First Evangelical Lutheran Church of Redlands eNewsletter

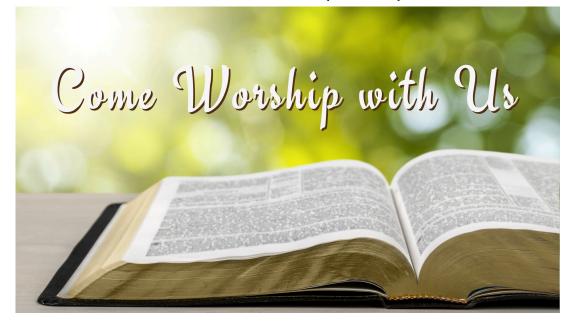


# The Fifth Sunday after Easter May 18, 2025

## God's Beautifully Messy Community

From abandonment to homecoming and from a narrow scope to a broader vision of God's realm, these are the promises proclaimed. The early church and our faith communities are called to engage this reality. A community of Jewish Jesus-followers overcomes fear and expands to include the much larger Gentile world. In the hymnody of the psalm the whole creation and her people are ushered into praise and the trumpeting of a new community. An exiled follower of Jesus sees in the midst of his situation a vision of the Holy One who proclaims a new heaven and earth, stripped of tears and death. Finally, Jesus shares that he will no longer be physically present with his disciples, and points them to a new way of being a community of love for one another. Through the depth of the texts for this day, people are invited to explore the beauty and the messiness of community. The church, like any other human organization, is filled with the challenges of what it means to live together (for example, who is welcome? What rules do people need to follow? How do we care for one another?). Unlike other human institutions, however, we are called to be centered and re-centered in the unapologetic love for others. In our imperfection we are welcomed and called to invite others. We offer, in a spirit of humility, signs of welcome and love to others, just as God in Christ has been revealed to us.

Acts 11:1-18 Peter's vision: God give the Gentiles repentance that leads to life <u>Psalm 148</u> The splendor of the Lord is over earth and heaven. (Ps. 148:13) <u>Revelation 21:1-6</u> New heaven, new earth: springs of living water in the new Jerusalem John 13:31-35 Jesus gives a new commandment: Love one another as I have loved you



## Every Sunday we offer two ways to worship:

In person worship each Sunday at 9am. Large Print Bulletins available in the Narthex

<u>Online Worship</u> is also available through our website at www.firstlutheranredlands.org

We livestream our online services. You can watch it live at 9 am or anytime throughout the week on our YouTube Channel.

# WORSHIP

UPCOMING WORSHIP SERVICES

## Contemporary Worship Service May 18th at 9:00 AM

Our next Contemporary worship services will be held on May 18th at 9:00 AM in the Sanctuary. Connect with your faith in a fresh, engaging way. Contemporary worship offers a dynamic setting to sing, pray, and grow together. Please let your friends and neighbors know that they would be welcome to come and join us for worship! Our Contemporary worship services will be held every third Sunday of the month.

## FLC and Batak Combined Worship Service June 8th at 9:00 AM



To celebrate Pentecost, we will be having a combined worship service with the Batak Church on June 8th at 9:00 AM. Please be sure to join us for this special worship and do not forget to wear red!



Have you checked out our new website? Please head over to <u>https://www.firstlutheranredlands.org/</u> and check us out! On this website, you will find the weekly newsletter, the online bulletin and the online worship link. Take a look at it today!!



Dear First Evangelical Lutheran Church,

We of the Evangelical Lutheran Church in America join with people around the world in praying for the ministry of Pope Leo XIV. We rejoice with the people of the Roman Catholic Church, especially those in our communities, as they joyfully receive their new shepherd.

Today we witnessed the historic election of the first Augustinian and the first U.S.-born

pope — only the second to come from the Americas. Thus we share with him both context and theological roots (Martin Luther was also an Augustinian). We pray that this will provide us, as Catholics and as Lutherans, with an opportunity to strengthen our visible unity in Christ through dialogue and cooperation for the life of the world.

In his first appearance on the balcony of St. Peter's Basilica, the new pope extended the blessing of Pope Francis, saying: "God loves us, all of us, evil will not prevail. We are all in the hands of God. Without fear, united, hand in hand with God and among ourselves, we will go forward. We are disciples of Christ, Christ goes before us, and the world needs His light. Humanity needs Him like a bridge to reach God and His love. You help us to build bridges with dialogue and encounter so we can all be one people always in peace."

We pray that the Holy Spirit will sustain Pope Leo XIV for the ministry to which he has been called, and will strengthen us all in our vocations as bridge-builders and as witnesses to God's love for all people and creation.

In Christ, Elizatuon le Eat-

Rev. Elizabeth A. Eaton Presiding Bishop Evangelical Lutheran Church in America



# Youth Forum May Meeting!!!

There will be a Youth Forum meeting on May 18th after church. We will meet in the Youth Room at 10:30 AM. See you there!

## Thursday Morning Zoom Bible Study - Cancelled May 15 and May 22



11:00 am on zoom.

Join us as we discuss the upcoming gospel reading. Join Zoom Meeting:

https://us02web.zoom.us/j/89545663534? pwd=MVRNYzd0bnRmT2ZDdWtPcIBBSTRIZz09

NEW Zoom Meeting ID: 898 6088 6981 NEW Passcode: 739765



May 12th – 15th, Pastor Rachel will be away from the office for the Festival of Homiletics Conference as part of her continuing education. On May 16th – 17th Pastor Rachel will be away at Synod with BB Quinones. May 19th – 24th, Pastor Rachel will be on vacation.

## **Redlands Bowl Ushering Volunteer Opportunity**



On July 18th, the Redlands Bowl will feature the group, Naturally 7 (A Capella) for the evening.

**EXAMPLE ANDS BOWL** We need 10 - 15 people to help with ushering. All ushers will meet at 7:00 p.m. on FOUNDED IN 1924 — FOUNDED IN 1924 —

Please see Allan Griesemer if you would like to help with ushering that evening. You may also sign up on the sign up sheet or call the office.

## This Week at First

Thursday	05/15	11:00 AM	Zoom Bible Study – Cancelled!
		7:00 PM	Chancel Choir Rehearsal
Saturday	05/17	10:00 AM	SDA Worship - Sanctuary/PH
		6:00 PM	Caring and Sharing - PH
Sunday	05/18	9:00 AM	Contemporary Worship - Sanctuary
		10:30 AM	Youth Forum in Youth Room
		1:00 PM	BATAK Church - Sanctuary
Wednesday	05/21	10:00 AM	COMIC Quilters

# Upcoming Dates

May 18	-	Contemporary Worship Service – 9 AM - Sanctuary
	-	Youth Forum - 10:30 AM - Youth Room
May 26	-	Happy Memorial Day – Church Office Closed
June 02	-	Monthly Council Meeting - 6:00 PM - Conference Room
June 07	-	Family Service Association of Redlands Hunger
	-	Walk & Run
June 08	-	Pentecost - Combined worship service with the Batak
		Church – wear red for the service!
June 10	-	Book Club meets reading "The Paris Architect" - 6:30 PM
		- Fireside Room
June 15	-	Contemporary Worship Service
	-	66er's Baseball Game Day! A sign-up sheet is
		available in the Narthex!
June 30	-	Monthly Council Meeting 6:00 PM Conference Room
_		(There will not be a Council meeting in July)
July 18	-	Redlands Bowl Naturally 7 (A Capella) Ushering Event
		7:30 PM

# Let's Celebrate our May Birthdays and Anniversaries!!



Richard Thibedeau	May 5 <sup>th</sup>	
Craig Kundig	May 8 <sup>th</sup>	0.30.30
Larry McFatter	May 8 <sup>th</sup>	
Donna Barnes	May 13 <sup>th</sup>	
Lemon Pace	May 13 <sup>th</sup>	
Rene Caballero	May 15 <sup>th</sup>	
Pastor Rachel Reeder	May 16 <sup>th</sup>	
Lee Hanna	May 19 <sup>th</sup>	
Eric Reinhard	May 20 <sup>th</sup>	
Tristan Kundig	May 22 <sup>nd</sup>	0.20.20
Scot Huseth	May 24 <sup>th</sup>	
Bill Tooke	May 25 <sup>th</sup>	
Jackson Caballero	May 28 <sup>th</sup>	



Bob and Ginger Close	May 20	53 years	



Join us for our **11th Annual** Hunger Walk to help alleviate food insecurity in our community and bring awareness to this critical issue. With increasing inflation, the low-income clients we serve are increasingly vulnerable to food insecurity and hunger.

This family-friendly 5K walk & run takes place on the University of Redlands campus and all

proceeds benefit our food pantry and breakfast program. In 2024, we served almost 23,000 meals, distributed over 1,250 community food boxes and provided food assistance to over 3,500 families.

We invite you to either walk or run the 5K. Runners begin at 7:45AM. Walkers begin at 8:00AM. EVENT INFO Date: Saturday, June 7, 2025

Time: 7:45a.m. (Runners), 8:00 a.m. (Walkers) (registration opens at 7:00 a.m.) <u>University of Redlands</u> <u>Near Ted Runner Stadium</u> 1215 E Brockton Ave, Redlands, CA 92374 Between Grove & University Ave

## **Ticket Prices**

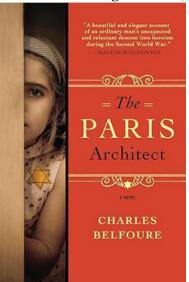
Individual & Family Pricing Adults (13 & over) - \$45 Children (12 & under) - \$15 <u>Team Pricing - 10 or more people</u> Adults (13 & over) - \$40 Children (12 & under) - \$15

## Registration Opens April 20th.

Pre-Registration Ends May 23rd. Onsite Registration Available June 7th. Register <u>here</u>: https://tinyurl.com/muwxr5cp Paper registration forms for mailing can be found <u>here</u>: https://tinyurl.com/47cawnvn

## **Book Club Meeting**

June 10, 2025 at 6:30 PM Fireside Room We will be reading the book,



## THE NEW YORK TIMES BESTSELLER!

An extraordinary book about a gifted architect who reluctantly begins a secret life of resistance, devising ingenious hiding places for Jews in World War II Paris.

In 1942 Paris, architect Lucien Bernard accepts a commission that will bring him a great deal of money—and maybe get him killed. All he has to do is design a secret hiding place for a Jewish man, a space so invisible that even the most determined German officer won't

find it while World War II rages on. He sorely needs the money, and outwitting the Nazis who have occupied his beloved city is a challenge he can't resist.

Soon Lucien is hiding more souls and saving lives. But when one of his hideouts fails horribly, and the problem of where to conceal a Jew becomes much more personal, and he can no longer ignore what's at stake.

"A beautiful and elegant account of an ordinary man's unexpected and reluctant descent into heroism during the second world war."—Malcolm Gladwell

Book clubs will pore over the questions Charles Belfoure raises about justice, resistance, and just how far we'll go to make things right.



## June 15th - Father's Day at the Inland Empire 66er's Game!

We have been invited to celebrate Father's Day at the IE 66er's ball game. It will be \$12.00 a ticket and get this ..... we are in the Club Levels seats which are in the shade!! Bring your friends, neighbors and family members to join us! We have 20 tickets reserved for our group. The ball club is going to recognize us on the Leader Board! It will be a great event -

A sign up sheet will be available this Sunday, May 11. Please make sure you look for it in the Narthex.



Property News 😕 Here is what's happening! 🌠

## **Good News!**

- We are delighted to share that John Davenport, Larry and Kathy's grandson, has asked the church to be his Eagle Scout project. We suggested he create a prayer garden at the rear of the church.
- Our antique copper apple butter pot is pending possible purchase from the Oak Glen Apple Growers Association. This serves a better purpose than collecting dust in storage.

Furthermore, they have invited volunteers to participate in their November apple butter festival, utilizing the pot for stirring. They will provide the apples and cider; church volunteers are welcome to assist with stirring, jarring, and soliciting donations for the jars. In the past this was a great social event for the members of the church.

Why all the sprucing up?

Next year we will be celebrating our 125 Anniversary!! 🏂 🦉 🎗

(3) Ways to help?

- Join in planning the celebration, please contact the office if interested.
- Make a designated contribution beyond your regular tithing to property improvements.

Please make a special note to designate the contribution as "Property".

• Help with hands-on member projects, please contact the Kim at 909-754-4770 if interested. ♥

The property footprint is so large and despite members efforts, the costs continue to rise. To reduce future maintenance costs, we are looking for ways to lower up keep by looking at different landscape materials, and still improve the church's appearance.

- At last, the front of the church received new weed barrier, and mulch......Cost \$1200.
- In preparation for the Eagle Scout project, we had the gardener remove the over grown ivy from behind the
- church.....Cost \$1200.
- After removing the ivy, our neighbor noticed how close the trees were to her block wall and the potential damage they may cause with further growth. Terry Hudson removed two small walnut trees. The neighbor kindly offered to share the cost of the gardener's removal of the large tree and stump. It was so close to the wall, the work had to be done by

hand.....Cost \$950.

- To complete the landscape cleanup on the back and east side of the church, which will be visible from the prayer garden. The installation of DG is preferred to reduce maintenance and keep water away from the building.....Quote of \$3700.
- Our most significant repair and maintenance project this year is the repair and painting of the preschool facade. There are serval areas of deterioration......Quote of \$10,000.

If you have any low-cost ideas, please submit them in writing to the office.

Hands on member projects

- The concrete squares which encase the stained-glass windows, require pressure washing and repainting.
- The bollards, parking light poles, and parking chain-link fence require painting.

## Kim Hudson



A Letter from the Board of Directors at Lutheran Retreats, Camps and Conferences

After 20 years of service at Lutheran Retreats, Camps and Conferences, Pastor Glen Egertson has announced his retirement at the end of 2025.

Glen and Lauri (who retired in February of this year) have been an energetic and creative force in the life of LRCC and good stewards of our camp sites, El Camino Pines and Luther Glen Farm. We are beyond grateful for their ministry!

Now it's time to look down the trail. Our organization is healthy, and the LRCC Board is excited about the future. We ask for your prayers as we begin the search for new leadership. We will let you know how it is going!

In recognition of the Egertson's two decades of loyal service, the LRCC Board is establishing the Lauri and Glen Egertson Fund. Gifts given in their honor will go to 'camperships,' to get more children to Bible camp.

# Save the date: Sunday, November 2, All Saint's Day, for a party and celebration of Glen and Lauri's work.

### Dear LRCC Friends,

I have some personal news to share. I will be retiring as Executive Director of Lutheran Retreats, Camps and Conferences (LRCC) at the end of 2025. Serving LRCC since 2005 has been a challenge and a privilege—one of the greatest joys of my life. These years have been marked by the deep honor of working alongside an extraordinary team of staff, volunteers, board members, ministry partners and supporters who believe in the life-changing power of outdoor ministry. Together, we have nurtured faith, built community and witnessed God's transformative love through zany campfires, conversations over bad coffee and quiet moments in creation. LRCC is strong and ready for new adventures! The Board of Directors is prepared for this transition and will begin a search for the next Executive Director soon. I look forward to walking alongside the Board over the coming months to ensure a smooth and thoughtful handoff. I want to thank each of you! Your faithfulness has made LRCC the sacred, joy-filled and resilient community it is today. Though my role will change, my heart

will remain deeply connected to this ministry. But first, one more summer... my 26th if you count my years as a camper at Beach Camp, counselor at Yolijwa and camp director at El Camino Pines. With gratitude, Pastor Glen Egertson

Executive Director Lutheran Retreats, Camps and Conferences





## Youth Hope Meal Delivery

First Lutheran is happy to support Youth Hope Ministries. Our "God's Work, Our Hands" project of donating ponchos was greatly appreciated. In addition, in cooperation with Plymouth Village, we pick up meals they have prepared, and deliver them to the Youth Hope facility (on Redlands Blvd). This simple service happens about once a month. If you would like more information or you are interested in participating, please contact Karen Frederickson, Sue Lehner or call Lauren in the church office.

# Next delivery is May 22nd



CHANCEL CHOIR REHEARSAL

The Chancel Choir is currently rehearsing anthems for the 2024–25 season at 7 p.m. every Thursday in the sanctuary. Current and former members interested in participating as well

as other members who like to sing in a group setting are urged to attend. No auditions are required. The choir will continue to rehearse every Thursday at 7 p.m. unless otherwise noted.



**2025 Altar Flower Ordering Information** We love it when flowers grace the worship space! Please reserve your bouquet by following the process below:

## -Reserve your date

by writing your name AND phone on the Flower Chart on the date(s) you select.

# -Fill out a reservation form at the same time as your reservation on the chart.

The forms are located next to the chart and should then be placed in the offering plate or mailed to the church office.

The flowers will be ordered for you.

**—Please pay the church \$55 during the month of your reservation.** Please note with your payment the date of your reservation.

Questions: Contact Mitch (909-798-3320)

## Thank you for your contribution!

As part of our ongoing ministry at First Lutheran we will be sending cards out to members for their Birthday or Anniversary. We would also like to send a card for support if there is a need (sympathy, serious illness). A card will be sent through regular mail or by email if necessary. Please contact the Church Office or Alison Schooley directly with the information needed to send a card. We want everyone to know they are thought about and that their Church family cares.

Peace,

Alison Schooley alisonschooley@yahoo.com

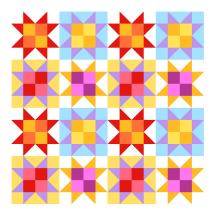


## C.O.M.I.C. (Cloths of Many Incredible Colors)

## **Quilters Group News**

Our meetings are held on Wednesday mornings at 10 am in the Fireside Room (right across from the Pre-School building.) We welcome all women and men who want to share in the fun & camaraderie in learning and sharing quilting skills. No experience is needed. I have learned so much from all the more experienced quilters, who so generously share their knowledge & skills. The COMIC Quilters not only make quilts for special events, but we also work on some very simple quilts for the CCLM (Central City Lutheran Mission) Men's shelter.

All are welcome... Come & check us out! Sue Lehner (909)798-7925



#### Quarterly Finance update

Benevolences are based on 14% of Sunday Offerings. 7% to Pacifica Synod and 7% divided amongst other Charities. 1ª Quarter Benevolences Given (2024 Oct-Dec offerings)

Te Quarter Benevolences Given (2024	4 Oct-Dec offerings
Pacifica Synod (7%)	\$5000
Central City Lutheran Mission	\$1000
Redlands Family Service	\$1000
Youth Hope	\$1000
Luther Glen Retreat Center	\$1000
ELCA Disaster	\$1000

2 <sup>m</sup> Quarter Benevolences Given	(2025 Jan-Mar offerings)
Pacifica Synod (7%)	\$3100

Central City Lutheran Mission	\$650
Redlands Family Service	\$650
Youth Hope	\$650
Luther Glen Retreat Center	\$650
Global Refuge	\$500



Pew Envelopes - Cash or check. Please write your personal tithing number on the front.

Online giving through ServantKeeper.

Scan the QR Code below and it will take you to our website where you can find the Green Give button.

Many members do not use tithing envelops anymore, because they are tithing either online or by bank bill pay.

If you are one of those members and would not mind changing your number at the beginning of the year, we would love to be able to save your printed envelope for new members and issue you a new number for 2025. Please let us know if you are interested in doing this via email or a note in the offering plate.





Pacifica Synod AMMPARO

Help for Migrants

Migrants are still coming, but are taking much more dangerous routes. Pacifica AMMPARO, in partnership with "We All We Got" San Diego, will help meet their needs. We would like to make financial and in-kind contributions through the month of May.

The needs now include:

Medical supplies such as:

- gauze
- antibacterial cream
- anti-itch cream
- large Band-Aids
- ready to use ice packs
- electrolyte packs

Quick and easy food and water such as:

- standard bottles of water
- protein bars
- other non-perishable, easy to open items

Financial contributions can be made online through:

https://www.weallwegotsd.com/donate

Drop off sites include

- San Marcos Lutheran Church, 3419 Grand Ave., San Marcos, CA, (contact Anne Voth at 858-395-9051)
- St. Mark's Lutheran Church, 580 Hilltop Dr., Chula Vista, CA (contact Pastor Karla Halvorson at 858–442–6761)
- Or contact Pastor Maria Santa Cruz mariasantacruz@pacificasynod.org
- You can join Pastor Maria for worship at Whiskey 8 on Sunday, May 4, 1:30 PM and bring your contribution.
- Pastor Karla will also receive contributions at the synod assembly.

"We All We Got" San Diego is the coordinator of the PB & J challenge (getting sack lunches to asylees awaiting flights in the airport and other emergency food needs). We have partnered with them for the last year and find them trustworthy. If you have any questions, please contact Pastor Karla Halvorson or Anne Voth.

Our next Pacifica AMMPARO meeting is Saturday, May 10, 10 am on Zoom. Our speaker is Rev. Eric Shafer, from Global Refuge (previously Lutheran Immigration and Refugee Services).

Join Zoom Meeting

https://uso2web.zoom.us/j/81481322946? pwd=WHZZL01jOUZtd201UUpnR2pXODVCQT09 Meeting ID: 814 8132 2946 Passcode: AMMPARO



# **Seafarers International House**

# Seafarers International House (SIH) is the Lutheran response to the urgent needs of vulnerable seafarers and immigrants.

## A Immigrant Mission Moment

In this update, we will give you a step by step glimpse of what the last eight weeks have been like for the world of migrants in general, in the city of New York in particular, and regarding our work with asylum seekers here at SIH. The situation is harrowing. Detention centers are filling up as migrant shelters are closing. Our partners in other Lutheran social ministries are decimated by defunding. What can we do?

### Firstly, we do what people of faith are allowed to do - we lament:

"My eyes are spent with weeping; my stomach churns; my bile is poured out on the ground because of the destruction of my people, because infants and babes faint in the streets of the city". Lamentations 2:11

Secondly, we inform ourselves, even though the news is often overwhelming these days. I encourage you to sign up for a webinar this Thursday at 3PM sponsored by our partners at Global Refuge (formally Lutheran Immigration and Refugee Service). In this webinar you will learn about the current state of affairs, be able to ask questions, and may feel connected to the larger immigrant community during this isolating time. https://globalrefuge-org.zoom.us/webinar/register/WN km1nRmnQQeWuZ9ch-eflVw#/registration

Thirdly, we take action. You can contact your legislators and tell them that Lutheran Social Ministries have been mislabeled as "money laundering" and "snake oil" organizations inaccurately and that funding must be restored to provide the basic civilized care to not only refugees who are already here (and now abandoned) but also to continue to abide by the law of this land and welcome those asylum seekers who are fleeing persecution in their home countries.

https://www.house.gov/representatives/find-your-representative https://www.senate.gov/senators/senators-contact.htm

Fourthly, what is happening at SIH and New York City? https://www.theguardian.com/us-news/2025/mar/12/nyc-migrant-shelter-doj?ref=hellgatenyc.com

he above article describes recent actions by the current administration which are intended to further dismantle the systems that provides housing, charity, and support to asylum seekers in New York. The Roosevelt Hotel, which has been functioning as the main intake shelter for migrants in the NYC area since early 2022, received a federal subpoena demanding names and personal information of all its residents, as well as information about "entities and/or individuals" involved in providing funding for such migrant housing programs. This move has the clear effect of intimidating both asylum seekers and those who provide any sort of institutional support towards their safety and wellbeing.

This is, perhaps, one of the reasons that our referrals to house asylum seekers have dropped in the past 8 weeks. Migrants are afraid of being on any sort of manifest or guest list, which we are required to maintain with the guesthouse rooms we are leasing at the Markle. This cause/effect has had the effect of making potential asylum seeker guests staying with us very leery of putting their actual names on our reservation list. This is still a "Sanctuary City", the Metro NY Synod is still a "Sanctuary Synod" and we will continue to live that reality by welcoming and housing asylum seekers.

**Fifthly,** the button below links you to the PDF of a handy tool from our friends at Immigrant Legal Resource Center for you to keep and/or distribute: A **"Know your Rights" Card.** If someone questions you or your loved one about their immigration status, they can either give this card directly to the questioner or speak these words.

https://www.ilrc.org/sites/default/files/documents/red card-self srv-english.pdf

## An Urgent Request

URGENT: Global Refuge received a stop-work order from the government calling for us to immediately stop serving the nearly 6,000 newly arrived refugees in our care. These children and families fled war, violence, or persecution and came to the United States through the official U.S. Refugee Admissions Program. They arrived with little more than the clothes on their backs and rely on the initial assistance Global Refuge provides for urgent needs like housing, food, healthcare, finding work, and enrolling their children in school. Stand with refugees.

Your gifts are the only way we can assure that refugees in our care can access the essential resources promised to them. Provide critical support to newly arrived children and families today at <u>globalrefuge.org/withrefugees</u>.

## Meet your 2025 Church Council Members! Introducing Your Church Council and the Unsung Heroes

We want to take a moment to introduce you to the dedicated individuals who serve on our Church Council, who work tirelessly behind the scenes to make our church thrive. These unsung heroes play a vital role in fulfilling our mission and creating a vibrant worship and community experience for all.

Council meetings are held at 6:00 PM on the last Monday of the month in the Conference room adjacent to the Office.



Pastor Rachel Reeder (Pastor); B.B. Quinones(Member at Large), Larry Davenport (President); Jerry Bean (Vice President), Richard Thibedeau, (Member at Large), Kim Hudson

(Treasurer); Roger Swenson (Member at Large), and Alison Schooley (Secretary), Abraham Dree

(Member at Large).

Please Note that our office hours are Monday - Thursday 9:30 am-12:30 pm

The Church office is closed on Fridays. Pastor Rachel's days off are Friday and Saturday. However, she is available by phone or text!

> First Evangelical Lutheran Church 1207 W. Cypress Ave. Redlands, CA 92373 Tel: (909) 7932267

Want to change how you receive these emails? You can <u>update your preferences</u> or <u>unsubscribe from this list</u>