



Loving Our Neighbors in Crisis: CPR & AED Awareness Week (June 1–7)

As a community of faith, we are called to love our neighbors not just in words, but in action and truth (**1 John 3:18**). This June 1–7 marks **National CPR and AED Awareness Week**, a time when the American Heart Association challenges us to build a "Nation of Lifesavers."

Out of the 350,000 sudden cardiac arrests that occur outside of a hospital each year in the U.S., nearly 70% happen right at home. Currently, bystanders step in to help only about 40% of the time, often simply because they do not know what to do.

Scripture reminds us that our bodies are fearfully and wonderfully made (**Psalm 139:14**) and that God values the preservation of life. In **Proverbs 3:27**, we are instructed: *"Do not withhold good from those to whom it is due, when it is in your power to act."* Equipping ourselves with the knowledge to restart a failing heart is one of the most tangible ways we can be ready to act when a crisis strikes a family member, a neighbor, or a fellow parishioner.

The Good Samaritan Action Steps

You do not need a medical degree to save a life; you only need a willing heart and a few minutes to learn. If you see a teen or adult suddenly collapse, follow this lifesaving sequence immediately:

1. Call 911: Step 1: Activate Help.

Immediately call 911 or direct a specific person nearby to call. If you are at the church, send someone to retrieve our building's Automated External Defibrillator (AED).

2. Push Hard and Fast: Step 2: Hands-Only CPR.

Place your hands in the center of the person's chest and push hard and fast. You want to maintain a rate of 100 to 120 compressions per minute—which matches the beat of the classic song "Stayin' Alive." Immediate CPR can double or triple a person's chance of survival.

3. Power on the AED: Step 3: Follow the Prompts.

As soon as the AED arrives, turn it on. The machine is designed for everyday people and will speak aloud, walking you through exactly where to place the pads. It will only deliver a shock if the person's heart rhythm strictly requires it.

A Note on Faith and Action: In Luke 10, the Good Samaritan did not just feel pity; he physically bound up the wounded man's injuries and ensured his care. Learning CPR is modern-day neighborly care. Let us be a congregation prepared to stop the gap. To watch a quick 60-second instructional video, visit heart.org/nation.

Redeemer's Action Plan for Emergency Readiness

We are so blessed to have EMT professionals, within our congregation, who are willing to educate our congregation on the most current and up to date emergency care that can be provided by lay individuals, to summon emergency medical help, while using valuable minutes to save a life and initiate care!

Please watch for an upcoming CPR course that will be offered, within our congregation, in the next few months..... More to come, in saving lives!