McCormick

Worship Recording

..... Greg Utesch

The Week at a Glance

SATURDAY, OCTOBER 20

Monsrud/Peck Wedding - 3 pm
 HOLY COMMUNION - 5:30 pm
 POLKA SERVICE - 5:30 pm
 German Meal - FH - 6:30 pm

SUNDAY, OCTOBER 21

WORSHIP—8:00 am
 Blood Pressures - Nurses' Office - 9 am
 Sunday School - 9:20 am
 Adult Bible Classes - 9:20 am
 WORSHIP - 10:40 am
*Japanese Fellowship - Chapel/Nursery/
 NFH - 3:30 pm*
 Young Families CC - UR - 4 pm
 IGNITE - Youth Rm - 6 pm
 Partners in Christ CC - Upper Rm - 6:30 pm

MONDAY, OCTOBER 22

Quilters - NFH - 8 am
 Story Time - Library - 10:15 am
Japanese Fellowship - L-1/Nursery - 12:30 pm
 Lynne Gaunt CC - Rm L-1 - 6 pm
 Friendship Team - Library - 6:30 pm
 Redeemer Health Talk - FH - 7 pm

TUESDAY, OCTOBER 23

Ladies' Bible Study - Choir Room - 9 am
 Men's Bible Study - Rm 102 - 9 am
 Faithfully Fit Exercise - L-3 - 10:15 am
 Directory Photos - Narthex - 2 to 9 pm
 Couples in Christ CC - UR - 6 pm
 Women's Bible Study - NFH - 7 pm

WEDNESDAY, OCTOBER 24

POBLO Sewing - NFH - 10 am
 Called Staff Meeting - Rm 102 - 10:30 am

WEDNESDAY, OCTOBER 24

Men's Bible Study - Upper Rm - 6 pm
 Youth Chimes - Sanctuary - 5:45 pm
 Alleluia Singers - Rm L-2 - 6 pm
 Stewardship - Upper Rm - 6 to 7:30 pm
 Cherub Choir - Room 100 - 6:05 pm
 1st/2nd Year Confirmation - L-3 - 6:10 pm
 3rd Year Confirmation - Rm 102 - 6:10 pm
 Angelic Chimes - Sanctuary - 6:30 pm
 Sounds of Praise - Choir Rm - 7 pm

THURSDAY, OCTOBER 25

Faithfully Fit Exercise - L-3 - 10:15 am
 Grief/Loss Group - Upper Rm - 1 pm
 FCCI Training - FH - 6 pm
 Malachi CC - UR - 6:30 pm
 Chancel Chimes - Sanctuary - 7 pm

FRIDAY, OCTOBER 26

Confirmation Retreat - Camp Omega -
 5:30 pm

SATURDAY, OCTOBER 27

Fall Clean Up - 8 am to Noon
 Lee Vow Renewal - 3:30 pm
 Crafters Retreat - FH - 8 am to 4 pm
 WORSHIP - 5:30 pm

SUNDAY, OCTOBER 28

REFORMATION

WORSHIP—8:00 am
 Blood Pressures - Nurses' Office - 9 am
 Sunday School - 9:20 am
 Adult Bible Classes - 9:20 am
 WORSHIP - 10:40 am
 IGNITE - Youth Room - 6 pm

Redeemer Lutheran Church

869 7th Avenue SE -- Rochester MN 55904
 Phone - (507) 289-5147 Fax - (507) 289-7887
 E-mail: office@redeemer-rochester.com
 Web site: <http://www.redeemer-rochester.com>

WELCOME VISITORS	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.
WORSHIP SCHEDULE	Saturday 5:30 pm Sunday 8 and 10:40 am
HOLY COMMUNION	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.
CHILDREN	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!
WORSHIP CDs	are available in the rack by the elevator.
TRANSPORTATION	is available each Sunday morning. Please call the church office (289-5147) by Noon on Thursday.
SPECIAL NEEDS	Large print bulletins and personal hearing devices are available in the Narthex from an Usher or at the Welcome Center.
OFFICE HOURS	Monday through Friday 7:30 am - 4:00 pm

STAFF

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