



# OUR REDEEMER MONTHLY NEWSLETTER

LUTHERAN CHURCH—MISSOURI SYNOD  
*TO KNOW CHRIST AND TO MAKE HIM KNOWN*

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APRIL 2024

## FROM YOUR VACANCY PASTOR

Dear Friends in Christ,

Christ is risen! He is risen indeed! Alleluia!

Does it seem like you have “done your thing” for Easter? Is your “hype” all gone after attending the Easter service, seeing the beautiful flowers, listening to the wonderful music from the organ, brass and choir? If so, you may be feeling a let down or thinking, “Now what???”

It does not have to be that way! Christ did not just rise so people can get a high feeling for one day of the year.

That’s why the Church has set aside 7 Sundays of Easter in which to celebrate that our Lord having been crucified has indeed risen from the dead. Not only that, but Jesus Christ also lives and reigns to all eternity!

When you have that sort of focus for your daily life, it puts a whole different perspective on things. I’m not going to downplay the things you may be enduring as you travel the road of life here on earth. I’m not going to give you pious cliches like “Just have faith in God, and things will line out!” or “Just keep pray, keep your chin up, and the next thing you know troubles will melt away!”

No, life is hard. We hit all sorts of bumps in the road of life, and sometimes it seems as though we are up “against a brick wall!” Our Lord has told us, “In this world you will have trouble. But take heart for I have overcome the world.” (John 16:33 NIV)

That’s what Christ’s resurrection has guaranteed for you and me. This world is on a limited time schedule. A day is coming when the trumpet will sound, the dead will be raised incorruptible, and we will be caught up with the Lord in the air to live and reign with Him in His eternal kingdom.

In the meantime, the risen Christ Jesus has promised to be with us always. He has said He will never leave us nor forsake us. That’s why we continue the Easter celebration every day. Why? Because Christ is risen! He is risen indeed! Alleluia!

In the Lord’s service,

*Rev. Howard Shane*



# Deaconess Amanda's Activities

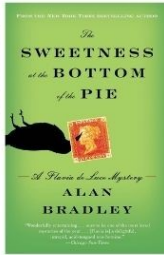


YOUTH GROUP  
(GRADES 7-12)

**Scavenger Hunt**  
Apr 21, 5-6:30 pm

RSVP by April 14!  
Signup link will be  
emailed soon. Thanks!

*Book Club*



This is the first book in one of my favorite series!

*The Sweetness at the Bottom of the Pie*  
by Alan Bradley

**Thurs, Apr 25**  
**6:30 pm in the Lounge**

**May 23**  
*A Martyr's Faith in a Faithless World*  
by Bryan Wolfmuller

**June 13**  
*Anne of Green Gables*  
by L.M. Montgomery

Dear Church Family,

I wanted to update everyone on my plans now that they are finalized. My last Sunday will be June 16 and I will be officially done on Tuesday, June 18. After the wedding, I will join Bobby in Fort Smith, Arkansas. Our hope is to eventually buy a home in eastern Oklahoma. He started his job with an HVAC company a few weeks ago. I am not sure what I will be doing for a job yet, so please pray that I am able to find something quickly.

I appreciate each and everyone of you. My time here at ORLC has been such a wonderful blessing! I will miss you all.

In Christ and with much love,  
Deaconess Amanda

**Kids 4 Christ**  
(Grades K-6)

Apr 5  
Apr 19  
5:45-7:30 pm



## I'm so STRESSED out!

Let's face it, today's modern world is stressful and it is crucial to recognize the impact of stress on our overall well-being. April marks Stress Awareness Month, a time dedicated to raising awareness about stress and its effects on mental and physical health.

Stress is the physical or mental response to an external cause, such as having a lot of homework, work pressures, relationship strains, or other life challenges. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

Anxiety is your body's reaction to stress and can occur even if there is no current threat. It is neither possible nor desirable to eliminate anxiety entirely, as it plays a crucial role in keeping us alert and alive. But if that anxiety doesn't go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at risk of developing an anxiety disorder or depression.

Several studies show that chronic stress, the feeling of constantly being overwhelmed by one or more of life's challenges, can result in shrinkage of an area of the brain important to the creation and storage of memories. High levels of stress and prolonged states of stress can increase chronic inflammation and effect cell aging.

Stress can affect brain health in other ways. When facing a stressful situation a surge of hormones temporarily increases your blood pressure and causes your blood vessels to narrow.

While there is no proof that stress causes long term high blood pressure on its own, it's linked to factors that can increase your risk of having high blood pressure. Some people turn to unhealthy habits, such as smoking, excessive drinking, and eating

unhealthy foods in stressful times, which can lead to high blood pressure.

Everyone experiences stress, and sometimes that stress can feel overwhelming. It is important to manage your stress. Learning what causes or triggers your stress and what coping techniques work for you can help reduce your anxiety and improve your daily life. Here are some activities you can try when you start to feel overwhelmed:

- Keep a journal (i.e., what you are grateful for).
- Exercise, get outside, and make sure you are eating healthy, regular meals.
- Stick to a sleep routine, and make sure you are getting enough sleep.
- Reduce your screen time.
- Avoid drinking excess caffeine such as soft drinks or coffee.
- Identify and challenge your negative and unhelpful thoughts.

Reach out to your friends or family members who help you cope in a positive way.

Stress affects people of all ages and backgrounds. Whether it is due to work pressures, financial worries, relationship strains, or other life challenges, stress can take a toll on both our bodies and our minds. Reducing stress can help you to become a more productive and happier person. By fostering open conversations, seeking support when needed, and adopting healthy lifestyle habits, we can empower ourselves and others to better manage stress and cultivate resilience in the face of life's inevitable challenges.

If you would like more resources about dealing with stress speak with Karen Morfitt RN, ORLC Parish Nurse.

Information from the National Institute of Mental Health ([www.nih.gov](http://www.nih.gov)) and "Mayo Clinic On Healthy Aging," by Nathan K. LeBrasseur, Ph.D. & Christina Chen, M.D.



## GUYS' GARAGE

Guy's Garage will meet in the church fellowship hall Thursday April 11 at 6:00 p.m. for a meal and a cribbage tournament. Please bring a cribbage board if you have one and a deck of cards and a side dish or a dessert. The main dish will be provided. If you do not know how to play cribbage here is a website with the rules and strategies: <https://bicyclecards.com/how-to-play/cribbage/>

## New Member Sunday and SPRINGO!

On **Sunday, April 14** after the **10:30 a.m. service** we will have a potluck celebrating our new members. Please bring a dish to share during the potluck. **After the potluck, there will be SPRINGO!** Stay after the potluck to play BINGO and enjoy fellowship with your church family. *There is no money involved*, but there will be prizes! See you there!! Our new members are:

- |                           |                         |                       |
|---------------------------|-------------------------|-----------------------|
| ◇ David & Vonnie Bartlett | ◇ John Gaard            | ◇ Don Schmidt         |
| ◇ Micah Biermann          | ◇ Terry & Sandy Goetsch | ◇ Alex Wall           |
| ◇ Trent DeCook            | ◇ Judy Petersen         | ◇ Randy & Kim Wallace |
| ◇ Emma Fanebust           | ◇ Brad & Steph Hamer    |                       |



*KDLT (NBC)  
channels 5.1 / 46.1*

*This program is interpreted and closed captioned for the deaf and hard of hearing. For more information visit: [www.mainstreetliving.com](http://www.mainstreetliving.com)*

### April 7, 2024

**10:00 AM - "Break up"** - A divorced couple struggles with direction in their lives after meeting again.

**10:30 AM** - Vicar Benjamin Wessel, Zion Lutheran Church, Mitchell, presents a message titled "Is Seeing Believing?" This sermon is based on John 20:19-31.

### April 14, 2024

**10:00 AM - "Alibi"** - A father tries to reconnect with his estranged son after the death of his mother.

**10:30 AM** - Rev. Daniel Grimmer, pastor at Zion Lutheran Church in Mitchell, presents a message titled "We Shall Be Like Him." This sermon is based on 1 John 3:1-7.

### April 21, 2024

**10:00 AM - "No Place to Hide"** - A pastor, who has to face the death of his wife, cannot find comfort.

**10:30 AM** - Rev. Steven Weispfennig, pastor at St. John's Lutheran Church in Yankton, presents a message titled "The Good Shepherd's Sheep Hear His Voice." This sermon is based on John 10:14-16.

### April 28, 2024

*KDLT (NBC) channels 5.1 / 46.1*

**10:00 AM - "The Main Event"** - A boxer who is hit by a car becomes embittered until he meets a cheerful 8-year old girl.

**10:30 AM** - Rev. Terry Makelin, pastor at St. Paul Lutheran Church in Freeman, presents a message titled "He Sends The Helper, The Spirit Of Truth." This sermon is based on John 16:5-15.



IN OUR  
*Prayers*


**Members:**

Mary Berg	Betty Berry
Carol Daniels	Harlan Fauth
Mike Gabel	Lorraine Gage
Bob Graham	Norb Griebel
Donna Kunz	Chuck Kuntze
Louise Lafrentz	Roberta Mathiason
Al Schlueter	Ken Schmuck
Susan Schopp	Clarence Strampe
James Streyle	Jeanne Toay
Rhoda Thomas	Mary Warns
Lois Willson	

**Our Homebound Members:**

Mary Berg	Betty Berry
Dan Clauson	Mary Clauson
Marge Dreesman	Dorothy Dueis
Cib Gaffer	Lorraine Gage
Duane Genzlinger	Darlene Johnson
Roberta Mathiason	Dorothy Oleson
Maxine Owens	Ken Schmuck
Jeanne Toay	Mariea Warns
Audrey Wintersteen	

**Serving in the Military:**

Joshua Bohling	William East
Curtis Furry	Luis Martinez
Andrew Quam	Dawson Schopp
Matthew VanTassel	Tyler VanTassel
Caleb Wosje	

**Loved Ones :**

Clara; Helen Hartmann's Sister  
 Kolbe; Friend of Roberta Mathiason  
 Randy; Karen Morfitt's Brother  
 Matt; Barb Ewoldt's Son  
 Byron; Roberta Mathiason's Son  
 Robin; Bob & Pam Berg's Daughter  
 Bernard; Brother of Helen Hartmann  
 Susie; Daughter-in-Law of Helen Schauer  
 Debra; Ed & Jean Harmdierks' Friend  
 Mark; Son of Bob Graham  
 Dillon; Kathy Haar's Cousin  
 JoAnn; Roberta Mathiason's Sister  
 David; Friend of Our Redeemer  
 Augustin; Blanca Giron's Brother  
 Joan; AJ Holtz's Grandmother  
 Brian; Kathy Haar's Cousin  
 Ashley; Kathy Haar's Cousin  
 Dan; Duane & Helen Hartmann's Son-in-Law  
 Garth; Friend of Roger & Kathy Lueth  
 Marlys; Sharon Strampe's Sister  
 Jennifer; Bob & Marlene Nelson's Daughter  
 Mike; Ed & Jean Harmdierks' Nephew  
 Jodi; Niece of Larry & Rose Marie Sroufe  
 Lorraine; Mother of Carol Daniels  
 Alaina; Friend of the Morfitts  
 Loren; Friend of the Hartmanns  
 Chad; Nephew of Ed & Jean Harmdierks

## Organist / Accompanist



<b>Apr 7</b>	Darla Plucker
<b>Apr 14</b>	Kathy Lueth
<b>Apr 21</b>	Rev. Howard Shane
<b>Apr 28</b>	Mary Sandbulte



<b>Apr 7</b>	Elliott Leonard Adalie Ross
<b>Apr 14</b>	<b><u>Acolyte Needed</u></b> Evelyn Thorn
<b>Apr 21</b>	Kaden Ver Hoeven Will Thorn
<b>Apr 28</b>	Elliott Leonard Adalie Ross



## Altar Flowers

<b>Apr 7</b>	Jim & Margaret Wosje in celebration of their 55th Anniversary Mitzi Bittner, in memory of Bob Bittner's Birthday
<b>Apr 14</b>	<b>None</b>
<b>Apr 21</b>	<b>None</b>
<b>Apr 28</b>	<b>None</b>

## APRIL WORLD WATCH LIST COUNTRIES

### SUDAN

The devastating conflict that broke out in April 2023 is threatening to further undermine the positive steps made towards religious freedom following the ousting of Omar al-Bashir in 2019.

The crisis stems from a power struggle between the National Army and the Rapid Support Forces (RSF). More than 9,000 people have been killed and nearly 6 million displaced. More than 165 churches have closed and others have been destroyed. Churches have also reported human rights violations such as rape, kidnap and looting.

There are long-term concerns that the conflict will give Islamic extremists a renewed foothold in the country, undoing the reforms made by the transitional civilian government which gave more freedom to Christians, including abolishing the apostasy law and removing Islam as the state religion.

More immediately, those who convert to Christianity from Muslim backgrounds continue to face huge dangers. Some will even refrain from telling their children about Jesus, for fear they may inadvertently

disclose their parents' faith to the local community.

- Please pray for an end to the violence in Sudan and for provision for Christians who have been displaced.
- Pray for strength and protection for brave believers who risk so much to serve others during the conflict.
- Pray that the positive steps towards religious freedom will not be undone, but built upon.

### IRAN

In Iran, if you're part of a traditional Christian community, for instance, Armenian or Assyrian Christian, your faith is likely tolerated. But you will also be treated as a second-class citizen. In addition, you are not allowed to worship or read the Bible in Farsi, Iran's language, or have any contact with Christians who have converted from Islam. If you're caught supporting converts, you may be sent to prison.

For Christians who convert from Islam, not even the

## APRIL WORLD WATCH LIST COUNTRIES

vener of tolerance is present. Conversion from Islam to Christianity is illegal in Iran, and anyone caught as a convert can be arrested and imprisoned. The government views conversion as an attempt by the West to undermine Islam and the Islamic government of Iran. This means that anyone who is discovered to be a member of a house church can be charged with a crime against national security, which can lead to long prison sentences. Anyone arrested or detained can be tortured and abused while in jail. Some Christians are released and monitored—and know a second arrest would mean a long prison sentence.

Christian converts who left Islam can also face pressure from their families and communities. Converts can lose their inheritance, unmarried Christians can be forced into marriage to a Muslim, and married believers may be forced to divorce or face losing their children.

- Pray for secret converts from Islam in Iran. Pray they would find fellowship and that God would protect them from arrest and imprisonment.
- Ask God to change the hearts of the Iranian government, that they would allow freedom for all religions.
- Praise God that the church in Iran is growing! Ask God to continue to pour out His Spirit on Iranian believers.

### AFGHANISTAN

In the years since the Taliban took power in August 2021, Afghanistan has at least had some level of political stability—but that stability has extended to crushing pressure and violence against minority groups. As far as the Taliban are concerned, there are no Christians in Afghanistan. Most house churches that existed before the Taliban (even if they had to be hidden) have been closed, as believers were forced to flee or go even further underground.

When the Taliban came to power, they did so with pledges to recognize more freedoms than in the past. But that hasn't happened—if an Afghan's Christian faith is discovered, it can be a death sentence, or they can be detained and tortured into giving information about fellow believers. The surrounding society and family structure has no room for religious freedom, and the government upholds this rigid stance. This means Christians—almost all of whom are converts from Islam—must keep their faith secret, or they may simply disappear.

Thousands of Afghan refugees live in countries bordering Afghanistan, often in poor conditions in camps for displaced people, and many Christians are

among them.

- Please pray that secret believers will be protected from harm—and they will sense the prayers of their brothers and sisters around the world.
- Ask God to touch the hearts of the Taliban leaders, and any other extremist who would oppress Christians. Pray that God would reveal the truth of Jesus to every person who opposes Him.
- Pray for Afghan refugees. Many are in countries where it's still difficult to follow Jesus—and difficult to live comfortably. Ask God to help refugees find relief, and for the surrounding countries to allow refugees to work, attend school and worship freely.

### INDIA

Christians around the nation of India find themselves increasingly under threat. This hostility is often driven by an ongoing belief among some Hindu extremists that Indians ought to be Hindu—and any faith outside of Hinduism is not welcome in India. This mindset has led to violent attacks across the country and impunity for the people who perpetrate this violence, especially in places where the authorities are also Hindu hardliners.

More and more states are also implementing anti-conversion laws, creating an environment where any Christian who shares their faith can be accused of a crime, intimidated, harassed and even met with violence. Additionally, this hasn't stopped mass "homecoming" campaigns whereby Hindu nationalists put tremendous pressure on Christian converts from Hinduism, telling them to return to their previous faith.

- The world was horrified by the violence in Manipur State in mid-2023. Ask God to help bring about healing and lasting peace in this troubled region.
- Pray that Hindu nationalists would accept Christians as fellow Indians and allow Indians of all faiths to flourish.
- Ask God to protect and grow His Church in every part of India.

For more information go to:

<https://www.opendoors.org/en-US/persecution/countries/>



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