THE REDEEMER READER

November A+D 2020

Volume 96, Issue 11



OUR REDEEMER ON BREITUNG Our Redeemer Lutheran Church 420 W. Breitung Ave. Kingsford, MI 49802 (906) 774-1844 <u>ourredeemerkingsford.org</u> Facebook: ourredeemerkingsford

Schedule of Services: <u>Sundays:</u>

Divine Service	8:00 A.M.
Bible Study & Sunday	9:15 A.M.
School	
Divine Service*	10:30 A.M.
<u>Wednesdays</u>	<u>:</u>
Divine Service	7:00 P.M.

*This service will also be streamed on Facebook Live. Access the livestream by visiting us at facebook.com/ourredeemerkingsford.

Our Redeemer Lutheran Church is a congregation of The Lutheran Church—Missouri Synod, a denomination of nearly 2 million members in the United States and Canada. Learn more about The LCMS by visiting its website at <u>lcms.org</u> or on Facebook at <u>facebook.com/TheLCMS</u>.

From the Pastor's Desk

"Then He who sat on the throne said, 'Behold, I make all things new.' And He said to me, 'Write, for these words are true and faithful.' And He said to me, 'It is done! I am the Alpha and the Omega, the Beginning and the End. I will give of the fountain of the water of life freely to him who thirsts. He who overcomes shall inherit all things, and I will be his God and he shall be My son."

- Revelation 21:5-7 (NKJV)

Maybe things are getting to you. Increasing numbers of COVID-19 cases. Election tensions. Snow on the ground *way* earlier than any of us wanted. Thanksgiving and Christmas plans being thrown into upheaval. Those are the things that large numbers of people are being impacted by. Of course, each of us has our own personal stresses...our own personal "crosses" that we must bear.

In the lectionary (the calendar of Bible readings that dictates what lessons we hear each Sunday), the month of November is often filled with the theme of the end times. But don't let the grey skies, dropping temperatures, and the chaos of the world fill you with doom and gloom.

The end of all things is what we're hoping for. It's what we're praying for.

Remember that your Bible begins and ends in the very same way...because this world begins and ends in the very same way. It starts when God creates a heaven and earth that are perfect and without sin. It ends when God creates a *new* heaven and earth that are perfect and without sin.

You see, that's why our Lord Jesus Christ came into this world: to restore the creation that we had destroyed and continue to destroy with our sinfulness. He died that He might live again. He died and lived again that when we die, we might live again. He will come again that we might live with Him forever.

"Behold, I make all things new," the Lord says in Revelation 21. All things need to be made new: our world that is so filled with hatred and evil and brokenness...our bodies that grow old and sick and fail us...our relationship with God that we take for granted day in and day out.

Take heart, dear friend in Christ. The end is coming...because Jesus is coming. Death has no power over you. Satan is defeated. Don't let this present world steal your joy. Find your joy in the One who is coming for you.

In Christ our Lord,

Postor Ruesch

Pastor Ruesch



Our Redeemer Helping Hands Fundraiser

Rada Cutlery is ready for your order to benefit Helping Hands. We get 40% of the purchase.

Go to <u>www.radafundraising.com</u> and click on 'select your fundraising group' in the blue menu. Enter Our Redeemer into the group field and Kingsford MI for the location. You can shop for cutlery, gift sets, kitchen utensils and much more. Thank you to Kristi P. and Kathy P. for initiating this fundraiser and of course, for your support.

WORSHIP SCHEDULE

We will continue with our Divine Service on Wednesday evenings at 7:00 P.M. with Holy Communion. Our Sunday Schedule will be as follows: 8:00 A.M., Divine Service in the Sanctuary with Holy Communion

10:30 A.M. Divine Service in the

Sanctuary with Holy Communion.

The 10:30 Service will also be transmitted into the parking lot for those who are more comfortable not congregating inside the church. Those in the parking lot will then be offered the option to come into the church afterwards to Commune. It will also continue to be live streamed on the Our Redeemer Facebook page.

PROTECTING EACH OTHER DURING COVID-19

As we return to worship services, we all need to do our part to safeguard our neighbors. It is who we are as Christians. When attending service, please plan on doing the following:

Stay home if you have ANY of these symptoms:

o A fever

o Chills

o A dry cough

o Shortness of breath

o Sore throat

o New loss of taste &/or smell

We encourage wearing a mask. Masks are available on the Welcome Kiosk

Stop at the Welcome Kiosk hand washing station to wash your hands and pick up bulletin.

Sit in designated pews marked with blue tape, with your family members.

After service, exit by the office door to the parking lot. The Sanctuary will be cleaned by the Elder on duty between services for your safety.

Board of Missions

Hello,

Just a reminder that the Helping Hands of the Board of Missions is here to serve members of our congregation and the community through providing assistance for minor home repairs, yard work, and other small projects (wheelchair ramps are referred to Habitat for Humanity). Helping Hands also provides funding for our annual Thanksgiving Baskets.

Currently, we have a fund balance for Helping Hands of \$1807. We currently have a fundraiser going with Rada Cutlery, please refer to page two for details.

Please consider making a donation of any amount during this year. You may make out a check to Our Redeemer Helping Hands and mail it to the church or drop it in the collection basket after services. We hope you will prayerfully consider this donation.

THE NEXT MEETING IS NOVEMBER 7, AT 9:00 A.M.

Yours in Christ,

Carol T., Board of Missions Chair

THE REDEEMER READER

OFFICIAL ACTS OF THE CHURCH

Funeral
Brent WalkerOctober 5, 2020Baptism
Aria Jo HarvathOctober 17, 2020

Adult Confirmation Arden Smith

October 25, 2020

ECONO/SUPER ONE RECEIPTS

Have you been saving grocery slips? Have you been turning them into Our Redeemer? There is a large white bucket under the LWML card table labeled for Econo/Super One slips. We receive 1% of each \$1.00 you spend on groceries through their rebate programs. Sherry C. has graciously been tallying them up. The money goes into the Youth Program checking account. We use the money to sponsor our Compassion Child which is \$480 a year. There is also a container for stamps & ink cartridges however, they only accept Inkjets (they DO NOT accept Laser/Toner cartridges). Your support is greatly appreciated. We no longer take Campbells soup labels as Campbells has discontinued its labels for education program.



<u>LWML-LADIES' GUILD</u> "Serve the Lord with Gladness"

Happy Fall y'all—"I love fall most of all"—we are so fortunate to live in the UP and enjoy the colors of the season; the yellows, rusts, and reds of Maples, oaks, tamaracks are all so beautiful!

LWML Sunday was celebrated Oct. 4th with handouts for church goers and treats for the Sunday School children! Closing hymn was *"Serve the Lord with Gladness"* which always makes us proud and happy to serve our Lord—especially thru mites and missions. We encourage all to support missions with us. Donations can be placed in the large mite box in the Narthex. God Bless you.

The Oct. meeting was cancelled due to covid precautions, but we hope to meet Nov. 9 and send gifts to our college students. Love to have you join us @1 p.m. in the Fellowship Hall.

On Oct. 3, 20+ healthy, happy, husky members had a successful tree removal work-bee. Thanks to all who felled and cut up five big trees, hauled wood and branches, and did yard cleanup. I pray everyone is as pleased with the outcome as I am—actually it's the beginning!! Now we can see the church and really decorate and beautify all! Special thanks to Bob & Mark (and others) for saving the Maples! Good call. Also, Brent for recruiting the workers. The LWML Ladies were thrilled to serve workers a hearty lunch after their work was done. Again, THANKS to ALL!!

Final decisions have not been made on the Signage on the wall facing Breitung Ave. due to postponement of Council and Congregational Meetings, but we encourage you to pursue the proposed plans and give your input. Info will be displayed in the Narthex.

Have you driven by the church at night? Thanks to Northwoods Electrical and generous donor/s—the outdoor flood lights have been replaced and or repaired. AWESOME!!

Also, the electricians did lights/fans in the Sanctuary, fans in the fellowship hall and light over the organ in the balcony. And the Lord said, "Let there be light" and now there is light. Praise God! Can you imagine the joy of Christmas with signage, nativity, camels, lights and all? As we celebrate—Jesus is Born! Then spring we will continue with plantings, flowers, shrubs, etc.

Anyone who knows me knows I have a tendency to get carried away at times. But we have such a wonderful start—let's keep up the momentum and finish the job ASSP.

Remember—we have our 100-year centennial celebration coming up real soon!! Wouldn't it be wonderful to say—"I attend Our Redeemer Lutheran on Breitung and proud of it!" Please come join us! Sincerely, Caren & LWML Gals.



Our Redeemer Children, Youth and Family Ministries

- Sunday School Every Sunday @ 9:15 a.m. Sept. through May. All children are welcome!
- Youth Confirmation Class Wednesdays 5:30 p.m. Sept. through May.
- Bible Study Opportunities Sundays, 9:15 a.m. Thursdays, 10:00 a.m.

It's Flu Season Again!

Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. Flu is different from a cold, and usually comes on suddenly.

Flu can be very dangerous for children. CDC estimates that since 2010, between 6,000 and 26,000 children younger than 5 years old have been hospitalized from flu each year in the U.S. Flu vaccine is safe and helps protect children from flu.

What parents should know

How serious is flu?

Children younger than 5 years old and children of any age with certain long- term health problems are at high risk of flu complications like pneumonia, bronchitis, sinus and ear infections.

How does flu spread?

It spreads like Covid 19!

What are flu symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.

Are flu vaccines safe?

Flu vaccines are made using strict safety and production measures. Millions of people have safely received flu vaccines for decades.

- What are the benefits of getting a flu vaccine?
- A flu vaccine can keep you and your child from getting sick. Flu vaccination has been shown to reduce risk of getting sick with flu by about 40 to 60%.
- Flu vaccines can keep your child from being hospitalized from flu. One recent study showed flu vaccine reduced children's risk of flurelated pediatric intensive care unit admission by 74%.
- Flu vaccine can be life saving in children. A study using data from recent flu seasons found that flu vaccine reduced the risk of fluassociated death by half among children with high risk medical conditions and by nearly two-thirds among children without medical conditions.
- Flu vaccination also may make your illness milder if you do get sick.
- Getting yourself and your child vaccinated also can protect others who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.

If your child is sick

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

Make sure your child gets plenty of rest and drinks enough fluids.

If your child is 5 years or older and does not have a long- term health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years old – especially those younger than 2 years – and children with certain long-term health problems (including asthma, diabetes and disorders of the brain or nervous system), are at high risk of serious flu complications. Call your doctor or take your child to the doctor right away if they develop flu symptoms.

What if my child seems very sick?

Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs, you should go to the emergency room: Fast breathing or trouble breathing; Bluish lips or face; Ribs pulling in with each breath; Chest pain; Severe muscle pain (child refuses to walk); Dehydration (no urine for 8 hours, dry mouth, no tears when crying); Not alert or interacting when awake; Seizures; Fever above 104°F; In children less than 12 weeks, any fever \Fever or cough that improve but then return or worsen; and Worsening of chronic medical conditions.

This list is not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

Is there a medicine to treat flu?

Yes. Antiviral drugs like **Tamiflu** are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antivirals work best when started during the first 2 days of illness. Antiviral drugs are recommended for who are very sick (for example, people who are in the hospital) or who are at high risk of serious flu complications who get flu symptoms. Antivirals can be given to children and pregnant women.

How long can a sick person spread flu to others?

People with flu may be able to infect others from 1 day before getting sick to up to 5 to 7 days after. Severely ill people or young children may be able to spread the flu longer, especially if they still have symptoms.

Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest and to avoid spreading flu to other children or caregivers.

When can my child go back to school after having flu?

Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)* or higher.

*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.

For more information, visit www.cdc.gov/flu/protect/children.htm or call 800-CDC-INFO



PLEASE WATCH OUR WEBSITE AND FACEBOOK PAGE FOR UPDATES!



Serving in God's House This Month

Sunday Divine Service: 8:00 and 10:30 A.M. "Drive-In" Service Transmitted into the parking lot during the 10:30 A.M. Service

November 1

8:00 am Elder: Damian T. Organist: Don H.
10:30 am Elder: Mark M. Organist: Don H.

November 8

8:00 am	Elder: Ed T.
	Organist: Don H.
10:30 am	Elder: Mark M.
	Organist: Don H.

November 15

8:00 am	Elder: Gary P.
	Organist: Marian V.
10:30 am	Elder: Dave M.
	Organist: Marian V.

November 22

8:00 am	Elder: Ed T.
	Organist: Don H.
10:30 am	Elder: Damian T,.
	Organist: Don H.

November 29

8:00 am	Elder: Gary P.
	Organist: Don H.
10:30 am	Elder: Dave M.
	Organist: Don H.

Altar Guild for November:

Maridol B. & Nancy W.

Wednesday Divine Service 7:00 P.M. *Digital Music*

November 4, 7:00 pm Elder: Dana B.

November 11, 7:00 pm Elder: Dana B.

November 18, 7:00 pm Elder: Dana B.

November 25, 7:00 pm Elder: Dana B.

ATTENDANCE TOTALS

Wednesday, September 30 (7:00 PM)	16
Sunday, October 4 (8:00 AM)	48
In (10:30 AM)	50
Out (10:30 AM)	1
Wednesday, October 7 (7:00 PM)	19
Sunday, October 11 (8:00 AM)	31
In (10:30 AM)	37
Out (10:30 AM)	5
Wednesday, October 14 (7:00 PM)	9
Sunday, October 18 (8:00 AM)	35
In (10:30 AM)	38
Out (10:30 AM)	8
Wednesday, October 21 (7:00 PM)	7
Sunday, October 25 (8:00 AM)	25
In (10:30 AM)	32
Out (10:30 AM)	0



Health and Wellness Ministry

November

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. Adults with diabetes are nearly twice as likely to die from heart disease or stroke as people without diabetes. This is because over time, high blood glucose from diabetes can damage your blood vessels and the nerves that control your heart. The good news is that the steps you take to manage your diabetes can also help lower your chances of having heart disease or a stroke:

- Stop smoking or using other tobacco products.
- Manage your A1C, blood pressure, and cholesterol levels.
- Develop or maintain healthy lifestyle habits be more physically active and learn ways to manage stress.
- Take medicines as prescribed by your doctor.

Symptoms

Diabetes symptoms vary depending on how much your blood sugar is elevated. Some people, especially those with prediabetes or type 2 diabetes, may not experience symptoms initially. In type 1 diabetes, symptoms tend to come on quickly and be more severe. Some of the signs and symptoms of type 1 and type 2 diabetes are:

- Increased thirst
- Frequent urination
- Extreme hunger
- Unexplained weight loss

• Presence of ketones in the urine (ketones are a byproduct of the breakdown of muscle and fat that happens when there's not enough available insulin)

- Fatigue
- Irritability
- Blurred vision
- Slow-healing sores

• Frequent infections, such as gums or skin infections and vaginal infections

Type 1 diabetes can develop at any age, though it often appears during childhood or adolescence. Type 2 diabetes, the more common type, can develop at any age, though it's more common in people older than 40.

When to see a doctor

If you suspect you or your child may have diabetes. If you notice any possible diabetes symptoms, contact your doctor. The earlier the condition is diagnosed; the sooner treatment can begin.

If you've already been diagnosed with diabetes. After you receive your diagnosis, you'll need close medical follow-up until your blood sugar levels stabilize.

Causes of type 1 diabetes

The exact cause of type 1 diabetes is unknown. What is known is that your immune system — which normally fights harmful bacteria or viruses — attacks and destroys your insulin-producing cells in the pancreas. This leaves you with little or no insulin. Instead of being transported into your cells, sugar builds up in your bloodstream.

Type 1 is thought to be caused by a combination of genetic susceptibility and environmental factors, though exactly what those factors are is still unclear. Weight is not believed to be a factor in type 1 diabetes.

Causes of prediabetes and type 2 diabetes

In prediabetes — which can lead to type 2 diabetes — and in type 2 diabetes, your cells become resistant to the action of insulin, and your pancreas is unable to make enough insulin to overcome this resistance. Instead of moving into your cells where it's needed for energy, sugar builds up in your bloodstream.

Exactly why this happens is uncertain, although it's believed that genetic and environmental factors play a role in the development of type 2 diabetes too. Being overweight is strongly linked to the development of type 2 diabetes, but not everyone with type 2 is overweight.

Prevention

Type 1 diabetes can't be prevented. However, the same healthy lifestyle choices that help treat prediabetes, type 2 diabetes and gestational diabetes can also help prevent them:

Eat healthy foods. Choose foods lower in fat and calories and higher in fiber. Focus on fruits, vegetables and whole grains. Strive for variety to prevent boredom.

Get more physical activity. Aim for 30 minutes of moderate physical activity a day. Take a brisk daily walk. Ride your bike. Swim laps. If you can't fit in a long workout, break it up into smaller sessions spread throughout the day.

Lose excess pounds. If you're overweight, losing even 7 percent of your body weight — for example, 14 pounds (6.4 kilograms) if you weigh 200 pounds (90.7 kilograms) — can reduce the risk of diabetes.

Don't try to lose weight during pregnancy, however. Talk to your doctor about how much weight is healthy for you to gain during pregnancy.

To keep your weight in a healthy range, focus on permanent changes to your eating and exercise habits. Motivate yourself by remembering the benefits of losing weight, such as a healthier heart, more energy and improved self-esteem.

Sometimes medication is an option as well. Oral diabetes drugs such as metformin (Glucophage, Glumetza, others) may reduce the risk of type 2 diabetes — but healthy lifestyle choices remain essential. Have your blood sugar checked at least once a year to check that you haven't developed type 2 diabetes.

By Mayo Clinic Staff

The Redeemer Reader



Our Father in heaven has claimed us as His own. By the shedding of His Son's blood, His death for our sins, and His resurrection for our justification, God the Father has received us back into His family. By water – combined with His Word, promise, and Name – the Holy Spirit has taken up residence in us. We belong to Father, Son, and Holy Spirit. He is in us, and we are in Him. And, being in Him, all things are ours. In Him, we are richly and abundantly blessed.

Our true treasure is that we belong to the most Holy Trinity, and everything that is His – righteousness, peace, eternal life – also belongs also to us. Even our temporal treasures are gifts from His fatherly divine goodness and mercy.

We receive our treasures from Him, and thus, as good stewards of His varied grace, we manage them in such a way that they may be returned to Him. We bring them to Him, hallowed through prayers of thanksgiving and God's holy Word, as a sacrifice.

Thus, all our possessions, as gifts from God, are also sacrifices to Him. We eat to nourish our bodies. We share with our family, neighbors, fellow Christians, the poor, and even our enemies as holy things given by the holy God. His temporal gifts are blessings to and for us, and they bring blessings upon us even as they are pressed into His service for His kingdom.

Thus, we place all that we have into God's hands, and He never fails to remember us. He pours out the fullness of His promises upon us. We give thanks for all that He has done, is doing, and will continue to do. We give thanks by not taking for ourselves, but, giving to all even as our heavenly Father has given to us.

As we prepare for the celebrations of Thanksgiving, may we all give thanks continually for all that we are and all that we have because of God's providential care. And may we be all the more diligent in bringing everything that we have received from God to Him, so that He may bless it and employ it for the good of all – even for us. For to the one who has, more will be given, and he will have an abundance.





November Birthdays

- 1 Andrew V.
- 2 Douglas T. Donovan V.
- 5 Kate M. Ali B.
- 6 Reese L. Judy P.
- 10 Jim W.
- 11 Ray W.
- 13 Gabriel M. Marilyn T.
- 14 Lori G.
- 19 Casey G. Josh M. Jeff S.
- 20 Jacob H.
- 21 Greg B.
- 22 Mackenzie B. Ailie S. Connor T.
- 23 Paul L.
- 24 Teri S.
- 26 Jaidyn L. Jace S.
- 27 Cecil B.
- 30 Analise M.

"Rejoice with those who Rejoice" -Romans 12:15

Anniversary Prayer

O Lord, Your mercies are new every morning. We thank you for another year of life together for those we mention before you. We ask you to keep them open to receive always more of your love that their love for each other may never grow weary but deepen and grow through every joy and sorrow shared; for you live and reign with the Father and the Holy Spirit, one God, now and forever. Amen.



November Anniversaries

2 Mac & Janice F. 10 Robert & Dawn S.

29 Gary & Maria P.

If any dates have been published incorrectly or have been omitted, please contact the Church Office.



REDEEMER November 2020

NOTE

PLEASE CHECK THE CHURCH WEBSITE AT OURREDEEMERKINGSFORD.ORG OR THE FACEBOOK PAGE AT FACEBOOK.COM/OURREDEEMERKINGSFORD

FOR COVID-19 RELATED UPDATES. Friday Saturday Thursday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 All Saints' Day 8:00 A.M. Divine Service* 9:15 A.M. Bible Study & Sunday School 10:30 A.M. Divine Service* 	2 6:30 P.M. Board of Elders	3	4 5:30 P.M. Confirmation 7:00 P.M. Divine Service*	5 10:00 A.M. Bible Study	6 Pastor's Day Off	7 9:00 A.M. Helping Hands
 8 22nd S. after Trinity 8:00 A.M. Divine Service* 9:15 A.M. Bible Study & Sunday School 10:30 A.M. Divine Service* 	9 1:00 P.M. Ladies' Guild	10 8:30 A.M. Circuit Pastors Meeting @ Hubbell	11 5:30 P.M. Confirmation 7:00 P.M. Divine Service*	12 10:00 A.M. Bible Study	13 Pastor's Day Off	14
 15 23rd S. after Trinity 8:00 A.M. Divine Service* 9:15 A.M. Bible Study & Sunday School 10:30 A.M. Divine Service* 	16 <i>Newsletter Deadline</i> 6:30 P.M. Church Council	17	18 5:30 P.M. Confirmation 7:00 P.M. Divine Service*	19 10:00 A.M. Bible Study	20 Pastor's Day Off	21
 22 Last S. of the Church Year 8:00 A.M. Divine Service* 9:15 A.M. Bible Study & Sunday School 10:30 A.M. Divine Service* 	23	24	25 No Confirmation 7:00 P.M. Thanksgiving Eve Divine Service*	26 Thanksgiving Day Church Office Closed	27 Pastor's Day Off	28
 29 First S. in Advent (Ad Te Levavi) 8:00 A.M. Divine Service* 9:15 A.M. Bible Study & Sunday School 10:30 A.M. Divine Service* 	30	Worship Services in bold print. Holy Communion is offered at every Divine Service. (Marked with an asterisk*)				

Our Redeemer Lutheran Church 420 West Breitung Avenue Kingsford, MI 49802

ELECTRONIC SERVICE REQUESTED

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Ministry Staff

Rev. Matthew Rueschw: 906-774-1844c: 906-396-7401PastorE-mail: pastor@ourredeemerkingsford.org

Renee Wilson Secretary w: 906-774-1844 E-mail: <u>secretary@ourredeemerkingsford.org</u> Hours: Mon., Weds., Thurs. 8:00 a.m.- 3:00 p.m.

Here to Serve!