



# Reflections

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ISSUE 29

## Grief & Grief Recovery

We don't need to have gone through the death of a loved one to find ourselves feeling grief. These days, there are so many things we can't do, and that we don't know when we'll be able to do again, that we're grieving what we can't do. We're grieving what *isn't* going to happen. Like I tried to say in yesterday's message, the only way I know of to move through hard times is to face the reality that's right in front of us. To look at it without letting what we're afraid of keep us from seeing and feeling what's real, so we can respond to it and take a step forward.

As I've been living into this new reality I'm in since Mom's death, I went back to look at notes from classes on grief recovery I led in Seattle. I found some quotes that really helped me when I was grieving the end of Peter's and my relationship, and the sudden death of a very close friend, both of which happened in 2013. I share them with you, along with where they came from. If you or someone you know is going through a season of grief, there is no better book I know of than *The Grief Recovery Handbook* by **John W. James** and **Russell Friedman**, (William Morrow, 2009). The writers speak honestly of their grief experiences and offer both general observations as well as practical exercises I found truly brought me through to the other side of healing.

A few reflections on grief and recovery from grief from some wise souls. I hope one or more of these might speak to you however you find yourselves these days.

*And I saw the river over which every soul must pass  
and the name of that river was Suffering.  
And I saw the boat which carries souls across the river  
and the name of that boat was Love.*

**John of the Cross** (Spanish priest, 1542-1591)

*Life is unfair. Things happen that shouldn't have happened. That we wish hadn't happened. What stories we tell about those unfair, sad, shouldn't-have-happened events shape how well we heal from them. (Joseph Hart, "Trauma? Get Over It," Utne Reader, July-August 2006, p. 48)*

Three ways of defining grief that I like:

- Grief is the normal emotional response to loss – the loss of what you "had" and loss of what you wish you'd "had."
- Grief is about a broken heart. We can't "think" ourselves out of grief.
- Grief is a core loss of trust in the world, in life – when the world stops making sense to you. An essential part of grief is that the world will never be the same again. And that requires you to re-imagine and re-create your relationship to the world. (Hart)

*Recovery means feeling better. Recovery means claiming your circumstances instead of your circumstances claiming you and your happiness. Recovery is finding new meaning for living, without the fear of being hurt again. Recovery is being able to enjoy fond memories without having them precipitate painful feelings of regret or remorse. Recovery is acknowledging that it is perfectly all right to feel sad from time to time and to talk about those feelings no matter how those around you react. Recovery is being able to forgive others when they say or do things that you know are based on their lack of knowledge*

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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

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Secretary – Chad Eberle

Worship – Julie Larson

Education – Wendy Stoica

Outreach – Jon Disbro

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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

### Virtual Talk TONIGHT at 7 p.m. by Prominent Speaker on Race

If you'd like to learn more about how to be anti-racist in your day-to-day life, click this link to register for a free talk by **Ibram X. Kendi** tonight, **Monday, July 20** at 7 p.m. His voice is one many find wise, provocative, and deeply relevant for these days when the realities of systemic racism are impossible to deny or explain away.

<https://www.eventbrite.com/e/ibram-x-kendi-on-how-to-be-an-antiracist-tickets-110866502694>

### Food Giveaway Set for Thursday

Redeemer's next scheduled monthly food giveaway in cooperation with Lutheran Social Services (LSS) and the Mid-Ohio Food Cooperative is this **Thursday, July 23** beginning at 2 p.m.

It will be a drive-through giveaway that was implemented in April. Some volunteers will meet at 1 p.m. to set-up while others are asked to arrive by 2 p.m. to bag the food.

Anyone who can volunteer is asked to contact the church office at [info@redeemerluth.com](mailto:info@redeemerluth.com) or 614-237-1263 or **Jon Disbro** at [MDDisbro@gmail.com](mailto:MDDisbro@gmail.com) or 614-451-3642. There are a variety of roles that need filling: traffic control, check in, food sorting and bagging, food picking from each station and transport to the pickup spot, food loaders, etc.

Volunteers are asked to bring masks and water and to park on Ivanhoe – the street just south of the church.

### Sharing Meals on the Church Lawn

Gather in a safe and enjoyable way with people you miss seeing at one of our next two gatherings on the lawn at Redeemer. We'll do lunch from 12-1:30 p.m. on **Sunday, August 2**, and coffee and doughnuts **Wednesday, August 5**, from 10:30 a.m.-noon. On August 5, **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!

There are nine spaces for the noon lunch and eight for the coffee and doughnuts, so contact **Becky Trover** to RSVP. Please bring your own chairs, your sack lunch on Sunday, and whatever beverage you enjoy with doughnuts for Wednesday.

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

### RLC Weekly Produce Giveaway Underway

Redeemer's weekly Saturday morning produce giveaways from our own garden will again be held on **Saturday, July 25** 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.

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

Redeemer's Sister Act is planning a "socially distanced" in-person event at **Sue Yehling's** on **Saturday morning, August 1**, 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.

## 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, July 26** from 10-11 a.m.

Join the Zoom Meeting using ID: 847 0147 2984; Passcode: 522393. 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/84701472984?pwd=TXE5ejNXy2Fid0l2RnV4QWR6OTNHQT09>

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, July 21** from 1-2:30 p.m., go to the Zoom app and then enter the following information: Meeting ID: 834 4941 8974; Passcode: 723467. 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/83449418974?pwd=UloxNHlnSFfCQXBNMjN6WXISWTF3UT09>

## Sunday Worship Available on YouTube

The **July 19** 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!

## Grief & Grief Recovery *cont'd from p. 1*

*about grief. Recovery is one day realizing that your ability to talk about the loss you've experienced is indeed normal and healthy. Recovery lets us truly love again.* (James & Friedman, pp. 6-7).

In his poem, "God Speaks to Each of Us," **Rainer Maria Rilke** encourages us to face whatever life brings; he says we can do this because "No feeling is final." I know I can try to run away from or bury intense feelings I have that bring pain. To remember that letting myself feel this feeling doesn't mean it will always be there can help me stay with it. Indeed, I know if I push it away, it will come back. Only this time it will bring reinforcements! The next time it will be that much more painful and intense.

Grief needs companions. It needs gentleness, kindness, patience, and courage. All of us are survivors of grief. And we are followers of the Jesus who has gone into every possible place of loss, so waits to be our companion, and to guide us to companions who, here and now, can offer us the kindness and bravery we need to face whatever comes ... and come out the other side. Please let me know how I and others can be such a companion for you.

*Dave Shull*

## Important Emails

[DShull@RedeemerLuth.com](mailto:DShull@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.

## 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 **Mary Bowling's** sister **Val** who has been hospitalized with kidney failure. Prayers for healing are also asked for the wife of Redeemer's custodian **Marshall Edgington**, who has been hospitalized, and they continue to be asked for **Jon Denniss** who has been diagnosed with COVID-19.

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Prayers for comfort and strength are asked for **Elyce Herring** on the death of her 14-week-old grandniece

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**Member Directory Update:** **Tamara Wawrosch** has a new address: 54 S. Broadleigh, Columbus 43209.

## Redeemer Adds New Interpreter

**Debra Rigsby** has joined **Tori Reed** in providing interpreter services for the Sunday service. Tori writes that, "I have been looking for another interpreter who can share the load with me and a wonderful girl is

willing to sub for me when needed. I met her back at Columbus State and she is truly such a great girl!" Her first Sunday interpreting was **July 19**.

### Southern Ohio Synod Moves

The offices of the Southern Ohio Synod have moved. Effective **July 1** the new address is 9200 Worthington Rd., Suite 140, Westerville OH 43082.

### Christ in Our Home Devotional Booklets

The July – September edition of *Christ in Our Home* devotional is available. If you would like to have a copy, the church office will be happy to mail one to you. Call 614-237-1263 or email [info@RedeemerLuth.com](mailto:info@RedeemerLuth.com)

If you prefer, you may receive Christ in Our Home devotionals via email by going to <https://go.augsburgfortress.org/christ-in-our-home-email-subscription>

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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.

### July Birthdays

20-Pamela Reed 21-Grace Jones  
22-Alta Boreman 22-Kim Faulk  
22-Noah Gosnell 25-Tracy Hoddinot Ervin  
27-Tom Mimlitch 29-Kathy Mimlitch  
29-Becky Trover 31-Marilyn Roberts

### 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 Community Beyond

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

The city of Columbus together with the Community for New Direction will be distributing free COVID-19 care kits on **Thursday, July 23** from 2:30 p.m. to 5 p.m. at Marion Franklin Community Rec Center at 2801 Lockbourne Rd., Columbus OH 43207; and 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.

## Getting Ready for Sunday

### Eighth Sunday After Pentecost, July 26, 2020

#### Lessons

Sunday Readings: Romans 8:26-39; Psalm 119:129-136; Matthew 13:31-33, 36-43



## Prayer for the Times

O God, where hearts are fearful and constricted, grant courage and hope. Where anxiety is infectious and widening, grant peace and reassurance. Where impossibilities close every door and window, grant imagination and resistance. Where distrust twists our thinking, grant healing and illumination. Where spirits are daunted and weakened, grant soaring wings and strengthened dreams. All these things we ask in the name of Jesus Christ, our Savior and Lord. **Amen.**

## Prayer of the Day

Beloved and sovereign God, through the death and resurrection of your Son you bring us into your kingdom of justice and mercy. By your Spirit, give us your wisdom, that we may treasure the life that comes from Jesus Christ, our Savior and Lord. **Amen.**

## Intercessions & Thanksgiving

- + For the people of Christ Lutheran Church, in Heath.
- + For Redeemer community members Jeanne, Douglas and Melinda Eakins.

*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 Hegreiness, 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, Jack and Shirley Miller, Deidre (DJ) Zimmer, Jon Denniss, Marshall Edgington and family, families of Bernice Stewart's cousins Bobby Isbell and Deborah Merrill Skiver, and the family of Betty Shull, especially our Pastor, Dave Shull..

*Noisy Offering will be for Kaleidoscope Youth Center.*

## Sunday Faith Exploration Class

Sunday July 26: A study of the "Apostles' Creed for Today" - Led by  
Dave Shull.

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

## This Week at Redeemer July 21 - July 27, 2020

<b><u>Tuesday</u></b>	1:00 p.m.	Zoom Bible Study
<b><u>Thursday</u></b>	<b>3:00 p.m.</b>	<b>LSS/MidOhio Food GiveAway</b>
<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 ZOOM
	4:00 p.m.	Confirmation Class