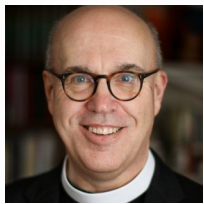


Richfield Lutheran Newsletter

JUNE 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

Transitions. As I contemplate being retired in nine months (yikes!), it hit me: how do I discern what congregation to become a part of next?(As you know, when a pastor leaves a congregation, he or she breaks all ties with the current congregation, so the next called pastor can establish relationships.) Then it hit me: for decades now, the congregations I’ve been a part of were given to me by the call process. And what I’m “looking for” as a congregant feels different from what I was “looking for” as a pastor. So, how do you discern a congregational home?!

The Minneapolis Area Synod had its annual assembly last month. (The ELCA is divided into 65 geographic synods. There are six synods in MN: Mpls Area, St Paul Area, NE MN, NW MN, SE MN, and SW MN.) We elected a new bishop for the next six years. It took five ballots over three days to discern. First, many pastors were nominated, then we winnowed our way down to seven, then five, then three, then two, and finally, one. Along the way, a 2/3s vote would have won the election; but it took us all five ballots to get there. They were all exceptional candidates. And they all had different strengths. So, how do you discern a bishop?!

It hit me. It’s not about the candidate. But rather where we hear God calling us as a synod of 140 congregations? (“Synod” derives from “to walk the way together.”). And what would be helpful to that end in a bishop?

It’s the same for Richfield Lutheran Church. Like a bishop, a pastor does not “solve all our problems.” But rather facilitates us, shepherds us together as we respond to where God is calling us. So, the real question isn’t “what do we want



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(612) 861-2265

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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, Jun 2: 9:30 Worship w/communion & music by the Crosstown Community Band*
- *Sunday, June 9: 9:30 Worship*
- *Sunday, June 16: Father's Day*
- *Sunday, June 16: 9:30 Worship w/communion*
- *Sunday, June 23: 9:30 Worship*
- *Sunday, June 30: 9:30 Worship*

Happy Father's Day
Sunday, June 16th



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in a bishop or pastor,” but rather, where and how is God calling us to love our neighbors? I still haven't figured out what congregation to become part of next year. There are so many exceptional ones around here, all with different strengths! I must be patient as I discern.

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



Stewards of Stuff. We live in a culture that values accumulating and consuming stuff. Many of us have an abundance of stuff: property, clothes, furniture, cars, etc. Similarly, our congregation also has physical assets: property, equipment, land, etc. How might we, as individual members and as a congregation, be good stewards of the stuff we have by using it to love God and our neighbor? How might we challenge ourselves to live more simply for the sake of our neighbor? Read Luke 12:13-21 and Matthew 6:9-24.



Bible Study Online with Pastor Brian

Wednesdays, May 1-15 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 Council President By Susan Anderson



The Call Committee is now in place

Thank you to the following folks for doing the important work of the Call Committee.

- | | |
|------------------|---------------------------|
| Lee Bachman | Patty Jodell |
| Lisa Borneman | Bob Olson |
| Scott Cumberland | Sherie Swanson |
| Shirley Evenstad | Susan Anderson (de facto) |

We will be meeting with John Hulden, Assistant to the Bishop in early June. Once the Ministry Site Profile is completed and accepted we will receive names of potential candidates.

Ministry Site Profile Progress

Thanks to input at two house meetings, brainstorming with the Transition Committee and some informal one-on-ones, the profile will hopefully be done, reviewed and submitted in the first week of June.

Banner

Did anyone notice the banner hanging outside the sanctuary? It was created by a member of one of our cohort churches in Faith Practices and Neighboring Practices, the two-year synod program completed Pastor Brian, Lisa Borneman and Susan Anderson. Emily Chesley, a fabric artist and member of Salem English Lutheran church created a banner for each of the participating churches. Thanks Emily.



June Birthdays

- 6/8 Cherill Lindquist
- 6/9 Juana
- 6/20 Barb Louis
- 6/20 Harry Maki
- 6/25 Earl Evenstad
- 6/25 Leo Schroeder

Have a great summer!



RICHFIELD LUTHERAN CHURCH
ELCA
SOUTH MINNEAPOLIS

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From the Parish Nurse
By Robbi Moore

Nursing Notes



I overheard a conversation in a waiting room this week that became the motivation to write this article. Two ladies were discussing their husband's sleep apnea. Mayo clinic researchers identify Sleep Apnea one of the most common diagnoses of all adults in the US. It is not defined by economic status, region where you live, ethnic group or education. They theorize that in any room of people, a handful will have treated sleep apnea and that many more are unknown and untreated.

The most common cause is the muscles in the back of the throat relax too much causing the airway to collapse. Any number of things can cause airway narrowing or collapse. While obesity can be one cause plenty of average size people have sleep apnea, even very slim, small folks. Large tonsils or changes in hormones can also be a cause.

What is important to know is that untreated sleep apnea can increase high blood pressure, heart disease, stroke, diabetes and even headache conditions. While it is most commonly diagnosed between ages 30 and 70 it occurs through the life cycle teens to death. Men are 2 to 4 times more likely to have sleep apnea than women but rest assured many women have it.

It needs to be understood that Sleep Apnea is chronic and while it can improve with treatment and health measures, it cannot entirely be cured. Heart arrhythmias (abnormal heartbeats) are most common cause of sleep apnea death.

The one number every sleep apnea patient should know and watch for on their routine exams is their AHI or apnea hypopnea index. This is the number of breath interruptions they experience in an hour. This number is used by respiratory therapists to set or adjust the CPAP machine to that exact pt at that time.

So if you have not been yet been diagnosed with sleep apnea, know the warning signs of : excessive daytime sleepiness, loud snoring, observed episodes of stopped breathing, waking gasping or choking often, mood changes in sudden anger or depression. Let your family know and have them share with you what they are seeing. And Tell Your Doctor!

If you are being treated for Sleep Apnea know your AHI and get your recommended routine screenings.

In His Service.
your Parish Nurse. Robbi



Thank you to the Girl Scouts for donating cookies to our Sunday morning coffee hour! Robbi brought a variety of boxes of cookies in for us!

“More smiling, less worrying.
More compassion, less
judgment. More blessed, less
stressed. More love, less hate.”
– Roy T. Bennett



Enjoy music by the
Crosstown Community Band
on Sunday, June 2nd during
the 9:30 worship service.
Praise Jam will also perform
during the summer.
If you would like to be part of
worship during the summer,
please contact the RLC
Office or Lisa Borneman.
We also continue to enjoy
Paul Cornick’s music this
summer and throughout the
year!



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Get ready for a great musical coming to Richfield Lutheran Church, Summer 2024!

Put the following dates on your calendar:
August 9-11 Show title reveal coming soon!
Looking for people interested in being a part of the
show – acting, dancing, singing, helping backstage,
helping with ticket and concession sales!

Contact Lisa Borneman at hoipolloiplayers@gmail.com if you want to
be part of the show!

Women of the ELCA WELCA Get-Together May 16, 2024

On Thursday May 16th, 2024, WELCA members met at VEAP (Volunteers Enlisted to Assist People) at 9600 Aldrich Ave. S. in Bloomington, MN. Becky explained the history of VEAP, the services they provide and then gave a tour of the facility. WELCA members present were Bonnie Nichols, Cherill Lindquist, Kathy Lindquist, Marilyn Yahr, Patty Jodell, Sharon Loney and Shirley Evenstad.

VEAP not only runs a food pantry. Their mission statement is ‘Together we create pathways to stronger, more hopeful communities through access to healthy food, housing stability and supportive services. They began in the basement of a church in Richfield and will celebrate their 50th year this year.

They have mobile food pantries at three locations in Bloomington and Richfield, food delivery for homebound or folks with transportation issues, provide student food packs for Bloomington, emergency food packs for anyone and birthday boxes which are a big hit with the children.

They provide over four million pounds of food annually to over 100,000 people. People can go to the pantry twice a month and are able to choose food, including dairy, fresh and frozen meat and produce, basic staple foods and supplies.

VEAP accepts food and monetary donations from corporations, churches and other non-profits, and individuals. They buy much of the food from Second Harvest Heartland who has strong purchasing power’ receiving large quantities of food at lower than retail cost.

VEAP also offers social services such as case management, resource navigation and referrals. They even help with rental assistance.

Currently VEAP has over 1000 volunteers. It was interesting to see the diverse group of volunteers when we visited. Trucks were delivering pallets of food. People were sorting items, separating potatoes from giant sacks, filling carts with specific items. It was amazing to see the quantity and variety of fresh produce, meats and dairy items. It was fun to see what were in the birthday boxes besides cake mix and frosting.

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.



Its time to update your Emergency Contact Card at RLC. These cards are kept confidential and is a great way for the office to have this information should we need to get in touch with you or a relative/friend. Cards are available in the Narthex and in the Office. See Bonnie if you have any questions. Thank you!



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If you are interested in becoming a volunteer, call 952-888-9616 or 952-955-8323. Groups may also volunteer.

Besides donating shelf-stable food to VEAP at RLC, you may also drop off items directly to VEAP at Door 4 Monday through Friday from 9am to 4:30pm. On their website you can find a list of items they need the most. If you would rather donate money, you can do so online on their website. A \$30 donation will provide food for one person for one month.

A big thank you to Kathy Lindquist for lining up the tour and for setting up lunch reservations at Taste of Scandinavia restaurant afterward!

Tentative Dates of WELCA Meetings set for 2024:

All are Tuesdays at 1 p.m. unless noted.

June 18th, September 17th, November 19th, October 15th (Operation Christmas Child Pack), December 10th (Christmas Potluck-12 noon)

Remember, all are welcome to attend! Bring a friend!

Respectfully,

Patty Jodell, WELCA secretary



Meals on Wheels continues to need volunteer drivers to deliver hot, nutritious meals to elderly and disabled residents in Southmost Minneapolis.

- * 1 to 1 1/2 hours over the noon hour
- * Deliver hot meals every six weeks.

For more information, call Paul Hendrickson at 612-240-6058 and leave a message. Paul is a friend of Doug Bergeson and volunteers as a driver at Meals on Wheels and now serves as Coordinator for drivers at Richfield Lutheran.



Happy 2nd work anniversary Aaron Traynor!

Aaron has been working as RLC's Sunday Custodian since June 1, 2022. We are grateful he is such a reliable, hard - working employee. In addition to his regular Sunday duties, he has helped Randy mow and helped Denise put together furniture for the newly added rooms in the childcare center.

Please greet him the next time you see him!

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 - 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 June:

Saturday, June 1

[Leviticus 24:5-9](#)

Sunday, June 2

[Mark 2:23-3:6](#)

Monday, June 3

[Psalm 78:1-4, 52-72](#)

Tuesday, June 4

[Acts 15:1-5, 22-35](#)

Wednesday, June 5

[John 5:1-18](#)

Thursday, June 6

[Psalm 130](#)

Friday, June 7

[2 Corinthians 5:1-5](#)

Saturday, June 8

[Genesis 2:4-14](#)

Sunday, June 9

[Mark 3:20-35](#)

Monday, June 10

[Psalm 74](#)

Tuesday, June 11

[Acts 11:19-30, 13:1-3](#)

Wednesday, June 12

[Luke 11:14-28](#)

Thursday, June 13

[Psalm 92:1-4, 12-15](#)

Friday, June 14

[Hebrews 11:4-7](#)

Saturday, June 15

[Mark 4:1-20](#)

Sunday, June 16

[Mark 4:26-34](#)

Monday, June 17

[Psalm 52](#)

Tuesday, June 18

[Revelation 21:22-22:5](#)

Wednesday, June 19

[Luke 6:43-45](#)

Thursday, June 20

[Psalm 107:1-3, 23-32](#)

Friday, June 21

[Acts 21:1-16](#)

Saturday, June 22

[Luke 21:25-28](#)

Sunday, June 23

[Mark 4:35-41](#)

Monday, June 24

[Luke 1:57-80](#)

Tuesday, June 25

[Exodus 9:13-35](#)

Wednesday, June 26

[Mark 6:45-52](#)

Thursday, June 27

[Psalm 30](#)

Friday, June 28

[2 Corinthians 8:1-7](#)

Saturday, June 29

[John 21:15-19](#)

Sunday, June 30

[Mark 5:21-43](#)

