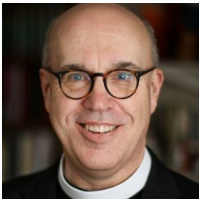


Richfield Lutheran Newsletter

JUNE 2023



By Pastor Brian Mundt
bmundt@richfield-lutheran.org



Ruminations from the Pastoral Pasture

The Season after Pentecost. Pentecost is the “bridge” out of the seven-week Season of Pentecost. Pentecost is Greek for 50, Pentecost originally was a Jewish harvest festival 50 days after Passover. For us, that’s 50 days after Easter! Pentecost Sunday is when we especially center in God the Holy Spirit. (Yes, there was also Ascension Day. That’s 40 days after Easter, 10 days before Pentecost. So, it always falls on a Thursday. Ascension Day is when Jesus ascended into Heaven.)

The Sundays after Pentecost last six months, until Advent. The gospels in the “long green season” are about us, the church. How we are called to be, how we are called to live. The church year is divided into cycles: Advent-Christmas (focusing on Jesus’ nativity), the “short green” season after Epiphany (focusing on Jesus’ life), Lent-Easter (focusing on Jesus’ passion, crucifixion, and resurrection), and the “long green” season after Pentecost (focusing on Jesus’ teachings for the Body of Christ).

Perhaps you’ve noticed there is variation in our liturgy? We sing the Kyrie during Advent and Lent, the Cantic of Praise otherwise (and there being a Cantic of Praise for non-communion Sundays and a different one for communion Sundays). We confess the Nicene Creed when the color is white (Christmas, Easter, and festivals) or red (Pentecost), and the shorter Apostles’ Creed otherwise. The Great Thanksgiving and the Thanksgiving at the Table for communion also change seasonally, over eight times each year. There are other minor variations. Are you noticing them?!

Worship Practices. We surveyed folks in March about returning to pre-pandemic worship practices around communion, passing the peace and, and offering. We're

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:

- May 22 - June 4: Pr Brian on sabbatical
- Sunday, June 4 9:30 Worship w/communion
- Wednesday, June 7 Carol Dahl Funeral
- Sunday, June 11 9:30 Worship
- Sunday, June 18 9:30 worship w/communion
- Sunday, June 18 Father's Day
- Thursday, June 22 CELC Picnic
- Sunday, June 25, 9:30 worship
- June 26 - July 11: Pr Brian on sabbatical



WELCA will not meet during June and July. Our next meeting will be on Tuesday, August 22nd for a meeting and potluck. More details to follow! Have a happy summer!



Richfield Lutheran
Newsletter
June 2023

content not to pass the offering plate again. Starting on June 11, we'll pass the peace again by greeting and waving, no need to move about. And starting on June 18, we'll receive communion at the rail again. We'll receive that way once a month for several months. The other communion Sunday each month we'll use the little plastic chalices in the pews, as we did during the pandemic. In the fall, we'll see how it's going and how we want to proceed.

Worship Setting Ten. We've been using Setting Ten for several months now and have learned the variations for Lent and the two Canticles of Praise. Now we've added in brief hymns for the offertory and for after communion.

Hybrid Worship. If you cannot attend worship in-person, or if you miss a Sunday morning, our recorded services are for you. If you have a computer or smart phone, you can watch our video worship via our website (Richfield-lutheran.org), YouTube, or Facebook. If you do not have a computer or smart phone, you can listen to our recorded services by calling 612-474-4974.

These services are available 24/7!

Sabbatical. After five years in a congregation, pastors take sabbaticals. Not vacation, but a time to recharge and renew, generally in extended retreat.

Sabbaticals are typically for three months. For a part-time pastor (I'm 75% part-time), six weeks is common. So, the time away shouldn't be as disruptive, I'm taking it in three blocks of two weeks, in May, July, and September. In case of funerals, I'll be available.

On those Sundays I'm away, Pastor Mark Wegener will be back to preside and preach. The recorded worship services for those Sundays will still be posted! However, they will not have music. One challenge around hybrid worship is we still need some recording technology for recording the Sunday services, rather than having a separate recording session. That's in the works. For now, we use my computer and such to record the services. And it's a bit convoluted for someone else to use. Besides, I'll be taking it with me when I'm gone. So, I prerecord the spoken service. While it's "not the same," it is much better than not having recorded services when I'm gone!

Theater! Lisa Borneman's Hoi Polloi Players have a production of "Big Fish" at Richfield Lutheran in August.

Pastoral Care. If you are in the hospital, or if you are shut-in and desire to receive holy communion and a pastor's visit, please let the office know! Jesus loves you, and so do I,

-- Pastor Brian

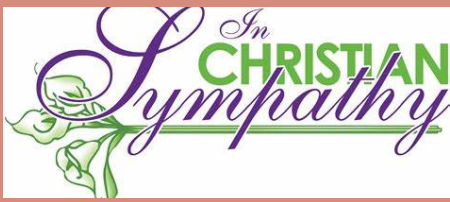


Stewards of Stuff. We live in a culture that values accumulating and consuming stuff. Many of us have an abundance of stuff: property, clothes, furniture, cars, etc. Similarly, our congregation also has physical assets: property, equipment, land, etc. How might we, as individual members and as a congregation, 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 6:19-24.

Thank you!

Thank you for providing the opportunity to attend the Minneapolis Area Synod Assembly on Friday and Saturday, April 28 & 29, at Lord of Life Church in Ramsey, MN. Finding out just how many organizations are under its umbrella and the far reaching work the Synod does for RLC and all other churches in the Synod was an eye opener. The Friday evening worship service at St. Andrews in Eden Prairie was uplifting and the meetings all day Saturday were very interesting as a newcomer. Food was great!!!

--Shirley Evenstad



We extend our Christian sympathy to the family and friends of

-Carl Dahl who passed away on 2/14/23. Funeral services will be held on June 7th at RLC.

-Todd Lindquist who passed away on 4/27/23.

Blessed be their memory



June Birthdays

6/8 Cherill Lindquist
6/20 Harry Maki
6/24 Barb Louis
6/25 Earl Evenstad
6/25 Joann Peterson
6/25 Leo Schroeder



Richfield Lutheran
Newsletter
June 2023



By Meggy Wagner

Renovation Project Manager

I am happy to report that we have finally started the main phase of our renovation! It took us time to re-group after the extensive fire-prevention measures levied on us by the State Fire Marshall, and to come to a conclusion how to accommodate them without exceeding our financing capabilities.

As a result, the main change from the original plan is the conversion of the old infant room into a church room. Keeping this room as a licensed childcare room would have required either digging another exit towards 60th Street or adding a sprinkler system to that side of the building, and both turned out to be cost prohibitive. None of this is necessary with the room turned into a church room, and this opens up great programming opportunities for future RLC ministries, just think yoga, Sunday School or youth groups!

Losing the room, however, also meant that our long-term business plan for CELC was impacted. The old infant room was earmarked to be an additional toddler room, which is a high-income generator, and therefore an important part of our financial planning. We therefore decided to end our after-school program for elementary school children and instead accommodate the toddlers in the childcare wing. The after-school program has long suffered from changing busing routes of our surrounding schools and has been anemic for a while. We kept it going as a courtesy to families with younger siblings in our program, but have only a few left that will be impacted by this change.

With this change, CELC will have 12 infant spots, 4 toddler classes with a maximum of 14 children each, and 5 preschool classes with a maximum of 20 children each. Since we are continuing to serve our church and childcare families during construction, we are planning to work through the changes in phases. The main project is the addition of an elevator in the Courtyard, therefore expect a 'big dig'! The North end of the Library will become the access aisle to that elevator. Also in that area, the conversion of the old Sunday School office into the new childcare office will start taking shape, with a reception desk in front of the current glass wall.

As soon as our infants have moved into their new quarters, we will convert the South Coatroom into an ADA bathroom and a laundry room, turn the old infant room into a church room, and renovate the hallway with new carpet and lights. In the childcare wing, we will start with the conversion of the bathrooms by the choir room to ADA restrooms, and the conversion of the old costume storage into the staff break room. The next phase on the childcare side will be the renovation of the current toddler rooms and main bathrooms, once the toddlers have moved into temporary classrooms in that wing. It's a little bit like a musical-chair dance, but we think we have it all figured out! Last but not least, we will refresh the Library, Mary-Martha room, Narthex, and Bonnie's office! Currently, we hope to be done and ready for a celebration by the end of October.

Thank you for all your patience through this process! We are so excited to get started!

Meggy Wagner
Renovation Project Manager



Sunday, June 18th



For summer, I wish you all enough sunshine to do the gardening; enough rain to do the housework; enough laughter to lighten any load you have; enough tears to remind you of the things you have to be thankful for; enough love to go around to all that need it; and enough summer to carry you through the next winter!
(author unknown)
Submitted by Sharon Loney



Richfield Lutheran
Newsletter
June 2023



From the Parish Nurse
By Robbi Moore



The Healing power of gratitude

Most of us do not take the time (2-3 minutes) to sit down and handwrite a note of gratitude to someone else for something small or large that touched us . The give back is powerful to the person who originally took the time to do this act of kindness etc. Often, they do not think it was a big deal or special, just something that seemed the right thing to do in the first place. They did not do it seeking thanks and recognition but oh the benefits of that expression of gratitude from the recipient of their act of kindness. There is much healing to be gained simply from saying thank you for remembering ME. There are currently several research programs across the world on the simple act of expressing gratitude.

Here is what the researchers found. The participants significantly UNDERESTIMATED the surprise the receivers actually reported they experienced when they received this letter of gratitude. And, in case you are wondering, the surprise was a pleasant one. The recipients also reported feeling much less awkward than the participants predicted they would be. Finally, the participants again underestimated how positive the recipients would say they felt about receiving this letter of gratitude.

Some of you may remember the year that Sally Field won the Academy Award for Best Actress (1985) for her role in Places in the Heart. "You like me," she said. Gratitude for receiving recognition from people who could really judge her work—that was her message. Something similar is likely what people were experiencing. They felt connected to the author of the letter of gratitude. How could we not?

You can take 2 to 3 minutes to write a note of gratitude to someone—but maybe you have more like 10 minutes. So, maybe you could write to three people. I hope you will take the time to do so. And yes, an email is better than nothing, but think how valuable something is in a person's own handwritten message.

GRATITUDE... Remember our Moms and Grandmoms telling us " Now, say thank you" . Are we teaching gratitude today? With people in such a rush, do they stop to thank another for the kindness given to them? A door held open when your hands are full? An offer to skip ahead in the grocery line when you have 1 item and they have 40? Since learning this research, I have purposely watched for expressions of gratitude. I still see it but not nearly in the frequency of my youth. The Psalms are loaded with poems of gratitude . In 1 Peter it says : " Thus, by serving others you are serving God and showing your gratitude for His work in your life". Gratitude is God given and taught - and so not surprising it makes us healthier when we are grateful and show it . Harvard Medical School did a study on the Healing of the Thankfulness expressed at Thanksgiving. Being grateful helps us connects to others with is a great healing force for depression. The endorphins of sharing with someone – a conversation, note of thanks, etc helps our hearts , blood pressure and breathing. Happiness spreads feel good chemicals to stressed organs like liver, kidneys and hearts.

From your medial research geek Parish Nurse to you
- BE GRATEFUL AND SHOW IT!!!

In His Service
Robbi

Gratitude is the
best medicine.
It heals your mind,
your body
and your spirit.
And attracts
more things to be
grateful for.

Live Purposefully Now

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.



Richfield Lutheran
Newsletter
June 2023



Volunteers are still needed for a variety of ministries at RLC.

Let us know if you can help!

AV Operators
Ushers
Meals on Wheels Drivers

Readers
Funeral Lunches
Hosts for Coffee Hour



Daily Bible Readings for April:

Thursday, June 1

[Psalm 8](#)

Friday, June 2

[2 Timothy 1:12-14](#)

Saturday, June 3

[John 14:15-17](#)

Sunday, June 4

[Matthew 28:16-20](#)

Monday, June 5

[Psalm 29](#)

Tuesday, June 6

[1 Corinthians 12:4-13](#)

Wednesday, June 7

[John 14:25-26](#)

Thursday, June 8

[Psalm 50:7-15](#)

Friday, June 9

[Acts 28:1-10](#)

Saturday, June 10

[Matthew 9:27-34](#)

Sunday, June 11

[Matthew 9:9-13, 18-26](#)

Monday, June 12

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

Tuesday, June 13

[Hosea 8:1-14, 10:1-2](#)

Wednesday, June 14

[Psalm 40:18-23](#)

Thursday, June 15

[Exodus 4:18-23](#)

Friday, June 16

[Exodus 4:27-31-31](#)

Saturday, June 17

[Mark 7: 1-13](#)

Sunday, June 18

[Matthew 9:35-10:8](#)

Monday, June 19

[Psalm 105:1-11, 37-45](#)

Tuesday, June 20

[2 Thessalonians 2:13-03:5](#)

Wednesday, June 21

[Proverbs 4:10-27](#)

Thursday, June 22

[Psalm 69:7-18](#)

Friday, June 23

[Jeremiah 18:18-23](#)

Saturday, June 24

[Luke 1:57-67](#)

Sunday, June 25

[Matthew 10:24-39](#)

Monday, June 26

[Psalm 6](#)

Tuesday, June 27

[Revelation 2:8-11](#)

Wednesday, June 28

[Matthew 10:5-23](#)

Thursday, June 29

[John 21:15-19](#)

Friday, June 30

[Galatians:5:7-12](#)