News Around the Congregation

COFFEE, TEA, & PASTOR B The July get together takes place July 9 from 10:30 a.m. until noon at Blackbird Bakery in Lakewood. Join us for a great cup of coffee (or other beverage) and conversation!

WE ALL SCREAM FOR ICE CREAM! Join us July 11 from 7-8 p.m. at Mitchell’s Ice Cream, 26161 Detroit Road, Westlake. Come when you can and leave when you must! If you have a Church of the Redeemer t-shirt, please wear it so the community recognizes us. If you need a t-shirt, please stop by the church office.

THURSDAY EVENING GATHERING The next dinner gathering takes place July 18 at 6 p.m. at Stella Mia Ristorante, 28751 Center Ridge Road in Westlake. Sign up in the Gathering Room for this festive event.

WESTLAKE FOURTH OF JULY PARADE Sign up in the Gathering Room to march with us in Westlake’s July 4 parade. Wear your Redeemer tee! If you need a t-shirt, stop by the office to get one.

Walkers meet at Sts. Peter and George Coptic Orthodox Church, 25800 Hilliard Blvd., by 9:30 a.m. The City’s annual 4th of July festivities begins at 10 a.m. with a parade that typically begins at Burneson Middle School on Dover Center Rd., then onto Hilliard Blvd., traveling east to Clague Park. Events and festivities continue at Clague Park beginning at 11:15 a.m. with a ceremony at the entrance to the park. Other events of the day include the classic car show, balloon clowns, face painters, fun races, a watermelon eating contest and more. Fireworks begin at dusk.

Congratulations, Pastor Brooke, on your graduation!
Here we are in the middle of summer! Perhaps a little time to take a breath before we start looking towards the program year. Time to spend outside at the pool or on the lawn at Blossom, or in the garden. And of course, time to worship together.

The Psalmist tells of singing a new song as a way to bless the Lord’s name. New things are good, but there is comfort in the old and familiar. But it is truly not an either/or. As we continue to grow in this coming year together, there will be new things we try together and there will be old traditions that will remain. I remind you that those familiar things were once new to you and now they are just the way things are. It is my prayer that you will be willing to try some new things and that you will also share some of the “old things” I may not know about — they will be new to me.

We will have the opportunity to be present in the community in July as we march in the Westlake Fourth of July parade. It is a chance for us to remind Westlake that we are in the neighborhood and be visible to those who might be looking for a church home. We will gather for coffee and ice cream during the second week of the month and if you want to meet with me, please contact me so we can schedule an appointment.

At the end of this month, the staff will be going on a day retreat to Sunset Shores in Vermilion to look at the year ahead. I trust that it will be a day of gathering together in fellowship and planning. Please hold us in prayer as we discern where God is calling us as leaders.

I hope you are enjoying all the joys of summer and I look forward to seeing you in worship!

Blessings,
Pastor Brooke

Water in the Sanctuary Update
Despite all of the rain we’ve had, the sump pump is working and doing its job. Mary Kanzeg and the building and grounds team reports that they are working to find a waterproofing company to deal with shoring up the area under the building. The rain has shown that the roof also is leaking. Brad Smith Roofing has launched an investigation into whether the roofing tiles (under warranty) are faulty. We also will look at improving the building ventilation to help the condensation issues. Special thanks to the entire team for their diligence in finding and correcting the problem!

June Offering

The mission offering in June will support Malachi House.

Malachi House, created out of a Christian sense of ministry, serves persons who are terminally ill, without regard to gender, race, religion or national origin and without cost to the resident or family. This Home ministers to individuals who need an available caregiver, who have limited or no financial resources and are in need of special home care in the final stages of life. Its trained staff and volunteers provide spiritual, emotional and physical support with the assistance of a hospice team.

June In-Gathering

In June, the In-Gathering also is for Malachi House. Malachi House has a specific list of immediate needs — find it at malachihouse.org/wishlist/. Items include specific types of laundry detergent, juices, copier paper, kitchen sponges, and a host of other urgent needs. Thanks in advance for your donations!

Please Wear Your Nametags

We have had many visitors in the last few months. One of the ways we can be welcoming to our guests is to wear our name tags.

Each week, please wear your name tag where others can see it on your way into worship.

If you need a new one, leave a note in the office.
A Note from Margaret

I will be taking a leave of absence this summer to be proactive and focus on my health and well being. The Faith Formation Team has a plan in place to cover for me on the weeks I will be gone. Anyone with questions should talk to Lisa Thomas, who has offered to head up the logistics, or Julie Miller, who is the Chairperson.

Summer Faith Community

It may be summer, but we are still here every Sunday. We continue to start out in the sanctuary for worship. Children and Youth are then invited down the Faith Formation Hallway to gather together (ages 3 and up) to learn and engage The Lord’s Prayer. Activities include games, stories, music, crafts and coloring posters. Our nursery continues to be staffed and open for those under 3.

Fun and Faith for Families

With the looser schedules for summer, families may be looking for activities that will connect them to their faith. Check out these ideas from readthearc.com

1. **Dance Party** — Kick off your sandals and cut a rug. Put on some of your favorite Songs of Faith and dance. Turn it into a game by pausing the music sporadically and having everyone freeze and see who moves first.

2. **Coloring Contest** — Set up a coloring station. Google coloring book pages of your favorite Bible Verses and create a family art gallery for the finished masterpieces.

3. **Talent Videos** — Have your family’s own version of “America’s Got Talent,” or invite friends or neighbors to join in. The sillier the better

4. **Go for a fun nature walk** — We are gifted with beautiful metropolitan parks and nature trails. Get a map and choose one. Bring binoculars and magnifying glasses and look for the wonders of creation big and small.

5. **Stargaze** — Look up information about the constellations on the Internet or at your local library. Then drive to an open area away from city lights to see if you can spot the constellations in the night sky. This is a great way to talk about God as creator.

Greetings!

While the Chancel and Bell Choirs are getting a well-deserved rest for the summer, the sounds of music continue. Our summer services offer special music featuring both vocal and instrumental soloists, as well as outstanding selections by our pianist/organist, Jason Aquila.

If anyone is interested in joining either the Chancel Choir or Bell Choir and would like to become part of our very special “Choir Family,” please contact Carol Peddie, Director of Music.

Rehearsals will begin on Wednesday, Sept. 4th with Bell Choir at 7 pm and Chancel Choir at 8 pm. The Chancel Choir’s first Sunday Service will be Sept. 8th, 10:30 am.

Thank you for your continued prayers and support of our music ministry. To God be the glory!

Blessings to all,
Carol

The Chancel Choir may be taking a break this summer, but summer services will feature soloists and special music!

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**FAITH FORMATION MINISTRIES**

**July News in Faith Formation**

**Music Ministries**

**Summer Music Features Solos, And Much More**

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**Carol**

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**Redeemer UCC July Birthdays and Anniversaries**

<table>
<thead>
<tr>
<th>Birthdays</th>
<th>Anniversaries</th>
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<tbody>
<tr>
<td>1 Sandra (Ross) Novicky</td>
<td>4 Mark &amp; Lori Lentz</td>
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<tr>
<td>7 Jessica Barrick</td>
<td>5 Pastor Brooke Baker &amp; Cal Zunt</td>
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<tr>
<td>8 Shaun Chapman</td>
<td>7 Dave &amp; Melissa Hille</td>
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<tr>
<td>9 Jennifer Walters</td>
<td>8 Chris &amp; Ann Davies</td>
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<tr>
<td>11 Maggie Chapman</td>
<td>10 Kevin &amp; Angela Reed</td>
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<tr>
<td>13 Jennifer Walters</td>
<td>19 Rich &amp; Debbie Shank</td>
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<tr>
<td>13 Alex Patzwahl</td>
<td>Michael &amp; Julie Miller</td>
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<tr>
<td>14 Carole Adams</td>
<td>21 Persis Sosiak &amp; Brett Miller</td>
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<tr>
<td>15 Jason Aquila</td>
<td>20 Julie Barnes</td>
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<tr>
<td>16 Ryan Williams</td>
<td>21 Julie Miller</td>
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<td>20 Mary Ellen Bonin</td>
<td>21 Samantha Stone</td>
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**Continen on Page 4.**
How Has Your Sleep Been Lately?

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

How has your sleep been lately? Have you heard of the more recent research on purpose of sleep? We now know that time spent sleeping is critical to good health. Poor quality sleep puts us at risk for diabetes, cardiovascular disease, depression, weight gain and poor memory to name a few.

Before your next visit with your doctor ask yourself if you wake up tired, fall asleep easily during the day, snore, wake frequently during the night, wake with racing thoughts before your alarm sounds or have nighttime sweats to name a few. If you answered yes to any of these common signs of poor sleep take time to review your sleep routine.

Quality sleep hygiene includes: 1) regular bedtime 2) cool temperature in bedroom 3) dark room – no lights from electronics 4) some exercise during the day 5) light snack of carbohydrates before bed 6) no caffeine eight hours before bed 7) a mattress that is supportive.

If you do have quality sleep hygiene you may want to chat with your doctor and consider a sleep study. Yes, it takes a bit of time and it is odd to be hooked up to wires, but the benefit of quality sleep can mean better long term health for you.

Have a question? I would be happy to chat with you.

Save the Date

Sunday, July 14 following worship: you are invited to learn the principles of Stop the Bleed. This is a national initiative to empower all of us with skills and knowledge to help someone experiencing a trauma bleed. This type of injury is most commonly experienced at work, home and auto accidents. Unfortunately tragic events around our country and world made responders aware of this need. The training focuses on the care a bystander can provide while waiting for the professional responders to arrive. Although there may only be five minutes between an injury and response of 911, the five minutes can be critical to saving a life. Our training will focus on the principles and common items to help stop bleeding. Questions? Please leave me a message.

Sunday, August 25 following worship: We will have the opportunity to view and discuss the award winning documentary Gen Silent. Producer Stu Maddox helps us understand the transition LGBT seniors are facing as they consider moving to senior living and long term care. The Rev. Beth Long-Higgins, director of United Church Homes’ Ruth Frost Parker Center on Abundant Aging, will be our guest and has made this viewing possible. Additional details will be in the Grapevine and the bulletin. If you have any questions, please leave me a message.

Faith Formation

(continued from page 3)

6. Host a drive-in movie night in your driveway — Set up a screen or sheet on your garage door and project your favorite movie. Kids can create “cars” out of cardboard boxes. Or just set up chairs and pillows. And don’t forget the movie snacks.

7. Go to the library — create your own Summer Book Club and go to the library every 1-2 weeks. Read together. Discuss activities that connect to what you are reading.

8. Thank You Notes — create thank you cards and brainstorm who you want to send them to. This may turn into a tradition you do all year.

9. Serve at a local shelter or charity — Have a discussion with your kids about the needs of others that are often taken for granted: food, clothing, shelter, blankets, toys, books. Serve with your kids as a reminder of our daily blessings.

10. Have a family fun night dedicated to performing random acts of kindness — This one takes some planning, but it is a fun way to share the joy of being kind and receiving nothing in return as a family. There are lots of ideas on the internet, but let your kids be part of the brainstorming and planning. They will learn as much from the planning as from doing the activities.

Your Feedback Is Welcome

The Pastor Relations and Human Resources committees would welcome any feedback you have. Please see anyone on these committees:

Pastoral Relations: Rudy Duscha, Elaine Freed, Bonnie Hawver, Emily Humphrey

Human Resources: Bonnie Hawver, Janet Kramer, Dave Patzwahl