



Annual Ice Cream Social

Redeemer Church 2727 W. Holmes Rd., Lansing, Mi. 882-8000
Saturday, August 28th, 3:00 till 6:00pm

Come join your friends and neighbors for the annual Ice Cream Social at Redeemer Church.

This is an opportunity to share in some FREE Ice Cream from Melting Moments.

Also, there will be FREE Fun games & prizes for the kids, LIVE music for both young and old and FREE food. Come enjoy all the fun and our 50/50 raffle.

COME SHARE IN THE FUN AND BRING YOUR FAMILY AND FRIENDS.

Our plan is to have this event, "face to face" on the church grounds. However, it is possible with Covid, it could be changed to a "Drive Thru." Even if it becomes a Drive Thru, there will be FREE Ice Cream, free Food and games handed out. Also we will still sell 50/50 Raffle Tickets.

See you on
August
28th at
3pm



Collecting and Donating School Clothing

You can help children feel good about going back to school! Judson's Love Clothing Center serves over **900** children with clothing during August and September! Our community has the opportunity to be a part of that great effort by collecting clothes in August/Sept. All children's clothing is helpful but especially needed are **new socks and underwear, and new or like new school uniforms**. Judson depends on the entire Church Network and our community for all the clothing they give to families in need so please share this information with your congregations or just bring items you can share to Redeemer Church.

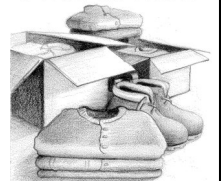
Clothing sizes 4T to Teens
New socks & underwear
(All sizes 4T- adults)

School Uniform Items

- | | |
|--|--|
| <input type="checkbox"/> Khaki, Navy or Black Pants | <input type="checkbox"/> White Button Down Shirts |
| <input type="checkbox"/> White and Colored Polo Shirts | <input type="checkbox"/> Blue, Black or White Sweaters |

Winter Coats: especially kids sizes 4T-16, clean with working zippers!)
Other clothing in new or like new condition is also accepted.
Donations can be brought to Judson Memorial Baptist Church, 531 Glendale, 48910.
Hours: Mon.-Fri., 9 to 2 or call 882-5961. (Please be sure to leave your church name with all donations!)

*Clothes for
those in need*



God's Helping Hands

Redeemer Church, E.L.C.A. “...your helping hands”

A Congregation of the *NorthWest Lower Michigan
Synod of Evangelical Lutheran
Church in America*

2727 W. Holmes Road
Lansing, Michigan 48911
517-882-8000 (church voice)
517-882-8622 (child care voice)
517-882-2063 (fax for both)
517-980-6250 (emergency #)
www.redeemerlansing.com
www.hhclearningcenter.com
E-Mail: janhite@sbcglobal.net

Sunday Adult Study, “*Life Choices*” @ 9:00am
Sunday Children’s Study Time, @ 9:00am
Sunday Worship begins at 10:00am
**Holy Communion is Celebrated Every Sunday and Open
To all of God’s Children*
Sunday Luncheon follows worship @ 11:15am
Wed. Adult Enrichment Hour, Wed. @ 7:00pm
Pre-School Worship Time, Thurs. 10:00am
Summer Program Worship Time, Fri. 10:00am

CHURCH STAFF

Jan Hite, Pastor
Tom Jones, Minister of Music
Carla Fitzgerald, School Director
Alison Sall, Violin
Jeanette Eastham, Guitar
Bruce Gelispie, Percussion
Sandra Walker, Council President
Vickie Crouch, Learning Center President

Church Council meetings are open to all members.
**Their normal meeting time is the 3rd Sunday of
each month @ Noon.**

Helping Hands Christian Learning Center Board
meetings are open to all to all members, parents and
community members. **Their normal meeting time is
the 4th Thursday of each month @ 6:00pm**

Helping Hands Newsletter
is published monthly

Editors: Carla Fitzgerald and Pr. Jan Hite
*Deadline for the **Sept. 2021** edition is:
August 25, 2021

*The editors reserve the right to make changes
to all items submitted.



August BIRTHDAYS

Maria Gelispie	Aug. 04
Kevin Gartung	Aug. 20
Scott Erney	Aug. 24
Vickie Crouch	Aug. 26

August ANNIVERSARIES

Sandra & Carnell Walker	Aug. 15
Teri & Jeff Sand	Aug. 28

We are sorry if we missed your special day. Please let the office know of your date by calling 882-8000 or emailing, janhite@sbcglobal.net or by dropping your name and Birth date or Anniversary date in the offering plate. **Thank You!**



Let Us Remember Those We Lost...

Clara & Ron Cheal—Covid
Ronald Sickle—Covid
Sara Gower—Cancer
Marguerite Fuhry—Cong. Heart
Failure
Ruby Purnell—Stroke

*God Be with them now that they are
in heaven and with their families as
they grieve their loss!*



Please join us for these Upcoming Events

“Annual Ice Cream Social Set...”

Date: *Saturday, August 28, 3-6pm,*

Come join your friends and neighbors for the annual Ice Cream Social at Redeemer Church.

This is an opportunity to share in some FREE Ice Cream (Melting Moments) and FREE food. Also, there will be FREE fun games & prizes for the kids and LIVE music for both young and Old. We will sell our 50/50 raffle tickets that promise winnings of many raffle prizes from our local community and a 50/50 prize of over \$1000. Our hope is that this event will be face to face, however if COVID continues to increase we will have to have a “Drive-Thru” like last year. We will make that change as the date gets closer. Watch our website: redeemerlansing.com



“Mobile Food Pantry”...

Date: *Saturday, August 21, 2021, @ 9-11am*

Distribution of **FREE, fresh, non-perishable food items** at **Lansing Catholic Central High School, 501 Marshall St., Lansing, 48912.**

Who can participate?

- The disadvantaged and vulnerable.
- Senior citizens on fixed incomes.
- Families/individuals with limited/low income jobs.



ALL PARTICIPANTS MUST BRING A VALID STATE IDENTIFICATION CARD OR DRIVER'S LICENSE . Participants should bring a box or bag to carry food, one distribution per household. For more information, call the City of Lansing Human Relations and Community Services, 517-483-4347.

“Fall Adult Study—Better Decisions, Fewer Regrets”...

Date: *Start Date, Wed. Sept. 8, 2021, @ 7:00 p.m.*

Make good choices---and stop feeling bad about the past! Every day, we face decisions that determine the direction and quality of our lives. Nobody means to choose poorly, but few have a plan to avoid it. Stanley introduces you to five questions---about honesty, storytelling, tension, wisdom, and love---that can provide this simple but essential safeguard. **This Bible Series will last for 5 weeks and allow us to look at the personal STORY of our lives.** Join us and see how God has written your story and also find out how you can make Better Decisions as you Journey into your Future. All are welcome!! See you Wed. Sept. 8th @ 7pm.



South Lansing Farmers Market

Thursday, August 12, 2021, 3:00 pm - 7:00 pm

Additional Dates

Thursday, August 19, 2021 3:00 pm - 7:00 pm

Thursday, August 26, 2021 3:00 pm - 7:00 pm

Thursday, September 02, 2021 3:00 pm - 7:00 pm

Thursday, September 09, 2021 3:00 pm - 7:00 pm

Thursday, September 16, 2021 3:00 pm - 7:00 pm

Thursday, September 23, 2021 3:00 pm - 7:00 pm

Thursday, September 30, 2021 3:00 pm - 7:00 pm

Thursday, October 07, 2021 3:00 pm - 7:00 pm

Thursday, October 14, 2021 3:00 pm - 7:00 pm

Thursday, October 21, 2021 3:00 pm - 7:00 pm

SLCDA

800 W. Barnes Ave
Lansing, MI



Shop Hop: Old Town Lansing

Friday, August 13, 2021, 2:00 pm

Additional Dates

Friday, September 10, 2021 2:00 pm

Friday, October 08, 2021 2:00 pm

Friday, November 12, 2021 2:00 pm

Friday, December 10, 2021 2:00 pm

1232 Turner St, Lansing, MI 48906-4340.

SHOP HOP!

Come explore all that Old Town has to offer. Join us the 2nd Friday of every month for the Shop Hop. Hop around to multiple participating businesses for specials, make and takes, pop up shops, local artist, and more. Each participating location will have a different offering each month. You are sure to find it fun and exciting!

Pumpstock Festival of American Roots Music

When: Sat. August 21 | 2:00 p.m.

Where: Bailey Street Park, 300 Bailey St., E. Lansing

Description: MUSIC, FOOD, MUSIC, FUN, CHILDREN'S ACTIVITIES, MUSIC, FAMILY FUN, MUSIC..... The best local food vendors, Michigan Shirt Works, a playground and more!

Lansing Flo-Fest (Hip Hop Festival)

When: August 27 | 6:00-9:00 p.m.

Where: Rotary Park, 325 City Market Dr., Lansing

Description: The Lansing Flo-Fest is an all rap and hip-hop show that features local and nationally known Christian rap artists.



Helping Hands Christian Learning Center

Our Mission: To provide nurturing care to God's children through our helping hands, offering a safe haven for holistic growth.

Here's to Healthy Eating... Habits to Avoid

Habits to Start

Offer three to four healthy choices at mealtimes. Make sure that at least one of the choices is something the child likes to eat.

Providing two to three health snacks per day. If children don't eat a lot at a meal, they will have a healthy option for a snack.

Let children take a "dip." Children like to play with their food. Healthy dips, such as low-fat salad dressing, ketchup, salsa, yogurt, or hummus, make eating fun. Children can dip vegetables, fruits, and even meat!

Offer a new food an "old" way. If you want children to try something new—like fish—offer it to them the first time with breading on it so it looks like something familiar (such as chicken nuggets).

Be silly. Make a face out of vegetable slices (cucumber slices for eyes, shredded carrots for hair, a cherry tomato nose, a red pepper slice for a smile). Or make "sweet surprise stew" where you hide fruit at the bottom of a cup of yogurt. When children are having fun, they are more willing to try something new.

Give it a licking. If children don't want to put a new food in their mouth, ask them if they can lick it. As silly as it sounds, even licking a new food is a way to introduce the taste. You may have to introduce a new food more than 10 times before a child will eat it.

Look for ways to include and respect the family's culture. Food is an important way children experience their cultures. Talk with parents about recipes they frequently prepare at home, and discuss ways you might adapt them to make them more healthful.

Forcing children to eat. The truth is that forcing children to eat usually leads to the child eating less. Forcing also teaches children to rely on others to tell them how much to eat and what they are feeling. This does not lead to healthy eating habits. When it comes to eating, you and the child each have your own jobs to do. Your job is to provide each child with healthy food choices and pleasant meal and snack times. It is the child's job to decide which of these healthy foods to eat and how much to eat. This approach helps children learn to listen to their bodies and to make healthy food choices.



Nagging or making deals with children. "Just two more bites,

just two more bites!" "If you eat your vegetables, you will get dessert." Strategies like these don't work in the long run. Children who learn to make deals about eating quickly learn to make deals and ask for rewards for doing other things—like cleaning up. Soon they won't do anything unless there is a reward for it!

Eating with the television on. It is true that children will often eat more when they are placed in front of a television for mealtime. However, this is because they are paying so much attention to what is on television, they are not paying attention to whether they are hungry or full. One of the most important healthy eating habits for children to learn is to pay attention to their body's cues and eat only until they are full. Also, mealtimes are important opportunities to talk and connect with children. There is no chance to bond this way if everyone is watching television.

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What's Happening

8/12: HHCLC Board of Directors Meeting
8/18: Holt School 1st day of school
8/23: Lansing Charter & Cole Academy 1st day of school
8/27: Last day of Summer School-age Program
8/28: Redeemer Ice Cream Social 3-6 pm
8/30: Lansing School District 1st day of school
8/30—9/01: LSD half day Kindergarten Only
9/06: Labor Day: Center Closed

Helping Hands Christian Learning Center is an outreach ministry of Redeemer Church and has been servicing the community for 24 years. Here we offer love and quality care to God's children. Come in today to see what we have to offer you and your family.



Sunday Schedule

-Choir Rehearsal: 8:00am
-Adult & Youth Study Time: 9:00am
-Worship: 10:00am
-Lunch and Fellowship: 11:15am
-Adult Enrichment Class: Wed. 7:00pm

We are a church of
this community
and ALL are welcome.
Come as you are!

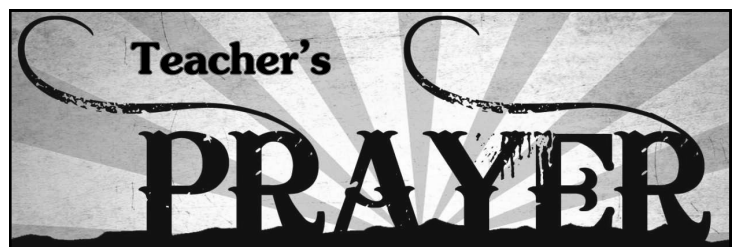
Happy Birthday To You... August 2021

Zxyniia T.	8/07
Monroe S.	8/09
Ja'Maya S.	8/16
Ms. Jenny K.	8/18
Cassidy K.	8/19
Skyler D.	8/24
Priscilla K.	8/30



A TEACHER'S PRAYER...

GOD grant me the **SERENITY** to appreciate the unique gifts of my students, **COURAGE** to challenge them to do their best, and **WISDOM** to help them become all that You created them to be.



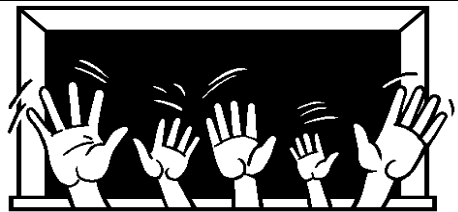
DO YOU WANT GREAT CARE FOR YOUR CHILD?

Before and After School Program

**HELPING HANDS
CHRISTIAN LEARNING CENTER**
2727 W. Holmes Rd.,
Lansing
(517) 882-8622 for more
info

7:00am till 6:00pm

- Includes breakfast and after-school snack
- Bus trip provided to and from school
- Homework help, outdoor play, art projects, board games
- and much, much more
- Occasional field trips
- Great Fellowship with new and old friends



Choosing your child's Before & After School Program is one of the most important decisions you will ever make.

Give your child a safe and fun haven to stay in touch with old friends and meet new ones. Children will enjoy a fun learning experience and you will enjoy peace of mind throughout your work day. Enroll them NOW!!

ALL elementary – age children are **Welcome!!**
Space Limited. Program is Open on HOLIDAY, BREAK DAYS, SNOW DAYS, & 1/2 SCHOOL DAYS. Beginning to Fill. Call Now!!!

Helping Hands Christian Learning Center

Includes: Before & After Care, Full-time Child Care, Pre-School, Kindergarten Readiness Program, Summer Program, Feeding Program. Call 517-882-8622 for more info

COVID, YOUR CHILDREN AND YOUR....

The Delta Variant and Your Responsibility

The more contagious delta variant is spreading fast across the U.S., but children under 12 cannot yet get the best protection there is — **A VACCINE.**

Nonetheless, pediatricians say there are still easy things parents can do to keep help kids safe from COVID-19, particularly as they go back to school.

The variant is capable of 'causing serious injury' to kids

Severe cases aren't common among kids, but COVID-19 numbers are higher than any time in the pandemic since November, said Dr. Yvonne Maldonado, chief of the division of infectious diseases in the Department of Pediatrics at Stanford Medicine. Her association has been tracking cases and found nearly 72,000 children and teens caught COVID-19 in the last 2 weeks. This is a substantial increase from the weeks before, about five times as many kids who were sick than at the end of June.

"It's clear that this variant is capable of causing serious injury in children. You heard those stories coming out of Louisiana pediatric ICUs where there are kids as young as a few months old that are sick," Dr. Francis Collins, the director of the National Institutes of Health. ***"Anyone that says you don't have to worry about it if you are a young healthy person, you do need to think about it."***

The vaccine

The number one thing parents need to think about, pediatricians say, is the vaccine.

If a parent, or adult in a child's life isn't vaccinated yet, get one now, they advise. The same goes for siblings who are old enough.

Parents should also talk to children about why it's important. "Make sure you're having that conversation with them — about why it is im-

portant to be vaccinated and how it protects not only them but all those around them," said Dr. Dane Snyder, section chief of primary care pediatricians at Nationwide Children's Hospital in Columbus, Ohio.

Parents may also want talk to anyone interacting with the child about their vaccination status, Maldonado said. If the person isn't vaccinated, and the parent still feels OK about having them around their unvaccinated child, at least ask them to wear a mask or even consider asking them to get a test before getting together. "You wouldn't want your child in a car where someone was driving without seat belts or without a driver's license," Maldonado said. "We shouldn't be afraid to stand up for our children's health."

Good hygiene

Snyder said parents should also continue to reinforce the message about good hygiene. For instance, she said, parents should teach kids to cough into their elbows and wash those hands. "Really, handwashing is one of the number one most effective ways to help prevent the spread of any kind of disease, whether at home or in the community," Snyder said.

Masks and distance

Three feet of physical distance can reduce the spread of the virus, good ventilation helps, and masks for indoor activity are key, public health experts say. The American Academy of Pediatrics recommends everyone older than age 2 wear a mask, regardless of vaccination status, when they go to school or in a public setting. "The data are very strong that masking continues to be a very effective way to prevent infection," said Dr. Larry Kocielek, attending physician, infectious disease at Ann & Robert H. Lurie Children's Hospital of Chicago.

By some estimates, a mask reduces the risk of catching COVID-19 by about 50% he said. "Masks are most effective in areas where risk of exposure and transmission is high," Kocielek said.

Dr. Sarah Combs, an emergency medicine physician with Children's National Hospital in Washington, D.C., said parents can make wearing a mask fun.



"Go ahead and get them a mask with their favorite character and tell them it's like Superman's mask. Do whatever you can to engage them, especially the younger ones who have less comprehension," Combs said.

Snyder recommends parents talk with their kids about wearing a mask at school so that they know what to expect, particularly if a mask isn't required. **"Make sure you're talking to children about assuming things about kids who either are, or are not masked,"** Snyder said.

As for parents and masks, Dr. Amy Edwards, the associate medical director of Pediatric Infection Control at UH Rainbow Babies and Children's Hospital in Cleveland, suggests even parents who are vaccinated should wear a mask whenever out in public. "That way they will be less likely to contract COVID and bring it home," said Edwards.

Outside time

The risk of catching COVID-19 is much lower if the child is playing outdoors.

Edwards said she limits her own kids to outdoor play only with their friends. "It's fine to play with the neighbors' kids, but only outside in the yard, not inside in the playroom or in the bedroom or anything like that, where there is closer indoor contact — which is a bigger problem," she said.

With older kids who like video games, Edwards said a parent could set up time for them to stream together, even if they are in different rooms.

"Try to think of creative ways that kids can play together but limit their exposure," Edwards said. There's an added benefit to outside play. "It's not only safer from a COVID-19 standpoint — physical activity is a real benefit to their health," Kociolek said, especially in light of rising child obesity rates in the Chicago area since the pandemic started.

Talk to your children

Conversations with kids about COVID-19 are essential, pediatricians say. Kids are like sponges, Combs said.

"Even at that very young age they pick up on their environment, they pick up on your emotional cues. And if we try and keep things from

kids, they get more suspicious and more anxious," Combs said.

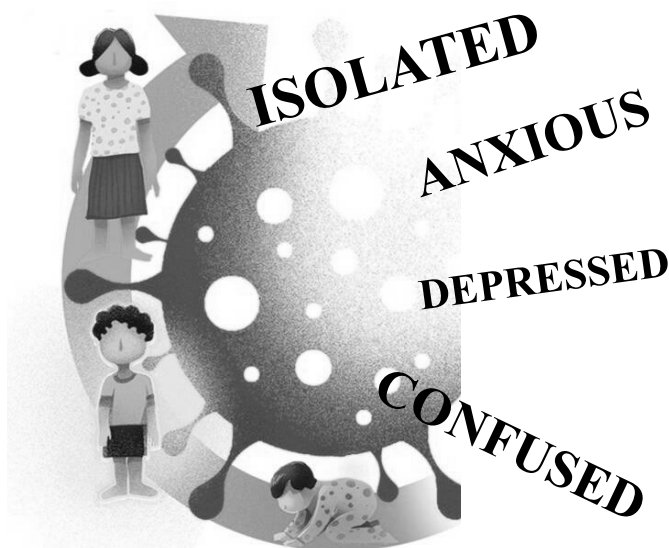
So even a toddler can understand the basics. Edwards says she's even talked to her children, ages 2 and 4, about the delta variant. **"I've told them the virus kind of grew up and has gotten a little bit stronger, so we have to fight a little bit harder,"** Edwards said.

With teens, parents don't want to make them more anxious, so be matter of fact about it, Combs said. It may help to acknowledge it can be scary, even for parents. "That's OK, because we know of things and ways to lessen the risk and to help all of us in the family keep safe," Combs said.

Combs added it's also good to encourage the kids to be open, especially if they are not feeling well, so that parents can keep them home and remind the child that staying home isn't a punishment — it is to keep people safe.

Edwards said clear communication and reassurance are important with kids. "How many times did we tell our parents growing up, **'this is not fair,'** and our parents would tell us **'life is not fair?'**" Edwards said. **"For kids, this pandemic is the ultimate 'life is not fair.'** We need to let them know we are doing whatever we can to help them." We need to remember they are our gifts from God. We need to remember that without them life would not be the same. We need to remember that they help make us complete.

It is time for all of us to be Vaccinated!!



Redeemer Church, E.L.C.A.

"...your Helping Hands"

Helping Hands Christian Learning Center

2727 West Holmes Road

Lansing, Michigan 48911

www.redeemerlansing.com

Address Service Requested

NON-PROFIT
U.S.
POSTAGE
PAID
Permit No. 149
LANSING, MI

Your Helping Hands Place

**TIME-VALUED
MAIL**

*Please deliver by:
August 13, 2021*

**ICE CREAM
SOCIAL**

Sat. Aug.
28
3-6 pm

What's Happening at Redeemer...

We invite you to visit us. **You are welcome here!** We are people of God who give ourselves freely and joyfully to God, to one another and to others. This community witnesses to a God who is active in the world. *We proclaim God's active love for all people:* poor and rich; people of all cultures and races; women, men, children, younger, older, single, married, divorced, widowed, those of all lifestyles, blended families, single-parent households, ... are welcome! You are invited to meet this community that seeks to reflect God's open and loving embrace.

***SUNDAY MORNINGS
Praise Time!***



Worship begins at 10:00 a.m.
Adult Study begins, 9/8 @ 7:00p.m.

*Holy Communion is shared each week
* ALL are welcome
*Dress is casual

**ALL ARE ENCOURAGED
TO JOIN US!!
WE ARE A DIVERSE AND
WELCOMING COMMUNITY.**

**Here's what's
happening!**



- ⇒ **Helping Hands Board Mtg., 8/12 @ 6:00pm**
- ⇒ **Council Mtg. 8/15 @ Noon**
- ⇒ **Serve @ Loaves & Fishes, 8/17**
- ⇒ **Mobile Food Pantry, 8/21**
- ⇒ **Summer Program Ends, 8/27**
- ⇒ **Before/After School Program Starts, 8/30**
- ⇒ **Lansing School District Begins, 8/30**
- ⇒ **Labor Day, 9/6, School & Church Offices Closed**
- ⇒ **New Adult Study Starts, 9/8th**

**There is something for
Everyone at Redeemer &
Helping Hands...**

882-8000, 882-8622

Join Us When You Can!!!