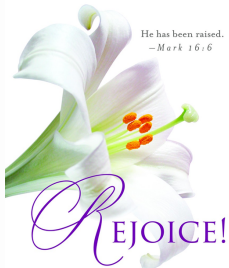
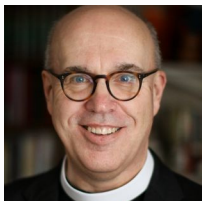


Richfield Lutheran Newsletter

APRIL 2024



Welcome to Richfield Lutheran Church
“Together we will Be the church
by living our God’s gifts in the community
and the world!”



By Pastor Brian Mundt
bmundt@richfield-lutheran.org



Ruminations from the Pastoral Pasture

Alleluia! Christ is risen!

Christ is risen indeed! Alleluia!

“Our Christian faith is really about death and resurrection. It’s about how God continues to reach into the graves we dig for ourselves and pull us out, giving us new life, in ways both dramatic and small.” -- Pr Nadia Bolz-Weber

I can’t say it any better! Yes, the whole Bible—the history of God and his people over 2,000 years—is of death and resurrection. The big examples are bondage in slavery in Egypt and the Exodus, or the Exile and return, or Jesus. Or the little examples through the Psalms: the recurring pattern of orientation, then disorientation, and then new orientation.

Time and again, we find ourselves in peril, unable to save ourselves, often in cages of our own making. And God intervenes. But this is new life: it is life different from before; in retrospect, it is better life!

This is not something that happened 2,000 years ago only. God continues to so act. What may feel like death, God uses as the gateway to new life.

And so, let us stand up! As Jesus tells us, “When all of this starts happening, stand up straight and be brave. You will soon be set free!” (Luke 21:28 CEV)

Alleluia! Christ is risen!

Christ is risen indeed! Alleluia!



8W 60th Street
Minneapolis, MN 55419

CHURCH OFFICE:
(612) 861-2265

WEBSITE:
www.richfield-lutheran.org

VIDEO WORSHIP on YOUTUBE:
[Richfield Lutheran Church](#)

AUDIO WORSHIP:
(612) 474-4974

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

RLC FACEBOOK:
[Richfield Lutheran Church](#)

CELC FACEBOOK:
[Creative Early Learning Center @RLC](#)





Upcoming Services and Events:

- Sunday, April 7: 9:30 Worship w/communion
- Tuesday, April 9: Worship at the Pines, at 2:00pm
- Sunday, April 14: 9:30 Worship
- Thursday, April 18, "Thursday Musical" concert with Carolyn Diamond, at 7:00pm at RLC
- Sunday, April 21: 9:30 Worship w/communion
- Sunday, April 28: 9:30 Worship

LOOKING AHEAD:

Wednesdays, starting April 3:
Bible Study at 1:00, via Zoom

May 2-4 Synod Assembly



Remember to pick up your Easter Lily after worship on Easter. There are extras if you would like to take one for a 'special friend'.



Join us for our April Meeting on Tuesday, April 16th at 1:00 pm in the Mary Martha Room.



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Book Club. We finished reading *When Church Stops Working: A Future for Your Congregation beyond More Money, Programs, and Innovation*. Big take-away: A congregation's watchword has its origins in the direct act of God in the midst of despair. When/where has Richfield Lutheran experienced new life in the midst of despair? (Note the segue from our Easter theme of death and resurrection?!)

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



Stewards of Time. We are busy people! God has given us 24 hours in each day to live, work, save, and praise. How are we using our time? How might we best steward the time that God has given us, as individuals and a congregation, to love God and our neighbor? Read Matthew 25:1-13, Proverbs 31:10-31, and Exodus 20:8-11

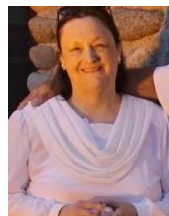


Bible Study Online with Pastor Brian

Wednesdays at 1:00 p.m. using Zoom Video Meeting.

Link: <https://us02web.zoom.us/j/89753063690>

Link: <https://us02web.zoom.us/j/89753063690>.



From the Parish Nurse by Robbi Moore



Nursing Notes

In this time between Winter chill and summer foods - often we have a hard time making food choices. By now, we feel a little blah with fruits and vegetables being the most often avoided.

Research has more and more studies on the importance of fruits and vegetables and especially raw in addition cooked choices. The average American, when listed, report only spotty regularly eaten fruits and vegetables and apples are often the only raw fruit eaten and not eaten weekly. Cooked vegetables list most often is potatoes and of those used oil prepared French fries. Many Americans list phobias as well as just dislike of vegetables and the time consumption of preparing fruits as their reasons for avoiding the regular purchase and eating of any fruits or vegetables.

Registered Dieticians in Minnesota have prepared lists of MUST eat foods for good health maintenance. This list includes:

- Wild Blueberries: This is a terrific source of fiber and this will also keep you fuller longer. Blueberries have one of the highest antioxidant content. Antioxidants regularly preserve cell health and can prevent damage. Studies show Blueberries also have cardiovascular benefits and cancer fighting properties.
- Apples: Apples are a good source of antioxidant rich properties too. The darker colored varieties are especially good, like a Red Delicious. The skin has Vitamin C and fiber. The pectin has prebiotic properties that helps good colon function and digestion. They also have properties that may reduce cardiovascular damage. Lastly Apples have natural antihistamine properties.
- Oranges: Raw oranges contain approx. 92% of your daily Vitamin C. Oranges are a good source of Folate, a B Vitamin that plays a role in preventing cardiovascular disease, infertility, stroke, dementia, colon cancer and Alzheimer's disease.
- Grapefruit: Also a good Vitamin C source. This Vitamin source is part of the team that form blood vessels, cartilage, Muscle and collagen in the bones. Vitamin A supports eye health and cell growth.



April Birthdays

- 4/01 Arlene Stoneburg
- 4/04 Kathy Lindquist
- 4/06 Daniel Sherry
- 4/08 Dorothy Ruud
- 4/15 Linda Seel
- 4/16 Kenneth Lundgren
- 4/20 Paul Cornick
- 4/28 Joy Graves
- 4/29 Gary Mrachek



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- Strawberries: Strawberries are also high in Vitamin C (DO YOU SEE A PATTERN HERE?) . Their red beauties help support the immune system. They also support folate, manganese and potassium which works with sodium (salt) to create a balance (also called homeostasis).
- Papaya: This vitamin backed power house includes Vitamin C, A, E , Folate, fiber and high levels of antioxidants , including lycopene
- Plums: These gems are high in fiber, low in sugar, making them ideal for diabetics, problems with insulin resistance or blood sugar maintenance resistance . Their low glycemic index makes plums a safe sweet treat. Plums are antioxidant rich also
- Kiwi: Kiwis have high amounts of Vitamin C, E and Fiber. They have enzymes called antinidins, which aids in digestion and 2 antioxidants that benefit eye health.

These 8 fruits are only a part of the wide amount available. Vitamins, fiber, water and other essential nutrients are available daily for variety and enjoyment as well as their many health benefits .

The Vegetable choices include :

- Spinach is one of the most nutrient rich foods. Raw spinach Vitamin A and Vitamin rich and no need to cook. It will also help reduce chances of cancer with regular use.
- Carrots are Vitamin A rich Beta carotene is an antioxidant that converts to Vitamin A. Studies suggest a possible reduction if chance of contacting lung cancer.
- Broccoli Just 1 cup of raw broccoli provides 77 % daily Vitamin K as well as Vitamin C, folate, manganese and potassium. It may help protect against cancer as well as decrease inflammation which has been linked to chronic conditions like heart disease.
- Garlic contains Selenium, Vitamin C, Vitamin B6 and fiber. This medicinal plant has been shown to aid blood sugar and aid heart health.
- Brussel Sprouts have proved to be a good sources of fiber that support blood sugar regulation, heart health and that antioxidants are effective in preventing cell damage and anti-inflammatory and cancer fighting properties to protect against disease.
- Kale is loaded with potassium, calcium, copper, and vitamins A,B,C and K. Kale powder or Kale juice has been suggested to support decreasing blood pressure , cholesterol and blood sugar levels . There is some research suggesting that kale added to high card meal may prevent blood sugar spikes of that high card meal.
- Green Peas are a starchy vegetable but have been suggested to have plant compounds that help reduce tumor growth and cause cancer cell death. Green Peas have protein, Vitamins A,C and K as well as riboflavin, thiamine, niacin and folate.
- Beets in addition to fiber, folate and manganese are rich nitrates that can help dilate blood vessels which may reduce blood pressure and lower chance of heart disease development.

The bottom line

Most vegetables are packed full of healthy, essential properties but unfortunately an incredibly large part of the American population eat vary little to no vegetables in a typical day. It has gotten to be such a diet change that many restaurants report that they have taken vegetables off typical meals and offer only lettuce salads as an extra fee side. Gone are the days of Victory or back yard gardens and food is often Fast Food options that are convenient not healthy . These 3 late winter spring months are the unhealthiest of the year. Lets grab an apple and a couple carrots and beat the odds!!



Join Us!
TRUST INC.
SPRING SMALL BUSINESS MARKET & CRAFT FAIR
APRIL 13, 2024
10:00 A.M. - 3:00 P.M.
HOST SITE: DIAMOND LAKE LUTHERAN CHURCH
5760 PORTLAND AVE MPLS MN
MOBILITY FRIENDLY - OFF-STREET PARKING

A Spring Market Celebrating Small Business Crafters, Vendors and Makers in Our Community!

Vendor list at: <https://trustinc.org/>

TRUST Inc is committed to mobilizing our community partners to empower and serve our neighbors!
 TRUST Inc 9 W Rustic Lodge
 Mpls MN 55419

**Winter's done, and April's in the skies,
 Earth, look up with laughter in your eyes!**

Charles G. D. Roberts

FILLINGTHEJARS.COM



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**Thursday Musical
 Artist Series Concert**
Thursday, April 18th, 7:00pm
Richfield Lutheran Church

Come, bring your friends and enjoy classical music at it's finest. Thursday Musical Artists Series again returns to Richfield Lutheran Church with music that highlights both the Steinway Piano AND the Schantz Organ.



Elliot Wilcox, President of Thursday Musical, will be playing music by Chic Corea, American jazz pianist and composer, in a composition that blends both jazz and classical piano music.

Also on the program will be Organist, Carolyn Diamond, playing music for Spring that will delight and inspire.



Please come !!! The concert is free and open to the public.



Your contribution helps individuals and families – our neighbors – remain strong and stable. When our neighbors are stronger, our community is stronger. Your support has a direct impact on low-income families living in the community.

One of the requests VEAP has made is to collect items to make birthday bags for families. Please consider during the month of April to bring in items for RLC to donate birthday items to VEAP.

It sounds like a 'fun shopping trip'!!

Birthday Bags: For families with little ones celebrating their special day, VEAP offers birthday bag kits. These kits generally include cake/cupcake mix, frosting, candles, plates/napkins, and assorted party favors.



The RLC Office would appreciate timely notices on address and phone number changes of our members to keep our records accurate. Any prayer concerns, hospitalizations/illnesses, or requests for in-home visits can be called in to the office any time. Our RLC Prayer Chain is going strong and 'The Power of Prayer Works'. Our RLC family is concerned when we don't hear from you!

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:

Monday, April 1

Luke 1:26-38

Tuesday, April 2

1 Corinthians 15:50-58

Wednesday, April 3

Mark 16:1-8

Thursday, April 4

John 14:18-31

Friday, April 5

Daniel 2:1-23

Saturday, April 6

John 12:44-50

Sunday, April 7

John 20:19-31

Monday, April 8

Psalm 135

Tuesday, April 9

Daniel 6:1-28

Wednesday, April 10

Isaiah 26:1-15

Thursday, April 11

Psalm 4

Friday, April 12

1 John 2:26-28

Saturday, April 13

Luke 22:24-30

Sunday, April 14

Luke 24:36-48

Monday, April 15

Psalm 150

Tuesday, April 16

2 John 1-6

Wednesday, April 17

Proverbs 9:1-6

Thursday, April 18

Psalm 23

Friday, April 19

Acts 4:1-4

Saturday, April 20

Mark 6:30-34

Sunday, April 21

John 10:11-18

Monday, April 22

Psalm 95

Tuesday, April 23

Revelation 7:13-17

Wednesday, April 24

Mark 14:26-31

Thursday, April 25

Mark 1:1-15

Friday, April 26

Amos 8:11-13

Saturday, April 27

Mark 4:30-32

Sunday, April 28

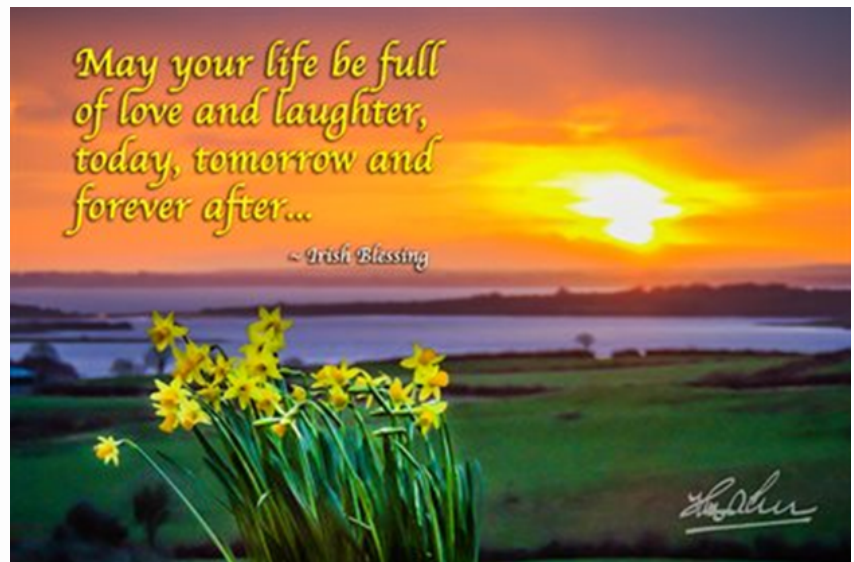
John 15:1-8

Monday, April 29

Psalm 80

Tuesday, April 30

James 3:17-18



Special Features

You are always welcome to submit any pictures, fun news, etc. to the RLC Office to include in our next newsletter. These are some of the pictures on face book taken by Matthew Tiede.



Worship



Fellowship & Coffee Hour



Chancel Choir

