

PrimeTime

Third Thursdays | 9:30 AM

Location: Atrium

Contact: Barb Wojahn 651-429-2557 or bewojahn@gmail.com

Description: Retired adults and people available during the day interested in fellowship, educational opportunities, food, and fun are invited to come. Schedule of programs is available at the Welcome Center Desk.

Via de Cristo Retreats: Spiritual Renewal Weekends

October 4-7: Men's weekend at Zion Lutheran; Grand Rapids, MN

October 11-14: Women's weekend at Zion Lutheran; Grand Rapids, MN

November 8-11: Co-Ed weekend at St. John's Lutheran; Kasson, MN

For more information, call Gene or Shirley Ruehle at 651-429-0022 or email ecsmruehle@icloud.com

2nd Half with Lyngblomsten, a Center for Enriching Lives after 50

Offerings focus on education and the arts; health, wellness, and spirituality; social events and outings; resources and support; and service opportunities. For information on activities and events, see the 2nd Half with Lyngblomsten catalogue available at the Welcome Center.

2nd Half Ministry

Redeemer activities that include fellowship, learning, and service for adults in the second half of life. Watch the Crossroads and Sunday bulletin for specific events.



3770 Bellaire Avenue
White Bear Lake, MN

651-429-5411

rlc-wbl.org

Small Groups

Prayer Group

Day: Sunday
Time: Morning
Location: Chapel
Contact: Jan Johnson

Sunday Text Study

Day: Monday
Time: 6:30 AM
Location: Perkins, County D
Contact: Gene Ruehle

Sunday Gospel Text Study

Day: First and Third Mondays
Time: Evening
Location: Members' homes
Contact: Sue Eddy

Men's Prayer Group

Day: Tuesdays
Time: 8:00 AM
Location: Conference Room
Contact: Gene Ruehle

Bibles & Bagels

Day: Tuesdays
Time: 8:15-9:30 AM
Location: Fellowship Hall
Contact: Barb Wojahn

Hope Circle

Day: First Tuesday
Time: 9:30 AM
Location: Library
Contact: Wilma Skaar

Redeemer Book Club

Day: Second Tuesday
Time: 7:00 PM
Location: Library
Contact: Nan Carlson

Bible Study, Prayer

Day: Wednesday
Time: 8:00-9:30 AM
Location: The Waters Senior Living
Contact: Ann-Marie Gere

Joy/Peace Circle

Day: Second Wednesday
Time: 10:00 AM
Location: Atrium
Contact: Donna Miller

Women's Bible Study

Day: Wednesdays
Time: 6:00-7:00 PM
Location: Room 126
Contact: Amy Maijala

Bible or Book Study

Day: Sunday or Thursday, alternate weeks
Time: Evenings, Sunday or Thursday
Location: Members' homes
Contact: Ann-Marie Gere

spiritual growth

FALL 2018



God's Work, Our Hands

Sunday, September 9 following the 10:30 service

Location: Various

Description: Lunch, then guided projects at Redeemer and beyond.

Community Night Adult Class: Vulnerabilities of Aging

Wednesdays | 6:00-7:30 PM

Location: Worship Center/Atrium

Sessions:

9/12: Roxanne Jenkins

"An Overview of Resources for Seniors"

9/19: Lisa Brown, Becky Hulden, Lynn Amon
"Health Changes and Caregiving"

9/26: Tara Jebens-Singh

"Housing Issues for Seniors"

10/3: Andrea Kish-Bailey

"Hunger and Risks for Homelessness"

Outreach Fair

Sunday, September 16 | 9:40-10:30 AM

Location: Atrium

Sunday Morning DVD/Discussion

Sundays, September 23-October 21 | 9:30 AM

Location: Library

Presenters: Pastors Roger Schwarze and Dan Brumm

Description: Viewing and discussion of Robb Bell DVDs.

Spiritual TLC for Caregivers

**First Thursdays, October-December |
10:00-11:30 AM**

Location: Library

Description: Through prayer, sharing of experiences, and learning from each other, this group will benefit from ongoing mutual support. Led by Pastor Candee Moser. Free, no registration required. Learn more, contact Pastor Candee Moser at 651-429-5411 ext. 12

Community Night Adult Class: Century College Acts of Kindness Emergency Fund

Wednesday, October 10 | 6:00-7:00 PM

Location: Library

Presenter: Randy Johnson, Century College Director of Donor Relations

Description: Helping students stay in school and graduate at Century College through Acts of Kindness and the Food Pantry.

Community Night Adult Class: Age Boldly with Lyngblomsten

Wednesday, October 24 | 6:00-7:00 PM

Location: Library

Presenter: Tim Overweg, Lyngblomsten

Description: The story of the 2nd Half with Lyngblomsten life enrichment centers.

Sunday Morning Text Discussion

Sundays, November 4 and 11 | 9:30 AM

Location: Library

Leader: Kevin Maijala or Nadine Myers

Description: Discussion of the Lectionary text for the day.

Community Night Adult Class: ELCA Social Statement on Human Sexuality

Wednesday, November 7 | 6:00-7:00 PM

Location: Library

Leader: Kevin Maijala

Community Night Adult Class: Connecting with Youth

Wednesday, November 14 | 6:00-7:00 PM

Location: Library

Presenters: Pastor Stefanie and Redeemer Youth

Surviving the Holidays

Sunday, November 18 | 9:40-10:25 AM

Location: Library

Facilitators: Grief Team Members

Contact: Pastor Candee Moser

Description: Participants receive information on dealing with loss through written materials, discussion, and sharing in a warm and supportive environment.

Community Night Advent Fair

Wednesday, November 28 | 6:00-7:00 PM

Description: Displays and activities for all ages.

Community Night Advent Services

Wednesdays, December 5-19 | 6:00-7:00 PM

Location: Worship Center

Yogadevotion Soma Yoga

Thursdays September 6-October 18 | 2:00-3:00 PM

Location: Library

Instructor: Jane Schroeher

Cost: \$56. Make checks to Redeemer with "Soma Yogadevotion" in the memo line by September 3. Questions? Contact Jane at schroehergj@msn.com.

Description: Soma Yogadevotion offers the same faith based class structure that other Yogadevotion classes do. Soma yoga is a newer type of yoga in which participants practice slow, subtle movements that can help us move with more ease and freedom. Soma yoga is safe for "every body." Please bring a yoga mat and blanket to class.

Yogadevotion

Tuesdays beginning September 4 | 4:30-5:30 PM

Location: Fellowship Hall

Instructor: Jean Auger

Cost: \$64 per eight weeks

Description: This is a multi-level class that includes a devotion, focused breathing, and poses that help improve strength, flexibility, and balance. Questions? Contact coordinator Sue Johnson at 651-387-3443 or suejohns3@gmail.com to sign up.