



PARISH PARCHMENT



Holy Redeemer
Lutheran Church

www.holyredeemer.church

Growing to and for Christ!

May 2026



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Mental Health Awareness Month

Mental Health America founded Mental Health Awareness Month in 1949 and has led the effort every May to promote mental wellness nationwide.



This year's theme — *More Good Days, Together* — encourages us all to reflect on what a “good” day looks like, both for ourselves, and for our communities. Together, we can use that insight to connect people to the right support at the right time, and shape advocacy, education, and community engagement to make more good days possible for all.

“Sometimes, a good day for me is as simple as making it through each moment, good or bad, as they come.”

“A good day includes...being with people I love or having free time to do what I wish on my own.”

“Right now, a ‘good day’ looks like having enough energy to show up, feeling a bit more grounded in my body, and having at least one moment of genuine connection.”

Mental Health is Everything

Mental health is getting enough sleep. Mental health is love from family and friends. Mental health is being part of your community. Mental health is physical health. Mental health is finding ways to move. Mental health is your daily routine. Mental health is nourishing yourself. Mental health is your focus. Mental health is your feelings. Mental health is embracing your identity. Mental health is your culture. Mental health is your joy. Mental health is your laughter. Mental health is asking for help. Mental health is hope. Mental health is having a sense of purpose. Mental health is a hobby to help you relax. Mental health is time outside. Mental health is having a support system. Mental health is setting boundaries. Mental health is healing from trauma. Mental health is how you handle hard days.

Mental health is having more good days, together.

Learn more about your mental health: mhanational.org/may.

For tips on having more good days throughout the month of May, you can download MHA's Tips calendar [\[here\]](#).

Other resources can be found at the National Alliance on Mental Illness (NAMI) [website](#).

Council Corner

Council & Coffee met Sunday, April 12. Highlights of their printed reports and meeting minutes include:

Finances: For the month of March, we did not meet our monthly goal of \$15,220. We had a **general fund shortage of \$1,077** but had a slight excess in the **building fund of \$201** for a total shortage of \$876. For the year, we are meeting our goal with excesses in the building fund offsetting shortages in the general fund for a total overage of \$742. Our end of March contingency fund balance is \$47,158 and our mortgage balance is \$218,292.

Total year-to-date general fund giving is up 4% from 2025, with a substantial increase in “Other funds.” Building fund offerings were also up 9% over last year. Total giving is up 5% from 2025.

Old Business: There was no old business discussed.

New Business: Topics included unused endowment fund distribution, a Neighbors’ Table fund transfer request, and synod assembly representatives. Council voted to designate the endowment fund distribution to Sleep in Heavenly Peace – which builds beds and provides bedding for kids. Also approved was a transfer of up to \$250 from the Neighbor’s Table fund. Gwen Leonard has agreed to be one of two assembly representatives.

Our next Coffee & Council is scheduled for **Sunday, May 10, 2026, at 10:30 am.**

Synod News

Synod Assembly

A reminder that the 2026 Synod Assembly of the Southeastern Iowa Synod will take place on Friday, May 15, and Saturday, May 16, at First Lutheran in Cedar Rapids. Join Bishop Amy Current, synod staff, and leaders from across the synod for a meaningful two-day gathering of celebration, fellowship, and important synod business centered on the theme “Peace be with you.” Gwen Leonard and one yet-to-be-named individual will represent Holy Redeemer. For more information, see the synod assembly webpage at: <https://www.seiasynod.org/2026-synod-assembly>

The Invitational Christian

Pastor LeAnn Stubbs invites congregational and ministry leaders to an engaging webinar series exploring *The Invitational Christian* by Dave Daubert—a practical and hope-filled guide to sharing faith through authentic relationships. This series will equip you to look at how the biblical story grounds our stories as God’s people, help you tell your story, and become better at listening to others’ stories. The series begins on **Tuesday, April 28**. Click [\[here\]](#) to learn more and register for the event.

Additional Synod Information

For other information from our synod, visit <https://seiasynod.org/> to find weekly newsletters (<https://seiasynod.org/news>), messages from Bishop Current, and other information about our synod.

ELCA News

Presiding Bishop Curry Issues Message for Child Abuse Prevention

[April was National Child Abuse Prevention Month. Bishop Curry’s message was sent April 16, but is very much applicable any month of the year.]

“Jesus said, ‘Let the children come to me, and do not stop them, for it is to such as these that the kingdom of heaven belongs.’” (Matthew 19:14).

Dear church,

Christ is risen!

This Easter Sunday, we celebrated the good news by proclaiming “Alleluia!” for the first time since Ash Wednesday. In four short syllables, that word — “Alleluia!” — encompasses all our joy in the resurrection of Jesus Christ. To a world beset by fear and violence, it is a bold declaration of faith in God’s promise that sin and death will not have the final say. Yet there are times when “alleluia” springs forth not as a shout but as an anguished whisper, an expression of our yearning for the fulfillment of that promise. Even as the church celebrates Easter, we remember many among us who still long for the church to bear witness to that promise.

This month, I invite us as a church to be the people we are called to be — witnesses to God’s desire for the well-being of all, especially the vulnerable children and adult survivors in our midst.

Congregation News

Temple Talks

For the next few months, we will have a Temple Talk on the first Sunday of the month. These Temple Talks will focus on different ways you can help with our weekly worship service.

Specifically talks will discuss greeting, ushering, reading, preparing and assisting with communion, counting offering, and altar care. Training will be provided (following worship or another designated time). We would love to have everyone involved in helping with worship from time to time so we are not so heavily reliant on the same handful of people every week.

If you have any questions, contact Shari or Linda Singelstad or talk to one of the people who currently handles the task you are interested in.

Card Players



Euchre players continue to meet here on the first and third Tuesdays of each month. However, there will be a brief break in the action late May and early June. In May play will take place **May 5** and in June cards will be held **June 16** – beginning at 12:30 pm. (There will be **no** card players on May 19 or June 2.) Come for cards, stay for the fellowship! Talk to Lee or Lanny Eggers for details.

Chair Yoga

Chair yoga sessions are scheduled throughout May – Wednesdays at 11:30 am (unless you hear differently from Jeri or Shari). All sessions are held in the narthex – chairs are moved to provide ample space. All are welcome to give it a try. The cost is \$10.00 per session – you may pay at the end of class. Talk to Jeri Hansen or Shari Singelstad for more information.



Book Discussion Group

Book Discussion Group will meet on the **first** Thursday, **May 7 (9:30 am)** at The Villas (1818 Stoney Point Road SW). The book for this month is ***Cider House Rules*** by **John Irving**. The hostess is Lee Eggers. All are invited – come join us even if you haven't read the book.

At least 1 in 7 — and as many as 1 in 4 — children in the United States experiences abuse or neglect. Many of them will face lifelong consequences of physical and emotional trauma, including higher rates of depression, thoughts of suicide, substance abuse, and even cancer and heart disease. When the church has failed them, many others will face the deep spiritual trauma of guilt and of anger toward the church and God. **But it does not have to be this way.** Trauma need not have the final say.

The ELCA social message “[Child Protection](#)” (2025) describes the harsh realities of child maltreatment, acknowledges the Christian church’s complicity in this sin and names steps the ELCA is called to take to prevent harm and accompany survivors. It offers words of promise and challenge to each of us as we commemorate this month:

To survivors of child maltreatment: *Even amid your pain, anger and doubt, be assured of God’s unending love and unfailing promise for your well-being.*

To preachers and teachers in congregations: *Share the good news of Jesus Christ by studying and teaching the theology of childhood described in the social message. Remember that every worship community in the ELCA likely includes victims of child maltreatment. Preach and teach Jesus’ model of welcome and care for children.*

To council members and congregation staff: *Take time this month to review your child protection policies and practices. Read and discuss the policies recommended in the social message.*

To rostered ministers: *As stated in the social message, this church expects you to report suspected instances of child maltreatment. Learn more about your state’s legal requirements for clergy as mandated reporters of child abuse or neglect by visiting [\[here\]](#). Encourage your congregations to advocate for public policies endorsed in the social message.*

To counselors, chaplains, teachers, school administrators, social service providers and all those who work for the safety and well-being of children: *Thank you, and may God continue to bless your efforts.*

In this Easter season, let us pray that all our neighbors may experience resurrection hope and that, for children of all ages, everywhere, a resounding shout of “Alleluia!” may be the last word in God’s story.

In Christ,

The Rev. Yehiel Curry, Presiding Bishop (ELCA)

Women's Bible Study

Bible Study will meet on the **second** Thursday, **May 14 (9:30 am)** at the church. The study is entitled ***God's Name, God's Promise*** – a three-part Bible study by Rev. Hannah Hawkinson. Session #3 is ***God who leads us: Resurrection and life***. The focus verse is: "*Jesus said to her, I am the resurrection...*" (John 11:25-26a). Come join us for the hour-long study led by Laura Fowler.

Let's Do Lunch



The next Let's Do Lunch will be held on **Thursday, May 14 at Cheddar's Scratch Kitchen** (Lindale) at 11:30 am. Please sign up on the bulletin board if you plan to attend.

Adult Coloring

Adult coloring is scheduled for **May 20 from 9:00-11:00 am**. (Editor's note: Check with coordinators or those who participate for location.)

DUO (Do Unto Others) Day

DUO will meet at the church on **Tuesday, May 26**, from 9:30 am – 1:30 pm. Come help tie or pin quilts together. Bring your lunch!

No Garage Sale in 2026

After some discussion among past coordinators, it was decided that there will be NO Holy Redeemer Garage Sale this summer.

National Night Out

Mark your calendar now for National Night Out – August 4. Holy Redeemer will be hosting an event with food, yard games, and a visit from local law enforcement (perhaps a K-9). More details to come as the event nears.

Outreach

Linn Community Food Bank

If you were at worship on April 12, you were able to see our "quarter tube" filling up. Thanks to Brace and Jamey for collecting the quarters and ensuring each one got into the tube. Once the tube is full, we empty it, donate all those quarters to Linn Community Food Bank, and start to fill it again.

Linn Community Food Bank continues to offer their thanks for your generous donations to the "quarter tube" and through loose and designated offerings on the second Sunday of each month.

Our next designated Food Bank Sunday is **May 10**.

For more information about Linn Community Food Bank, refer to: <https://linncommunityfoodbank.org/>.

Mission of Hope

We served 128 people on Thursday, April 16. Thanks to everyone who brought food, cooked, transported, and served the meal.

Request for additional help: If you are willing and able to help with the Mission of Hope meals (one Thursday per month), please talk to Shari Singelstad. We need folks to prepare the meal (here in the church kitchen) beginning at 8:00 am, folks to transport the food from church to Mission of Hope around 11:00 am, and servers at Mission of Hope between 11:00 and 1:00. Mission of Hope prefers that we have 7-8 people to serve but does find backups when we are short. Serves must wear baseball caps and Mission of Hope we'll provide gloves. We do **not** have to wash dishes, just collect our roasters and return them to church.

Our next meal will be served on **Thursday, May 21**. A sign-up sheet is posted on the bulletin board.

Fourth Sunday Offering

The proceeds of our **May 24** fourth Sunday offering are designated for **Hope Community Development**.

What is Hope CDA? *In four words, Hope CDA is "Offering Hope, Building Lives." Hope CDA serves those who are looking for a second chance and is one of the most unique organizations of its kind in the country. We are not a recovery program, but a Christian Life Transformation Program that helps our men build a personal relationship with Jesus. This leads to the development of character and work skills for successful re-entry into the local community.*

Our mission is to demonstrate Christ's love by equipping individuals to transform their lives through gainful employment and skillful living.

We serve men looking for a second chance in life.

For more information refer to the website at:

<https://hopecdacr.org/>.

Loose and designated offerings on May 24 will be sent to Hope CDA of Cedar Rapids.

Fifth Sunday Offering

The proceeds of our **May 31** fifth Sunday offering are designated for **EWALU**.

Camp EWALU is a summer camp and year-round retreat and rental facility, serving eastern Iowa as a ministry of the Evangelical Lutheran Church in America. Our mission is this: EWALU serves all people as a place to connect the Word of God with the world of God. We emphasize faith, community-building, hospitality, inclusion, grace, stewardship, and leadership development.

Loose and designated offerings on May 31 will be sent to Camp EWALU.

The Neighbors' Table

The April Neighbors' Table meal will not have occurred in time for inclusion in this newsletter. Look for an update in the June newsletter.

Our next scheduled Neighbors' Table is **Thursday, May 28, 2026**.

Community Free Health Clinic

"Community Health Free Clinic (CHFC) provides free medical, dental, vision and prescription services for those without access to or the ability to pay for healthcare in our community. CHFC never charges for our services and is not reimbursed by the government. We are funded through the generosity of individuals, foundations and corporations."

During the month of May, Holy Redeemer will be collecting small hygiene and snack items for the Community Free Clinic. A poster will be displayed along with sample items on a table to provide ideas. On Sunday, May 31, following worship, we will assembly Blessing Bags to be taken to the clinic afterwards.

Contact Shari if you have any general questions about the Community Free Clinic or about the collection of items for the Blessing Bags.

As many of you know, we have long collected empty medicine bottles for reuse by the clinic. Evidently, we



receiving them.

are a well medicated congregation...

Please continue to take your medicine as prescribed and drop your clean bottles off in sack in coat closet. The clinic really does appreciate

Easter Basket Delivery - Reprise

Ashley, from Catholic Worker House, shared this picture of one of the happy recipients of an Easter basket.



Tony passed along thanks to Lee, Gwen and Bob, Pastor Kathy, Tim, Sue, and the Neighbors' Table for donating and shopping for the Easter basket supplies.

How to Give to Special Offerings

Donate to Hope Community Development, EWALU, Community Free Health Clinic, Linn Community Food Bank, Mission of Hope, Neighbors' Table, or other community partners by simply indicating on your offering envelope, the memo line of your check, or in a separate note. Counters will ensure your donation gets designated properly and funds will be distributed to the organizations. Thank you for your generous support.

LSI

A testimony from a grateful family

“We first learned about LSI’s school-based therapy program through our son’s school counselor. We had wanted to get him into therapy for a long time, but it often felt out of reach. We do not have many extra resources, and finding a provider in Dubuque with availability for a child under 12 was incredibly difficult. On top of that, we both work and did not know how we would manage getting him to appointments during or after the school day.

When we found out that therapy could take place right at his school, it truly felt like an answer to our prayers. He did not have to miss much class, we did not have to take time off work, and he was able to meet with someone in a place where he already felt comfortable.

Even after getting connected, we still had concerns. Our insurance included a copay that was difficult for us to afford. LSI let us know that financial assistance was available to help cover those costs, as long as we remained committed to his treatment. That support made all the difference. Without it, I do not think we would have been able to continue.

Our son has only been in therapy for about six weeks, but we are already beginning to see small changes. He seems to be learning new ways to manage his emotions and is starting to talk more about what is bothering him instead of shutting down or acting out. We know he still has a long road ahead, but for the first time in a long time, we feel hopeful.

We are so grateful for this opportunity and for the support LSI has provided to our family. Without this program and the financial assistance, I truly do not know if our son would have been able to receive the help he needs.”

Your support of LSI makes these stories possible. For more information refer to <https://lsiowa.org/>.

In Our Family

May Birthdays & Anniversaries

Happy birthday wishes to: Scot Davidson, James Renn, Jr., Rick Renner, Dianne Torrey, Brace Beyer, Brett Nitzschke, Bill Davidson, and Carol Rentschler!

Happy anniversary to: Colleen & Jon Singelstad, Gwen & Al Ehler, Connie & Phil Hansen, Susan & Jeff Hand, Gwen & Bob Leonard, and Michelle & Chris Beyer!

Happy Retirement to: Peg Quandt! (A reception in Peg’s honor will be held Friday, May 1, from 4-7 pm at Bushwood Sport Bar & Grill.)

Ministry of the Month

May 3	Greeter	Shari Singelstad
	Reader	Shari Singelstad
	Communion Asst	Shari Singelstad
	Counters	Linda S/Loretta S
	Communion Prep	Laura Fowler
May 10	Greeter	1 needed
	Reader	Bob Leonard
	Communion Asst	Loretta Shannon
	Counters	2 needed
	Communion Prep	TBD
May 17	Greeter	1 needed
	Reader	Jeri Hansen
	Communion Asst	Jeri Hansen
	Counters	2 needed
	Communion Prep	TBD
May 24	Greeter	1 needed
	Reader	Loretta Shannon
	Communion Asst	1 needed
	Counters	Linda S/ 1 needed
	Communion Prep	TBD
May 31	Greeter	Evelyn Neal
	Reader	Donna Kasch
	Communion Asst	1 needed
	Counters	2 needed
	Communion Prep	TBD
Altar Care (May): Jeri Hansen		

Bits & Pieces

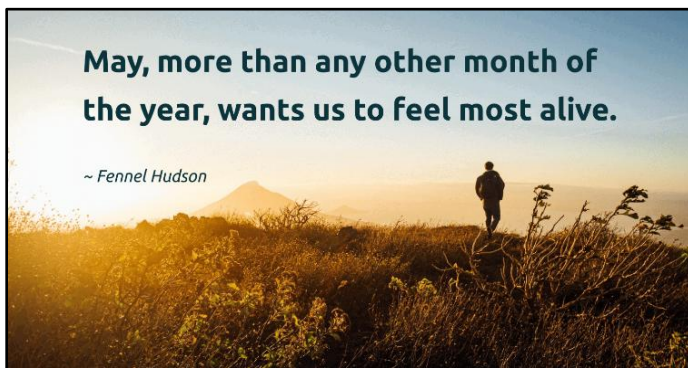
“When April steps aside for May,
like diamonds all the rain drops glisten;
fresh violets open every day:
to some new bird each hour we listen.”
— Lucy Larcom



“May, the month of sunshine, blooming flowers, and
endless possibilities.” — Unknown

“When the sun is out, and the wind is still, you’re
one month on in the middle of May.”
— Robert Frost

“And all the world is glad with May.”
— John Burroughs



“As full of spirit as the month of May, and as
gorgeous as the sun in midsummer.”
— William Shakespeare

“May whispers of growth, renewal, and the beauty of
new beginnings.” — Unknown



“Among the changing months, May stands confest
the sweetest, and in fairest colors dressed.”
— James Thomson

“Oh! Gladly do we welcome thee, fair pleasant
month of May. The month which we’ve eager longed
to see through many a wintry day.”
— Rosanna Eleanor Leprohon

“It was the month of May and there was warm
sunshine dripping through the holes between the
clouds, like the sky was a broken blue bowl and a
child was trying to keep honey in it.” — Chris Cleave



“The month of May is the gateway to summer.”
— Jean Hersey

“May the month of May be a month of sunshine,
happiness, and endless blessings.” — Unknown

Future Events

(All Events Tentative and Subject to Change)

May 2026

May 1 (Fr) 4:00 pm – Peg Quandt retirement reception at Bushwood

May 2 (Sa) 8:00 am – EWALU Spring Work Day

May 3 (Su) **9:00 am – Worship: 5 Easter**

May 5 (Tu) 12:30 pm – Euchre Players

May 6 (We) 11:30 am – Chair Yoga

May 7 (Th) 9:30 am – Book Club

May 10 (Su) **Mother's Day**
9:00 am – Worship: 6 Easter
Food Bank Sunday
10:30 am – Coffee & Council

May 13 (We) 11:30 am – Chair Yoga

May 14 (Th) 9:30 am – Women's Bible Study
11:30 am – Let's Do Lunch @ Cheddar's Scratch Kitchen

May 17 (Su) **9:00 am – Worship: 7 Easter**
10:15 am – Outreach committee meeting

May 20 (We) 9:00 am – Adult Coloring @ TBD
11:30 am – Chair Yoga
Newsletter Deadline

May 21 (Th) **Mission of Hope Meal**

May 24 (Su) **9:00 am – Worship: Day of Pentecost**
4th Sunday Offering
10:15 am – Neighbors Table meeting

May 25 (Mo) **Memorial Day (Offices Closed)**

May 26 (Tu) 9:30 am – DUO Day

May 27 (We) 11:30 am – Chair Yoga

May 28 (Th) **4:30 pm – Neighbor's Table**

May 31 (Su) **9:00 am – Worship: Holy Trinity**
5th Sunday Offering

June 2026

June 3 (We) 11:30 am – Chair Yoga

June 4 (Th) 9:30 am – Book Club

June 7 (Su) **9:00 am – Worship: 2 Pentecost**

June 10 (We) 11:30 am – Chair Yoga

June 11 (Th) 9:30 am – Women's Bible Study
11:30 am – Let's Do Lunch @ Whiskey River Grill (Palo)

June 14 (Su) **9:00 am – Worship: 3 Pentecost**
Food Bank Sunday
10:30 am – Coffee & Council

June 16 (Tu) 12:30 pm – Euchre Players

June 17 (We) 9:00 am – Adult Coloring @ TBD
11:30 am – Chair Yoga

June 18 (Th) **Mission of Hope Meal**

June 21 (Su) **Father's Day**
9:00 am – Worship: 4 Pentecost
10:15 am – Neighbors Table meeting
Newsletter Deadline

June 23 (Tu) 9:30 am – DUO Day

June 24 (We) 11:30 am – Chair Yoga

June 25 (Th) **4:30 pm – Neighbor's Table**

June 28 (Su) **9:00 am – Worship: 5 Pentecost**
4th Sunday Offering
10:15 am – Outreach committee meeting

June 30 (Tu) 9:30 am – DUO Day

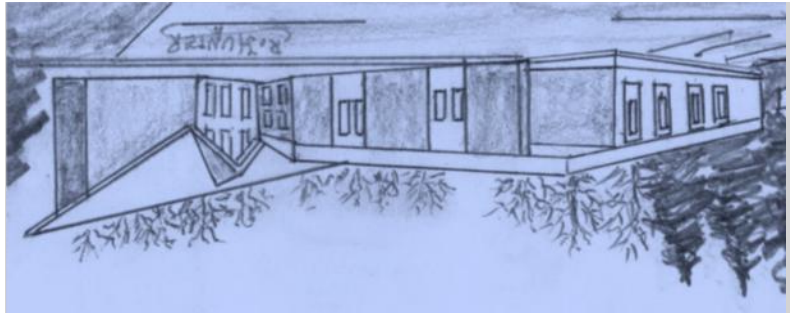
July 2026

July 2 (Th) 3:00 pm – **Summer Blood Drive**

Wednesdays – Admin out of office

Friday mornings – Cleaner Image (Mike)

Holy Redeemer Lutheran Church
 720 Edgewood Road NW
 Cedar Rapids, Iowa 52405



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Cleaner Image

Custodian(s)

Worship Services
Sunday, 9:00 a.m.
(In Person and FB Live)



Holy Redeemer
 Lutheran Church

Join us as we grow to and for Christ!!!



*If we live by the Spirit, let us also
 be guided by the Spirit.
 Galatians 5:25 (NRSV)*