



# Reflections

VOLUME 24

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ISSUE 31

## The Facts of Life

When you find yourself facing challenging times, where do you turn for some ideas about fresh ways to make it through?

Sometimes I go to familiar sources. More recently, I have turned to writings from non-Christians to discover how they talk about not letting life overwhelm you. In the Buddhist nun, **Pema Chodron**, I have found a deeply wise guide. In my morning prayer time now, I'm going through her book *The Places That Scare You* for the third time.

I offer a few of her ideas that I have found great gifts in these increasingly uncertain days.

She begins the book this way: *When I was six years old I received [an] essential ... teaching from an old woman sitting in the sun. I was walking by her house one day feeling lonely, unloved, and mad, kicking anything I could find. Laughing, she said to me, "Little girl, don't you go letting life harden your heart." Right there, I received [great wisdom]: we can let the circumstances of our lives harden us so that we become increasingly resentful and afraid or we can let them soften us and make us kinder and more open to what scares us. We always have this choice.*"

Openness to whatever comes up inside us or outside us: Not judging it. Not labeling it. Not putting it into categories. Not running away from it. Simply noticing it and seeing where it might take you. Not using it to criticize yourself or anyone else. Not letting it shut you down or close you off from life. Not clinging to it or hiding from it. Just seeing it and feeling it. And then letting go of it.

By itself that is the work of a lifetime. And it's fine if it takes a lifetime. Because this isn't about achieving something or fixing something. It's not about racing someone to an enlightenment finish line. It's about opening ourselves to accepting ourselves just as we are. Which can then open us to accept others just as they are. It's about developing the quality Tibetan Buddhists call *maitri*: a complete acceptance of ourselves as we are, a simple, direct relationship with the way we are. No judgment, no criticism, no *I wish* or *I should*.

Being aware of this shows me how quickly and easily I find fault with myself. And how quickly and easily I find fault with others, which is a convenient way for me to get a break from criticizing myself!

Just one other idea of hers that works my *maitri* muscles: separate the story from the feeling. Say you feel resentful about something. That feeling leads to a story ... a story of someone who disappointed you, a story of someone who you think was treated better than you or got more opportunities. She encourages us to let the story drop. The story only sucks us down into some kind of judgment (again!), instead of letting us just notice the feeling and then let it pass through.

I tell myself not to be so critical of myself or someone else. And then a minute later I'm doing exactly what I'd said I wouldn't. And Chodron would say, "Of course that's happening. You've spent a lifetime doing it. You will spend a lifetime undoing it. So be gentle. Notice the judging coming right after you said you weren't going to do that anymore! And let yourself laugh about believing you could change immediately.

These times are all about being gentle with ourselves, laughing at ourselves, falling down and getting back up again. Our world needs kindness and bravery. I find Pema Chodron's words a deeply kind and courageous invitation to such a way of being in the world. I'd love to discuss any of these ideas with any of you if you'd like! Just let me know.

*Dave Shull*

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### OUR CONGREGATION

Ministers - All who gather here in the name of Jesus

Pastor - Rev. David Shull

Office Manager - Becky Trover

Custodian - Marshall Edgington

Organist/Senior Choir Director -

Kathy Rapp

Pianist/Chimes Choir Director -

Karen Kent

*Reflections* Editor - Judith Bird

### 2020 CHURCH COUNCIL

President - Margie Frazier

Vice President - Julie Johnson

Finance Officer -

Secretary - Chad Eberle

Worship - Julie Larson

Education - Wendy Stoica

Outreach - Jon Disbro

Member Support - Elyce Herring

Property - Sue Yehling

Stewardship - Ruth Murray

### APPOINTMENTS

Treasurer - Larry Trover

Financial Secretary - Brad Phillips

### SPECIAL FUNDS TEAM

Michelle Clemence

Bruce Collins

Dave Engel, Chair

Nancy Magargal

Jim Riley

### SUNDAY SCHOOL

Superintendent - Emily Ott

### REDEEMER LUTHERAN CHURCH

1555 S. James Rd.

Columbus 43227

614-237-1263

[www.redeemerluth.com](http://www.redeemerluth.com)



## The Redeemer Community

### Sharing Meals on the Church Lawn

Gather in a safe and enjoyable way with people you miss seeing at our next gathering on the lawn at Redeemer. We'll do coffee and doughnuts **Wednesday, August 5**, from 10:30 a.m.-noon. At that time, **Gail Feinstein**, who does congregational outreach for the Kensington Place retirement home in Columbus, where **Don Luck** now lives and where **Hilda** and **Dick Kautz** lived for a number of years, will join the group. Gail can respond to questions about retirement housing. Resch's doughnuts will also put in a cameo appearance!

Spaces are limited for coffee and doughnuts, so contact **Becky Trover** to RSVP. Please bring your own chairs and whatever beverage you enjoy with doughnuts for Wednesday.

**Pastor Dave** looks forward to welcoming you!

### Follow Redeemer on Facebook Instagram, YouTube

Did you know that Redeemer is on social media? You can follow RLC on Facebook, Instagram, and our YouTube channel! These pages/profiles will be sharing church updates, announcements, weekly worship and more in addition to the news you receive through the weekly *Reflections*.

If you are active on these social platforms, please support Redeemer by following our page, liking our posts, and maybe even re-sharing Redeemer's content with your own social network. These efforts help spread the word about RLC and the many ways our congregation is serving, connecting, and worshipping.

Do you have something to share on Redeemer's Facebook or Instagram? Email your request and details to [communications@redeemerluth.com](mailto:communications@redeemerluth.com). Thanks for your support and help spreading the word about RLC!

Follow us on Facebook at Redeemer Lutheran Church (@RedeemerColumbus), on Instagram @RedeemerLuth, and on YouTube at Redeemer Lutheran Church Columbus Ohio.

### Sister Act Reschedules 'Let's Get Together'!!!

Redeemer's Sister Act has rescheduled its "socially distanced" in-person event at **Sue Yehling's** to **Saturday morning, August 8**, starting about 11:30ish. The group will gather in her yard for lunch to discuss the book by **Anne Lamott**, and really, just to spend time together.

Sue lives at 9660 Taylor Road SW in Reynoldsburg. Her home is easy to find, east on Main Street and right on Taylor Road. The house is just a short distance after turning south onto Taylor with yellow siding and across from City Church. She has a large shaded yard for gathering and still maintaining social distance.

Everyone is asked to bring their own lawn chair, lunch, and something to drink. Sue also has a few lawn chairs available.

Looking forward to seeing all of you! If you are unable to make this event, don't worry, the group will be brainstorming another time and place where we can all safely meet together.

Questions ponder prior to the gathering on August 1:

1. What is your description of hope? What does hope look like or feel like for you?
2. If you could bring back any style trend or fad, what would it be? Let's think about personal style as in clothing or hairstyle. "What does this have to do with hope?" Well nothing, it's just for fun.

### RLC Weekly Produce Giveaway Underway

Redeemer's weekly Saturday morning produce giveaways from our own garden will again be held on **Saturday, August 8** and will continue every Saturday morning through the summer. The giveaway runs from 10 a.m. until items are gone. Picking is at 9 a.m. If you can help, please call **Jon Disbro**.

If you have food items to include in the giveaway, please drop them off at the church.

## Adult Sunday Class Continues to Examine Apostles' Creed

We say the words every week in worship: *I believe in God the Father Almighty, Creator of heaven and earth ...*

Where do these words come from? Why does this statement of faith include what it does, but say nothing about the sacraments, and nothing about what a life of following Jesus looks like in practice? Are there ways earlier Christians might have heard these words that are lost to us now? If we affirm these words in worship, what do we believe we are saying? What are we committing ourselves to? What meanings do these words have for us?

These are the kinds of questions we're exploring in our Sunday Faith Exploration class. The next one is **Sunday, August 9** from 10-11 a.m.

Join the Zoom Meeting ID: 867 2673 1914; Passcode: 524493. By phone, call 646-876-9923. If you don't have the Zoom app, you can join the meeting by copying and entering the following web address in your browser:

<https://us02web.zoom.us/j/86726731914?pwd=SVJ5U3o3Y0hyZ2Z4ZmVld0dTL1V4QT09>

You would bless us by your participation in this!

## Tuesday Bible Study to Begin Look at Book of James on Zoom

The Tuesday afternoon Bible study is exploring the Letter to James. It's a book which **Martin Luther** believed it totally contradicted the teachings of Paul which had been so essential for Luther's own transformation and which he felt formed the essence of grace. It was one of the last books accepted into the collection that became the New Testament partly because it seemed to differ from Paul's writings. The main reason was because it wasn't clear that it was written by someone who had known or met **Jesus**, so its "apostolic origins" were in doubt. At the same time, James has some of the clearest statements about what love and justice look like in action that exist in any of scripture.

If you have Tuesday afternoons free, join us. We are a group of people who are both serious about listening for the Spirit's voice in the text and in each other and serious about supporting each other through whatever we're going through -- and who laugh deeply and often. Give us a try! Get in touch with **Dave Shull** if you have any questions.

To join the group this **Tuesday, August 4** from 1-2:30 p.m., go to the Zoom app and then enter the following information: Meeting ID: 872 6188 8064; Passcode: 796029. To participate by phone, call 646-876-9923. If you don't have the Zoom app, you can join the meeting by copying and entering the following web address in your browser:

<https://us02web.zoom.us/j/87261888064?pwd=TIN4Yml1M0Ftd1M4dWtJbzFXcjFndz09>

## Sister Act Cancels Fall Retreat

**Carol Heacock** reports that, due to the situation with the coronavirus, the group has decided to cancel the fall retreat that had been set for October 9-11. She said that, "In our discussions, we felt it would be impossible to maintain distance in the Priebe Center plus having to be inside for most of the time, including meals, would not be a healthy setting for us, certainly not this year."

The group does plan to give a donation to the camp "as a show of appreciation and support to their ministry."

## Sunday Worship Available on YouTube

The **August 2** Sunday worship service is available at <https://tinyurl.com/r6mk2xh>. For the Sunday Worship Bulletin, go to the Redeemer website at [www.RedeemerLuth.com](http://www.RedeemerLuth.com) >News, Sermons, Devotions.

We are holding one another in prayer and in spirit as we work through this time. Go in peace, serve the Lord, wash your hands!

## Important Emails

[DSnull@RedeemerLuth.com](mailto:DSnull@RedeemerLuth.com) – use for communicating directly with **Pastor Dave**.

[Info@RedeemerLuth.com](mailto:Info@RedeemerLuth.com) – use for communicating with the office, *Reflections* newsletter, **Office Manager Becky Trover**, healing prayer requests or for general information.

[MemberCare@RedeemerLuth.com](mailto:MemberCare@RedeemerLuth.com) – use for communicating with the Member Care team about needs for personal ministry such as in-home communion, a home visit, meals, etc.

[FinSec@RedeemerLuth.com](mailto:FinSec@RedeemerLuth.com) – use for communicating with **Financial Secretary Brad Phillips**, and for stewardship campaigns.

[Itgroup@RedeemerLuth.com](mailto:Itgroup@RedeemerLuth.com) – use for communicating with Redeemer's IT Team for items related to the website.

[Property@RedeemerLuth.com](mailto:Property@RedeemerLuth.com) – use to report items that need repair in the church building.

[SundaySchool@RedeemerLuth.com](mailto:SundaySchool@RedeemerLuth.com) – use to offer suggestions for our Sunday School ministry.

[Transportation@redeemerluth.com](mailto:Transportation@redeemerluth.com) – use to request temporary transportation assistance.

[Communications@redeemerluth.com](mailto:Communications@redeemerluth.com) – use to send church related announcements or pictures for sharing on Redeemer's social media sites. Another way is to tag Redeemer in the posts.

## Publishing Deadlines for *Reflections*, Sunday Bulletins

### For *Reflections*

- **PLEASE SUBMIT PRIOR TO 5 P.M. ON SUNDAYS.**
- Send to [info@RedeemerLuth.com](mailto:info@RedeemerLuth.com) and put *Reflections* in subject line.
- Or leave a note in the *Reflections* mailbox at the top of the stairs outside the church office.

### For Sunday Bulletins

The deadline for information to be published in Sunday bulletins is the **Wednesday morning** before. That information can be sent to the above email: just put "Bulletin" in the subject line.

## Prayers and Personals

Prayers for healing are asked for **Tom Starkey**, brother of **Nancy Stinson**, who was hospitalized and is now recovering at home. Prayers continue to be asked for **Becky Trover's** brother **Jeff Sutphin** who is having back surgery and for **Linda** and **Don Williams** as Don is in Altercare in Canal Winchester for rehab.

Prayers are also asked for the safe return of **Grace Jones's** son **Chief Warrant Officer Henry Mentrak** who is being redeployed to Iraq.

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**Member Directory Update:** **Jack** and **Shirley Miller** have a new phone number: 614-404-9066.

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The Southern Ohio Synod reports that **Wednesday, August 5** is the official date for its moving into new offices at 9200 Worthington Rd., Suite 140, Westerville OH 43082. Phones should be hooked up by **Monday, August 10**. In the meantime, communicate with the office via email.

## New Redeemer Directory Available

Redeemer's Directory of members has been updated. To receive an electronic copy or to have a hard copy mailed to you, please contact the church office. Hard copies are available at the church and can be found under the bulletin board in the hallway off the Narthex.

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**Jeremy Davis**, a Redeemer member who is at the Ross Correctional Institute, is unable to receive visitors due to COVID-19 prevention efforts. In addition, Redeemer is not able to send him the group letter written each week after worship. Please send him a note sharing a greeting, thought, or prayer. It must be on a blank white 8.5x11" piece of paper; the note must be written in black or blue ink only. There can be NO enclosures of any kind. His address is Jeremy Christian Davis #758199, 16149 Ohio-104, Chillicothe OH 45601.

### **August Birthdays**

5-Julie Denniss 5-Clayton Ullman  
6-Bret Jimison 8-Jessica Marquez  
9-Justin Marquez 15-Seth Harms  
15-Sarah Day Kirkman  
16-Diana Gordon 16-Cathy Oldham  
16-Madelyn Zimmer 17-Thelma Johnson  
18-Jasper Glover-Oakleaf 23-Scott Steiner  
25-LaVerna Reinoehl 26-Brad Binau  
27-Matthew Bird 27-Jon Disbro  
29-Heather McGurer

### **COVID-19 Information**

To get the most up-to-date information regarding the pandemic and Ohio's COVID-19 activities, go to the Ohio Department of Health website at <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/> or call 1-833-4-ASK-ODH (1-833-427-5634).

In addition, the Southern Ohio Synod has put together a number of Ohio Department of Health (ODH), Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO) resources online at <https://tinyurl.com/y9ohdaov>. Among the items linked to are the latest "Stay Safe Ohio" order from **Gov. Mike DeWine**, a checklist on face coverings and cleaning and disinfecting alternatives.

## **The Wider Church**

### **St. Philip's Offers Free Produce**

St. Philip Lutheran Church (1506 E. Long St.) is sponsoring a free produce giveaway on **Saturday, August 22** from 9 to 11:30 a.m. (or until the food runs out) in the East High School parking lot across from the church. Folks are asked to bring their own heavy duty bags, boxes and carts to carry the bulk produce home.

The giveaway is in conjunction with the Mid-Ohio Foodbank.

### **LOMO Thanks Supporters**

Lutheran Outdoor Ministries thanks God for the generous campers (individuals, families and congregations) who turned their deposit and payments into gifts! After announcing that LOMO would not be able to run its traditional summer camp programs registered LMC, Luther and Congregation Day Camps were given the option of receiving a full refund or gifting back part or all of their financial deposit or payments.

The results are heartwarming:

- 44 percent of the 809 registered camper units gave all or part of their deposit and payments.
- 32 percent of the funds were donated for a total of \$76,400 in gifts from individuals and congregations.

**LOMO Board Member Pastor Bob Miller** said it best, "It certainly reflects those who love camping and the ministry it provides during challenging times. It takes a huge leap of faith to give back in a world that basically likes to take only for themselves. These people truly reflect a partnership in ministry for which we are thankful."



## The Community Beyond

### Free COVID-19 Care Kits Available at Area Rec Center

The city of Columbus together with the Community for New Direction will be distributing free COVID-19 care kits on **Thursday, July 30** from 3 to 6 p.m. at Barnett Community Recreation Center, 1184 Barnett Rd., Columbus OH 43227. The distribution will last until supplies are gone.

### Free Masks for Columbus Residents

In response to Gov. Mike DeWine's instituting a statewide mask mandate, Columbus Recreation and Parks is providing **free** masks at a Produce Drop on the following dates at various community centers.-All locations are open 3:30-5 p.m. "Help slow the spread of COVID-19 and keep the Columbus community safe. Show respect and kindness to others by wearing a cloth face covering in public."

#### Adams Community Center

854 Alton Ave. | 43219

Dates: Aug. 13, Aug. 27, Sept. 10 and Sept. 24

#### Barnett Community Center

1184 Barnett Rd. | 43227

Dates: Aug. 14 and Sept. 11

#### Beatty Community Center

247 N. Ohio Ave. | 43203

Dates: Aug. 14 and Sept. 11

#### Dodge Community Center

667 Sullivant Ave. | 43215

Dates: Aug. 13, Aug. 27, Sept. 10 and Sept. 24

#### Feddersen Community Center

3911 Dresden St. | 43224

Dates: Aug. 7, Aug. 21, Sept. 4 and Sept. 18

#### Glenwood Community Center

1888 Fairmont Ave. | 43223

Dates: Aug. 6 and Aug. 20

#### Holton Community Center

303 N. Eureka Ave. | 43204

Dates: Aug. 6, Aug. 20, Sept. 3 and Sept. 17

#### Howard Community Center

2505 N. Cassady Ave. | 43219

Dates: Aug. 13, Aug. 27, Sept. 10 and Sept. 24

#### Marion Franklin Community Center

2801 Lockbourne Rd. | 43207

Dates: Sept. 24

#### Milo Grogan Community Center

862 E. 2nd Ave. | 43201

Dates: Aug. 7, Aug. 21, Sept. 4 and Sept. 18

#### Scioto Southland Community Center

3901 Parsons Ave. | 43207

Dates: Aug. 13, Aug. 27, Sept. 10 and Sept. 24

#### Tuttle Park Community Center

240 W. Oakland Ave. | 43201

Dates: Aug. 7, Aug. 21, Sept. 4 and Sept. 25

## Getting Ready for Sunday

### Tenth Sunday After Pentecost, August 9, 2020

#### Lessons

**Readings:** Genesis 37:1-4, 12-28; Psalm 105:1-6, 16-22, 45b; Matthew 14:22-33

#### Prayer for the Times

*Editor's Note: This week, we turn to the ELCA's daily "Prayer Ventures": petitions offered as guides to prayer for the global, social and outreach ministries of the ELCA, as well as for the needs and circumstances of neighbors, communities and the world. There is a suggestion for each day of the coming week:*

**Aug. 3** Give thanks for artists and craftspeople who share their creative gifts and perspectives, arousing our joy, wonder, reflection and appreciation of life.

**Aug. 4** Pray that we will not be too inhibited to wrestle with God and God's Word, or to have candid conversations with God, and that the Spirit will deepen our trust in God's love, concern, forgiveness and patience with us.

**Aug. 5** Due to the COVID-19 pandemic, the Young Adults in Global Mission program will not be sending out volunteers this year. Give thanks for young adults who have volunteered for global service over the years, and pray that the Spirit will guide the Young Adults in Global Mission program as it prepares to continue its work and ministry alongside our global companions.

**Aug. 6** Ask the Spirit to help us be bold and articulate in sharing who God is, what God has done and what God is doing in the world for the sake of all people.

**Aug. 7** Pray for the leaders, voting members and others gathered for the Southeastern Iowa Synod Assembly and participating in online sessions, that the Spirit will strengthen, guide and encourage them in choosing leaders, proclaiming the gospel, growing the church, serving our neighbor and doing God's work in an ever-changing world.

**Aug. 8** Pray for the Spirit to stir within us humility, wisdom, empathy and a commitment to dismantle the barriers between people who live in wealth and people who live in poverty. Pray that all will have sufficient resources for daily life and self-sufficiency but also will develop a deeper commitment to mutual care and will value one another and our interdependence.

**Aug. 9** Just as Jesus calmed and reassured his disciples in a boat crossing a stormy sea, we pray for protection, comfort and renewal of faith in these difficult, uncertain times and in future ordeals.

### Prayer of the Day

O God our defender, storms rage around and within us and cause us to be afraid. Rescue your people from despair, deliver your sons and daughters from fear, and preserve us in the faith of your Son, Jesus Christ, our Savior and Lord. **Amen.**

### Intercessions & Thanksgiving

- + For the people of Clinton Heights Lutheran Church, Columbus.
- + For Redeemer community members Kathie and Nancy Ehrich.

*Each week we remember in our prayers in worship those who cannot be with us and those with special needs and concerns:*, Bebe McCoy, Robin Stokes, Lea Spang, Bonnie Hegreness, Heidi Carman, Cora Marquez, Mary Kennedy, Kelly Scott, Diane Louangrath, Sue Baker, Julie Denniss' uncle Ed Stewart, Kevin Bailey's sister Kleta Childs, Kathie and Nancy Ehrich, Stan Heacock, Jeremy Davis, Amy DeLorenzo, Linda and Don Williams, Pamela Andrews, Val Farnham, Bebe McCoy's brother-in-law Walt, Brittany Parsons, Lynn Belhorn's mother Maryland Belhorn and friend MaryAnn, Laura Warren's brother Walter Hudson and his wife Jan, Bill Boys, Doretha Holland, Dolores Brannigan's husband Dave, Becky Trover's sister Maddie and brother Jeff, Jack and Shirley Miller, Deidre (DJ) Zimmer, Jon Denniss, Mary Bowling's sister Val, Carolyn and Ed Klopfer, Grace Jones' son Chief Warrant Officer Henry Mentrak, Nancy Stinson's brother Tom Starkey.

*Noisy Offering will be for Kaleidoscope Youth Center.*

### Sunday Faith Exploration Class

Sunday August 9: A study of the "Apostles' Creed for Today" - Led by  
Pastor Dave Shull.

**This class is held via Zoom. See separate story about how to participate.**

## **This Week at Redeemer**

**August 4 - 10, 2020**

<b><u>Tuesday</u></b>	1:00 p.m.	<i>ZOOM</i> Bible Study
	3:00 p.m.	<i>ZOOM</i> Stewardship Team
<b><u>Wednesday</u></b>	10:30 a.m.	Coffee on the Lawn—Call church office for reservation
	12:30 p.m.	RLC at LSS Food Pantry
	7:00 p.m.	Congregation Council <i>CONFERENCE CALL</i>
<b><u>Saturday</u></b>	9:00 a.m.	Redeemer Garden Pick
	10:00 a.m.	Redeemer Garden Giveaway
<b><u>Sunday</u></b>	YouTube	Worship with Holy Communion
	10:00 a.m.	Adult Sunday School – via <i>ZOOM</i>