



THE HAPPENING

August 2017

What's Happening

Chosen Servers

Aug 6 Jorgensen

Aug 20 Schumm

August 2017 Minister's column by Rev. Craig Pinley

Sometimes a night light did the trick, another time it took a broken nose to fix my problem for a while, at times Melatonin has helped and a hot bath can do the trick when things are particularly stressful.

I've never been a sound sleeper. The slightest unfamiliar noises could wake me up when I was a kid and many times it was only because I'd run myself ragged during the day that I could get my body to relax enough to slumber long enough to feel rested. A couple of decades ago, my restless sleep led to chronic tiredness, which led to worse, and then I got diagnosed with a deviated septum and a doctor did a procedure that cleared my nasal airways for a while. Except he said the fix might only last a decade and you can't very well break a nose every 10 years and expect it to do its job, so when the decade of blissful sleep ended and I needed a new way to continue to get the rest I needed.

A few years back when I was a pastor in Central Illinois, I underwent my first of four sleep studies and it was clear to the one reviewing the data from my restless night of sleep that a remedy was needed. If your sleep apnea is bad enough, it can affect your heart, so it was recommended that I use a VPAP machine where I'd wear a facemask and you could give your body enough oxygen so that you'd keep yourself from stopping breathing in the middle of the night, which I was doing quite a lot. I was given a machine and a facemask and began trying to use it, but the mask was bulky, air kept coming out of the side of the mask in the middle of the night and the mask woke me up more than the occasional long lapses between breaths when I was sleeping. It was getting desperate for me and I was beginning to wonder if this was as much a faith issue as a physiological one. I'm a worrier and sometimes it's hard to get my mind to stop thinking about things as I ready for bed. I longed to be like the one who wrote in Psalm 127, **"Unless the Lord builds the house, those who build labor in vain; unless the Lord watches over the city, the watchmen stand guard in vain. In vain you rise up early and stay up late - for he grants sleep to those he loves."**



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The Evangelical Covenant Church

So last winter I underwent two more sleep studies under the care of a sleep specialist who's known as "Dr. J." And the good doctor urged me to try a nose pillow mask after discovering that my breathing was stopping some 90 times per hour during my sleep study. Since February, I've had this nose pillow sleep mask and while the pillows sometimes get off kilter in the middle of the night, I usually have it on for six or more hours and I'm only stopping my breathing once per hour. I wake up more refreshed, I seldom need to nap, and I actually have begun to look forward to going to bed.

But I'm still a worrier, more than I should be, and I know as the pastor far more about the problems of our church than I let on and that can be burdensome. So that psalm about sleep still piques my interest these days.

Have we been letting the Lord build the house we know as Redeemer or have we been trying to do things (more often than not) more on our own power than His? Do we believe God is watching over us and that He has larger things in mind than what we're asking or imagining? The one thing I know that is that there are others losing sleep over our church and as I give more of our future to prayer I hope others can feel burdened to do so as well.

August, I think, is a good time to do this – it's sort of the 'calm before the storm' of our normal programming. And as we prepare to celebrate 125 years of ministry the weekend of September 23-24, I'd like to urge you to make time to keep our people and ministries in prayer. A few specifics include:

- our Wednesday night kids programming and parenting classes
- our shut-ins and those in care facilities
- a decision about a particular niche ministry that we can rally behind as a congregation
- our Shepherding groups that oversee our care to parishioners
- a concerted effort to coordinate some sort of Trustee committee to help us care for our church's infrastructure
- a Nominating committee chair to help us recruit a Consistory vice president and treasurer
- our incoming Consistory president Dan Wittmer.

And as we put these things on our prayer list, may we trust that God will not only help us in these areas, but that He will help give us the peace of mind to sleep better at the end of the day. It is to the Lord that we put our trust.

In Him,

Pastor Craig

Redeemer 125th Anniversary Weekend of September 23-24

125th Anniversary Booklet Available for \$10

As part of Redeemer's 125th anniversary weekend September 23-24, we'll be producing a book that will document the many achievements and the 'story behind the story' in our congregation's evolution, along with pictures that coincide with events in each era. Initial estimates are that an initial printing run will cost around \$500, so we're offering you the opportunity to reserve an early copy for \$10. Contact Carrie DeFevers if you're interested.



AN INVITATION

WHO: Members who want to find out more about becoming a Shepherd and current Shepherds of Redeemer

QUALITIES REQUIRED A “Degree” of Caring

WHAT: A dinner to explain, answer questions, explore new ideas, share what you like and don't like, and discuss ideas for group activities for the Shepherding program.

WHERE: The Gathering Grounds at Redeemer

WHEN: 6:30 p.m., August 23

WHY: individual members need someone to stay connected with each of them

“Know that the Lord is God. It is He who made us, and we are His; we are his people, the sheep of His pasture. (Psalm 100:3, NIV)

Jesus said, “Shepherd the flock of God among you...1Peter 5:2

HOW: Communicate by telephone, cards, e-mail, in-person. You choose the method, how often and how many. You can shepherd a few or several members.

No obligation. Come to the dinner and find out how this could be a blessing in your life as well as others and Redeemer.

Reservations: Contact Karen Schumm, queenkaren@zoomtown.com, or 513-726-5300 by August 20.

Wednesday Night Dinners Resume September 13th 2017 6:00 p.m.

It's time again to start getting our list together for *Providing a Meal* for our Wednesday Night Programs. If you were a part of the Meal Preparation last year and you're interested in helping out this year please let me know by phone or email.

I'd also be glad to have some new people join us. Know anyone? Have them call me.

The meals can be simple casseroles, soup and sandwich or potato/salad bar. If you need a recipe, I also have extra ones. You will be reimbursed for your expenses. Just get the bill to the office and mark it as Wednesday Night Dinner Costs.

Thanks to those who provided meals last year. They were GREAT!



In Christ,
Karen Schumm
Facilitator, Wednesday Night Meals
513.726.5300 (Home)
queenkaren@zoomtown.com (e-mail)



The Evangelical Covenant Church



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REMEMBER OUR SHUT IN'S
 Redeemer Church has a number of members who are either confined to their homes or residing in Care Centers. Please remember them with a card or call. Remember, if you send a card please be sure to add "Redeemer Church" after your name!

Birthday list

- 08/02 Darryl Tillman
- 08/12 Phyllis Dickson
- 08/13 Barbara Robinette
- 08/19 Donald Hahn
- 08/27 Gary Maschmeyer
- 08/27 Ellen Grammel
- 08/27 Max Jorgensen
- 08/28 James Dermen
- 08/30 Ronald Spurlock
- 08/31 Nancy Wolpert



Norma Gammell
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Serving in Worship

- Liturgists**
- 8/6 Bill Hyatt
 - 8/13 Rose Marie Stiehl
 - 8/20 Lorrie Newmister
 - 8/27 Duane Cantrell

Prayer Intercessors

- 8/6 Carol Moore & Joan Riley
- 8/13 Lori Lohrer & Linda Hoover
- 8/20 Gary & Carolyn Maschmeyer
- 8/27 Mary Van Lieu

Ushers

1st Service

- 8/6 Bill & Sherry Phillips, Ron & Gloria Spurlock
- 8/13 Larry & Charlotte Kachner, Dan Childs
- 8/20 Carol Genenbacher & Mary van Lieu
- 8/27 Dewayne & Sharon Grammel