

Light & Life



February 2012

MISSION STATEMENT

*“Living in God’s amazing grace,
we welcome all to worship,
learn, and serve as Christ teaches us.”*

Volume 46 – Number 2 – February 2012

Our Redeemer’s Lutheran Church

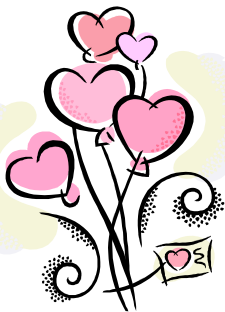
Sunday Worship Services at 9:00 am
Communion the 1st and 3rd Sunday of each month.
Sunday School / Coffee Hour at 10:00 am

Chapel Communion
February 12th at 3:00 pm

Our Redeemer’s Lutheran Church

800 10th Street South
Benson, MN 56215
320-843-3151
Fax: 320-843-3469

<i>Lead Pastor</i>	Gary Brandenburg (Cell) 320-368-0845 (E-Mail) revgbran@hughes.net
<i>Pastor Emeritus</i>	Roger Olness (Cell) 720-284-9349
<i>Parish Nurse</i>	Melanie Crowley (Cell) 320-760-2022
<i>Council President</i>	Darrin Rud
<i>Office Manager</i>	Joan Moline
<i>Parish Secretary</i>	Nanc Peterson
<i>Cleaning Person</i>	Emma Newton
<i>Cleaning Person</i>	Scott Thomas
<i>Repair & Maintenance</i>	Rick Jossart
<i>Organist</i>	Mary Savelkoul
<i>Senior Choir Director</i>	Janet Goff
<i>Celebration Ringers Director</i>	Deb Moore
<i>Cherub & Joyful Noise Choir</i>	Sarah Skarsten



Valentines Dinner

Fundraiser for National Youth Gathering 2012

Sunday, February 12th at 6:00 PM
Our Redeemer’s Fellowship Hall

Tickets will be sold before and after the service. Tickets can also be purchase in the church office.

Pastor Reflection

I want to invite you to participate in our Midweek Lenten Series this year. The theme for this year's Midweek Lenten Series: ***You Shall Love the Lord Your God*** is taken from Mark 12:28-30. ***Our theme is Jesus' response*** to the scribe's question ***with*** words from the Schema, the passage from Deuteronomy 6:4-5, that is recited daily by many of the Jewish faith. These words form a covenant between God and God's people and show us a way to respond to this God who so extravagantly loves us through the cross.

What is the "Schema?" I give you this answer from the Wikipedia On-Line dictionary.

Schema Yisrael (or ***Sh'ma Yisrael*** or just ***Schema***) (***Hebrew***: שְׁמַע יִשְׂרָאֵל; "Hear, [O] Israel") are the first two words of a section of the ***Torah*** (***Hebrew Bible***) that is a centerpiece of the morning and evening ***Jewish prayer services***. The first verse encapsulates the ***monotheistic*** essence of ***Judaism***: "Hear, O Israel: the Lord is our God, the Lord is one," found in ***Deuteronomy 6:4***.

To discover more information on the "Schema," please consult the long article in Wikipedia.

Lent will begin with Ash Wednesday, on February 22, 2012. The Ash Wednesday service at Our Redeemers will be at 5:30 pm. The Ash Wednesday service at Shepherd of the Hills will be at 7:00 pm. As of this writing, this will be our schedule for our Midweek Lenten Series.

Our weekly Midweek Lenten Series will be an opportunity for you to meet some of the pastors in our community. This year we have planned a pulpit exchange with Pastor Deborah Bartelt, from Pilgrim Congregational United church of Christ, Pastor Daniel Belgum-Blad, from Trinity Lutheran Church and me preaching each week at one of our churches. The schedule at Our Redeemer's and Shepherd of the Hills makes this pulpit exchange very workable.

At Our Redeemer's the Midweek Lenten Series will be followed by a soup and sandwich time of nourishment and fellowship. The youth attending the July 2012 National Youth Gathering in New Orleans will be hosting this soup and sandwich time as a way of raising money for their trip.

At Shepherd of the Hills our Midweek Lenten Series will be followed by a time of nourishment and fellowship. The youth attending the July 2012 National Youth Gathering in New Orleans will be hosting this time as a way of raising money for their trip.

Our Midweek Lenten Series will conclude with the celebration of Maundy Thursday, April 5th, Good Friday, April 6th and Easter, April 7th. I have a series of six books in my office titled; *The Works of Martin Luther*. On page 184 of volume six we learn why we have this Midweek Lenten Series and celebrate the "Three Days."

Lent, Palm Sunday and Holy Week are continued, not to force anyone to fast, but to retain the Passion History and the Gospels appointed for that season. Not in such fashion, however, that we still have the Lenten Veil, Throwing of Psalms, Veiling of Pictures, and whatever else of such trickery there is; nor do we continue the singing of our Passions, or preaching on the Passion for eight hours on Good Friday. Holy Week shall be like any other week save that the Passion History be explained...."1932 by the Board of Publication, ULCA, Muhlenberg Press, Philadelphia, PA.

We take this journey every year to "retain the Passion History and the Gospels appointed for the season." As Lutherans we proclaim the good news of God in Christ Jesus in word and deed by the way we use time.

During Lent we proclaim that *we are dust and to dust we will return*. During Easter we proclaim that this dust will be resurrected to a new life, free from pain and death! Please join me at Our Redeemers and Shepherd of the Hills in taking this journey again this year,

Pastor GB

Council News

January 30, 2012

- ✓ The motion was made to approve the proposed budget.
- ✓ The new council members are:
 - Darrin Rud – President
 - Eric Ose – Vice President
 - Cindy Evenson – Secretary
 - Jack Evenson – Treasurer
 - Don Wilcox
 - Jason Doscher
 - Michelle Abner

From the Outreach/Evangelism board:

Encouraging One Another

A new feature of the Light and Life designed to show appreciation for the actions of our members within the church and community. All members are welcome to submit a note of appreciation to this column. You may do so by emailing Mary Zurn at maresedotes@charter.net or by neatly filling out a card in the church pews and placing it in the offering basket. Please note that due to space constraints, messages may be edited or combined with similar messages. This is a project of the Outreach and Evangelism committee.

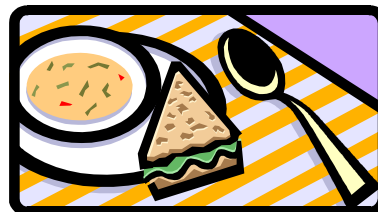
Blue note cards can now be found in the church pews. Please fill a card out and place the card in the offering plate. Your note will appear in the next Light & Life.

WANTED: GUEST CHEFS



If you like to cook, we have the perfect opportunity for you. Come join the youth and volunteer to make a soup (or two) for the Lenten Soup and Sandwich suppers. Recipes are provided or you can use your own. Please contact Mary Zurn at 843-2910 to volunteer!

Thank you!



FROM THE PARISH NURSE

February – Sleep

“When you lie down, you will not be afraid; when you lie down, your sleep will be sweet.” Proverbs 3:24 NIV

Sleep is essential to your well-being. It is necessary for the body to recharge its batteries, heal its wounds, rests the spirit, and regroup for another day. Everyone needs a slightly different amount of sleep but everyone needs good quality rest. This means deep, uninterrupted sleep for at least six or more hours a night. Without good sleep you will experience fatigue, moodiness, irritability, poor memory, decreased dexterity, decreased energy level, and possible depression.

Many things can cause a poor night’s sleep: excessive napping, physical ailments, poor sleep habits, excessive worrying, or even hormonal changes. Many of these conditions can be remedied through behavior change or medical treatment. If falling asleep is difficult, establish a routine to train the brain to prepare for sleep. If sleep problems occur more than three times in a week, consider seeing a doctor to determine if the problem might be medical in nature. Conditions like restless legs or hot flashes can be addressed medically. Continued sleeplessness and fatigue may cause additional risks addressed medically. Continued sleeplessness and fatigue may cause additional risks for high blood pressure, cardio-vascular problems, weight gain, or depression.

Sleep is also impacted by the mattress you have. You spend approximately one third of your life in bed so make sure it supports you well and can give you a restful night. Consider looking for a new mattress if you routinely: wake up achy/numb/stiff, toss and turn during the night, sleep better on beds other than your own, feel yours is lumpy/sags or have a mattress between 5 and 7 years old.

Spiritually, sleep is important for active minds and good dispositions. The worries and challenges of daily lives often cause problems during the waking hours which can carry over into the nighttime. Turn your worries over to God. Work with His spiritual presence and His gift of medicine to achieve a restful night.



Winter is Still Here

Winter Preparedness

Don't let the unusually warm weather fool you, winter weather can strike at any time. It is important to prepare before the bad weather arrives and avoid getting caught unprepared.

There are several areas in which you need to be prepared. First is your house. Every house should have a winter emergency kit. It is important to ensure the kit is stocked at all times throughout the winter. The first item you'll need is rock salt or ice melt. If you have pets, there are several pet-friendly ice melt products available. Next you'll need snow shovels or other snow removal equipment. When purchasing shovels, buy a light shovel (like one made of aluminum). Be sure you have adequate heating fuel. Propane trucks may not be able to get to you right away if you run out of fuel so order more before you are in danger of running out. Keep the woodpile well-stocked too. Have plenty of warm clothing and blankets available in the event of a power outage.

You also need an emergency kit for your car or truck. This emergency kit should be equipped with a small shovel, windshield scraper, and broom. It should also have a flashlight, extra batteries, and a battery-powered radio. Rock salt or sand should be a component of your vehicle's emergency kit, as well as booster cables, flares, and a distress flag. If you must travel in bad weather, bring your medication with you so that if you get delayed for an extended period of time you can still take your medication. You should always keep a supply of water and snacks, along with extra socks, hats, mittens, and blankets. These will help you if you

you get stuck and are unable to move your vehicle because in severe winter weather you may have to wait several hours for a tow truck. If you get stuck, remain in your vehicle! If possible, pull off the highway and turn on your hazard lights. To conserve the vehicle's battery, run the engine/heater for 10 minutes every hour. It is extremely important to open the downwind window slightly and clear snow from around the tailpipe to avoid carbon monoxide poisoning.

In addition to emergency kits, there are several other tips to help you get through the winter weather safely. Try to minimize travel during winter storms or when road conditions are bad. If you must drive, let others know where you are going and when you expect to return. Bring outdoor pets inside and be sure any livestock have access to sheltered areas. Operate generators, grills, and camp stoves outside. Use carbon monoxide detectors, especially when using a kerosene heater.

Finally, be aware of slip and fall hazards that occur during winter weather. Wear boots that are well insulated with good rubber treads.

When walking on an icy or snow-covered walkway, take short steps and walk at a slower pace so you can react quickly to a change in traction. When you must walk in the street, walk against the flow of traffic and as close to the curb as you can. Be on the lookout for vehicles which may have lost traction and are slipping towards you. Be aware that approaching vehicles may not be able to stop at crosswalks or traffic signals.

Winter weather can be scary, but with advanced preparation you will be able to weather the storm.

New Men's Bible Study

A new men's Bible study will be starting on January 29, 2012 lead by Al Leedah. We will be meeting during the Sunday school hour in the pastor's office. This is in addition to the current Men's Bible Study that meets in Room 1 at 9:30 am on Wednesday mornings. The New Men's Bible Study is for men who are working during the week and can not join the existing group. Sunday school for children is important, but continuing education for adults is very important. This is an excellent way to lead by example: your children can see that father / grandfather are also attending a Bible Study on Sunday Morning!

February Birthdays

- 02/04 Mariah Ahrndt
- 02/08 Adam Forsberg
- 02/09 Ellie Krusemark
- 02/09 Emma Krusemark
- 02/14 Ty Hedman
- 02/16 Mikayla Kurkosky
- 02/19 Molly Jones
- 02/20 Kelsey Pederson
- 02/22 Isabella Alsaker
- 02/28 Chloe Naig



National Youth Gathering

The youth and chaperones are planning to have a basket auction for the month of January and the first two weeks of February.

Bidding is over February 12th at 11:00 am.

There will be a Valentines Supper on February 12th at 6:00 PM



Our Redeemer's Women

PURPOSE STATEMENT

As a community of women created in the image of God, called to discipleship in Jesus Christ, and empowered by the Holy Spirit. We commit ourselves to grow in faith, affirm our gifts, support one another in our calling, engage in ministry and action, and promote healing and wholeness in our church, the society and the world.

Our first month of the new year has been a little busy! Thank you to Unit 1 for serving our ORW monthly meeting and the unity noon meal. Also, Thank you to Unit 4 for serving a funeral. The families are so thankful for this service we provide.

Our ORW February meeting is February 1st at 1:30p.m. and promises an informative program on "The Love of A Quilter". Come and see what those quilters do every Wednesday morning!! Remember the old song, "In the sky the bright stars glittered, On the bank the pale moon shone, And 'twas from Aunt Dinah's quilting party, I was seeing Nellie home."

As you are cleaning out your closets, remember the clothing drive, April 16 to the 26.

The Red Cross Blood Mobile will be here on February 23 and 24. It is our turn to serve the workers with dinner and breakfast and bars for the donors. The Executive Board will serve.

Mark March 7 on your calendars for the ORW monthly meeting, the program will be Lori Peterson as "Granny L". Sounds like fun! Join us for fellowship and refreshments!

Be sure to pick up your 2012 ORW booklet, so you can follow what's happening!

"DISHTOWEL" DAILY DEVOTIONS

Monday - -Wash Day

Lord, help me wash away all my selfishness and Vanity, so I may serve you with perfect humility through the week ahead.

Friday - -Shopping Day

Oh God, give me the grace to shop wisely so that I may purchase eternal happiness for myself and All others in need of love.

Tuesday - -Ironing Day

Dear Lord help me iron out all the wrinkles Of prejudice I have collected through the years So that I may see the beauty in others.

Saturday - -Cooking Day

Help me, my Savior, to brew a big kettle of Sisterly Love and serve it with clean, sweet bread of Human kindness.

Wednesday - -Mending Day

Oh God, help me mend my ways so that I Will not set a bad example for others.

Sunday - -The Lord's Day

Oh God, I have prepared my house for you. Please come into my heart so I may spend the day and the rest of my life in your presence

Thursday - -Cleaning Day

Lord Jesus, help me to dust out all the many faults I have been hiding in the secret corners of my heart.

In the new year-- -"Forget the former things; do not dwell on the past. See, I am doing a new thing!. I am making a way in the wilderness. . ."Isaiah 43:18-19 This verse pertains to us working in the kitchen for food safety, as per state instructions, learning to use gloves, aprons, washing our hands and the handling of food. We ask for your cooperation in the instructions we will be providing. We are all learning and this is information we can use in our own homes, for our families safety. Thanks Everyone!!!

Have a Nice Day in Serving the Lord!!
Dorothy Williams, ORW President



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DATES TO REMEMBER

Wednesday, February 1 – 1:30 PM ORW Meeting – **The Love of a Quilter**
(Work Unit 2)

Sunday, February 12 – 3:00 PM Chapel Communion

Tuesday, February 14 – Circles

Tuesday, February 14 – Luther Crest Sweetheart Event

Wednesday, February 15 – 2:00 PM Meadow Lane

LIFE'S RECIPE

- 1 cup of good thoughts
- 1 cup of kind deeds
- 1 cup of consideration for others
- 2 cups of sacrifice for others
- 3 cups of forgiveness
- 3 cups of well-beaten faults

Mix above ingredients thoroughly. Add tears of joy, sorrow and sympathy for others. Flavor with little bits of love. Pour in 4 cups of prayer and faith. Pour into daily life and bake well with the heat of human kindness. Serve with a smile.

Bible Study on Romans

The Bible Study on Romans is a continuation from last fall.

The Thursday Bible Study will start on Thursday, February 23rd at 10:00 am in the Fellowship Café.

The Monday Bible Study will start on Monday, February 27th at 7:00 pm in the Fellowship Café.

New members are welcome.

If you have any questions, please call Jane Kjos at 843-2795 or Marlene Skold at 843-3511

A Letter from Mary Johnson

This is a letter that is hard to write to you. I, Mary Johnson, am going to be ending my years of service to the Sunday School children after 44 years. It's been a pleasure to serve them each Sunday. Some of my kids are grown up and have become a friend to me at their adult life. I remember the songs we sang at our Christmas programs. I used to plan the program on my summer vacation. Thanks to my friends, Linda Z., Diane L. & Joyce N., and the teachers that shared each Sunday with me. The songs we sang together and taught them and you know they are still singing them "God Will Take Care of Me, Jesus Loves Me, Away in the Manger and the list goes on. The smiles they gave to me per Sunday. I also worked with VBS for 14 years as being in charge – I loved it.

I have lived 1364 hours for the kids of tomorrow.

Their friend always.

Mary Johnson

God Bless Them.

"My grace is sufficient for you.
For my strength is made perfect in weakness."
2 Corinthians 12:9

Husband's relapse posed spiritual challenge

Even in the midst of storms in our lives, I have come to realize that my Higher Power gives me refuge and provides serenity. All I need to do is ask for help, be aware, and listen for a reply.

Recently, my husband relapsed while we were visiting our daughter out-of-state. We missed our flight home because this disease was in full tornado mode. After changing our flight and eating the fee, we were waiting at the gate to board our plane.

The Storm was at a steady downpour at this moment, with sharp words and comments from both sides. My mind went into a tailspin, not knowing what else to do to stop the storm from escalating. It was then I remembered, I had choices and I could do something.

I removed myself to a quieter area of the terminal and reached out to my sponsor by telephone. Her calming words were like an umbrella sheltering me from the storm. And her laughter, even in the midst of my turmoil, wrapped my shaking, cold body in a hug. I started to calm down and actually felt my heart beating in a more normal state. When I hung up with her, I followed her guidance and began to seek refuge from the subsiding storm by praying to my Higher Power.

My primary thought was Step One and how so very powerless I was. After 16 years in Al-Anon, I had never felt the depths of powerlessness quite like this before. Could it be because my husband had just finished an amazing 30-day inpatient rehab just prior to us vacationing with our daughter, and he already relapsed again? Could it be that I was questioning our 34 years of marriage? Could it be that I was so very, very tired and didn't know how I could go on doing the same thing over and over?

My life certainly was unmanageable! For goodness sake, I was sitting in an airport terminal with tears streaming down my face, feeling the storm starting to escalate again, not even knowing what to do next.

But I did know what to do next. I closed my eyes, bowed my head, and once again talked to my Higher Power – this time truly admitting how very powerless I was over this disease and how my life had become unmanageable. I said that I was truly surrendering and asked my Higher Power to let me know He was there for me.

I kept saying over and over, "I am powerless, I am powerless, I am so very powerless," all the while praying for my Higher Power to show me that He was with me. Then the most amazing thing happened. As I felt my breathing calm down, I opened my eyes, and the first thing I saw was a huge advertisement on the wall of the airport with an inscription that said, in capital letters, "I AM POWERFUL!"

I smiled and felt the storm subside as the inner calm of my Higher Power's words were there before my very eyes, letting me know that I may be powerless, but there is One that is powerful and will help me find serenity, even in the midst of the storm! I snapped a photograph of the advertisement, and keep it in my journal to this day, letting me know that my Higher Power is, oh, so very powerful!

National Youth Gathering Update

The gathering is a triennial event that takes place in large cities throughout the United States. It brings youth from around the world, working, serving and worshiping the same Christ together. Imagine 30,000 people communing and singing praise songs together. This event is more than a trip, it is a life changing adventure that will make an impact in the lives of all the people that are attending.

Youth Attending: Krista Motzko, Alex Forsberg, Hannah Ose, Isaac Zurn, Trenton Abrego, Nathan Hawley, Trevor Berreau, Anthony Berreau, Tanner Mikkelson, Hannah Moline, Alexa Nissen, Kalley Pederson, Shyanne Himley, Payten Doscher, Gabrielle Doscher,

Chaperones Attending: Jill Doscher, Angela Nissen, Debbie Himley, Jon Hawley, Michael Berreau, and Erick Hedman

God Squad: God Squad is for all 4th-6th graders for a Wednesday evening of pizza, devotions and games. It is open to all Our Redeemer's youth and their friends.

Youth Worship Service: The youth will be planning to lead a Sunday morning worship experience.

Erick's Comments

"Come, Lord Jesus, be our guest, and let these gifts to us be blessed." I am sure that this table prayer is common in most of our homes before eating a meal. This prayer has been passed down from one generation to another inviting God to be our guest.

I have always wondered why we would ask God to be our guest when in reality, he should be a member of our family. He should be a part of our everyday activities. From the time that we wake up to the time that we sleep, God should be an active member of our lives. Our actions and words should bring glory to God.

So as you sit down, preparing to eat with your family, think about the words that you are saying. Is Jesus your guest or is He a member of your family?

Below, you will find a list of activities for the National Youth Gathering youth and chaperones. I ask that you continue to pray for the group as they prepare to attend the gathering in New Orleans.

Upcoming Activities:

February 1st: God Squad 5:15-6:30 pm

5th: Monthly Meeting 6 pm

8th: God Squad 5:15-6:30 pm

12th: Valentine's Supper

15th: God Squad 5:15-6:30 pm

19th: Youth Worship Service 9 am

22nd: Soup & Sandwich Suppers

29th: Soup & Sandwich Supper

DECEMBER FINANCIAL REPORT

Giving	Other	SOTH	Total
\$29,982.85	4,179.89	2,228.63	36,391.37

DECEMBER DISBURSEMENT

Missions Home & Abroad	\$ 3,131.57
Pastoral Services	9,506.18
Church Administration	11,210.55
Youth & Family Ministry	486.65
Education	88.25
Music & Worship	771.03
Real Estate	7,787.13
Misc & Reserve	<u>29.67</u>
Total Disbursement	33,011.03

