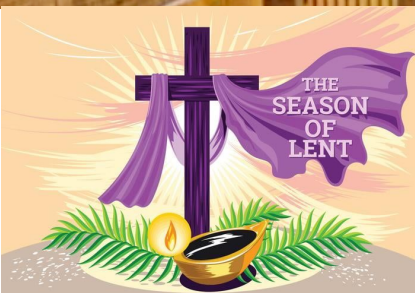
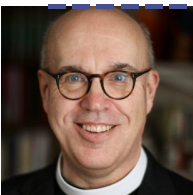


Richfield Lutheran Newsletter

MARCH 2023



Lent Worship Services
Wednesdays at 1:00pm
Join us!



By Pastor Brian Mundt
bmundt@richfield-lutheran.org



Ruminations from the Pastoral Pasture

This Lent: Praying with Scripture. You'd think prayer comes naturally. After all, prayer is like talking with an intimate friend. Yet few of us are happy with our prayer life. Even the disciples asked for help in how to pray: "Lord, teach us to pray" (Luke 11:1)!

Prayer comes in four types:

1. Talking at God: ready-made prayers
2. Talking to God: extemporaneous prayers
3. Listening to God: meditative prayer
4. Being with God: contemplative prayer

Ready-made prayers are ideal for public worship, as they allow us to pray together. And they are helpful for private time with God too. Yet we hunger for "something more, something deeper." Over the years, I've found mnemonics, such as "TRIP" (thanks, regret, intercession, and purpose), a helpful approach for confirmation students and mentors alike.

There are two "prayer tools" that are, in my humble experience, THE "go to" prayer tools in my spiritual "toolbox." Over the years, we've taught these to confirmands and adults—and they've opened their eyes to seeing God where they'd not been aware before. This year, for our midweek Lenten worship, we'll experience **praying with Scripture**. A simple, four-movement approach:

- | | |
|------------|------------|
| 1. Read | 3. Respond |
| 2. Reflect | 4. Rest |

Join us for midweek Lenten worship on the five Wednesdays in March, at 1:00 p.m., in the chapel.

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:

Worship

- Sun, March 5, 9:30
Worship w/communion
- Sun, March 12 Worship
Daylights Savings Time Begins!
- Sun, March 19, 9:30
Worship w/communion
- Sun, March 26, 9:30
Worship



LENTEN SERVICES

MIDWEEK LENTEN WORSHIP WEDNESDAYS @ 1:00PM

MARCH 1ST - MARCH 29TH
PALM SUNDAY - 9:30AM

APRIL 2
MAUNDY THURS -1:00PM
APRIL 6

GOOD FRIDAY - 1:00PM
APRIL 7

EASTER WORSHIP - 9:30AM
APRIL 9



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Stewards of Talents. God has given each of us unique gifts and talents. One of the primary places that God has called us to use these gifts and talents is through our vocations. Our vocations may take the form of a job, but they also include our callings as mothers, fathers, sisters, friends, citizens, and so much more. These vocations or callings are the places from which we love God and our neighbors. How is God calling us, as individuals and as a congregation, to steward our gifts and talents through our vocations? Read Ephesians 4:1-6 and 1 Corinthians 12.



Bible Study with Pastor Brian will resume after Easter.



From the Council President

By Susan Anderson

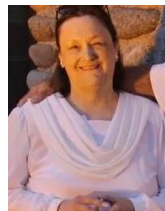
Thanks to all who attended in RLC's Annual meeting following the service last Sunday, Feb. 26th. We more than doubled the required quorum of fourteen!

After a brief time to enjoy a slice of pie and conversation, the meeting was called to order at 10:30. Building on his sermon, Pastor Brian's devotions reminded us of the temptation to look for a quick fix rather than seeking God's guidance as we navigate the post pandemic church. During the reports section, Pastor Brian reviewed RLC highlights from 2022, Lisa Borneman sang a review of Faith Practices and Neighboring Practices activities and Lee Bachman spoke to his Endowment Committee Report.

Motions passed:

- Approval of the February 6, 2022 Annual Meeting Minutes
- Approval of the current council members for another year including Shirley Evenstad, Patty Jodell, Cathy Salin and Susan Anderson. (additional members would be welcome if you feel a nudge from the Holy Spirit)
- Approval of the 2023 budget presented by Cathy Salin
- Approval of the updated constitution presented by Pastor Brian

The meeting adjourned at 11:30 with the Lord's Prayer.



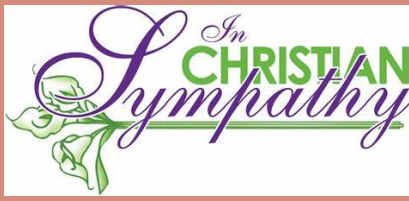
From the Parish Nurse

By Robbi Moore



Today I am going to try and tackle a very confusing piece of information for patients **The PA's**. Prior Auth versus Patient Assistance Programs can be very frustrating and confusing.

Prior authorizations come up when you call for a refill of a drug and your insurance tells the pharmacy that the doctor's office must submit paperwork for you to continue on that drug. It usually comes up at the beginning of a new year or mid year as these are the times insurance companies negotiate pricing on meds and determine if they will offer to patients that next time period (they call it putting it on their formulary). The doctors office get notified and papers are filed and then it can take up to 2 weeks for a determination all the while patients are waiting for the medicine . Patient's will get a letter from the insurance company that this is approved or denied .



We extend our Christian sympathies to the family and friends of Lois Sorenson.

Lois passed away on February 22nd.

Blessed be her memory



March Birthdays

3/1 Judy Dykes
3/5 Sharon Lundgren
3/13 Helga Wittig
3/18 Patricia Schwamm
3/21 Paul Johnson
3/23 Patty Jodell



Place your order for an Easter Lily beginning Sunday, March 12th. Price will be \$9.00.



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Patient Assistance programs are offered by drug manufacturers as a concession to the US government when the government went after them for price gouging. The Companies have programs the patient can apply for that have certain qualification rules like income and necessity for the med (in other words a drug they do offer cheaper has been tried and did not work etc .)

These programs can save patients hundreds of dollars . One example I can give you from my work : we prescribe a very good but also pretty new inhaler (newer equals more expensive) . It retails for \$1080 .00 a month. With patient assistance I have patients getting that drug for \$49.00 a month up to \$ 135.00 a month . when you are on a fixed income that is significant . The approval process for these plans can take 6 weeks up to 2 months so require preplanning and they have to be renewed each year. The doctor's office has to supply a new prescription for the application. Applications are available online or from your doctor's office .

One big concern in healthcare is that so few patient's know about these programs and they cut their meds in half or skip taking them some days to stretch out the refills . **DO NOT DO THIS.** A medication has to be taken the way the doctor instructs or it does not do the job it is meant to do. Patients tell me often they have stopped taking their meds and will try to " get by " without it due to cost . Please seek out these or other alternatives. There are programs that help pay for meds and your doctor's office can help you sort through the good ones and the hoax ones on the internet.

We are always on a good health course when we are informed and I try to keep you in the know!

**In HIS Service,
Your Parish Nurse , Robbi**



RLC Says Thank You to Meggy Wagner

On Sunday, February 19th RLC bade an official thank you and goodbye to Director of Business Administration Meggy Wagner for almost four years of service to the RLC community. The service included a "Sending" ritual for Meggy and was followed by a reception. Meggy's contribution to RLC was multifold including, but not limited to, cleaning up "stuff" left behind by her immediate predecessor, setting us up with more user-friendly accounting software, providing clear financial information, cleaning up the muddiness with CELC childcare program finances and helping us to appreciate and be proud of CELC as a significant community outreach. Then she provided us with a dream of expanding that program while making improvements to our church building. We gratefully accepted Meggy's offer to help us through at least part of the construction project on a volunteer basis.

Thank you Meggy for all you have done and God's blessings to you in your position at St. Andrew's Lutheran Church in Eden Prairie.

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.



Happy St. Patrick's Day
March 17th



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Thank You



Thank you again for the wonderful send-off on Sunday, February 26th, all your kind words and blessings, the generous gift certificate to the Guthrie (GREAT idea!!), the beautiful flowers and yummy cupcakes, and the wonderful fellowship! I felt very uplifted and appreciated, thank you so very much!

I know that God has a plan for Richfield Lutheran, and I'm glad I can still contribute a little bit to that!

Meggy Wagner



Daily Bible Readings for thJanuary:

Wednesday, March 1

[Matthew 18:10-14](#)

Thursday, March 2

[Genesis 12:1-4](#)

Friday, March 3

[Psalm 121](#)

Saturday, March 4

[Romans 4:1-5, 13-17](#)

Sunday, March 5

[John 3:1-17](#)

Monday, March 6

[Numbers 21:4-9](#)

Tuesday, March 7

[Isaiah 65:17-25](#)

Wednesday, March 8

[John 7:53-8:11](#)

Thursday, March 9

[Exodus 17:1-7](#)

Friday, March 10

[Psalm 95](#)

Saturday, March 11

[Romans 5:1-11](#)

Sunday, March 12

[John 4:5-42](#)

Monday, March 13

[Genesis 24:1-27](#)

Tuesday, March 14

[Psalm 81](#)

Wednesday, March 15

[John 7:14-31, 37-39](#)

Thursday, March 16

[1 Samuel 16:1-13](#)

Friday, March 17

[Psalm 23](#)

Saturday March 18

[Ephesians 5:8-14](#)

Sunday, March 19

[John 9:1-41](#)

Monday, March 20

[Matthew 1:16, 18-21, 24](#)

Tuesday, March 21

[Isaiah 42:14-21](#)

Wednesday, March 22

[Matthew 9:27-34](#)

Thursday, March 23

[Ezekiel 37:1-14](#)

Friday, March 24

[Romans 8:6-11](#)

Saturday, March 25

[Luke 1:26-38](#)

Sunday, March 26

[John 11:1-45](#)

Monday, March 27

[Psalm 143](#)

Tuesday, March 28

[Ephesians 2:1-10](#)

Wednesday, March 29

[Matthew 22:23-33](#)

Thursday, March 30

[Isaiah 50:4-9](#)

Friday, March 31

[Psalm 31:9-16](#)

SINGING WITH THE LUTHERANS

by Garrison Keillor

I have made fun of Lutherans for years - who wouldn't, if you lived in Minnesota? But I have also sung with Lutherans, and that is one of the main joys of life, along with hot baths and fresh sweet corn. We make fun of Lutherans for their blandness, their excessive calm, their fear of giving offense, their lack of speed and also for their secret fondness for macaroni and cheese. But nobody sings like they do.



If you ask an audience in New York City, a relatively Lutheranless place, to sing along on the chorus of 'Michael Row the Boat Ashore', they will look daggers at you as if you had asked them to strip to their underwear. But if you do this among Lutherans they'll smile and row that boat ashore and up on the beach! And down the road!

Lutherans are bred from childhood to sing in four-part harmony. It's a talent that comes from sitting on the lap of someone singing alto or tenor or bass and hearing the harmonic intervals by putting your little head against that person's rib cage. It's natural for Lutherans to sing in harmony. We're too modest to be soloists, too worldly to sing in unison. When you're singing in the key of C and you slide into the A7th and D7th chords, all two hundred of you, it's an emotionally fulfilling moment.

I once sang the bass line of Children of the Heavenly Father in a room with about three thousand Lutherans in it; and when we finished, we all had tears in our eyes, partly from the promise that God will not forsake us, partly from the proximity of all those lovely voices. By our joining in harmony, we somehow promise that we will not forsake each other.

I do believe this: These Lutherans are the sort of people you could call up when you're in deep distress. If you're dying, they'll comfort you. If you're lonely, they'll talk to you. And if you're hungry, they'll give you tuna salad!

The following list was compiled by a 20th century Lutheran who, observing other Lutherans, wrote down exactly what he saw or heard:

1. Lutherans believe in prayer, but would practically die if asked to pray out loud.
2. Lutherans like to sing, except when confronted with a new hymn or a hymn with more than four stanzas.
3. Lutherans believe their pastors will visit them in the hospital, even if they don't notify them that they are there.
4. Lutherans usually follow the official liturgy and will feel it is their way of suffering for their sins.
5. Lutherans believe in miracles and even expect miracles, especially during their stewardship visitation programs or when passing the plate.
6. Lutherans feel that applauding for their children's choirs would make the kids too proud and conceited.
7. Lutherans think that the Bible forbids them from crossing the aisle while passing the peace.
8. Lutherans drink coffee as if it were the Third Sacrament.
9. Some Lutherans still believe that an ELCA bride and an LC-MS groom make for a mixed marriage. (For those of you who are not Lutherans, ELCA is Evangelical Lutheran Church in America and LC-MS is Lutheran Church-Missouri Synod, two different divisions of the same Protestant religion. And when and where I grew up in Minnesota, intermarriage between the two was about as popular as Lutherans and Catholics marrying.)
10. Lutherans feel guilty for not staying to clean up after their own wedding reception in the Fellowship Hall.
11. Lutherans are willing to pay up to one dollar for a meal at church.
12. Lutherans think that Garrison Keillor stories are totally factual.
13. Lutherans still serve Jell-O in the proper liturgical color of the season and think that peas in a tuna noodle casserole add a little too much color.
14. Lutherans believe that it is OK to poke fun at themselves and never take themselves too seriously.

And finally, you know you're a Lutheran when:

*It's 100 degrees, with 90% humidity, and you still have coffee after the service;

*You hear something really funny during the sermon and smile as loudly as you can;

*Donuts are a line item in the church budget, just like coffee;

*The communion cabinet is open to all, but the coffee cabinet is locked up tight;

*When you watch a 'Star Wars' movie and they say, 'May the Force be with you', you respond, 'and also with you';

*And lastly, it takes 15 minutes to say, 'Good bye'.

Thank you to Robert (Bob) Olson for submitting this entertaining article.



HOME TOUCH Activity Page

Daily Bible Readings

Sunday: Leviticus 20-23

Monday: Leviticus 24-27

Tuesday: Mark 1-3

Wednesday: Mark 4-6

Thursday: Mark 7-10

Friday: Mark 11-13

Saturday: Psalms 25-28



March 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

A rookie zookeeper one day is preparing to place new signs on all the animal exhibits, but he trips over something and spills all the letters on the ground. Now he has to unscramble the letters so that he correctly identifies the animals in the zoo. Can you help him?

NLOI _____
RLUTTE _____
KAESNS _____
LOW _____
EHCTEHA _____
GREIT _____
KOMEYN _____
RABE _____
EESTPNALH _____
PDALEOR _____
RROTPA _____
LKAAO _____

RAFEGIF _____
GPEUNINS _____
LAORP ERAB _____
CURPOENIP _____
HISF _____
BIGBON _____
RREENID _____
BZREA _____
KSSRAH _____
SINCTSE _____
GORSF _____
LMAEC _____

SOLUTION: Left column – lion, turtle, snakes, owl, cheetah, tiger, monkey, bear, elephants, leopard, parrot, koala; Right column – giraffe, penguins, polar bear, porcupine, fish, gibbon, reindeer, zebra, sharks, insects, frogs, camel.