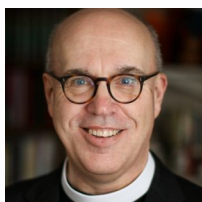


Richfield Lutheran Newsletter

NOVEMBER 2023

Welcome to Richfield Lutheran Church.

"Together we will BE the church
by living out God's gifts in the community
and the world!"



By Pastor Brian Mundt
bmundt@richfield-lutheran.org



Ruminations from the Pastoral Pasture

Last month, the council read chapter 3 of "When Church Stops Working." Wow, this one hit home.

The past—the old way—has passed. All we really have is the moment we're in and the people we're with. And this is what church is about. Treating people as a person, not a means to some unending pursuit in which more is never enough. And so, we pay attention to what's in front of us: each other and our neighbors!

What we perceived as a crisis actually belongs to God. In humility, we attend to our connections. We do this by concerning ourselves with the present. We hear each other share our stories and we receive them. Our job, as we wait for God's arrival, is to tend to the connections of the community: we focus on the relationships, and we find waiting for God wrapped in these relationships.

This is a waiting way: we wait deeply with others. It is not a lonely waiting. This waiting for God is all about this moment with these people. It might look like this way of life has no direction, but it offers a new direction, a new way of life. Congregational life is now all about this moment with these people. A waiting church finds life not by giving all their attention to the future and the resources needed to escape the perceived crisis, but rather by stewarding those connections. In stewarding the connections, the future will take care of itself. In this waiting, it's not that we're doing nothing. Rather, we do the most important thing: we give our people a way of life that is all about this moment with these people.

Jesus loves you, and so do I,
-- Pastor Brian

8W 60th Street
Minneapolis, MN 55419

CHURCH OFFICE:
(612) 861-2265

WEBSITE:
www.richfield-lutheran.org

VIDEO WORSHIP on YOUTUBE:
[Richfield Lutheran Church](https://www.youtube.com/RichfieldLutheranChurch)

AUDIO WORSHIP:
(612) 474-4974

ONLINE SERMONS:
Go to [Resources](#) on our
website

RLC FACEBOOK:
[Richfield Lutheran Church](https://www.facebook.com/RichfieldLutheranChurch)

CELC FACEBOOK:
[Creative Early Learning Center
@RLC](https://www.facebook.com/CreativeEarlyLearningCenter@RLC)





Upcoming Services and Events:

- **Thursday, Nov 2:**
'Thursday Musical Artist Series' Concert, featuring Carolyn Diamond at 7:00pm
- **Sunday, Nov 5:**
Remember to 'fall back' an hour for Standard Time!
- **Sunday, Nov 5: All Saint's Sunday, 9:30**
Worship w/communion
- **Sunday, Nov 12: 9:30**
Worship. Congregation Update Mtg on the Construction at 10:30
- **Tuesday, November 14:**
WELCA Meeting at 2pm
- **Saturday, Nov 18: Lefse Bake at 9:00am**
- **Sunday, Nov 19: 9:30**
Worship w/communion
- **Thursday, Nov 23:**
Thanksgiving Day - RLC/CELC Offices Closed
- **Sunday, Nov 26: 9:30**
Worship, Christ the King Sunday and Stewardship Response

LOOKING AHEAD:
SUNDAY, DECEMBER 24:
4:00PM CHRISTMAS
CANDLELIGHT WORSHIP



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Stewards of God's Abundance. God has blessed us with an abundance of resources. How might we celebrate the abundance that God has entrusted to our care, as well as the ways that God is calling us to share this abundance with our neighbors? Read 1 Kings 17:8-16, Mark 6:30-44, Acts 2:43-47, and Acts 4:32-35. Stewardship Response Sunday this year is November 26, which is Christ the King Sunday! What a perfect way to honor that Christ is indeed our all in all, that everything we are and have is entrusted to our stewardship. Look for your letter and response card in the mail the week of November 20.



Bible Study Online with Pastor Brian
WEDNESDAYS @ 1:00 p.m. using Zoom Video Meeting.
Link: <https://us02web.zoom.us/j/89753063690>
Link: <https://us02web.zoom.us/j/89753063690>.



CONGREGATION MEETING AND CONSTRUCTION UPDATE

On Sunday, November 12, at 10:30, we will have a special congregation meeting and update on the construction project: how it's going, challenges along the way, and what the future looks like. Your input and approval is essential to this project's success for the future of CELC and RLC. Oh, and we'll be enjoying PIE too!



On Sunday, November 5th, we will take a moment to honor our departed loved ones at our All Saints Sunday worship service. On this day we will remember those who have left this world but whose legacy stays strong in our lives. At the beginning of the service we will read the names of all members and loved ones who have died in the past year, as well as light a candle in their memory.

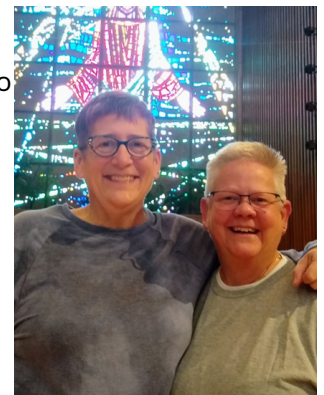
Thank You to the RLC Volunteer AV Crew!

We come to expect a smooth, cohesive church service every Sunday. Our liturgical service, meaningful sermons, and excellent music would not be that without strong visual display and accurate sound presentation. Some of their work happens the night before in gathering and sending the digital 'slides' to the church then setting everything up and testing the audio/visual just prior to the start of service. During the service they roll the slides at the right moments and adjust the sound when necessary. Because they sit quietly in the raised AV booth in the rear of the sanctuary, you may even forget they are there! The only time you may see them is if they need to run up to the altar to fix a wonky mike during the service. They alternate which Sundays they volunteer but work as a team and fill in for each other when needed.

The next time you see them, please thank them for their service.

Thank you!

Lisa Borneman, Brent Petit and Kerstin Hammarberg.



HAPPY BIRTHDAY

November Birthdays

11/07 Lonnie Nichols

11/17 Wanita Gerhardt

11/20 Ulrica Sherry

11/22 Pastor Brian Mundt



Our Christian Sympathy to the family and friends of Gary Strom who passed away on October 11, 2023. Funeral Services for Gary were held at Lakewood Cemetery on October 17th. Blessed be his memory.



Save the dates:

WELCA Meeting:

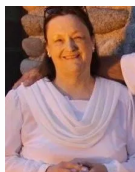
Tuesday, Nov 21 at 2:00pm

WELCA Holiday Potluck:

Tuesday, Dec 12 at noon.



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From the Parish Nurse
By Robbi Moore



Nursing Notes

Hi all just a personal note as it has been a good minute since I last did a column. As you may have noticed on the few occasions I have gotten to church for things, my osteo arthritis of my left hip has significantly worsened and I will be getting it replaced in November. I am still available by phone and will only be in hospital 2 days and can return as tolerated to normal activity so call with your health concerns 612-432-3660. Also I got hacked so the nitengalegs@gmail is no longer active. If you need to email me Bonnie can get you the new address but phone is best choice.

Holiday Health

This article came about from a little question that was posed to me at a recent coffee hour. "Is it true that people die alot more on holidays?" I have to be honest it sent me to my research materials as I had no clue. Turns out it is true and Thanksgiving has the highest numbers of the winter holiday season. The reasons vary but the top ones include:

- 1) eating heavy, high carb meals and napping immediately after.
- 2) increased alcohol consumption and in short time span (2 hours or so).
- 3) increase in upper respiratory illnesses which can trigger AFib.
- 4) Enclosed homes with gas leaks from appliances and furnaces.
- 5) Traffic accidents, falls on ice and snow shoveling

One of the most powerful things I pulled from this list is every one is preventable. With a little planning and behavior changes these deaths can be prevented!

One suggestion I noted in my research was including more veggie dishes for holiday meals and less carbs. They also suggested making less. The writer suggested when there are big full bowls and plates on table people feel they need to eat more. I guess this is where quote eyes bigger than stomach came from. They also suggested serving nonalcoholic punch or mocktails and then wine, preferably red as it is heart healthy, for meal. Then go back to non alcohol after meal so drivers head off with much less alcohol in their systems. Get a walk in after meal rather than a nap.

Getting COVID, RSV and Flu shots help fight resp. illnesses and eating vitamin rich foods and beverages also helps. Most energy companies have a winter home check that looks for leaks of natural gas and radon gas. Lastly, know your limits, take breaks in outdoor physical activities, drive slow and aware and lastly ice grippers are not expensive and available on Amazon for safer winter walking.

Have a great Thanksgiving and take time to be healthy in your choices and activities. Please share this info with those you love.

In His Service and yours
Your Parish Nurse Robbi





The Operation Christmas Child pack was cancelled for October.

Short notice - but it has been rescheduled for this Friday, November 3rd from 11:00am on at RLC. Packing will begin at 11:00 and continue on throughout the day. Call the RLC Office if you have any questions.



Trust Inc has many opportunities for volunteers. Call the Trust Office at 612-827-6159 to find out more information.



*May the Lord bless you and protect you.
May the Lord smile on you and be gracious to you
May the Lord show you His favor
and give you His peace. -Numbers 6:24-26*



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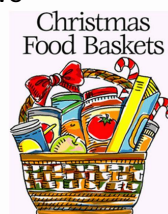
It's **Lefsa Time** Come to prep, roll, or bake lefsa on Saturday, November 18th at 9:00am. Contact Shirley Evenstad or the RLC Office if you have any questions. Packages of lefsa will be available for sale Sunday, November 19, during coffee time!



Holiday Baskets

It's time to start thinking of the holidays and how we can help. Cash donations will be accepted for the Thanksgiving & Christmas baskets this year. Gift cards will then be purchased and given out to CELC families to purchase food.

Donations can be mailed or dropped off at the RLC Office.



Mitten Tree

It's almost that time of year again! Colder weather is getting close. Any donations of caps, mittens and scarves for the 'little ones' at RLC/CELC would be appreciated. Please drop off in the RLC Office. We will be putting up the mitten tree later in November.



THOUGHTS FOR THE DAY

"Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude." —A.A. Milne, Winnie-the-Pooh

In about 30 days, life will get hectic! Thanksgiving Day will be near, and so much begins to happen after that. By then, the amber and ochre colors of autumn will be past their prime, and the chill in the air will become positively cold. So now is the time to enjoy the remaining days of fall.

November begins on a somber note with All Saints' Sunday, but even as homebound people remember loved ones who have passed, they might also be looking forward to seeing family and friends around Thanksgiving. Arrange to visit the homebound and make family history and photographs a priority. Talk about relatives they most admire. Who made the biggest impact? Also ask if they admire a favorite saint or biblical figure. Ministry opportunities abound in November, ranging from a small gift, turkeys and holiday baskets to decorations and greeting cards.

Blessings to you and those who care for the weak and vulnerable among us!

cr. Timothy Merrill, **Home Touch**



Newsletter

About our Newsletter

We try to make the RLC Newsletter available and easily accessible to all our members and friends. Here is a reminder of the way we distribute the newsletter:

- Physical copies are mailed to members with no e-mail addresses. (or if they simply wish to receive a hard copy in the mail).
 - Members with e-mails are sent a pdf of the newsletter
 - Printed copies are available in the office.
 - Available on our website.
- Contact the RLC Office if you have any questions.



Volunteers are still needed for a variety of ministries at RLC. Let us know if you can help!

Readers Ushers
AV Operators Funerals
Hosts for Coffee Hour
Meals on Wheels Drivers
Communion Assistants



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Daily Bible Readings for October:

Wednesday, November 1

[Matthew 5:1-12](#)

Thursday, November 2

[Psalm 43](#)

Friday, November 3

[2 Peter 2:1-3](#)

Saturday, November 4

[Malachi 1:6-2-9](#)

Sunday, November 5

[Matthew 23:1-12](#)

Monday, November 6

[Psalm 5](#)

Tuesday, November 7

[Lamentations 2:13-17](#)

Wednesday, November 8

[Proverbs 16:21-33](#)

Thursday, November 9

[Psalm 70](#)

Friday, November 10

[Amos 3:1-12](#)

Saturday, November 11

[Matthew 24:1-14](#)

Sunday, November 12

[Matthew 25:1-13](#)

Monday, November 13

[Psalm 63](#)

Tuesday, November 14

[1 Thessalonians 3:6-13](#)

Wednesday, November 15

[Matthew 24:29-35](#)

Thursday, November 16

[Psalm 90:1-12](#)

Friday, November 17

[Ezekiel 7:1-9](#)

Saturday, November 18

[Matthew 12:43-45](#)

Sunday, November 19

[Matthew 25:14-30](#)

Monday, November 20

[Psalm 9:1-14](#)

Tuesday, November 21

[Zechariah 1:1-5, 5:1-4](#)

Wednesday, November 22

[Matthew 24:45-51](#)

Thursday, November 23

[Psalm 95:1-7](#)

Friday, November 24

[Revelation 22:1-9](#)

Saturday, November 25

[Matthew 12:46-50](#)

Sunday, November 26

[Matthew 25:31-46](#)

Monday, November 27

[Psalm 7](#)

Tuesday, November 28

[Esther 8:3-17](#)

Wednesday, November 29

[John 5:19-40](#)

Thursday, November 30

[John 1:35-42](#)

Happy Thanksgiving!

November 23rd

We are thankful for our Richfield Lutheran Family

