

Changing Our Relationship with Change

It was one of the funniest and most honest moments I've experienced.

We were at our staff meeting at a church I served in Seattle. About 15 of us sat around the table. A beloved clergy colleague had announced her retirement and had just three weeks left at the church. The whole system was wondering how we'd get by without her; all of us were on edge. After we'd talked about a number of things, the business administrator said, "Next week, we're moving the mailboxes to the room across the hall." Suddenly a loud "thump." And then another. We looked toward the sound. One of the other clergy was banging his fists on the table, shouting, "No more change! No more change!" We watched as he got that out of his system. When he laughed, we all did, too. And then we moved on to the rest of the meeting's agenda.

It was amusing. And it was deeply honest. *Change* is something that comes hard for all of us. Even if we like variety, there are always some changes we resist. Maybe change is okay as long as we can decide what changes and what remains the same. During election week when there was a lot of uncertainty, the stock market soared. Analysts explained this by saying the markets looked at the prospect of a Democrat in the White House with Republicans in control of the Senate, and decided things like tax laws wouldn't change *too* much. Controllable, predictable change they could handle.

Our Buddhist sisters and brothers have great wisdom to offer us when it comes to change: Find a way to make peace with it! We bring suffering to ourselves and others when we refuse to accept the fact that everything is impermanent. Look at the suffering that happens when we try to keep people, situations, institutions, even our bodies, from changing. Everything is in process. Life isn't always going to go our way. No one manages to avoid uncertainty. There is no cure for hot and cold, no cure for the facts of life.

I'm not sure why so many of us expect things to stay the same. On average, the cells in our body are only seven to10 years old. They're dying and being replaced all the time. What I'm thinking right now is something I've never thought about before in the same way. We have new experiences that remove some options and make others possible. And then there's the inconvenience of people we love changing how they feel and what they want where they're being called.

Whether we find contentment in life depends to a large extent on how we respond to change, especially change we don't want. How do we respond when we have to admit the only thing we have any control over is how we respond to this moment we're in. That's it. So there's so little we can control. No way to reduce uncertainty and ambiguity. If we are to be content, our only choice is to accept that there's precious little we can control, precious little we can be certain of, and no vaccine against change.

With the changes we face in Washington, D.C., the changes COVID continues to impose on us, the changes in our health, our dreams, our relationships, our moods, the changes in how we will celebrate Thanksgiving, Advent, and Christmas as families and friends, and as a church community, perhaps this is a good time to learn from our Buddhist sisters and brothers. The next time we feel overwhelmed by change, we might bang on a table and shout, "No more change!" It's good to get stress out of our systems. And then when we've done that, and hopefully laugh at ourselves a bit, we look at the change that's in front of us. And we seek the courage, wisdom, creativity, and maybe even the playfulness, to take a step into it. And let it come.

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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** Interim Treasurer – Julie Johnson Financial Secretary – Brad Phillips **SPECIAL FUNDS TEAM** Michelle Clemence Bruce Collins Dave Engel, Chair Nancy Magargal Jim Rilev SUNDAY SCHOOL Superintendent – Emily Ott **REDEEMER LUTHERAN CHURCH** 1555 S. James Rd. Columbus 43227

614-237-1263 www.redeemerluth.com



Dave Shull



Members and Friends of Redeemer:

We would like to update you on council approved actions to address air quality in the church building related to COVID-19. These actions have been taken in light of the research that shows this virus is significantly airborne and the reality that with colder weather approaching, outdoor worship is not possible.

GIVEN THE CURRENT RATE OF INFECTION, WORSHIP WILL CONTINUE TO BE LIMITED TO ONLINE SERVICES.

However, in anticipation of being able to return to in-person worship and after significant research about how to address the airborne virus, recommendations were made to council to install iwave devices in all furnaces except those for the Fellowship Hall and basement. (For more information on iwave technology, check out a YouTube video about it.)

It was also recommended that the Narthex furnace be replaced since it is so old, and that area is so central to most people entering the church building.

"With these actions we will be able to run the fans on the Narthex and sanctuary furnaces for one hour before people come in to totally ensure filtering that air. We will continue to run the furnace fans during worship, and then for one hour after people have left. While there is no guarantee that the COVID-19 virus will be eliminated, this should substantially address the airborne risk of indoor gatherings. We will continue to follow public health guidelines of requiring face masks and social distancing and sanitizing surfaces."

It was also recommended that the Fellowship Hall, downstairs kitchen, basement bathroom and adjoining basement rooms be shut off to use because we do not have the resources to replace those furnaces, and installing higher grade filters might well stress the current furnaces to break down.

Additional recommendations were made for stand-alone air purifiers to be placed in the church office, the upstairs women's and men's bathrooms, and the small entryway. Higher grade filters (MERV values of 11), will be installed in all the furnaces upstairs.

All of these recommendations are estimated to cost less than \$13,000 and will be taken from the building maintenance budget for this year. That line item for 2020 is \$30,000.

To date, the Narthex furnace has been replaced and the iwaves have been installed. The HVAC contractor is in the process of procuring the recommended furnace filters. "We will have them replace filters more frequently once we begin to use the building more to ensure that the furnace motors are not stressed by the MERV 11 filters."

All these recommendations, presented by **Julie Johnson**, were passed by council. She is available to address any concerns you may have. Her email is <u>jijap80@aol.com</u>.

Redeemer to Serve at First English November 12

On <u>**Thursday, November 12</u>** Redeemer is scheduled to provide the take out dinner at First English. The menu will be: chicken, rice and veggie casserole, dinner roll, fruit cup, individually wrapped Hostess desserts. Also added will be Belvita cookies or granola bar – something for them to have later or for breakfast.</u>

There will be lemonade and water also available for the dinners. Because we will need enough food for 72 dinners (six dozen), we need donations of seven casseroles (recipe below), fruit cups, Hostess desserts (i.e.: HoHo's, Nutter Butter bars, Oatmeal Cookies), granola Bars or Belvita cookies, dinner rolls (already baked such as Parker House rolls).

If you can provide any of these items, please let **Kay Ernsthausen** know. There is a basket in the Nathex to collect all the individually wrapped donations. If you will be donating a casseroles, please make arrangements with Kay for pick up on **Thursday, November 12** so they are hot.



If you want to donate any of the items but can't get to church, please let Kay know and she will make arrangements to pick them up.

Thank you for your continued support in helping feed those in need.

Chicken, Rice and Veggie Casserole

5 cups	Cooked rice (cook it yourself or get if from a Chinese carryout)	
4 cups	Cooked chicken - if doing yourself-make sure to season it. Other options:	
	canned chicken, or buy a rotisserie chicken and pull it off the bones.	
1 16-oz bag	Frozen broccoli florets, cauliflower, and carrots	
1 can	Cream chicken soup	
1 can	Cream of celery soup	
1 envelope	onion soup mix	
2 cans	Milk (use the empty soup cans to measure the milk)	
3 cups	Shredded cheese (all one kind or any mixture)	

30 Ritz Crackers or butter crackers (30 crackers are one sleeve)

Spray 13x9 pan with a cooking spray to prevent the casserole from sticking

In a large bowl. mix rice, chicken, veggies (break up any big pieces) and 1 1/2 cups shredded cheese. In a medium bowl mix the 2 cans soup, 2 cans milk. (use the empty soup can to measure the milk.) Add envelope of onion soup to dissolve in the soup/milk mixture.

Pour the liquid over the rice mixture. Mix until well blended. (If mixture appears dry, add another can full of milk.)

Spread into the prepared 13 x 9 pan.

Put Ritz crackers in a plastic bag or food processor. Crush/chop the crackers until in crumbs. Put in a medium bowl and mix in the remaining 1 1/2 cups of shredded cheese. Sprinkle over the top of the casserole.

Bake at 350 degrees for 40 minutes or until heated thru.

Help LSS Pack Thanksgiving Care Packages

With the holidays approaching, Lutheran Social Services is trying to make Thanksgiving a little more joyful by supplying a bag of groceries (along with hope and healing) for people in crisis. To this end, LSS is assembling bags containing the following items:

2 pouches or 1 box of mashed potatoes

2 cans of fruit (peaches, applesauce, pears, etc.)

3 cans of green beans

- 2 cans of corn
- 2 cans of pumpkin
- 1 can of cranberry sauce

1 box or bag of stuffing mix

- 1 turkey gravy packet
- 1 boxed yellow cake mix

Won't you consider donating one or more bags of these items? Donations of these items can be dropped off at church (making sure someone is there) or by taking them to **Kathy Zwanziger's** home. The "bags" are due by **Tuesday, November 17**. LSS will add a turkey, bread, and produce.

Thanks for helping make Thanksgiving happier for many people.



Sister Act November Event Set for Wednesday

Sister Act's November event will be held this <u>Wednesday</u>, <u>November 11</u> at 6:30 p.m. via Zoom. Members are asked to be thinking about topics/interests/experiences/service opportunities for 2021.

Sister Act coordinator **Carol Heacock** reported that the group donated \$365 to Lutheran Memorial Camp. In addition, five large bags of winter coats, socks, hats, and gloves were given to the Good Neighbors Picnic that are being distributed to the Columbus homeless shelters. "Your thoughtful generosity is greatly appreciated. Thank you."

To join the Zoom Meeting use ID: 859 1301 3716; Passcode: 500816. By phone, call +1 312 626 6799. 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/85913013716?pwd=S3N3QnV4MU9VOUlrZ1hWaytIL0xBdz09

New Website Has Arrived

Many Redeemer members have long talked about the need for an updated website, but we never were able to find anyone in-house to lead that process. Two years ago we identified someone in the neighborhood with the necessary skills and embarked on our website journey.

The Website Team is thrilled to announce that our new Redeemer website went live on Monday morning, November 9. We hope it will be more functional for staff and at least equally useful for everyone else.

The hardest part may well be accessing the site for the first time. Since it uses the same URL (<u>www.redeemerluth.com</u>), your phone or computer may try to access the old site, which is no longer available and would prompt a message saying it can't be found on the server. If you experience that, you'll need to clear your device's browsing data, which may be a slightly different process depending on your system and browser. (For Google Chrome, go to Settings, then More tools, then Clear browsing data, and check Browsing + Cookies + Cached images for All Time, and click Clear data.) If you run into trouble and can't find a helpful friend or relative, let us know and we'll try to figure it out.

We hope you'll be as pleased as we are with the new site—it's been a long time coming.

Website Team: Dave Shull, Mike Shugert, Kristi Hildebrand,

Michele Disbro, Jon Disbro, Elaine Disbro, Judy Bird, Mary Benis

Advent Devotional Booklet Update

Advent begins this year on <u>November 29</u>. Redeemer's annual Advent devotional booklet, written by members of Redeemer, will be published before then. Once again, **Donna Voelkel** has provided lovely artwork for the cover.

Both regular format and large-print format booklets will be available to pick up at the church or through the mail. We will also provide the devotions via daily email upon request and on Redeemer's website. Please contact the church office at 614-237-1263 or <u>info@RedeemerLuth.com</u> if you would like to have a paper copy sent to you through the mail or if you would be interested in receiving devotions via email.

Good Neighbors Picnic Comes Off ... Even during Pandemic

Despite the pandemic, the Good Neighbors Picnic did occur this year, but in a different format, according to a report on the event supplied by **Carol** and **Stan Heacock**, who have headed up Redeemer's efforts with the group over the years.

This year, rather than having folks gather at a park, the Good Neighbors Picnic delivered ... meals were delivered, money was donated to 11 agencies assisting individuals experiencing temporary or long-term homelessness and toiletries and other essential items were supplied to Columbus Relief.

Carol also reported that Redeemer, through Sister Act, donated five large bags of winter coats, gloves, socks and hats gathered at the groups mini retreat in October.



Thanks so much to Carol and Stan for their faithfulness in heading this effort up for Redeemer! Your work is much appreciated!

Adult Sunday Education Class on Hiatus for Two Weeks

The Sunday Adult Education class is on hiatus the next two Sundays, November 15 and November 22 while **Pastor Dave** is on vacation. The group resumes on Sunday, November 29. At that time the class, which has been looking at "What Does the Bible Say About? will start to explore the following question: If all religions are equally valid, is the Bible necessarily where we turn for guidance? Is the answer that each person chooses the religion that works for them and then they concentrate on their path. If they chose Christianity, they lock into their document (the Bible) and their favorite guy (Jesus) and they get their answers there. Meanwhile, others are getting their answers from the Quran, or just the Old Testament, or whatever their chosen document is. Or should we all be seeking answers from all the documents? Or should we be looking somewhere else?

The next class will held on Zoom on Sunday, November 29 from 11:15 a.m. to 12:15 p.m.

Join the Zoom Meeting ID: 837 8326 6885; Passcode: 043099. 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/83783266885?pwd=S3hqd1dQR3lUbjdvYU9nWGk3MnI0dz09.

You would bless us by your participation in this!

Tuesday Bible Study on Break until Nov. 24

The Tuesday Bible Study, which is studying of the book of Genesis, is on hiatus for two weeks, resuming on **Tuesday, November 24.**

Previous Sunday Worship Services Available on YouTube

Previous Sunday worship services are available at <u>https://tinyurl.com/r6mk2xh</u>. For the current Sunday Worship Bulletin, go to the Redeemer website at <u>www.RedeemerLuth.com</u> >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

<u>DShull@RedeemerLuth.com</u> – use for communicating directly with **Pastor Dave.**

<u>Info@RedeemerLuth.com</u> – use for communicating with the office, *Reflections* newsletter, Office Manager Becky Trover, healing prayer requests or for general information.

<u>MemberCare@RedeemerLuth.com</u> – use for communicating with the Member Care team about needs for personal ministry such as in-home communion, a home visit, meals, etc.

<u>FinSec@RedeemerLuth.com</u> – use for communicating with **Financial Secretary Brad Phillips**, and for stewardship campaigns.

<u>Itgroup@RedeemerLuth.com</u> – use for communicating with Redeemer's IT Team for items related to the website.

<u>Property@RedeemerLuth.com</u> – use to report items that need repair in the church building.

<u>SundaySchool@RedeemerLuth.com</u> – use to offer suggestions for our Sunday School ministry.

<u>Transportation@redeemerluth.com</u> – use to request temporary transportation assistance.

<u>Communications@redeemerluth.com</u> – 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 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 Dave Shull on Vacation November 9-23

Pastor Dave Shull is taking a vacation. Preaching and presiding on <u>November 15</u> will be the **Rev. Dr. Brenda Buckwell**. Brenda has served as a parish pastor and now works as a spiritual director and life coach. Since she is new to the Redeemer community, you can find out a bit more about her at <u>www.livingstreamsflowingwater.com</u>.

On <u>November 22</u>, **Dr. Cheryl Peterson**, a very familiar and beloved presence at Redeemer, is preaching and presiding.

If you have emergency pastoral care needs while Dave is gone, please contact **Office Manager Becky Trover** at 614-237-1263 or **the Rev. Julianne Smeck** at 734-972-6126 or <u>smeckj@mac.com</u>. Julianne is the pastor of Hope Lutheran Church in Columbus.

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Prayers for healing are asked for **Barbara Hairston's** husband **David** as he goes through some medical tests to determine what kind of treatment may be needed.

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<u>Member Directory Update</u>: Diane Louangrath's address is 1035 Meadow Lane, Columbus 43207; phone: 614-828-7208.

Redeemer Members Serve at LSS Food Pantry



Thanks to all the volunteers who met at the LSS Food Pantry to pack holiday food bags. In two hours Saturday, Redeemer's 10 volunteers packed just over 300 bags! There were also several bags donated by other members: thank you! Each bag will be supplemented with a turkey and fresh produce for a full Thanksgiving meal.

Please note: In December, Redeemer volunteers will return to the regular schedule: the first Wednesday afternoon of the month from 1 until 4 p.m. That means only five volunteers are needed. Clients will be coming into the building on those days.

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 at 614-237-1263 or via email to <u>info@redeemerluth.com</u>. Hard copies are available at the church and can be found under the bulletin board in the hallway off the Narthex. This edition corrects Pastor Dave's office number which is 614-237-1686 or he can be reached on his cell at 206-725-3785.



November Birthdays

9-Ruth Murray 13-Emily Ott
16-Karen Collins 18-Carla Baldogo
19-Carolyn Klopfer 20-Zak Hinkle Moore
21-Andy Jacobs 23-Chelsea Gordon
23-Carolyn Moehring 24-Bobby Jimison
24-Judith Bird 24-Sarah Highland
25-Dereck Stewart 26-Grace Montgomery
28-Dave Shull 29-Mary Bowling

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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.

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 <u>https://coronavirus.ohio.gov/wps/portal/gov/covid-19/</u> 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 <u>https://tinyurl.com/y9ohdaov</u>. 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

Christ United Methodist Church Learning Extension Center Program Seeks Volunteers

Christ United Methodist Church is seeking volunteers to help with its Learning Extension Center as well as students who might be interested in participating. No teaching background is necessary.

The center, established in partnership with Columbus City Schools, is intended to support students in the community by providing a safe and quiet learning space with Internet access and guidance from caring adult volunteers.

It runs from 1 to 3:30 p.m. every Tuesday and Thursday. Lunch is provided from 12:30 to 1 p.m. with an optional Bible lesson following. The center is working closely with the principal and some teachers from the neighborhood Scottwood Elementary School, assuring that the students are following the standards in the curriculum. Already several students are coming to the center.

The center is being operated according COVID-19 guidelines: all volunteers and students have their temperature checked when entering the building. Everyone is required to wear a mask except when eating or drinking. "The kids are not always completely compliant with this but this is a work in progress!" All students are at least six feet apart. Volunteers attempt to maintain that distance from the students "but that has been challenging when they need more help. As we are learning more about how the online learning works we are not needing to be so close to them. But when we are trying to look at what they are doing on the computer we are definitely not able to stay six feet away. So there is obviously some risk but we are trying to minimize it. We will know everyone who is there every day so if someone



does become ill we can easily do contact tracing. And we are not around any other people in the building."

The three students currently participating are all family members and are around each other every day, making social distancing less important. That will not be the case as more students come.

Those interested in learning more or volunteering, can call Site Coordinator Debbie Jackson at 614-406-2362. "Thank you for considering sharing your presence and skills."

Columbus City Council to Hold Thanksgiving Turkey Giveaway

Columbus City Council will be giving away 1,000 turkeys to local families from 11 a.m. to 2 p.m. on November 21. Registration required Saturday, is and can be done online at bit.ly/CouncilTurkeyGiveaway. There will be one turkey per household and they can be picked up at St. Stephen's Community House, 1500 E. 17th Ave., Columbus OH 32119. Folks are asked to wear a mask when picking up a turkey.

The Community Beyond Virtual College, Career Fair Set for Nov. 12

MBK Works (Workforce Opportunities, Resources and Knowledge for Students) will host a virtual college and career fair on Thursday, November 12 from 6 to 8 p.m. Targeted to the class of 2021, the virtual event will help seniors with their career search as well as explore colleges and universities. This is a program of the My Brother's Keeper (MBK) Village.

To register, go https://www.mbkvillage.org/works/.

Getting Ready for Sunday

24th Sunday after Pentecost, November 15, 2020

Lessons

Readings: I Thessalonians 5:1-11; Psalm 90:1-8; Matthew 25:14-30

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 distrust twists our thinking, grant healing and illumination. Help us in these days to participate in wise decisions for our common life and serve our neighbors. Bless those we elect, that our nation may grow toward peace among ourselves and be a blessing to other nations of the earth; through Jesus Christ, our Savior and Lord. Amen.

Prayer of the Day

Righteous God, our merciful master, you own the earth and all its peoples, and you give us all that we have. Inspire us to serve you with justice and wisdom, and prepare us for the joy of the day of your coming, through Jesus Christ, our Savior and Lord. Amen.

Intercessions & Thanksgiving

+ For the people of Ibada ya Kiswahili Lutheran Church in Columbus.

+ For Redeemer community member Barbara Hairston and her husband David.

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, Val Farnham, Bebe McCoy's brother-in-law Walt, Brittany Parsons, Lynn Belhorn's friend MaryAnn, Laura Warren's brother Walter Hudson and his wife Jan, Doretha Holland, Shirley and Jack Miller, Deidre (DJ) Zimmer, Jon Denniss, Mary Bowling's sister Val, Carolyn and Ed Klopfer, Nancy Stinson's brother Tom Starkey, Kathleen Zwanziger's brother Mark Zwanziger, Larry Trover, Earl Bradley's brother Fay Bradley.



Noisy Offering will be for Kaleidoscope Youth Center.

Sunday Faith Exploration Class

Sunday, November 15: Adult Sunday School on hiatus

This Week at Redeemer November 10 – November 16, 2020

<u>Tuesday</u>	6:30 p.m.	ZOOM A Brewing Faith
Wednesday	6:30 p.m.	ZOOM Sister Act
<u>Thursday</u>	5 pm	RLC at First English
<u>Sunday</u>	10 a.m.	Livestream Worship with Holy Communion on YouTube