

THE REDEEMER READER

March A+D 2020

Volume 96, Issue 3



OUR REDEEMER LUTHERAN CHURCH

420 W. Breitung Ave.
Kingsford, MI 49802
(906) 774-1844

www.ourredeemerkingsford.org

Divine Service every Sunday
9:00 A.M.

Sunday School
(Sept.-May) 10:30 A.M.

Sunday Bible Study
(Year-Round) 10:30 A.M.

Thursday Bible Study
(Year-Round) 10:00 A.M.



FROM THE PASTOR'S DESK

As we reflect during this Lenten season on the Lord's Supper and its importance in our lives, I thought I would use this space this month to share with you some beautiful words from Martin Luther's Large Catechism regarding the Sacrament. What joy that our Lord Jesus is with us as our help in our fight against the devil!

*In Christ our Lord,
Pastor Ruesch*

⁸⁰ Besides this, you will also have the devil about you. You will not entirely tread him under foot [Luke 10:19], because our Lord Christ Himself could not entirely avoid him. ⁸¹ Now, what is the devil? Nothing other than what the Scriptures call him, a liar and a murderer [John 8:44]. He is a liar, to lead the heart astray from God's Word and to blind it, so that you cannot feel your distress or come to Christ. He is a murderer, who cannot bear to see you live one single hour. ⁸² If you could see how many knives, darts, and arrows are every moment aimed at you [Ephesians 6:16], you would be glad to come to the Sacrament as often as possible. But there is no reason why we walk about so securely and carelessly, except that we neither think nor believe that we are in the flesh and in this wicked world or in the devil's kingdom.

⁸³ Therefore, try this and practice it well. Be sure to examine yourself [1 Corinthians 11:28], or look about you a little, and just keep to the Scriptures. If even then you still feel nothing, you have even more misery to regret both to God and to your brother. Then take this advice and have others pray for you. Do not stop until the stone is removed from your heart [Ezekiel 36:25–26]. ⁸⁴ Then, indeed, the distress will not fail to become clear, and you will find that you have sunk twice as deep as any other poor sinner. You are much more in need of the Sacrament against the misery which, unfortunately, you do not see. With God's grace, you may feel your misery more and become hungrier for the Sacrament, especially since the devil doubles his force against you. He lies in wait for you without resting so that he can seize and destroy you, soul and body. You are not safe from him for one hour. How soon he can have you brought suddenly into misery and distress when you least expect it!

⁸⁵ Let this, then, be said for encouragement, not only for those of us who are old and grown, but also for the young people, who ought to be brought up in Christian doctrine and understanding. Then the Ten Commandments, the Creed, and the Lord's Prayer might be taught to our youth more easily. Then they would receive them with pleasure and seriousness, and so they would use them from their youth and get used to them. ⁸⁶ For the old are now nearly past this opportunity. So these goals and others cannot be reached unless we train the people who are to come after us and succeed us in our office and work. We should do this in order that they also may bring up their children successfully, so that God's Word and the Christian Church may be preserved. ⁸⁷ Therefore, let every father of a family know that it is his duty, by God's order and command, to teach these things to his children, or to have the children learn what they ought to know [Ephesians 6:4]. Since the children are baptized and received into the Christian Church, they should also enjoy this communion of the Sacrament, in order that they may serve us and be useful to us. They must all certainly help us to believe, love, pray, and fight against the devil. (Large Catechism V, 80-87)

Board of Missions

Hello,

Helping Hands is a committee of members under the auspices of the Board of Missions. Its mission is to serve members of our congregation and the community through providing assistance for minor home repairs, yard work, wheelchair ramps, and other small projects. Helping Hands also funds the annual Thanksgiving Baskets.

Currently, we have a fund balance for Helping Hands of \$2258. In the past, we have raised money for Helping Hands through our annual Rummage Sale, which provided us with another \$2500 or more for the coming year. Because we no longer have enough volunteers for the rummage sale, we will be unable to hold that event this year. So, we are asking that you consider any amount of donation during the coming year. You may make out a check to Our Redeemer Helping Hands or donate cash and give this to our Church Secretary at your convenience. We hope you will prayerfully consider this donation.

THE NEXT MEETING WIL BE March 7, at 9:00 A.M.

Sincerely in Christ,
Carol T., Board of Missions Chair



Join us for our first ever

SWEDISH MEATBALL DINNER

All-you-can eat meatballs, mashed potatoes,
salad, cranberry sauce, and pie

Sunday, March 15th, 2020 from 10:30 A.M. – 1:30 P.M.

Ages 13 & Up - \$8.00 ... Kids 5-12 - \$5.00 ... Under 5 – FREE

Proceeds will benefit Our Redeemer 'Helping Hands.'

CALLING ALL PIE MAKERS!



We are in need of homemade pies for our Swedish Meatball Lunch on Sunday, March 15th. Our goal is 200 meals, so the need is great. So, please sign up in the narthex for pies, indicating your name, the number of pies you can make, and the kind. We look forward to a smorgasbord of pies.



We would like to thank our Health and Wellness Ministry for offering the CPR/AED class in February. We had three members complete the training.

OFFICIAL ACTS OF THE CHURCH

Funeral

Jean Lois Bednarz

February 10, 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.**

LWML DATES to KEEP in MIND.

March 9, 2020—Monthly Meeting 1 p.m.
April 17-18—Camp Luther Retreat
April 17—Zone 2 Rally—Munising
June 14-16—NWD Convention—Green Bay, WI
2021 Nat. LWML Convention—Lexington, KY
2022 NWD Convention—Marquette, MI
2023 Nat. LWML Convention



LWML-LADIES' GUILD

"Serve the Lord with Gladness"

Our January meeting was very busy planning for upcoming events. In the absence of Barb—Christian Growth I did an abbreviated Bible Study "Why the Joy of Our Lord is Our Strength!" Reports were given; Correspondence & thank you's were read and events announced.

The Camp Luther Retreat is April 17-18. Heather Ruesch is the Keynote Speaker.

NW District Convention is in Green Bay June 14-16. Pastor asked to be on the ballot for Jr. Pastoral Counselor for the District.

A Helping Hands report was presented by Carol T. about upcoming fund raisers. Giving Bean, Coffee Sale (Jan), a Scandinavian Dinner (March 15), & Rummage Sale (Oct 3). LWML will sell tickets for the Swedish Dinner.

Since the meeting, LWML was asked to host the Ash Wednesday Lenten Supper on Feb. 26th. Other details in Feb. newsletter.

In March we will be sending out Care Packages to military. Please give current address to church office prior to March 5th.

Plans are underway for Ladies Spring Banquet May 4th. Patti Ebertsch has agreed to be our caterer again. Details will be shared as they are made BUT SAVE the Date—May 4th. See you there with family and friends.

We have received notice of April 17th as date of Spring Zone 2 Rally at Good Shepherd Lutheran Church in Munising. Date in conflict with Camp Luther Retreat however, so may be changed. Will update if necessary.

Mites always welcome and greatly appreciated!

Cards are available on the LWML table in the Fellowship hall.

Serving the Lord with gladness
Sisters to Christ
LWML Ladies and Caren E., President

Our Redeemer Children, Youth and Family Ministries

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



NEW 2020 BROCHURES ARE AVAILABLE ON THE WELCOME KIOSK OR VISIT WWW.CAMPLUTHER.COM FOR MORE INFORMATION OR TO REGISTER FOR ANY OF THESE WONDERFUL OPPORTUNITIES.

CAMP LUTHER SUMMER CAMP REGISTRATION NOW OPEN! Registration for summer camps opened January 1! **Register by March 1st and receive a \$10 DISCOUNT!!** Check out the website to learn everything you need to know about registration. We hope to see you in the summer!

VOLUNTEER WEEK April 20-24. Use your skills to make a difference in the completion of the NEW Fort Village, Community Center and other crucial projects! Join Camp Luther and Johnson Brothers Construction of Munising, MI for this week of service and fellowship. Come for all or a portion of the week or stay through our April Workbee Weekend! Call 715-546-3647 or email office@cmapluther.com to register!

SIDE-BY-SIDE YOUTH SERVICE RETREAT Join us April 24-26 for a service retreat! Bring your Middle School and High School Youth Groups for an incredible weekend of service and fun. Even better: there's no cost to you!

KINDER/GRANDKIDS CAMP KinderCamp is a weekend program designed to allow parents (or aunts, uncles, godparents, or other significant adults) to take a break and bond with their child while experiencing an incredible weekend at camp together. Our trained staff will lead a variety of fun, engaging activities, allowing you to relax and enjoy creating those unforgettable memories.

EXPLORE CAMP Grades 1-3 Explore is a weekend program designed to introduce kids to the adventure of camp. It's jam-packed with awesome experiences like minnow races, archery, swimming, campfire cookouts, singing camp songs, and making new friends. This weekend is the perfect launching point for kids to experience the fun of camp on their own!

RAFT QUEST Grades 7-9 Raft Quest is a five-night program that starts and ends at Camp Luther, but takes the adventure up a notch by spending three days off-site, rafting the Peshtigo River and participating in other adventure experiences guided by staff from Wildman's Whitewater Ranch. Get ready for whitewater rafting, climbing the alpine tower, And more! Space is limited for this incredible program, so sign up early.

COMMUNITY CENTER CONSTRUCTION CAM You can check in on the progress of camp's new Community Center with our Construction Cam! Get an up-to-the-minute image of the building from your home – or office (we won't tell 😊).

4TH OF JULY FAMILY CAMP AT CAMP LUTHER Bring the whole family to celebrate the 4th of July Northwoods style! Enjoy an incredible weekend at camp, with awesome activities like kayaking, swimming, cooking out over a fire, and campfire devotions. In addition, enjoy a fun-filled 4th of July parade in the nearby town of Three Lakes and a truly spectacular display of fireworks on Saturday night.

KEWEENAW BASE CAMP—"BRING A FRIEND" Bring a friend to KBC this summer and if either of you has never been to KBC before you'll each receive \$75.00 off of your registration! That's right - \$75.00 off of your registration and your friends' registration!

EVERY KID TO CAMP—MATCH CHALLENGE If Camp is blessed with \$20,000 in donations for Every Kid to Camp by April 30, 2020, our friends at MCL, Inc. of Pulaski, WI will provide an additional \$20,00 towards helping kids go to Camp Luther and Keweenaw Base Camp! Give now at cmapluther.com/give

CAMP LUTHER GIFT CERTIFICATES Looking for the perfect gift for your children or grandchildren? A Camp Luther Gift Certificate can be purchased in any amount and may be used for Camp Luther summer camps, cottage bookings, and in the canteen! To order, call camp at 715-546-3647

FILLED WITH THE SPIRIT CAMPAIGN Camp Luther is in the midst of their \$5 million, five-year, comprehensive campaign supporting the Outdoor Ministry Fund, Every Kid to Camp, and capital improvement projects. Your involvement in this campaign as an investor, volunteer, or champion in your congregation, is a wonderful blessing to Camp! To find information, resources, and updates on the campaign, visit the campaign website, <http://filledwiththespirit.org>

Camp Luther is a subsidiary ministry of the North Wisconsin District-LCMS. Our mission is to build up believers in Christ for service to the church and witness to the world.



Serving in God's House This Month

Sunday Divine Service 9:00 am †

March 1

Elders: Mark M., Gary P.
Ushers: Brian R., Michael K.
Organist: Don H.
Coffee Host/Hostess: Volunteers
Nursery: Sharon T.
Greeters: Needed
Acolyte: Layla M.

March 8

Elder: Ed T., Brent W.
Ushers: Alex R., Jim R.
Organist: Don H.
Coffee Host/Hostess: Volunteers
Nursery: Sharon T.
Greeters: Needed
Acolyte: Wyatt H.

March 15

Elders: Mark M., Damian T.
Ushers: Brian R., Michael K.
Organist: Marian V.
Coffee Host/Hostess: Volunteers
Nursery: Sharon T.
Greeters: Needed
Acolyte: Maddex S.

March 22

Elders: Ed T., Brent W.
Ushers: Jim W.
Organist: Don H.
Coffee Host/Hostess: Volunteers
Nursery: Sharon T.
Greeters: Needed
Acolyte: Layla M.

March 29

Elders: Mark M., David M.
Ushers: Brian R., Rick H.
Organist: Don H.
Coffee Host/Hostess: Volunteers
Nursery: Sharon T.
Greeters: Needed
Acolyte: Wyatt H.

Lenten Services 7:00 PM

March 4

Elder: Ed T.
Usher: Volunteer
Acolyte: Mackenzie G.

March 11

Elder: Gary P.
Usher: Volunteer
Acolyte: Chloe P.

March 18

Elder: Damian T.
Usher: Volunteer
Acolyte: Jaden T.

March 25

Elder: Gary P.
Usher: Rick H.
Acolyte: Mackenzie G.

ATTENDANCE TOTALS

Sunday, January 19 (9:00 AM)	93
Sunday, January 26 (9:00 AM)	119
Sunday, February 2 (9:00 AM)	116
Sunday, February 9 (9:00 AM)	120



Health and Wellness Ministry

March

Colorectal cancer, also known as bowel cancer, colon cancer, or rectal cancer, is any cancer that affects the colon and the rectum. The American Cancer Society estimate that about [1 in 21 men](#) and 1 in 23 women in the United States will develop colorectal [cancer](#) during their lifetime. It is the second leading cause of cancer death in women, and the third for men. However, due to advances in screening techniques and improvements in treatments, the death rate from colorectal cancer has been falling. Colorectal cancer may be benign, or non-cancerous, or malignant. A malignant cancer can spread to other parts of the body and damage them. Symptoms of colorectal cancer [include](#):

- changes in bowel habits
- [diarrhea](#) or [constipation](#)
- a feeling that the bowel does not empty properly after a bowel movement
- blood in feces that makes stools look black
- bright red blood coming from the rectum
- pain and bloating in the abdomen
- a feeling of fullness in the abdomen, even after not eating for a while.
- [fatigue](#) or tiredness
- unexplained weight loss
- a lump in the abdomen or the back passage felt by your doctor
- unexplained iron deficiency in men, or in women after [menopause](#)

Most of these symptoms may also indicate other possible conditions. It is important to see a doctor if symptoms persist for 4 weeks or more. Treatment will depend on several factors, including the size, location, and stage of the cancer, whether or not it is recurrent, and the current overall state of health of the patient. Treatment options include [chemotherapy](#), [radiotherapy](#), and surgery.

Possible risk factors [include](#):

- older age
- a diet that is high in animal protein, saturated fats, and [calories](#)
- a diet that is low in fiber
- high alcohol consumption
- having had breast, ovary, or uterine cancer
- a family history of colorectal cancer
- having ulcerative colitis, [Crohn's disease](#), or irritable bowel disease (IBD)
- overweight and [obesity](#)
- smoking
- a lack of physical activity
- the presence of polyps in the colon or rectum, as these may eventually become cancerous.

Most colon cancers develop within polyps (adenoma). These are often found inside the bowel wall. Eating red or processed meats [may increase the risk](#). Colorectal cancer tends to affect men and women equally. However, men tend to develop it at a younger age.

Causes It is not clear exactly why colorectal cancer develops in some people and not in others.

Diagnosis Screening can detect polyps before they become cancerous, as well as detecting colon cancer during its early stages when the chances of a cure are much higher.

The following are the most common [screening and diagnostic procedures](#) for colorectal cancer.

- Fecal occult blood test (blood stool test)
- Stool DNA
- Flexible Sigmoidoscopy
- Barium Enema
- Colonoscopy
- CT colonography
- Imaging scans

Prevention A number of lifestyle measures may reduce the risk of developing colorectal cancer:

Regular screenings: People who have had colorectal cancer before, who are over 50 years of age, who have a family history of this type of cancer, or who have Crohn's disease, Lynch syndrome, or adenomatous polyposis should have [regular screenings](#).

Nutrition: Follow a diet with plenty of fiber, fruit, vegetables, and good quality [carbohydrates](#) and a minimum of red and processed meats. Switch from saturated fats to good quality fats, such as avocado, olive oil, [fish oils](#), and nuts

Bodyweight: Being overweight or obese raises the risk of many cancers, including colorectal cancer

Exercise: Moderate, regular exercise has been shown to have a significant impact on lowering a person's risk of developing colorectal cancer.



ATTENTION: Blood pressure checks will be taken after worship at 10:15 a.m. on the first Sunday of each month by our Parish Nurses in the conference room in the Fellowship Hall. Thank you! **ATTENTION: The date for March will be March 8th!**



LCMS- Stewardship-Ministry-Newsletter Article—March 2020

We are at the beginning of Lent. During the Lenten season, the church calls to our attention the sufficiency of what God gives. It points to the sufficiency of God's grace in the atoning work of Jesus. It shows us the sufficiency of faith in Jesus' work for us. It makes known the sufficiency of God's Word in faith and life.

But Lent doesn't just remind us of the sufficiency of God's spiritual gifts, the gifts that pertain to our redemption and salvation. Lent also reminds us of the sufficiency of the physical, temporal gifts of God, those that pertain to this body and life. In other words, it reminds us of the importance of godly contentment and of outward discipline and training of the body.

This outward training of the body teaches us not to give in to every desire of our flesh but to learn to say no to them. And it does this in such a way that if you fail, it is no sin. It is a way to practice without putting yourself into a compromising situation.

The easiest example of this is fasting. When you fast, you are practicing saying no to the desires of your body. But if you fail in this, if you break your fast, you have not sinned. You have, though, learned something about how your flesh works, how difficult it is to fight against it, and how you need help from above in order to do it.

There is another example of this. It is alms-giving. This is an increase in giving to the church and its mission during this time. We all know that our flesh finds security in money and stuff. By committing to give more to the church, you are training your flesh. You are, by this outward discipline, training yourself to be content with what God gives. You are practicing saying "no" to your desires. Again, if you fail, you have not sinned. But you've learned just how powerful your flesh is in leading you instead of you leading it. You've learned how you need help from above in being content with what God gives.

This is why St. Paul instructs young Pastor Timothy in this way:

"But godliness with contentment is great gain, for we brought nothing into the world, and[a] we cannot take anything out of the world. But if we have food and clothing, with these we will be content. But those who desire to be rich fall into temptation, into a snare, into many senseless and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evils. It is through this craving that some have wandered away from the faith and pierced themselves with many pangs." (1 Tim 6:6–10)

Our sufficiency is not of ourselves; it is in God. Let us learn this without sin by training our flesh this Lenten season.



March Birthdays

- 1 Harry G.
- 3 Lindsay S.
- 5 Gary B.
- 6 Jack B.
- 7 Brian R.
- 9 Patricia M.
- 11 Tara K.
- 12 Paula B.
Heather K.
Jeremiah W.
- 14 Carolyn M.
Damian T.
- 15 Rachel M.
- 16 Zoey B.
Logan F.
William G.
Samantha N.
Hank S.
- 18 Courtney B.
- 20 Bella Millan
Jade Patton
- 21 Brianna L.
Mark M.
- 22 BreeAnna P.
- 23 Judy W.
- 26 Kate P.
- 28 Emmah m.
Joseph S.
- 29 David A., Jr.
- 30 Elijah P.
- 31 Cody M.

**“Rejoice with those who Rejoice”
-Romans 12:15**

Anniversary Prayer

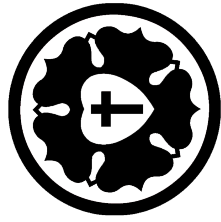
O Lord, Your mercies are new every morning. We thank you for another year of life together for those we mention before you. We ask you to keep them open to receive always more of your love that their love for each other may never grow weary but deepen and grow through every joy and sorrow shared; for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



March Anniversaries

- 07 Jeremy & Kristi P.
- 10 David & Lori N.
- 14 Rick & Lynda H.

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



OUR REDEEMER

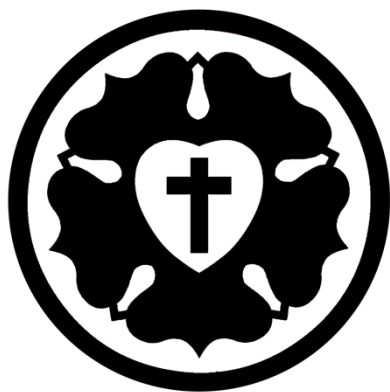
LUTHERAN CHURCH

March 2020

Church Office Hours:
Monday, Wednesday, Thursday
8:00 A.M.-3:00 P.M.
Pastor Ruesch's Office Hours:
Monday-Wednesday 9:00 A.M.- 12:00 P.M.
or by Appointment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1st S. in Lent (Invocavit) 9:00 A.M. Divine Service* 10:15 A.M. Fellowship 10:30 A.M. Bible Study & Sunday School	2 6:30 P.M. Board of Elders	3	4 5:30 P.M. Confirmation 6:00 P.M. Lenten Supper 7:00 P.M. Vespers	5 10:00 A.M. Bible Study	6 <i>Pastor's Day Off</i>	7 9:00 A.M. Board of Missions
8 2nd S. in Lent (Reminiscere) 9:00 A.M. Divine Service* 10:15 A.M. Fellowship 10:30 A.M. Bible Study & Sunday School	9 1:00 P.M. Ladies' Guild	10 8:30 A.M. Circuit Pastors Meeting @ Redeemer-Marquette	11 5:30 P.M. Confirmation 6:00 P.M. Lenten Supper 7:00 P.M. Vespers	12 10:00 A.M. Bible Study	13 <i>Pastor's Day Off</i>	14
15 3rd S. in Lent (Oculi) 9:00 A.M. Divine Service* 10:15 A.M. Fellowship 10:30 A.M.-1:00 P.M. Swedish Meatball Luncheon	16 <i>Newsletter Deadline</i> 6:30 P.M. Church Council	17	18 10:00 A.M. Altar Guild 5:30 P.M. Confirmation 6:00 P.M. Lenten Supper 7:00 P.M. Vespers	19 10:00 A.M. Bible Study	20 <i>Pastor's Day Off</i>	21
22 4th S. in Lent (Laetare) 9:00 A.M. Divine Service* 10:15 A.M. Fellowship 10:30 A.M. Bible Study & Sunday School	23	24	25 <i>No Confirmation</i> 6:00 P.M. Lenten Supper 7:00 P.M. Vespers	26 10:00 A.M. Bible Study	27 <i>Pastor's Day Off</i>	28
29 5th S. in Lent (Judica) 9:00 A.M. Divine Service* 10:15 A.M. Fellowship 10:30 A.M. Bible Study & Sunday School 6:00 P.M. Youth Group Meeting	30	31	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



**OUR
REDEEMER**

**LUTHERAN
CHURCH**

Where Jesus is here...
FOR YOU.

Ministry Staff

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Renee Wilson w: 906-774-1844
Monday, Wednesday, Thursday 8:00 a.m.- 3:00 p.m.
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Here to Serve!