



Reflections

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ISSUE 39

Living a Long Life

Maybe it's because I'm retiring at the end of this year that I've started noticing articles that describe different people's ideas about living a long life.

When he was in his mid-eighties, Dad was at a gathering with Mom. A friend asked, "Gordon, to what do you owe your long life?" Dad replied, "Eighty percent genetics, 15 percent virtue, and 5 percent paying someone to do my taxes." When Mom asked him with a smile, "And where might I fit into your answer?", Dad put his arm around her and said, "Betty, you're part of my virtue." You can imagine how Mom responded to that!

Right after **Jane Goodall** died this past week at age 91, the *New York Times* ran an article describing her thoughts about living a good life. The writer of the article said Dr. Goodall's approach to living a long life are totally consistent with the recommendations of geriatricians. Jane had three principles. And they're short, so they're easy for tired gray cells to remember!

Dr. Goodall stayed active. She kept working until the day she died. She had a lot of social interaction and kept her mind active. She also spent a tremendous amount of time in nature, which has been linked to all kinds of health benefits. A geriatric psychiatrist says, "Social interactions are especially important as we age because they force us to exercise skills that we often take for granted. These include carrying on conversations, using certain vocabulary, and considering different worldviews. Being around others can also help lower stress and anxiety."

Dr. Goodall had a clear sense of purpose. The director of a research center on healthy aging says, "Feeling like you have something to do, some reason for being, is powerful." A 2019 study found that out of nearly 7,000 adults over the age of 50, those who scored highest on a measure asking about life purpose had less than half the risk of dying over the next four years compared with those who scored lowest. Of course, all of us aren't world-famous experts whom everyone wants to hear talk about our life's work! But for many people, our sense of purpose – or reason for being – can continue long after any paid work has ended. That meaning can come from our spirituality, a group or organization we are deeply involved with, our relationships, or some hobby we truly enjoy. One writer says, "Whatever inspires it, having purpose in life gives people motivation to keep learning, to keep interacting and to keep getting out of bed," – elements that can fall by the wayside in older age.

Dr. Goodall had an enduring hopefulness. The last book she wrote describes the four realities that, in spite of realities like global warming and species extinction, give her hope for the future: "the amazing human intellect, the resilience of nature, the power and dedication of young people, and the indomitable human spirit." These were pillars she built her life on. How do you find yourselves responding to the world around you, and within you? To the extent that you feel despair, resignation, or apathy, how does that affect you? Can you imagine choosing to bring a different kind of energy to your response, either one of Dr. Goodall's four

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OUR CONGREGATION

Ministers - All who gather here in the name of Jesus
Pastor – Rev. Dave Shull
Office Manager - Becky Trover
Office Assistant - Diane Brobeck
Custodian - Marshall Edgington
Organist/Senior Choir Director – Kathy Rapp
Pianist/Chime Choir Director – Karen Kent
Reflections Editor - Judith Bird

2025 CONGREGATION COUNCIL

President – Brad Binau
Vice President – Ashley Bird
Finance Officer - Laura Warren
Secretary – Rich Pautsch
Worship - Michelle Clemence
Education – Karen Rider
Outreach – Mary Benis
Member Support – Kathy Mimlitch
Property - April Smith
Stewardship - Kathy Denhard

APPOINTMENTS

Treasurer – Kay Ernsthausen

MUTUAL MINISTRY TEAM

Misato In Sara Auman
Emlyn Ott Rich Pautsch

SPECIAL FUNDS TEAM

Wendy Stoica, Chair Hitoshi Phillips
Emily Kent John Kennedy
Terry Warren Laura Warren [ex officio]

SUNDAY SCHOOL

Superintendent - Emily Ott

REDEEMER LUTHERAN CHURCH

1555 S. James Rd.
Columbus 43227
614-237-1263

www.redeemerluth.com



The Redeemer Community



Picture by Kathryn Ott

Sunday Sees Blessing of Animals at RLC

Sunday, animal friends of Redeemer were blessed in the afternoon as well as the ashes of two of **Wendy Stoica's** dogs, **Wrigley** and **Lambeau**, were spread in the Remembrance Garden.

Donations Requested for Another Round of Care Kits

Redeemer youth will assemble more Care Kits in November during Sunday School. These care kits can be given out to anyone members find in need. Heading into winter, these items (hand warmers, socks, chapstick) are especially helpful. Bombas has donated socks and Redeemer has received a donation of chapstick from the food pantry for this project.

"If you are able to donate any of the following items, please put them in the black crate in the Narthex by **Sunday, Nov. 2**. Thank you!

- Small bottles of lotion
- Hand warmers
- Soft breakfast bars
- Small packets of wipes or small bottles of hand sanitizer
- Quart size ziplock bags

Help LSS Pack Thanksgiving Care Packages

With Thanksgiving approaching, Redeemer will again be assisting the Food Pantry in providing some food for those who need help providing a Thanksgiving meal for their families. A few bags are available at church to fill with these items **only** so folks are asked to use their own cloth bags for the items. (They will not be returned.). LSS will add a turkey, bread, and produce. **The deadline to have items at church is Monday, Nov. 17**. Redeemer's goal is 50 bags. Questions? Contact **Kathy Zwanziger**.

- 2 pouches or 1 13.75 oz 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 box dessert mix



Folks are asked to supply their own reusable shopping bags or the thicker plastic bags such as the Kroger Click List-style bag. (Paper bags tend to tear during storage and delivery so folks are asked NOT to use them.) Bags will not be returned.

Thanks for helping make Thanksgiving happier for many people!

What We Can (and Can't) Say about God

Join the Sunday Adult Forums on **Oct. 12** to watch the second half of the "Faith for Normal People" podcast with guest **Janet Williams**. She is discussing a branch of theology which explores what we can and can't say about God, and how there are things we both need to *say* and *unsay*. **Pastor Dave** notes, "We're dividing the one-hour podcast into two weeks to leave plenty of time for discussion."

The Adult Forum runs from 11:15 a.m. to 12:15 p.m. *Grab snacks and join the group in Room 2!*

Redeemer Raises \$17,368 for 2025 CROP Walk

As of Monday, Oct. 6, Redeemer's team of **Connie Criswell, Kelley Frank, Heidi Sherer, Wendy Stoica, Trina Thornton, and Kathy Zwanziger** had raised a total of \$17,368 for the 2025 CROP Walk which was held **Sunday, Sept. 28.**



Kelley Frank and Trina Thornton report it was a "lovely and meaningful afternoon!"

While folks were asked to donate earlier this year in the face of government cuts to food programs, the need is still greater than ever. "So if you have not yet donated, or wish to donate further, our Redeemer Team website is [HERE.](#)"

Online donations are preferred, but cash and checks made out to CWS/CROP are also welcome.

Connie reported Sunday that the Redeemer team had the fourth highest total in the country. *Way to go Team Redeemer!!*



Kathy Zwanziger reports it was a lovely day for a walk!

Redeemer Garden Saturday Giveaways Conclude

The Redeemer Community Garden Giveaways wrapped up another great season of growing and giving away produce. **Michele Disbro** reports, "Our last giveaway was Saturday, Sept. 20. The last few weeks have been tough due to the drought but we'll still have some produce to share with the congregation each Sunday.

"Thanks to all our volunteers who helped pick and giveaway the produce: **Kathy Zwanziger, Helen Brunston, Shirley Meyer, Kampbell Turner, Dave Lippert, Kay Ernsthause, Sue Yehling, Diane Brobeck, and the In-Phillips family.**

"We also appreciated the help and donations by many of our Berwick neighbors. A big shout out to **Sue Yehling** who helped keep the garden watered throughout the summer.

"Next year, we are hoping to replace some of the mesh bags used to cover the tomatoes (to keep the squirrels from taking a bite out of the tomatoes). **We are looking for small mesh bags often used for onions.** It would be helpful if the bags were still intact and not ripped open. You can see a sample bag on the table where produce is laid out. We'll be collecting them throughout the year to prepare for the 2026 growing season."

'Noisy Offering' to Go to Huckleberry House

Kay Ernsthause reports that Redeemer's "Noisy Offering" will now go to support Huckleberry House. She notes Huckleberry House provides shelter, support, and guidance to young people facing difficult situations through four main programs:

- A **24/7 Crisis Shelter** offering a temporary safe place to stay for teens ages 12 to 17 including hot meals, a warm bed, and access to necessities like clothes and hygiene items.
- A **Transitional Living Program** for young people, 18-24 years old, providing a safe place to live combined with a range of supportive services.
- A **Counseling Center**, with a team of therapists who specialize working with teens, young adults, and families to help solve even the most challenging problems.
- The **Youth Outreach Program**, a team of trained, professional staff that engage with youth to prevent homelessness and provide support and resources to increase stability.

Currently the Huckleberry House serves all youth between ages 12-24. Youth between the ages of 12-17 are given shelter and programs to prepare them to move to appropriate housing. This program averages 6.5 days to transition one person.

Youth between 18-24 receive housing and services to help them prepare for transitional housing. This program currently averages 18 months to find housing.

With Kaleidoscope's loss of funding for housing, Huckleberry House is the alternative for LGBTQ youth and young adults for housing. Please note: Kaleidoscope is not closing all services; they are only losing the funding for housing. Programs will continue.

Non Police Crisis Response Update

Kristi Hildebrand provides the following update from BREAD: "The Non Police Crisis Response team is working toward getting on the May 2026 ballot. They have collected over 21,000 signatures. They are working on validating those signatures while still collecting more.

“Paid signature collectors have been hired. OhioVotes provided a grant for the paid signature collectors who are door knocking in neighborhoods, such as Linden and West Gate.

“They have strong opposition from the Franklin alcohol, drug, and mental health board [ADAMH Board]. **Erika Clark-Jones**, the director, contends that the board has already implemented this system. The system in place is only for behavioral health calls, and currently, the program handles approximately 80 calls monthly.

“The city of Columbus’s 911 number averages over 100 calls daily, and these calls include behavioral health issues, housing crises, food insecurity, and the need for wellness checks.

“We are hoping to write an op ed piece, have a press conference, and hold a town hall to counter these claims. **Tiara Ross**, a candidate for city council, is urging her supporters not to sign the petition. We are hoping the feature speaker at the town hall will be the Law Enforcement Active Partners, a coalition of retired law enforcement officials who have endorsed our ballot initiative.”

Sign Ups Underway for 2025 Advent Devotional Booklet



Members and friends are invited to write a devotion for Redeemer’s 2025 Advent devotional booklet – the 10th year Redeemer has done this under the leadership of **Connie Criswell**!. It has been fascinating over the years to read/“hear” the different voices as members and friends have contributed to the devotions.

The list of readings which provide the basis for the devotions is posted on the bulletin board. The meditations should be fewer than 350 words, include a title and conclude with a short prayer. Individual devotions should be emailed to **Mary Benis** by **Monday, Nov. 10** for editing.

Call the church office at 614-237-1263 and check with Connie at cac56@columbus.rr.com with your selections to avoid duplications. Redeemer member **Margie Frazier** will provide original art for the cover.

If you'd like a copy of a previous booklet as an example, contact the office.

Narthex Art *Changes*

The current theme for artwork in the Narthex is “Changes.” Plan now to check out the latest exhibit and what members found illustrating the theme.

Thanks to the team that oversees this ministry!!

Sign Up Now to Read at Worship Services

Readers for Sunday morning services can now sign up for services over the winter. Readers, including youth and children, are encouraged to sign up on the sheet on the bulletin board, next to the Library. Readers are still needed.

Readings are sent out the week before to give folks a chance to go through the lessons ahead of Sunday mornings. **Readers of all ages are encouraged to participate.**

Living a Long Life cont'd from p. 1

pillars or some other source of hopefulness? What did Dr. Goodall see that we might be missing out on? She had plenty of reasons to despair over the state of the natural world. Yet she kept choosing hopefulness.

There are a number of us at Redeemer who have lived a good number of years. How would you answer the question, “***To what do you attribute your long life?***” I’d love to hear your answers, and include them in a future *Reflections* front page.

One of my favorite quotes about this topic comes from **Willaim Sloane Coffin**, a former chaplain at Yale University and pastor at Riverside Church in New York City. He said, “The secret of living a good life is to die young as late as possible.” To keep growing, exploring, and engaging with life, to stay curious, to try new things, to listen to new music and travel new places, to have a pet: any of these can keep us free us from the routines and ruts and boredom and lack of stimulation that keep us young as late as possible.

Dave Shull

Important Emails

Dshull@RedeemerLuth.com – use for communicating directly with **Pastor Dave**.

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 – 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 – use for stewardship campaigns.

Itgroup@RedeemerLuth.com – use for communicating with Redeemer’s IT Team for items related to the website.
Property@RedeemerLuth.com – use to report items that need repair in the church building.
SundaySchool@RedeemerLuth.com – use to offer suggestions for our Sunday School ministry.
NeedaRide@redeemerluth.com – use to request temporary transportation assistance.
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 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 are asked for **Bill Boys** who is home after being hospitalized and has started dialysis.

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Member Directory Updates: Sue and Tim Watson have new emails: sue.watson@boldworld.us and tim.watson@boldworld.us.

Good Neighbors Picnic ‘Wonderful Day’

Carol Heacock reported that the Saturday Good Neighbors Picnic on Saturday, Sept. 27 was a “wonderful day” with families from across the city participating in the events at Wolfe Park. She thanked **Kay Ernsthausen** and **Sue Yehling** for their help in stocking the shelves on Friday, **Ohoho the Clown** for entertaining the children on Saturday and all Redeemer members who donated warm clothing and blankets.

+ + +

October Birthdays

9-Bill Boys

9-Eileen Welker 11-Sue Watson

11-Thea Barbour Harms 16-Eileen Day

19-Renee McFarland 19-Miles Smith

23-Skye Andree 23-Cason Day

23-Sandra Keaton 24-Bret Day

25-Madeline Gosnell 26-Kennedi Jacobs

26-Avery Martin 26-Krista Skipper

27-Brad Phillips 30-Martin Binau

31-John Caron

The Wider Church

Prayer Concerns from ELCA

Oct. 6 “The apostles said to the Lord, ‘Increase our faith!’ The Lord replied, ‘If you had faith the size of a mustard seed, you could say to this mulberry tree, “Be uprooted and planted in the sea,” and it would obey you” (Luke 17:5-6). Praise God for judging us not by the depth of our faith but through a lens of love, forgiveness and concern for us as treasured children.

7 Give thanks for ELCA Youth Ministry and the ELCA Youth Ministry Network. Pray for their faith formation programs, leadership training events and resources for youth, and for leaders serving in children, youth and family ministries.

8 In the first eight months of this year, there were 292 mass shootings and more than 28,400 gun-related injuries and deaths (gunviolencearchive.org). Pray for those who suffer grief and trauma due to gun violence or accidental shootings. Ask God to help us be steadfast and wise in our advocacy to end gun violence and our care for those impacted.

9 Give thanks for our siblings in Christ — near and far — with whom we join in proclaiming the good news of Jesus Christ, who frees us from the bondage of death, gives life, renews our hope and sets us on a path of compassion, service and generosity.

10 Pray for musicians and worship leaders participating in the Music that Makes Community retreat in Albuquerque, N.M., that they will sharpen their skills for leading songs and instrumental music in faith communities.

11 Ask God to bless the work of farmers, ranchers and agricultural workers. Give thanks for their vocations and the diverse roles they play in bringing food to our tables and around the world.

12 In the Gospel of Luke, when 10 men with a skin disease approach Jesus in search of mercy and healing, Jesus never hesitates. Give thanks to God for attending to our needs and tribulations, and for the love and forgiveness that flow to us through Jesus Christ.

13 Indigenous Peoples' Day Today we remember and honor Indigenous people — our neighbors and siblings in Christ. Lift up prayers of gratitude for the cultures, traditions, spirituality and history of Indigenous people and tribal nations. Ask the Spirit to guide and enrich our lives together, helping us remain faithful to our shared journey toward truth and healing in the church and society.

The Community Beyond

Julie Johnson Provides Update on Middle East

Julie Johnson reports, “At least 63,746 Palestinians have been confirmed dead since Israel's war on Gaza began. Thousands of others are still buried in the rubble.

“The World Health Organization chief has urged Israel to stop the ‘catastrophe’ of people starving to death in Gaza, saying at least 370 people have died from malnutrition since the war began.

“This is a catastrophe that Israel could have prevented and could stop at any time,” **Tedros Adhanom Ghebreyesus** told reporters.

“‘Starvation of civilians as a method of war is a war crime that can never be tolerated: doing so in one conflict risks legitimizing its use in future conflicts,’ he said. His comments came two weeks after the United Nations declared a famine in Gaza, blaming the ‘systematic obstruction’ of humanitarian deliveries by Israel.

“Amnesty International warned Israel’s escalating assault on Gaza City will have ‘catastrophic and irreversible consequences’ for Palestinians.

“Saudi Arabia’s Foreign Ministry has condemned repeated statements by **Israeli Prime Minister Benjamin Netanyahu** about forcibly displacing Palestinians from their land, including through the Rafah border crossing that Israeli forces completely sealed.

“**Belgian Foreign Minister Maxime Prevot** says the EU’s credibility on foreign policy is ‘collapsing’ because of the bloc’s failure to act over Israel’s war on Gaza.

“The Health Ministry in Gaza reported 373 people, including 134 children, have died from starvation and malnutrition in the besieged Palestinian territory since the war there erupted in October 2023.

“Tedros repeated the number and said it included ‘more than 300 just in the past two months.’

“‘People are starving to death while the food that could save them sits on trucks a short distance away. The most intolerable part of this man-made disaster is that it could be stopped right now.’”

Virtual Death Cafes Now on Zoom!

Emily Kent hosts a virtual Death Cafe on the fourth Tuesday of every month. They run from 7-8:30 p.m. Zoom Meeting ID 880 4396 8579, passcode 478465. “Please join us for a non-judgmental conversation about death and dying.” The next one is set for **Tuesday, Oct. 28.**

Getting Ready for Worship

Eighteenth Sunday after Pentecost

October 12, 2025 – 10 a.m.

Lessons

Readings: Jeremiah 29:1, 4-7; Psalm 66:1-6, 19-20; Luke 17:11-19

Prayer of the Day

Almighty and most merciful God, your bountiful goodness fills all creation. Keep us safe from all that may hurt us, that, whole and well in body and spirit, we may with grateful hearts accomplish all that you would have us do, through Jesus Christ, our Savior and Lord. **Amen**

Intercessions & Thanksgiving

+ For the people of Fellowship Lutheran Church in Columbus.

+ For Redeemer community members Emyln Ott and Robert Ward.

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, Bonnie Hegreness, Mary Kennedy, Kevin Bailey's sisters Kleta Childs and Karla Weaver, Bebe McCoy's brother-in-law Walt and her sister Jan, Brittany Parsons, Mary Bowling's sister Val, John Kennedy's niece Michele Wolfe, Maddie Sutphin, the Trover's son-in-law Brandon James, Skye Andree, Kris Kauffman, Ruth Murray and her family, Kathie Ehrich, Dottie and Larry Bird, Kelley Frank's mother Charlotte Frank, Edwina Bradley, Karen Rider's niece Tammy and her friend Betsy Wagner, Sue, Tim and Lisa Watson, Heidi Carman, Grace and Ken Jones and their son Dan Jones, Bill Boys.

Worship Leaders

Presiding Minister	Dave Shull
Assisting Minister	Al Rider
Cantor	Wendy Stoica
Organist & Senior Choir Director	Kathy Rapp
Pianist & Chime Choir Director	Karen Kent
Usher	Zak Hinkle-Moore
Verger	Michelle Clemence/Wendy Stoica
Producers	Judith Bird/April Smith
Communion Prep	Misato In, Kathleen Zwanziger
Hospitality	Melissa Hackim

The Noisy Offering will go to Huckleberry House.

Flowers are given by Laura and Terry Warren in celebration of their 45th anniversary

Upcoming Events at Redeemer

October 6- October 13, 2025

Monday	3:00 p.m.	Suzuki School
	4:30 p.m.	ZOOM Executive Team
	5:00 p.m.	TOPS
	5:30 p.m.	Girl Scouts Troop #2462
Tuesday	1:00 p.m.	Bible Study
	3:00 p.m.	Suzuki School
	5:15 p.m.	Outreach Team
	7:00 p.m.	Berwick Civic Association
Wednesday	3:00 p.m.	Suzuki School
Thursday	3:00 a.m.	Suzuki School
	6:30 p.m.	Berwick/Bexley Dementia Support Group
Friday-Sunday		<i>Sister Act Retreat at Hopewood Pines</i>
Saturday	10:00 a.m.	Chimes Choir Rehearsal
Sunday	8:45 a.m.	Senior Choir Rehearsal
	10:00 a.m.	IN-PERSON and LIVESTREAM Worship with Holy Communion/
	11:15 a.m.	IN-PERSON and ZOOM Adult Ed
	11:15 a.m.	Sunday School for ALL Ages
Monday	3:00 p.m.	Suzuki School
	5:00 p.m.	TOPS

Redeemer's mission: To be followers of Jesus, sharing God's love with all

Redeemer's vision: To foster understanding and healing in community

Redeemer's Values: Inclusion, Compassion, Justice

KEY ELECTION DATES

November 3, 2025

Deadline to Register to Vote: 9:00 pm October 6

Check your voter registration status at:

<https://voterlookup.ohiosos.gov/voterlookup.aspx>

Register to vote or update your registration online at:

<https://www.ohiosos.gov/elections/voters/register/>

Absentee Voting begins: October 7

Deadline for *mail ballots* to be personally delivered to your

County Board of Elections: November 3, 7:30 pm

Deadline for boards to receive *mail-ballots* that have been

postmarked on or before November 3: November 8

Early In-Person Voting: October 7-November 2. See hours
and full schedule at

<https://www.ohiosos.gov/elections/voters/current-voting-schedule/2024-schedule/>

Election Day: November 3
(Polls Open 6:30 am - 7:30 pm)

