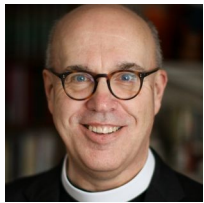


Richfield Lutheran Newsletter

JULY 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

I always marvel at how timely and relevant our Sunday gospel readings can be. On June 23, we heard of Jesus calming the storm, from Mark 4:35-41. There is much going on here, more than meets the eye. Consider it in six acts.

1. Jesus and the disciples have just had a successful tour of miracles and parables. They must be exhausted. And just like that, Jesus says, “Let’s go to the other side.” Apparently without any planning or gathering of provisions.
2. This puts the disciples on edge. In the first place, crossing the Sea of Galilee was unpredictable and dangerous. And the other thing is “the other side” is where the heathens live, people who are not Jewish and they raise pigs! Definitely outside the disciples’ comfort zone.
3. Yup, their tiny ship is soon enveloped in a chaotic storm! They are at their wits’ end. The ship is taking on water and starting to break apart. They see no way out of this mess. It sure looks like this is the end of them.
4. And where is Jesus in all this? Asleep in the stern! How can he sleep while they are anxious?!
5. With just one little word, Jesus calms the storm. Which is freaky, I mean if he can do this, what else can he do?
6. I bet they would have preferred to go back home, to Capernaum, to regroup and lick their wounds. But no, Jesus still leads on—to the other side!

You can connect the dots and see how these six movements fit in our lives too. Either individually or as a congregation.

1. Jesus calls us to follow him somewhere, whether we’re fully prepared or not.
2. Generally, he leads us to places outside our comfort zones.
3. You’d think following Jesus would be easy, but no, we encounter all sorts of storms along the way.



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Minneapolis, MN 55419

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(612) 861-2265

WEBSITE:
www.richfield-lutheran.org

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

PHONE-IN 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, June 30: 9:30 worship - Pistachio Singers perform**
- **Thursday, July 4: Office closed for Independence Day**
- **Sunday, July 7: 9:30 Worship w/communion Bishop Ann Svennungsen at RLC**
- **Sunday, July 14: 9:30 Worship**
- **July 19-21: Pr Brian on retreat**
- **Sunday, July 21: 9:30 Worship w/communion**
- **Sunday, July 28: 9:30 Worship and 100th Birthday Gathering, Ruth Copeland after worship**

Bible Study



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>



Richfield Lutheran
Newsletter
July 2024

4. And we wonder if Jesus is still with us.
5. When we do notice Jesus, who's been with us all this time, we find calm.
6. And—Jesus still leads us to new ways and places!

This pattern is a recurring motif throughout Scripture. Especially obvious in the Psalms. Though we keep forgetting this!

1. Orientation: The good old days. Our “old normal.” The way we’ve always done it.
2. Disorientation: Something happens, the good old days are no longer with us. We don’t like this at all.
3. New Orientation: God takes us to a “new normal.” Note, we do not return to the old ways, instead, we are a new people, with God.

Be it changing neighborhoods or COVID, our “old normal” is not coming back. But what is true is that God is with us, and leading us to new life. Often outside the comfort zones of where and how we are now.

And this is true in our call process. Our current sheepdog (me! Remember *Jesus is the Shepherd!*) is retiring. Jesus the Good Shepherd will soon have a new sheepdog at Richfield Lutheran. Yeah, he or she will be different, and we Minnesotans are uncomfortable with “different”! **But our Good Shepherd remains the same.** And through all this pattern, God brings us and Richfield Lutheran to new life. This is most certainly true!

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



Stewards of Justice. We are called to be stewards of God’s justice, to share God’s love, compassion, and mercy. How might we use all the resources that God has entrusted to us to steward God’s justice? Read Isaiah 1:12-17, James 2, Amos 5:21-24, and Ephesians 2:11-20

Calling a New Pastor



Call Committee Corner

The job of the Call Committee is to recommend a pastor to the church council. The Mpls Area Synod guides the committee. In June Rev. John Hulden, Assistant to the Bishop met with the committee to discuss the process, time frame, give specific guidance and answered questions. The Ministry Site Profile (MSP) for our church has been completed and sent in. The MSP describes the church’s mission, helping the synod clarify their recommendations of rostered ministers for RLC. The committee had a second meeting to discuss communication to the congregation and to line up the bishop’s visit.

On Sunday, July 7th, Bishop Ann Svennungsen will attend our church service then meet with the congregation during coffee hour in the Fellowship Hall. Please attend if you are able and be familiar with the MSP. Copies of it are available in the church office or contact Bonnie if you prefer an electronic copy.

The committee will meet again later that week. In early August, the synod will present the call committee with names of candidates.

Please pray for guidance and unity.



July Birthdays

- 7/2 Marcia Lumbar
- 7/13 Meggy Wagner
- 7/18 Paul Curtiss
- 7/23 Claire Aris
- 7/29 Ruth Copeland



Happy '100th' Birthday to Ruth Copeland!

A birthday celebration for Ruth will be held on Sunday, July 28th after worship.

Ruth's family would like to invite you to this gathering. Please save the date on your calendars.

RLC Confirmation Pictures

We are missing confirmation pictures from 1997, 1998, 2004 & 2005. If you have pictures from these years, please let me know. Thanks - Bonnie



Richfield Lutheran
Newsletter
July 2024



From the Parish Nurse
By Robbi Moore



Nursing Notes

This will be the beginning of a multimonth article breaking down Dementia verses Alzheimer's disease. They are not the same thing.

Dementia is an all encompassing term for many different diagnoses. Alzheimers is just one of those ailments but notably, it is the most diagnosed of all the memory loss diagnosed patients. The most frustrating thing about this diagnosis is it cannot be 100 % confirmed until after the death of the patient at autopsy.

Some Dementia diagnoses are attributed a different health ailments such as Diabetic Dementia where the brain decline is directly attributed to diabetes and it's long term insult on brain tissue in addition to other body decline. In the case of this health issue. Good diabetes care and regular glucose monitoring along with regular medication review and diet control can slow and in some reverse the decline of brain health.

We will review some of the 8 most widely studied dementia next time but they include:

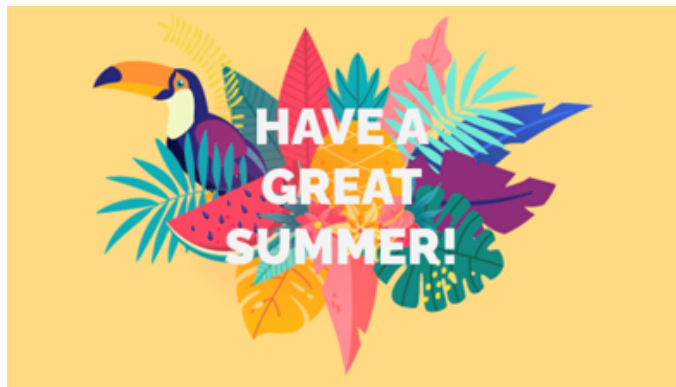
1. Alzheimers Disease thought of comprised 60% of persons with a dementia diagnosing
2. Diabetic Dementia (see above)
3. Vascular Dementia
4. Lewy Body Dementia (Robin William's disease)
5. Frontal temporal lobe Dementia
6. Normal pressure Hydrocephalus - the only cureable dementia.
7. Alcohol related brain Injury
8. Crutzfelt-Jakob disease

And several more.

Until next month, remember that the best defense against any health insult is to have a good relationship with your MD. If you are comfortable with your MD and trust your doctor and the health care team you are ahead of much that can affect you healthwise.

In His Service,

Your Parish Nurse
Robbi





The RLC Council received a letter from Ida Mae Cornelius written on behalf of the Pistachio Singers. They will be moving their practice setting to Peace Lutheran Church in Roseville where their accompanist is a member and an area where most of the singers live.

Pistachio Singers was started at RLC by Beth Iverson 44 years ago. Through the years, they have sung at a wedding, three funerals, an RLC baptism and ordination, RLC services, other church services and Senior Housing. Ida Mae expressed profound gratitude to RLC for its support throughout the years including a financial gift that enabled them to reorganize and survive.

In her words, "Though the physical relationship is ending, when people ask how we got our name - Richfield Lutheran Church is always mentioned. So, the spiritual relationship continues."



Richfield Lutheran
Newsletter
July 2024



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!



The next meeting of WELCA is scheduled for Tuesday, September 17th. Enjoy your summer! Robbi brought in a desert at our June meeting. Recipe is shared below.

Strawberry Trifle

- 1 - 16oz pound cake or homemade
- 1 - pre-made angel food cake
- 1 jar strawberry jam, heated to a sauce consistency
- 1 quart heavy cream, 1/4 c powdered sugar 1 - 2 tsp vanilla I used organic and seems to require more when I use organic
- 3 quarts med size strawberries

Mix whipping cream with powdered sugar, may require more on humid days. Add vanilla at end and quickly whip or blend in. Turn off mixer and set aside or refrigerate.

Tear 1/3 of angel food and 1/3 pound cake and mix in bottom of bowl or trifle bowl. Precut strawberries in bite size pieces clean and rinse in cold water and pour off any liquid and then add 1/3 onto of bottom layer of cake. Pour melted jam and add 1/3 in small dollop over strawberries. Add layer of whipped cream. I revised this putting whipped cream under jam. Either one works. Repeat layer 2 and layer 3. Then put last bit of cream in top and layer of strawberries. Save one uncut strawberry for center for decoration. Be sure too cut down thru layers to serve rather than cutting away from you.

Easy refreshing dessert - not hard at all.



Please call or stop by the RLC Office to update your **Emergency Contact information**. 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!

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



Richfield Lutheran
Newsletter
July 2024



Daily Bible Readings for June:

Monday, July 1

Psalm 88

Tuesday, July 2

2 Corinthians 9:1-5

Wednesday, July 3

John 14:1-7

Thursday, July 4

Psalm 123

Friday, July 5

2 Corinthians 10:7-11

Saturday, July 6

Matthew 8:19-22

Sunday, July 7

Mark 6:1-13

Monday, July 8

Psalm 119:81-88

Tuesday, July 9

James 5:7-12

Wednesday, July 10

John 7:1-9

Thursday, July 11

Psalm 85:8-13

Friday, July 12

Colossians 4:2-18

Saturday, July 13

Luke 1:57-80

Sunday, July 14

Mark 6:14-29

Monday, July 15

Psalm 142

Tuesday, July 16

Amos 9:1-4

Wednesday, July 17

Luke 7:31-35

Thursday, July 18

Psalm 23

Friday, July 19

Jeremiah 10:17-25

Saturday, July 20

Luke 18:35-43

Sunday, July 21

Mark 6:30-34, 53-56

Monday, July 22

John 20:1-2, 11-18

Tuesday, July 23

Zechariah 9:14-10:2

Wednesday, July 24

Luke 15:1-7

Thursday, July 25

Mark 10:35-45

Friday, July 26

Colossians 3:12-17

Saturday, July 27

2 Kings 4:38-41

Sunday, July 28

John 6:1-21

Monday, July 29

Psalm 111

Tuesday, July 30

Romans 15:22-33

Wednesday, July 31

Isaiah 25:6-10

Happy 4th of July - 2024

