

#### SEPTEMBER 2025

#### From the Pastor

### Two Are Better than One

(Ecclesiastes 4:9-12)

If your first thought upon reading the title of this article was that I had the institution of holy matrimony in mind, think again. The Ecclesiastes passage is often used at weddings. I have used the verse for that purpose myself. But the notion of strength in numbers in this verse seems to have been originally intended for the battlefield: "Though one may be overpowered, two can defend themselves. A cord of three strands is not easily broken." You don't have to be married to experience the blessing of "myself + another person = greater strength than I would have alone." Alone time might still be important. Solitude might indeed be what you need to regroup and find peace. But still... as the passage says, "two are better than one" (4:9).

The other day, I found something about the science behind the importance of friendships. What fascinated me most about what I discovered was not the point often made these days — that social



isolation is harmful. We already know that. We've all heard the statistics before, especially in the wake of the COVID epidemic. What was interesting about THIS bit of science was that even though our culture seems so often prone to prioritize romantic love, and while having a

close friend or confidant is undeniably good for us, psychologists have found that interactions with acquaintances — even those who are relative strangers — can also give us a boost. That person from work you bump into once a week, the pet store employee who remembers you, or a brief conversation with the local coffee barista... all make



# Dates of Interest:

Holiday, Labor Day Sep 1
Ladies Luncheon Sep 3
Supper & ScriptureSep 3
Sunday SchoolSep 7
HS Youth Kick OffSep 7
K.I.C.K.SSep 10
Following Naomi Sep 11
CoffeehouseSep 12
MS RetreatSep 12-14
Men's BreakfastSep 13
Welcome BrunchSept 13
Blind MinistrySep 26
TaizeSep 27
Young FamiliesSep 28

# Sunday Morning Bible Study

#### **Challenging Words of Jesus**

Sundays, 9:30-10:30 am Fellowship Hall

#### September 7-October 12

Ever wonder why Jesus tells you to hate your family, make friends by unrighteous wealth, fear God, or that divorce is adultery?

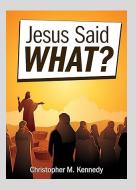
We will be specifically looking at these challenging words of Jesus, because even His hard words matter for our relationship with Him and the people He gives us.

Jesus doesn't always tell you what you want to hear.
But He always tells you what you need to hear, and even the hard words are a gift given to you in love.

Our goal will be to understand these hard words in context and see the love of Jesus behind them.

Materials: *Jesus Said What?* by Christopher M. Kennedy

Led by Pastor Zach Sarrault, Pastor Jonathan Blanke



people happier. These "weak tie-ins," as researchers call them, can be surprisingly beneficial to human wellness. A mentor I know once recommended seeking "people of peace" in our community even if just another person walking their dog! Start a conversation. See where it goes.

I mention all of this because that time of the year is rolling around again when opportunities to gather at RLC for service, fellowship, and deeper dives into God's Word abound. It's a month to remember how meditation on God's Word that goes beyond a Sunday sermon or the effort to serve people other than the folks we see every day can open the door for God to grow us spiritually. If you haven't yet picked up the Fall 1 booklet (Sep-Oct) for discipleship opportunities at RLC, I invite you to do so. But rather than only emphasize the need for "Bible study" or leave behind the impression that everyone who comes together at RLC for our weekly "Supper & Scripture" events will automatically find synergy with someone, I'd like to pitch the event this year as a place where we can all discover the simple truth of Ecclesiastes 4. Whether that is a "weak tie-in" or a renewed bond with another person we already know, God can bless our fellowship with one another.

And here's something even better: Jesus is here! Jesus is among us. This fall let's rediscover how powerfully two CAN be better than one. As we do, together with our loving Savior, we will also see again how a strand of three cords is not easily broken.

Peace and joy in Him, Pastor Jonathan

## Cross-Cultural Mission Engagement Team

## **Mission Minute**

During the summer, Mission of Christ Network (MCN) offers a three-month experience that enables mission-curious students to immerse themselves! We partner with Stronghold Cambodia for this opportunity.

Brynn Holtmeier talked about her experience highlighting the Cambodia she sees is being shaped by the students when they invite her over for meals after class, discover the mountains over the weekend, share snacks, and enjoy each other in good conversation about faith and God.

Curious about this experience? Talk to one of their mission mobilizers. (missionofchrist.org/talk-to-a-mobilizer)

If you are interested in learning more about the Cross-Cultural Mission Engagement Team or serving in one or more of the available opportunities, please reach out to Erika Hulse at ccmet@rlcary.org.

#### Stephen Ministry

#### You Are Never Alone

In today's fast-paced world, mental health challenges such as depression and suicidal thoughts affect everyone from children to elderly adults. Anxiety, academic pressures, identity struggles, financial stress, burnout,

chronic illness, and the loss of loved ones are just some of the stressors that can make us turn inward instead of reaching out. It is crucial at these times to have support systems in place, and if you are looking for someone to listen, a Stephen Minister can play a vital role in providing emotional and spiritual support.

Stephen Ministers are trained laypeople who offer one-on-one care to those in need. They provide a listening ear, a compassionate heart, and a non-judgmental presence. Their goal is to walk alongside individuals during difficult times, offering support and encouragement. For those suffering from moments of sadness or depression, having someone to talk to can make a significant difference in the healing journey.



One of the key aspects of Stephen Ministry is our focus on confidentiality. Individuals can share their struggles openly, knowing that their conversations will remain private. This creates a safe space for those who may be hesitant to seek help due to fear of judgment or stigma.

In addition to providing emotional support, Stephen Ministers are trained to recognize the signs of severe depression and suicidal ideation. They understand the importance of professional intervention and are equipped to refer individuals to appropriate mental health resources and to intervene if the discussions become more centered on suicidal thoughts. The 988 Suicide & Crisis Lifeline is a critical resource that Stephen Ministers can use and recommend to those in immediate need of professional help. By dialing 988, individuals can connect with trained counselors who provide immediate support.

It is important to remember that seeking help is a sign of strength, not weakness. Together, we can create a compassionate community where individuals feel safe to seek help and find hope. Remember, you are not alone.

<u>To learn more about Stephen Ministry at RLC, click here.</u> If you or someone you know who could use a listening partner, consider emailing the Stephen Leader team at <u>stephenministry@rlcary.org</u> and ask about how to make a referral to a Stephen Minister.

If you or someone you know is in crisis, please call the 988 Suicide & Crisis Lifeline for immediate support.



#### **Adult Christian Education**

# **Weekly Bible Study Opportunities**

#### **Tuesday**

#### **Tuesday Morning Bible Study and Fellowship**

10:30-11:30 am — Fellowship Hall — September 2-May 19 Leaders: Pastor Zach Sarrault, Pastor Jonathan Blanke

God gives His Word to instruct, guide, and bless our lives. The Scripture lessons in worship offer a menu every week to build up the people of God in faith and hope. We will study the lessons for the following Sunday, and as we do, we expect that this Word will enrich and edify our community prayer, faith, and servant life in Christ.



#### **Christian Parenting**

6:00-7:00 pm — Room 240, Family Life Center — September 3-November 19 Leaders: Pastor Zach Sarrault, Erika Hulse

For Parents, Grandparents, Guardians - All Welcome!

Parenting happens in habits. We make meals, get in cars, answer questions, discipline, and do bedtime. Using the book, *Habits of the Household* by Justin Whitmel Earley, we will see how these ordinary routines are extraordinary opportunities to live out the love of God in profound ways. In our time together, we will grow as the parents God has called us to be and see how God is working in the mundane moments of our households.

#### The Rock, The Road, and The Rabbi

6:00-7:00 pm — Room 151, Family Life Center — September 3-October 22 Leaders: Tim Kearby, Mindy Stephani

Have you ever longed to walk where Jesus walked, to understand Scripture the way His first followers did? Join us for an inspiring Bible study based on the book, *The Rock, The Road, and The Rabbi* by Kathie Lee Gifford — a journey through the Holy Land with fresh insight from Jewish roots and ancient traditions. All welcome. Bring your Bible, your questions, and your heart ready to grow. Any materials for the class will be provided.

#### James For Men

7:00-8:00 pm (Fellowship at 6:30 pm) — Room 247, Family Life Center — September 3-October 22 Leader: Tom Gebbia

Progress never comes easily! If you want to see improvement and concrete results, in anything you do, you will need to embrace discomfort. Yet it's the discomfort that prevents men from pressing on toward the goal. The book of James, which was written by the half-brother of Jesus, serves as a call to action for those who are hesitant to push through discomfort. In *The Book of James For Men*, author and speaker Vince Miller explores vital spiritual elements which are important for men of all ages and stages of life. This book addresses the tough issues we all encounter and teaches us to face them head on in a godly way.



#### Women of the Word (WOW)

#### **Everlasting: Peaks, Valleys, and Grace in the Psalms**

7:00-8:00 pm (Fellowship at 6:45 pm) — Fellowship Hall — September 3-December 10 Contact: Jamee Thieme

All women are invited to this discussion-based study using the book, *Everlasting: Peaks, Valleys, and Grace in the Psalms* by Christina Hergenrader.

Anxious. Worthy. Ashamed. Nostalgic. Lonely. Secure. This is just a handful of emotions we observe in the Psalms – and in our day-to-day lives, too. In this women's Bible study, you'll be guided through 25 psalms, digging into their genres, perplex emotions, glimpses of Jesus, and more. While in this life we experience mountaintop moments, deep valleys, and everything in between, we can rest in God's everlasting love and grace. A Zoom group version of this will be available on Mondays, 7:00-8:00 pm. Book is available for purchase from Concordia Publishing House and Amazon. Digital version is also available through Amazon.

#### This Is the Church

7:00-8:00 pm — Room 251, Family Life Center — September 10-October 8 Leader: Pastor Jonathan Blanke

We will focus on the basics of what Christians believe and how the Christian faith can be understood in distinction from other world religions. It is a great opportunity for those who are joining us from another denomination or are new to the church altogether. Bring your Bible; a catechism will be provided.

View or Download the Christian Education Booklet, Fall 2025

#### **Campus Ministry**

#### **LCMS U**

After an amazing start to the fall semester in August, LCMSU @ NCSU will be meeting once again on **Friday**, **September 12** from 7:00-8:30 pm. The "Lutheran Pack" will once again be meeting at the NC State Study Center (201 Brooks Avenue, Raleigh). We will start with a time of fellowship filled with games and snacks before closing the night with Evening Prayer and Holy Communion led by Pastor Alan Shaw from Resurrection Lutheran Church.

If you or someone you know is interested in joining us, please reach out to Jonathan Madler or Pastor Alan Shaw through the church office (919-851-7248, office@rlcary.org).

LCMSU @ NCSU is the local chapter of the Lutheran Church—Missouri Synod college outreach program, LCMSU (<a href="lcms.org/how-we-serve/national/campus-ministry">lcms.org/how-we-serve/national/campus-ministry</a>). We meet twice each month for fellowship and worship.

We understand that "College is tough, you need Jesus." LCMSU @ NCSU provides the opportunity to join with fellow LCMS college students to support each other and provide a church connection. It is open to any college age student who is attending NC State, Duke, UNC, or another local or online college.

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# Gifts & Memorials

#### For Gifts & Memorials

In Memory of Wayne Conners

**Dorothy Conners** 

In Memory of Lorraine Kieffer

D.L. Golnitz and N.L. Golnitz

#### For the Love Fund

In Memory of Lorraine Kieffer

James and Luann Zieglmeier Michael and Kathryn Heggen



#### Outreach Service to the Community

## **Sleep in Heavenly Peace**

#### **Helping Children in Need Sleep Better**

All children deserve a safe, comfortable place to lay their heads. Across the country, too many boys and girls go without a bed — or even a pillow — to sleep on. These children end up sleeping on couches, blankets, and even floors. This can affect their happiness and health.

That's where Sleep in Heavenly Peace comes in. We are volunteers who are dedicated to building, assembling, and delivering top-notch bunk beds to children and families in need.

Sleep in Heavenly Peace (SHP) provides the bed, mattress, and bedding to each child. Bedlessness is a real problem in the US with 2-3% of the population sleeping without beds.

A volunteer crew delivered to a family of three little girls that had all been sleeping on the same (broken) twin size bed. That same night, a bed was delivered to a 17-year-old that had never had a bed of his own.

SHP provides all the tools and expertise that allow people with little or no experience to build all the components for a solid, wood bunk bed. It is always a fun-filled half day that ends with branding the beds. Fellowship is wonderful and the ability to solve a problem for others leaves everyone feeling a bit better about the world!

RLC will be sponsoring a **Sleep in Heavenly Peace Build Day on Saturday, October 4 from 9:00 am-12:00 pm** in the church parking lot. We need many volunteers for the build.

Sign Up Now! x.gldn.io/e/ITrRZIq7ERb









NO KID SLEEPS ON THE FLOOR IN OUR TOWN!.

Learn More: shpbeds.org

#### **Small Groups**

#### The Piecemakers

The Piecemakers, RLC's quilting group, creates hand-tied quilts that are blessed and shipped to Lutheran World Relief (LWR).

Quilts are valuable tools in LWR's relief work to end poverty, injustice, and human suffering. To recipients, they are a symbol of God's love and compassion. Quilts can be used as warm bedding, room dividers, simple tents, or floor coverings.

This year Lutheran World Relief is celebrating 80 years of the Quilt Ministry!

The Piecemakers' annual Blessing of the Quilts weekend is rapidly approaching. Our quilters, with your support, are planning to display the finished quilts ready for donation to LWR. Our church partnered with this mission to donate 330,000 quilts to over 24 countries in 2024.

Mark your calendar for the Blessing of the Quilts and Quilt Auction and Sale on **October 11/12** at all of the worship services. You can expect to see an assortment of beautiful quilts and hand-crafted items. Proceeds go towards buying batting for the quilts and to help defray the cost of shipping.

Please join us and thank you for your continued support!





September 7, 10:30 am - Family Life Center
September 14, 9:00 am - Fellowship Hall
September 21, 10:30 am - Family Life Center
September 28, 9:00 am - Fellowship Hall

# Happy Anniversary!

#### September 1

Daniel and Lois Haertling 68 years

#### September 4

Jeffrey and Kalyn Huffman 10 years

#### September 5

Joe and Sue Barry 54 years

#### September 7

Bill and Jan Boyer 40 years

Alan and Kay Tharp 57 years

#### September 9

Fred and Wendy Zei 53 years

#### September 20

David and Lynn Miller 45 years

#### September 22

Robert and Karin Sedivy 35 years

#### September 23

Edward and Anne Altieri 64 years

#### September 29

Matthew and Brittany McGrady 5 years

#### Stewardship of Life and Health Team

## **September News**

Did you know? September is Atrial Fibrillation (AFib) Awareness Month.

- AFib is the most common type of irregular heartbeat, currently affecting over 5 million Americans.
- People experiencing AFib may have symptoms such as palpitations, lightheadedness, weakness, or shortness of breath, while others may have no symptoms at all.
- AFib can come and go, or it can be persistent.
- Regardless of its duration or the presence/absence of symptoms, AFib greatly increases the risk of stroke, especially for women, those who are older than 65, or those with coexisting diabetes, high blood pressure, or cardiovascular disease.
- Thankfully, there are many treatments available for AFib both procedures and medications, including blood-thinning medications to reduce the risk of stroke for those who qualify.

If you experience any symptoms of AFib (even if only briefly), please see your healthcare provider as soon as possible.

The Stewardship of Life & Health Group

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

1 Corinthians 6:19-20

# RLC Blood Drive 🍪 Save The Date, Save A Life

Tuesday, November 11 from 1:00-6:00 pm at RLC

- One Pint of Blood Can Save Three Lives
- RLC Donor Goal: 36 pints
- Donations Used Locally at WakeMed and UNC
- Donors Can Redeem Rewards for a \$30 Gift Card
- Snacks and Fellowship Provided
- Ages 16/17 Require Parental Signature

Sign Up "Sponsor Code" 13634
Use QR Code or bit.ly/44TfzkL





Contact Steve Best or the church office (919-851-7248, office@rlcary.org).

#### Resurrection Lutheran Women

#### **Advent Tea**

Ladies, save the date for the annual Resurrection Lutheran Women's Advent Tea on **Saturday, December 6** from 12:00-2:00 pm! Registration details will be in church mailboxes mid-October and following in the weekly annuancements.

Plan to join your fellow sisters-in-Christ for a time of fellowship, encouragement, and faith-building as we prepare our hearts and minds for this upcoming Advent season (for the women of RLC and their guests).

Questions? Contact Dawn Leister through RCB or the church office (919-851-7248, office@rlcary.org).



#### Mission Update

# **Life For Uganda**

#### Life For Uganda (LFU) Partnering with Lutheran Church Uganda (LCU)

Over 15 years ago, Resurrection Lutheran Church took its first mission trip to Uganda to visit the Lutheran Church of Uganda (LCU). What started with simple goals, like better classrooms and access to clean water then, has grown into something much bigger, today.

Through the work of Life for Uganda (LFU) – a nonprofit that grew out of this mission connection – two schools and two clean water sources have been built. One classroom serves as a Sunday worship space! In 2024, LCU invited LFU to help in an even more remote region called Amudat. A primary school with 100+ students and 6 teachers became operational in 2025. A secondary school is also in the plan.

To find out more about the building of the school or how you can get involved in the lives of its students, go to the Life For Uganda webpage at www.lifeforuganda.org for additional info.



**Primary School with Students** 

We pray that God's Kingdom will continue to grow at the Amudat School!

# **Faculty-Led Workshop**

Why do so many young people leave your congregation after Confirmation?

PROF INSIGHTS: FACULTY-LED WORKSHOP FROM CONCORDIA SEMINARY

# BEGINNING WITH THE COMMUNICATION END IN MIND

Confirmation, Christian Formation and the Life in the Congregation



Guest Speaker

DR. PETER NAFZGER

CONCORDIA SEMINARY

SEPTEMBER 19-20, 2025, CONOVER, NC

A conversation for every parent, grandparent, pastor, and concerned church member about why confirmed young people leave the church and what to do about it.

Friday, Sept. 19 6:00 p.m. - 9:00 p.m. Saturday, Sept. 20 8:30 a.m. - 4:00 p.m.

\$40 per person (which includes lunch on Saturday) with quantity discounts available.

\$20 special price for St. Peter's members!

Register today at:

STPETERSCONOVER.ORG/WORKSHOP



#### **Youth Ministry**

# Middle and High School

#### WE NEED YOU!

No seriously, this is not a test. We are excitedly getting ready to start all of the Fall Youth Activities and we need you! This is exactly what we do need:

#### **People Needs**

- Sunday School Teachers (Sunday mornings, 9:30-10:30 am, using Enduring Faith Curriculum)
- High School Adult Leaders (Sundays, 6:30-8:00 pm in the Warehouse no prep, just come and play and interact with some amazing teenagers)
- Special Event Leaders (Lock-Ins, Laser Tag, Projects)

#### **Physical Needs**

- Snacks (teens eat a lot!) Individually Packaged, No Nuts
   (SmartPop, Oreos, Cheez-its, Goldfish, Chips of Any Kind, Made Good Bars, Welch's Fruit Snacks)
- Capri Sun
- Mini Water Bottles
- Prize Candy (Like the \$1.25 box kind)

We have a very active and engaged youth community and we need you to prayerfully consider joining the team.

Could you possibly be the one to connect with a High School youth?

They are pretty amazing humans!

Pray about it and contact Jenny Piontek, Youth Ministry Director (<u>jenny.pointek@rlcary.org</u> or 919-851-7248, ext. 24).

I am excited to talk with you!





# September Children's Ministry News

# **Important Dates!**

Sept. 3 - 1st Kidz Live

Sept. 7 - First Sunday School Class

Sept. 6-7 Blessing of Educators & Learners

Sept. 10 - KICKS (3rd-5th grade)

Sept. 20-21 - Bible Distribution \*

Sept. 24 - Hands on Bible Class (2nd graders)



# \*Milestone Bible Distribution

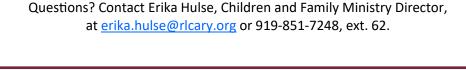
On September 20 and 21 in all services 3-year-olds and 2nd graders will be called forward, with their parents, to receive a Bible.

## Hands-On Bible Class for 2<sup>nd</sup> Graders

2nd graders and their parents are invited to a brief overview of their new Hands-On Bible with Pastor Zach on Sept. 24 from 5:30-6:00 in room 240.

Please sign your children up for Sunday School using this link:

bit.ly/3JsuD0q





#### Resurrection Lutheran Preschool

Diane Hooper, Director

rlpcary.org 919-851-7270 office@rlpcary.org



# Enrollment for 2025-26

at Resurrection Lutheran

PRESCHOOL

+ Classes for children

2-years-old thru 5-years-old 🛨

Our program provides a balance of academic and social opportunities by 'learning through play' in a loving Christian atmosphere.

#### **STEM NEWS**

We are looking forward to an amazing 2025-26 school year! Please take a look at our AMAZON STEM wish list for our Makerspace and classrooms. Thank you for your continued support as we enhance our curriculum with STEM implementation.

#### **MEET STACY WALDRON**

We are excited to welcome our new Administrative Assistant! She is the proud mother of two boys, a senior and a sophomore at NC State. Many of you may recognize her from her five years of teaching at Resurrection Lutheran Preschool. For the past decade, she has served as an Instructional Assistant and Receptionist at Holly Ridge Elementary School. We are so thankful to have her on our team.

#### MUMS THE WORD

Spread the word, the PSO Annual Mum Sale is open for orders! Don't just decorate your porch for Fall with the best mums around — help support our school at the same time. Order your 12-inch mums in red, yellow, orange, or white **by September 15** to help fund our favorite family events like the Hootenanny and Talent Show. <u>Order yours today</u> and help make this year's events the best yet! Feel free to share with family and friends.

#### MARK YOUR CALENDAR

September 1 No School, Labor Day
September 4 Volleyball vs. Bethesda

PSO Two Roosters Ice Cream Spirit Day After School

September 8 Cross Country at Carolina Prep (Montessori)

September 9 School Pictures
September 22-26 MAP Testing

Looking Ahead...

October 3 PSO Fall Family Hootenanny





#### Resurrection Lutheran School

Robin Hester Principal

rlscary.org 919-851-7271 contact@rlscary.org

Come Grow With Us: Rooted in Christ. Growing in Grace.

But grow in the grace and knowledge of our Lord and Savior Jesus Christ.

To him be the glory both now and to the day of eternity. Amen.

2 Peter 3:18

#### Mission:

Resurrection Lutheran School is committed to educating generations of children in the training and instruction of the Lord.
Because of this commitment, we will provide a Lutheran educational experience that is Christ-centered, as well as academically focused for children in junior kindergarten through eighth grade.



#### **WORSHIP**

#### Join us for worship!

Saturday, 6:00 pm Sunday, 8:00 am\*, 9:30 am, and Praise 11:00 am\*

\*Live Stream Services

Connect through our YouTube channel @ResurrectionLutheranCary

or through our website at rlcary.org/about-us/online-worship



#### **LEARN MORE**

rlcary.org | office@rlcary.org | 919-851-7248

Rev. Dr. Jonathan Blanke, Senior Pastor Rev. Zachery Sarrault, Associate Pastor Rev. Alan Shaw, Assistant Pastor Christopher Reed, SMP Vicar

#### **GIVING**

We appreciate your contributions to our congregation. Here are the different ways to make your offering:

- · Place in offering plate during worship
- Mail to 100 Lochmere Drive West, Cary NC 27518
- Through Online Glving
- Download the Vanco Mobile app to transfer funds from your account

Questions? Contact finance@rlcary.org.

#### **SOCIAL MEDIA**



facebook.com/ResurrectionLutheranCary



instagram.com/ResurrectionLutheranCary



youtube.com/ResurrectionLutheranCary

Newsletter deadline is the 20<sup>th</sup> of each month. Please send submissions to susan.moore@rlcary.org.

100 LOCHMERE DRIVE WEST, CARY NC 27518