

Heartline

Keeping in touch with the heart of the Richfield United Methodist Church faith community.

2020 Summer Edition



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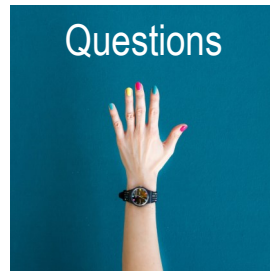
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SUMMER 2020 RICHFIELDUMC.ORG

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TE NOTE



Greetings to you in the name of Jesus the Christ who is at the heart of all things! Even though many aspects of society are at a standstill during the Covid-19 pandemic, we continue to be a church on the move. We are rallying together to give one another prayer and care. We are gathering in the Holy Spirit to partner with Jesus and praise our living God in worship. And we are approaching this situation with cool heads, warm hearts, and a strong faith in Jesus.

This special summer issue of *The Heartline* is intended as a catch-all printed publication to last at least through September 6, 2020. You will find a mix of traditional events and articles, new ministries you want to know about, and spiritual practices you can try all summer long. That said, because we still do not know the big picture of how this pandemic will continue to impact our world, the reality is that **everything in this issue is subject to change**. For example, two months ago, I wrote in the special spring issue of *The Heartline* that we are still planning on our summer activities, camps, and trips, but we don't know for sure. Now we know those activities are either canceled or being held online. Things continue to change rapidly around us, and we will do our best to keep up. One thing that will not change is that **your safety is our most important concern**. That will drive our decisions as church during these times.

As our elected leaders and I discern our next steps as a church, I want to continue offering you resources so you can see what we see. The two most-recent resources we reviewed before we made the decision to extend our suspension of in-person worship include the following:

1. The Minnesota Annual Conference suggests churches ask themselves the following questions when creating a plan to reopen. It gives a broader perspective of the items to be addressed to return to in-person worship and ministries on campus: <https://www.minnesotaumc.org/newsdetail/returning-to-in-person-worship-13651907>
2. On May 5, Bishop Ann Svennungsen of the Minneapolis Synod of the ELCA hosted an online conversation with Dr. Michael Osterholm, the Director of the Center for Infectious Disease Research and Policy (CIDRAP) and Regents Professor, McKnight Presidential Endowed Chair in Public Health at the University of Minnesota. Dr. Osterholm offered stark and honest thoughts based on data and experience for what the foreseeable future may look like for churches to reopen for in-person worship and ministries on campus. I encourage you to watch this 38-minute video in its entirety. Please note, you do NOT need a Facebook account to watch this public video on a public Facebook page: <https://www.facebook.com/plssynod/videos/619998971928161/>

During challenging times, I have given a lot of thought to how people are taking this in spiritually and emotionally. **This is a time of great spiritual curiosity**. All over the world, people who have not darkened the doors of a church, mosque, or synagogue are tuning in to worship online for the first time in their lives! The Covid-19 pandemic has awakened big questions about life and the divine and this is the perfect time to share your church with your friends. Let the world know that Richfield United Methodist Church – *your church* – is a beacon of hope and wonder, of asking powerful questions and trying on meaningful ways of living. Comparing Sunday morning video view counts to our average worship attendance in-person we have a startling fact to share with you: **worship attendance is up 50% since we went online-only!** That means *somebody* new is watching. While I'm grateful, we can't leave that to chance, friends. This is your opportunity to share something good. It's never been easier to tell someone about your church. **Even when the building is closed, YOU can help your church to grow!**

Staying Connected with Communication – What YOU should know and do:

The suspension of in-person worship and ministries has been extended through September 6. As we embark on a summer where we are not physically together, it is more important than ever that we all do the work it takes to stay connected. It's made even more crucial as **campus is closed until further notice** and that impacts how our members, staff, and new faces can communicate. Let us walk this 2-way street of communication together. You are helping to make this happen already! Our website views went from 700 visits in February to nearly 3,000 in March and over 3,000 in April. We have gained over 165 new subscribers to our YouTube channel since we started livestreaming worship on March 15. And our "open rate" for our Constant Contact email list has grown another 4% to now be 22% above the industry average. This growth is amazing. **Friends, you are meeting and exceeding my expectations of doing your part to stay connected to your church, thank you!**

If you use the Internet and are "online," please do the following:

1. Please **"Subscribe"** to our Constant Contact email list. Simply signup online at <https://richfieldumc.org/email>.
2. Please **"Like"** our Facebook page. Of all the social media platforms, this is the one we use the most. <https://richfieldumc.org/socialmedia>
3. Please **"Subscribe"** to our YouTube channel. This is where we broadcast worship online live and post other videos. <http://youtube.com/richfieldumc>.
Note: anyone can watch anything on our YouTube channel without a YouTube account, but only account holders can "Subscribe" and get "Notifications."
4. Please **"bookmark"** our website. <https://richfieldumc.org>.

If you don't use the Internet and are not "online," it's okay! Please try some of these:

1. **Let us know**. We are pretty sure we know who is online and who isn't, but we don't want anyone left out, if we can help it. If you aren't

online, please call the church.

2. **Use your touchtone phone to worship.** We have new technology to let you listen to worship live on your phone without needed access to the internet. Read “NEW: WORSHIP BY TOUCHTONE PHONE” on page 4 to learn the details.
3. **Consider getting yourself online.** Find a helpful friend who can help you get online with confidence. This may be a wonderful opportunity to bond with a loving grandchild who knows technology well and has the spiritual gift of “interpreting [technology] tongues” to teach you the language of the Internet (1 Corinthians 12:10).
4. **Explore your options.** Some services we’ll be using, such as Zoom for some small groups and/or Bible Studies, do not require a computer at all, just a phone number. There’s always the phone and writing letters, too!
5. **If you’re in a community living center,** speak with staff about how you can partner with them to get online. For example, maybe it’s possible for the center to livestream worship for you and other residents in a shared lobby space on Sundays. Perhaps they have computers to check out for you to do this with some guidance. It never hurts to ask!
6. **Ask a friend to keep you informed.** Even if you aren’t online, you likely have a friend in the church who is and would be glad to call you whenever there’s a major update. Please use your directory to set up this relationship with someone in the church you trust.

Friends, you have taken my tips to heart and I love it. For example, some of you are looking at how you can get online with new cell phone plans. Others are connecting with church members who are online, so they get the latest information at the same time. My favorite example, however, is that you have been following #1. Let us know. Now that we know how many people are not online, we know there is a demand for us to pursue a “call in” option to experience worship on your touchtone phone. You told us yes, we listened. I am pleased to report that starting this summer **we have a new toll-free number for you to call to listen to worship through your touchtone phone!** Please read the section “NEW: WORSHIP BY TOUCHTONE PHONE” on page 4 for all the details. If you can’t turn the page, just call it: 1-888-650-5835.

I conclude with a triad of sentences that I begin every worship service with: “God is real. God loves you. God wants a relationship with you.” Friends, I believe that with all my heart. May you go into this world with the God who creates something new in you every day; Jesus the Christ who is at the heart of reconciliation; and the Holy Spirit who gives you strength and comfort all of your days. Stay strong, stay safe, stay faithful. **I am proud to be your pastor!**

In Christ,

Rev. Nate Melcher

Senior Pastor | nmelcher@richfieldumc.org
612.861.6086 Office | 612.399.6272 Mobile

STAYING SAFE ONLINE

June 2, 2020

Dear Richfield UMC,

It’s been my joy to witness many of you embracing technology and the internet to stay connected in these times of physical distancing. I want to help you stay safe as you experience the online world, especially if some of this is new to you. Therefore, I have a scam warning, a harassment warning, and resources for getting familiar and comfortable with technology.

Scam Warning: It’s come to my attention some people have received fake messages from a bogus email account purportedly from me. These emails can look authentic, using our church’s graphics or information, and often ask for immediate assistance or a reply from you. This is known as a “phishing scam.” Sadly, someone creates an email address that *looks* real, then goes “phishing” for good people like you to take the bait and scam you out of money – all because you want to help! However, that email address does *not* belong to Rev. Nate Melcher or the church. Richfield UMC clergy or staff will *never* solicit money, gift cards, or other “assistance” with this kind of email. Staff email will *always* come from richfieldumc.org. We are working with our computer IT vendor to address this. **WHAT TO DO:** If you receive a similar email in the future, please do not reply in any way. Send me a copy of the email, block the sender, and delete the original email, thank you.

Harassment Warning: Unfortunately, I’ve recently received “cyber bullying” in my work email. If you receive messages about me from cyber bullies, please disregard them. As we build our online presence and reach new people, sadly it becomes more possible someone unrelated to our church could try to harass us online. Please do not give them the provocation they are looking for. **WHAT TO DO:** Never give out any information about members or staff to someone you don’t know. If you see or receive inflammatory remarks or inappropriate comments about our church, members, or staff through our online platforms like Facebook or YouTube, please do not engage the harasser. Please report it to me or a staff person immediately, thank you.

In these times of heightened tensions, I want to assure you neither of these matters are related to each other, nor to my recent ministry work in the community or for our church.

Technology Competency: I am always seeking resources for our church members who are overwhelmed by technology. If you feel this way, try <https://digitalliteracyassessment.org/> where you can take free essential skills assessments about computers, the internet, email, social media, etc. If you don’t know where to start to buy computer equipment, try this article: <https://cnet.com/how-to/heres-the-best-computer-for-seniors-and-elderly-parents/>. Finally, if you are helping someone to get online for the first time, these tips can help make that experience go smoothly: <https://techxplore.com/news/2020-03-relatives-online-covid-.html>.

Let’s help each other stay safe online so we can keep connecting as a church family!

-Rev. Nate Melcher

IN PERSON WORSHIP SUSPENDED THROUGH SEPTEMBER 6

May 17, 2020

Dear Richfield UMC,

I pray this letter finds you in good health and good spirits. As our great state of Minnesota transitions from a "Stay at Home" order to a "Stay Safe" order this week, your elected leaders and I have been prayerfully weighing our options for our next steps as a church. I have said many times that there is what we are permitted to do, there is what we are prepared to do, and we journey into a reality where these two realms have conflux. I write to you now with news of our next steps as a church.

As I announced in worship on Sunday, we are extending our suspension of in-person worship and all in-person gatherings through at least Sunday, September 6. This decision was made with input from your elected leaders of the Ad Board, the ad hoc Executive Team, and our District Superintendent, Rev. Dan Johnson. Your safety is our most important concern and this decision is in alignment with this value.

We are stepping boldly into the summer with immediate actions:

- We have formed a **Reopening Response Taskforce** to take in the best guidance available and develop a plan of action that meets our church's missional goals. Taskforce members include chair Nick Dewey, Gail Johnson, Wayne Johnson, Jerry Schilling, and Steve Restemayer.
- We are upgrading our current technology for online worship and implementing new technology so people who aren't online can worship by touchtone phone.
- We are hard at work creating a quality summer season of ministry so we can continue to grow in love of God and neighbor, reach new people, and heal a broken world.
- We are developing a summer edition of *The Heartline* newsletter to arrive in your mailbox in early June. This issue will feature a special focus on spiritual practices.

Friends, you are a good church. You're smart, you're brave, and you're faithful. I am consistently amazed by your stamina. I am so proud of the love and care you show one another. I am inspired by the emotional and spiritual vulnerability you offer one another. All of it matters. I am reminded of a line in our Breakthrough Prayer: "Unite us in your vision, equip us for your work." United, we will keep learning how God reveals a divine vision for our future. And united, we are equipped for Spirit-filled work, sharing the love of Jesus. We aren't together in the church building this season, and the church is *always* together in the heart of God! **I am proud to be your pastor!**

In Christ,

Rev. Nate Melcher

Senior Pastor | nmelcher@richfieldumc.org
612.861.6086 Office | 612.399.6272 Mobile

WORSHIP IS ONLINE THIS SUMMER

Worship with your church online all summer long at 9:30am on Sundays. We appreciate your stamina, openness, and grace in this season. At the time of this writing, we are working hard to upgrade our technology so we can deliver meaningful worship experiences with high-quality methods.



Worship on our YouTube channel, <http://youtube.com/richfieldumc>. This is where we broadcast worship online live and post other videos. Anyone can watch anything on our YouTube channel without a YouTube account, but only people with a free YouTube account can "Subscribe" and get "Notifications" when we go live. Google owns YouTube, so if you already have a Google/Gmail account, you're all set. Go to our YouTube channel, tap/click "Subscribe," then tap/click the bell-shaped icon to receive "Notifications" whenever we go live or post a new video.

Worship will likely be in additional online places soon! At the time of this writing, we are exploring additional options beyond YouTube to make online worship simpler, more accessible, and more interactive. As options become available, we will let you know in worship and by email. **Get the latest news about online worship on our website, <https://richfieldumc.org/live>.**

NEW: WORSHIP BY TOUCHTONE PHONE!

We want *everyone* to be able to experience worship, even in these times when we cannot gather in-person. If you don't use the internet and are not "online," now you can worship by touchtone phone – no computer or "smart phone" needed! Here's how it works:

1. Call our new toll-free Worship Hotline:
2. 1-888-650-5835.
3. Listen to a recording of Pastor Nate inviting you to "Press 1" to receive an automated phone call when worship begins on Sunday morning. You can also wait on the line to hear the most recent worship service, or you can call when worship begins.
4. On Sunday morning, when the tech crew sends worship to the internet, you will receive an automated call. A recording of Pastor Nate will invite you to wait on the line while you are connected to worship. Enjoy worship! When it's over, the call will automatically hang up.



We are excited to be one of the first churches to use this new technology from PhoneLive Streaming! They are working hard to keep improving the audio quality (voices are clearer than music) and adding new features along the way. Please be sure to share about your experience with Pastor Nate so we can make this technology even better. Thank you for your patience and grace as we try something new. We are proud to offer this new service to you!

WORSHIP THIS SUMMER FEATURES...

- A Time with Children to ensure all ages are welcome when we worship together.
- Great music led by our paid staff Paige Armstrong, Nancy Dierauer, and Victor Zupanc.
- Meaningful liturgy featuring participatory prayer and lighting our conflux candles.
- The Groth Scholarship recipients sharing their musical gifts (pending technology allows).

INVITE A FRIEND TO WORSHIP WITH YOU!

You may have a friend with "So Many Questions," too. Or maybe you know someone who loves movies, read about these new sermon series on page 6. Please invite someone to experience worship with you this summer. People discover churches and worship services in many ways yet please remember *nothing* will ever beat *your* personal invitation!

CALL TO ACTION: SEND IN YOUR WORSHIP CONTENT!

From time to time this summer, we may ask you to send in something to share with your church during worship. Perhaps we need photos or brief videos. Maybe we'll ask for writing or art. We don't know what the future holds for this quite yet but stay tuned and be ready to participate!

CALL TO ACTION: WORSHIP TECH SUPPORT

We have amazing unpaid servants who run our sound, lights, slides, and video livestream to make worship happen. People like Bill Johnson, Gavin Locke, Greg Locke, Becca Whitaker, TY Moore, Dale Olson have been a stalwart presence in our tech booth for years. **We need more people to step up IMMEDIATELY.** In these times of pandemic, it's imperative we have at least two or more people who are skilled, trained, and passionate about each tech position. We do *not* want to go even one Sunday without the tech team we need so we can continue delivering quality worship experiences to our church and neighborhood.

To serve, contact Rev. Nate Melcher:
nmelcher@richfieldumc.org or 612.399.6272.

DRIVE-THRU JOY: PRAYER AND SUMMER SUPPLIES

June 21 at 10:45am-12:00pm

(subject to change, as safety permits)

Richfield UMC, 5835 Lyndale Avenue South

Pastor Nate will be on campus after worship at the main entrance to pray with you and hand out worship items such as hymnals, bibles, Breakthrough Prayer cards, membership directories, vintage brochures about the stained glass windows in the Sanctuary, and individual single-serve communion cups (with a wafer and juice). He'll also have bags of microwave popcorn for you to enjoy during Doc-O-Rama (p. 7) or as you settle in to watch the movies for the "Summer at the Movies" worship series (p. 6). This event is subject to change and as safety permits. To keep this a safe event, all participants are expected to do the following:

- Please enter from the east driveway entrance on Garfield Ave.
- To respect privacy of those in prayer, please keep your windows rolled up until it's your turn.
- **Your safety is our most important concern. Campus is closed, including during this event. Please remain in your vehicle, wear a mask, and practice safe physical distancing.**

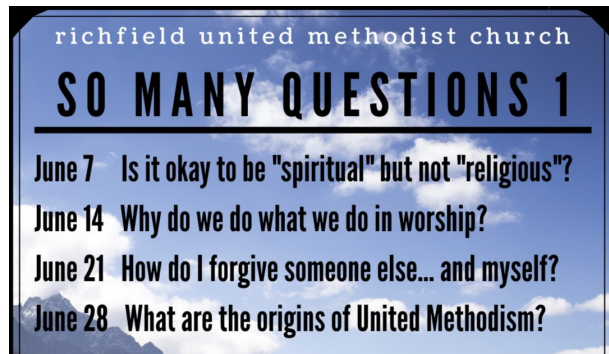
CELEBRATING HOLY COMMUNION

We traditionally receive Holy Communion on the first Sunday of the month. The next four first Sundays of the month, June 7, July 5, August 2, and September 6, are during our suspension of in-person worship. **We plan to have a time of Holy Communion in the 9:30am online worship service on these dates and you are encouraged to participate.**

Bishop Bruce R. Ough has granted special dispensation to clergy appointed in the Minnesota Annual Conference to oversee the sacrament of Holy Communion through online communication. Officially, our denomination has a "moratorium" on the practice of "online communion." However, there is special allowance for a small select set of circumstances for people to be allowed to receive the sacrament this way because they are "unwillingly absent" from the gathered body (for example, armed service people overseas). In these unprecedented times when entire churches are "unwillingly absent," we are grateful we can "gather" and remember the body and blood of Jesus together. If you have any questions or concerns, please contact Pastor Nate. Here's how to participate:

1. You may gather your own elements and Pastor Nate will consecrate them in worship. In these times when not every person can find every grocery item in stock please remember: it does not have to be fancy, artisan bread nor the purest grape juice around. The elements you bring to the table may be simple. What you bring to the table is enough.
2. You may pick up an individual single-serve communion cup during the "Drive-Thru Joy" event on June 21 described above (subject to change; as safety permits). Peel back the first layer to reveal a wafer. Peel back the second layer to reveal juice.

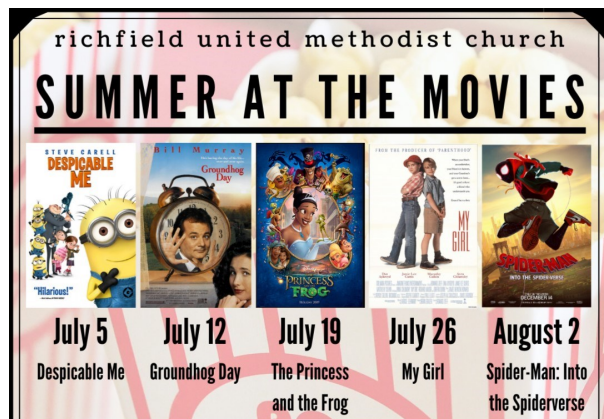
SUMMER WORSHIP SERIES 2020



SUMMER WORSHIP SERIES #1 "SO MANY QUESTIONS, PART 1"

This spring, we called for your questions about God, faith, church, the Bible, and life, and wow, did you respond! You submitted around 40 questions and we've boiled them down to a handful of topics that will get a deep dive all summer long. Our first four Sundays will explore the following:

- June 7 Is it okay to be "spiritual" but not "religious"?
- June 14 Why do we do what we do in worship?
- June 21 How do I forgive someone else... and myself?
- June 28 What are the origins of United Methodism?



SUMMER WORSHIP SERIES #2 "SUMMER AT THE MOVIES" (WITH BONUS PIZZA GIVEAWAY!)

This summer, we're taking the movies we show during the Summer Movie Nights (see p. 8) to Sunday worship! First, watch the movie. Then, worship online on the Sunday when the preacher explores the movie in their sermon. This has been the plan for a long time, but the pandemic changed things slightly. We are unable to host our annual Summer Movie Night tradition in-person this year. This has been an amazing way to connect with our neighbors and we don't want to stop now. Let's watch great movies together and experience fun and unique sermons in worship!

What are the movies? Each movie has a powerful question at its heart for us to explore:

- July 5 *Despicable Me*-What is my calling?

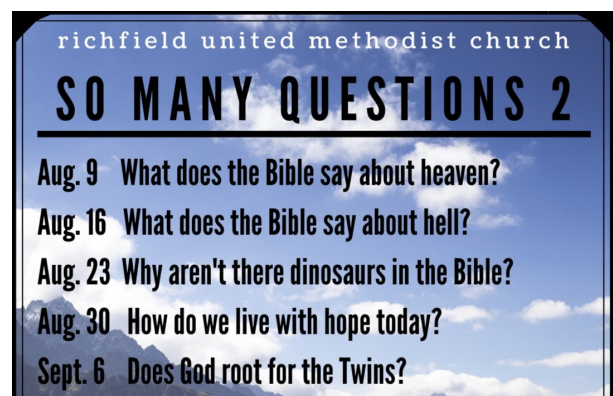
- July 12 *Groundhog Day*-How do I live my best life?
- July 19 *The Princess and the Frog*-What brings us together?
- July 26 *My Girl* - How do we move on?
- August 2 *Spider-Man: Into the Spideverse*-What is my responsibility?

How to watch the movies: You can buy or rent the movies on DVD, Blu-ray, or online streaming services. These movies are also available at netflix.com. Netflix is an online movie streaming service that has thousands of movies and shows to watch for a monthly fee. New Netflix subscribers can get a free 30-day trial – just perfect for this series!

How to learn about the movies: You can read about movie ratings at imdb.com. Type the name of the movie in the search bar. Go to the movie's profile and tap or click "Parent's Guide."

How to get free popcorn: Come to Drive-Thru Joy on June 21 from 10:45am-12:00pm and get some packets of microwave popcorn!

How to win free pizza: Plus, we loved providing a pizza dinner for our neighbors and we're keeping that tradition alive, too. **Everyone who is on our official email list by July 1 has a chance to win free pizza!** One lucky family will be drawn each week in July to receive a gift card for a free pizza night! Sign-up today: <https://richfieldumc.org/email>.



SUMMER WORSHIP SERIES #3 "SO MANY QUESTIONS, PART 2"

We close out the summer by responding to a few more of your questions. If you have wondered about these topics, be sure to mark your calendar and experience worship. On September 6, some of the retired clergy in our midst will offer their thoughts on a handful of your questions, too.

- August 9 What does the Bible say about heaven?
- August 16 What does the Bible say about hell?
- August 23 Why aren't there dinosaurs in the Bible?
- August 30 How do we live with hope today?
- September 6 Does God root for the Twins?

SUMMER-O-RAMA

We have three types of amazing online community events this summer. Each event will use Zoom, an online platform for people to connect by video and/or audio and be together. If you have never used Zoom before or want to get better at it, please watch this video first to learn how to use it: <https://www.youtube.com/watch?v=9isp3qPeQ0E>.

To participate online, go to <http://zoom.us> and tap "Join a Meeting." To participate by phone only, call 1-312-626-6799. Next, enter the Meeting ID (see event). Finally, enter the password "5835." **Please keep the Meeting ID and password secure, thank you.** Unfortunately, there have been reports from other organizations where pranksters get Zoom Meeting IDs and passwords and crash the party, or "Zoom Bomb" it with inappropriate content. If this happens to us, we will do everything we can to kick those pranksters off immediately. The best way to keep it from happening is for *you* to please keep our Meeting IDs and password secure, thank you!

GAME-O-RAMA

First Sundays at 7:00pm

Join your friends for a fun game night together! Play old favorites with a new twist! These games are meant to be all ages and encourage lots of laughter and connection. Hope to see you there.

June 7 - Bingo! Hop on the video call, create a couple bingo cards with pencil and paper, and enjoy this beloved classic game together. (Meeting ID: 828-7256-0883)

July 5 - Movie Trivia! Hop on the video call, phone a friend to make a team, and go head to head with other teams for a few rounds of movie trivia. (Meeting ID: 829-1621-4043)

August 2 - Scavenger Hunt! Hop on the video call, get a list of items to hunt, and bring back as many as you can to the video call before time runs out. (Meeting ID: 886-7086-3487)

CAFÉ-O-RAMA

Second Sundays at 10:45am

After worship, hop on the video call for a relaxed, inviting opportunity to spend time with new and old friends after months apart! It's like Coffee in the Commons... except you bring your own coffee!

June 14 - Café-O-Rama at 10:45am (Meeting ID: 874-4769-5004)

July 12 - Church Conference (described on p. 3) and **Café-O-Rama** at 10:45am (Meeting ID: 868-2193-2196)

August 9 - Café-O-Rama at 10:45am (Meeting ID: 893-4482-8014)



DOC-O-RAMA

Third Sundays at 7:00pm

Watch and discuss a documentary film that explores big questions about faith and life. Be sure to grab some popcorn at Drive-Thru Joy on June 21, see page 5 for details.

June 21 - *The Line* A powerful documentary from *Sojourners*, the film follows the stories of hardworking people trying to stay above the poverty line. (Meeting ID: 813-5688-2917)

July 19 - *A Time for Burning* This Oscar-nominated documentary follows a church's struggle to overcome its internal racial tensions in 1966 Omaha, Nebraska. (Meeting ID: 844-0861-3455)

August 16 - *Hellbound?* Wow, filmmaker Kevin Miller joins our discussion of his documentary about the wide variety of viewpoints about the existence of hell. (Meeting ID: 869-2018-1239)



"CAMP MEETINGS" VARIETY SHOW

Wednesdays at 8:30pm, live on Facebook and YouTube

Come together with Rev. Nate Melcher for a weekly variety show featuring music, comedy, prayer, special guests, and connection. "Camp Meetings" gets its name from the camp meetings of the 1800s that connected isolated people throughout the nation to build faith and community. We can use some camp meetings now! Season three is "Pentecouch!" Spend some time on the couch all Pentecost long and relax with Camp Meetings! Use social media to like, share, and subscribe to build audience! All of our past episodes are archived at <http://facebook.com/richfieldunitedmethodistchurch> and <http://youtube.com/richfieldumc>. At the time of print, our guests and topics have included:

- Barb Rogers talks about living life in long-term quarantine.
- Rev. Emily Goldthwaite-Fries talks homelessness and pandemic.
- Rev. Rich Zeck talks no in-person worship for Easter.
- Joe Davis talks about art and poetry in pandemic.
- Dave Nuckols and Rev. Carol Zaagsma talk about delaying General Conference.
- Isaiah Friesen talks environmental justice and pandemic.
- Prof. Karoline Lewis talks the role of the church in pandemic.
- Rev. Jim Wallis talks social justice issues amplified by pandemic.
- Prof. Matt Skinner talks Acts of the Apostles for today's church.
- Prof. Kris Bigalk talks higher education and poetry in pandemic.

Children

CHILDREN & FAMILY MINISTRIES UPDATES



Sunday School & Monthly Gatherings

In a time where our initial summer plans seem increasingly unlikely, our Children's Ministry has decided to continue offering weekly Sunday School throughout the summer. We have recently begun to do **weekly Sunday School over video**, and plan to continue doing this throughout the summer in addition to our other online gatherings throughout the summer. Because this is offered in a pre-recorded video format, parents are welcome to use this resource on Sunday, or whenever it works best throughout the week.

In addition to these weekly faith formation opportunities, there are several options for monthly gatherings! **On the first Sundays of June and August and the third Sunday of July, following worship, there will be online gatherings for families with children**, and anyone who has been involved with Children's Ministry at RUMC over the past year. It will be a time to catch up on what is going on in our lives, read some Bible stories, and to share what we are praying for right now.

Finally, Rev. Hope will also be continuing her **Campfire Story video series**. There will be a new story video available each month for families to use whenever it is needed throughout the month.

Most of these resources are **available by request** only because of copyright protection. If you would like to be included on the email list for this content, please **email Rev. Hope at hhutchison@richfieldumc.org**

Online VBS!

We will be using Illustrated Ministry's Compassion Camp Curriculum, and we are excited to offer this resource online throughout the week of July 6-10.



There will be a mix of pre-recorded video sessions, virtual hangouts, and fun at-home activities throughout the week. Children and families are welcome to participate all week.

- July 6: At the Table (Luke 15:11-32)
- July 7: To the Neighbor (Mark 2:1-12)
- July 8: For Myself (Mark 12:28-31)
- July 9: As We Move (Ruth 1:1-22)
- July 10: With the World (Leviticus 25)

A more detailed schedule will be sent to those who register.

There are two free registration options.

The options are:

- All digital resources. All resources will be sent out by email during the week of camp.
- Pre-printed resources. You will pick up printed materials at church building, date to be announced.

Register [here](#) or go to richfieldumc.org/events/vbs to begin your registration.

Summer Movie Nights

Throughout the month of July, we will be watching movies together online on Wednesday nights, and theming our next Sunday morning worship around each movie, see page 6. We are excited to be continuing our Summer Movie Night series in this new way for this new time.

We will be using Netflix watch to chat throughout the movie, and watch together! All this requires is access to a Netflix account. If you want to follow along, but don't have access to Netflix, you can sign up for a free 30-day trial that will cover the time period of our movie nights. You can also watch the movie on your own throughout the week to keep up with each week's worship theme.

Because of the shift to an online movie night, we have had to shift our movies from our previously planned series. The movies we will be watching this summer are:



Wednesdays

- July 1: Despicable Me
- July 8: Groundhog Day
- July 15: Princess and the Frog
- July 22: My Girl
- July 29: Spiderman: Into the Spiderverse

If you would like to be included in our Netflix Watch party, please email hhutchison@richfieldumc.org to get the registration link.

How to learn about the movies: You can read about movie ratings at imdb.com. Type the name of the movie in the search bar. Go to the movie's profile and tap or click "Parent's Guide."

Don't forget the popcorn and pizza

How to get free popcorn: Come to **Drive-Thru Joy** on June 21 from 10:45am-12:00pm and get some packets of microwave popcorn! Please see page 5 for details.

How to win free pizza: Plus, we loved providing a pizza dinner for our neighbors and we're keeping that tradition alive, too. **Everyone who is on our official email list by July 1 has a chance to win free pizza!** One lucky family will be drawn each week in July to receive a gift card for a free pizza night! Sign-up today: <https://richfieldumc.org/email>.

School Supply Collection—Through August 2 Drive Through Joy—August 15

On Saturday, August 15, we had planned to have our annual Community Carnival. While we cannot have our event as originally planned, we still want to bring some joy to our neighbors and spread love however we can! **This year, we will be handing out back-to-school kits at a drive through station in our parking lot.** Each kit will contain basic school supplies, with an option to add some custom school supplies for different grade levels when people drive up.



School Supply Collection

We need your help to make this happen! We will be collecting school supplies throughout the summer, and we have 3 different ways to give:

1. **You can make a financial donation.** With the donated funds, we will buy school supplies! To do this, please give online, or by mailed check and mark in the notes that this money is for the school supply drive. This money is needed on or before August 2.
2. **You can buy school supplies online!** We have registries set up at 3 online retailers, and you can use this as a buying guide to order and have items shipped to your home. Please purchase these items in time for you to deliver them to the church building on one of the dates listed below.
 - Amazon: <https://tinyurl.com/ybn3hslp>
 - Target: <https://tinyurl.com/yd9cc684>
 - Walmart: <https://tinyurl.com/y82tf7pa>
3. **You can buy items yourself** and drop them off at church at these days & times: **August 2, 11am-12pm, and August 7, 5-6pm.** During these times, there will be a marked place to drop off items in the parking lot and Hope and Nate will be there to receive them.

Our online registries will be based upon wish lists for nearby schools, and will change as schools update their lists throughout the summer, and as plans for the coming school year change. Please plan accordingly.

All school supplies not distributed during our Drive Thru Joy event will be donated to VEAP.

All details of this event are subject to change as conditions and local guidance change. For more information or questions, please email Rev. Hope at hhutchison@richfieldumc.org

Youth



Online Youth Group

Every Wednesday at 7pm our youth program gathers online together to do all sorts of fun and games together. We have weeks where we have done BINGO Nights and Trivia Nights. We have also had times where we just sit and talk to each other.

If you have a youth who wants to join in, please let Garrett know by emailing him at GJohnson@richfieldumc.org and we can get you our Zoom log in information.

Summer Mission Trip Cancelled

Unfortunately due to the uncertainty of the Covid-19 virus, the organization that we were planning to go through for our mission trip, has cancelled our trip. This move was made to keep both us and the people we were heading to serve safe. I ask that you continue to pray for the Milwaukee community that we were planning to go serve.

Senior Spotlight

Congratulations to Ryan Whitaker on graduating this spring from Richfield High School. Ryan has been an active member of our youth group for many years. We wish him the best of luck as he heads off to the University of South Dakota in the fall.

Congratulations to Nakia Neal graduating from High School.

Youth Email List

If you are a youth or a guardian of a youth and want to be added to the weekly email list, please let Garrett know by emailing him at GJohnson@richfieldumc.org. We want to make sure that all our families are receiving the information, especially at a time when we can't share what is going on in person.

Garrett Johnson

Youth Leader

gjohnson@richfieldumc.org

CARING FOR CHILDREN

CFC is happy to announce that many of our families are back in the building and our spaces are once again noisy with the sounds of children after having greatly reduced numbers due to Covid-19. We have been working very hard to make sure that our families and staff stay as healthy as possible and have been able to keep Covid out of the building so far with our extended measures of cleaning/ sanitizing and limiting people in the teaching spaces and other parts of the building. We have also been very fortunate to be able to remain open and serving our families, many of which are in the medical field, police, first responders and other essential workers, during the whole stay order. We look forward to being able to have all of our families and staff back in the building in the near future..

-Catherine Mahler, CFC Director

VEAP NEEDS OUR HELP NOW!

VEAP has issued an urgent call for help via a new COVID-19 Relief Fund. The pandemic has meant the loss of income to many hundreds of our neighbor families, bringing a sharp upturn in pleas for VEAP's assistance with food and housing needs within our community. Additional financial support is badly needed right now, and donations can be sent directly to **VEAP at 9600 Aldrich Avenue South, Bloomington, MN 55420 or online at <https://veap.org/donate/give-today/>**. Thankfully, generous community partners have stepped up to offer a dollar-for-dollar matching gift of \$100,000, so your contribution to the COVID-19 Relief Fund will have twice the impact! Be sure to specify the COVID-19 Relief Fund on your submission.



March Food Drive Follow-Up

Our participation in VEAP's March Food and Fund Drive was waylaid by the world's health matters, but RUMC's generosity in the early stages of the drive was impressive! Cash donations of \$1,475.60 have already been forwarded to VEAP. At the rate of \$8.60 to feed one person for the 40 days of Lent, that donation would take care of over 170 of our neighbors!

Contributions of food and healthcare products have also been generous. Although collection of our donations has been cut short by the temporary stoppage of in-person worship and other activities, VEAP's call for supplies of paper and cleaning products to replenish their empty shelves encouraged RUMC to make a special delivery of those items from our donations. Even with the light weight of donated toilet paper, paper towels and diapers, we provided 160 pounds for those in need. Collected food items are being retained at RUMC until a safer time.

On behalf of VEAP and its families, thank you! And remember that the need for VEAP's service to the community is even greater in these uncertain times. Your continued cash contributions, either through RUMC or directly to VEAP, are desperately needed, so please keep up the good work.

RUMC LIBRARY NEWS IN THESE DAYS

I offer some suggestions of reading resources for These Days that I believe would be accessible to most of you and serve a variety of your interests. First, I encourage you to check out (e.g., google) the [National Emergency Library](#). They have over a million volumes (from obscure to classic) in various categories. This can be a source for a good book to read, resources to help your kids learn at home according to their ages, and material for teachers online. You can check out books online for free for two weeks with one renewal.



National Emergency Library

Then as I am in a poetry-writing group, here are some resources for poetry-lovers and those who might become so. Sir Patrick Stewart, a former Shakespearean and Star Trek actor reads a Shakespeare sonnet per day. Just go to [his facebook page](#). Former USA poet laureate, Billy Collins, reads some of his poems each day. Just go to [his facebook page](#). And, there is a website by which you may see and download free poems by American poets. The site is: www.poemhunter.com/ebooks/.



Here are some random reading suggestions: Do a Zoom reading to someone else's kids, your grandkids or the children of your neighbors or friends. Learn or practice reading in another language. List the five (or whatever) most influential books in your life and re-read one or more of them. Memorize a poem or some Scriptures. Public libraries also have music. Play some while you read. Then look up information about the music or its creator that you listen to or is your favorite. Call or email your friends of family for suggestions from them and ones you can give to them. You may be able to leave books for each other. (I would also say they should be sanitized editions, and that has a double meaning These Days.)

We have a lively book club in our congregation. They call themselves Women Who Read (or WWR). WWR creates a periodic list of books some have read and would recommend to others. It is their reading list I would share with you. Because of its length, I do not offer it here. But, if you email or call me, I shall be happy to send it to you. (My contact information is in the church directory.) And, I would invite you to send to me your most recently read and enjoyed or helpful books and I will add them to the list (anonymously, of course). My gratitude to WWR.

Finally, we read for a number of reasons – fun, collegiality with others, keeping our minds active, and learning. I trust that we read with all of these in mind in These Days, and that, at its end, we are better people, more humane, and steadier in the pace and perspective of our daily lives. Thank you, and I look forward to hearing from you.

-Wayne Albertson

PS:

I am aware that many of us are doing a "deep cleaning" of our houses. If, in doing so, you find unreturned library books from the church library, or ones of your own in decent shape you would wish to donate, please put them in a place where you will not miss seeing them, and then bring them to the donation box or check-out kiosk by the Heritage Room upon our return to in-person gatherings. I shall be happy to be inundated, flooded, and otherwise immersed in briefly or long-term overdue books and serendipitous donations.

SPECIAL PULL-OUT SECTION

SPIRITUAL PRACTICE: FINGER LABYRINTH

You are invited to journey into the labyrinth. Trace your finger along the path of the labyrinth when you need a moment to relax, to pray, sort through a decision, or just for fun. Try entering with something on your heart and saying a prayer when you exit. It is traditional to pause and reflect or meditate when you reach the center. Unlike a puzzle-like maze with dead ends, a labyrinth is simple: one path in, one path out. Labyrinths have been found in architecture dating back over 4,000 years all over the world. Original drawing by Robert Ferre; final graphic by Vicki Keiser.

Reprinted with permission by thelabyrinthociety.org.



SPECIAL PULL-OUT SECTION

SPIRITUAL PRACTICE: AT-HOME PRAYER WALK STATIONS

With many of us staying in our homes more than usual, we may not be getting as much exercise as usual – both physical and *spiritual* exercise. You can set up a Prayer Walk in your own home. Use the tips below to set up Prayer Walk Stations to move your body physically and move your heart emotionally as you pray to God. If you live with someone, try creating and setting up the stations together. You can make this a daily practice or set it up and use it as you need it. Please let me know how your Prayer Walk goes for you, and please send photos of your Prayer Walk Stations to nmelcher@richfieldumc.org. May your walks with Jesus be a blessing! – Pastor Nate

What can I place around my home as a Prayer Walk Station?

- Candle or lamp you can safely light.
- Object with a pleasant scent that is safe to smell.
- Covered dish of something small to eat like candy or wafers.
- Nature objects such as a stone, flower, or piece of driftwood to hold.
- Music box, sound recording, or pleasant music to hear.
- Mirror, magnifying glass, or binoculars that enhance your vision.
- A window looking out into the world around you.
- Curios or knickknacks with sentimental value for your life's journey.
- A copy of your favorite line of scripture, prayer, or other faithful quotation.
- Any of the cut-out items in *The Heartline* such as the finger labyrinth, campus map, etc.
- A white board and dry-erase marker or notebook and pencil to write a "Word of the Day."
- Photos of meaningful images, such as photos of loved ones, postcards of favorite places, or memories from your past.

How can I surprise myself during my Prayer Walk?

- Using a small notebook and "A Treasury of Prayer Words" on page 14, write one word at the top of each page. When you reach this prayer station, turn to the next page and pray on that word. Use the remaining space on that page to journal your thoughts.
- Place a collection of your sentimental objects in a small non-transparent container so you can reach in without looking and pull out one of the objects during each walk.
- Select a new word at random from "A Treasury of Prayer Words" on page 14, to have on your heart as you begin your Prayer Walk and see how it guides your experience.
- Focus your senses. If you have a visual station, cup your hands around your eyes to focus on it. If you have a listening station, close your eyes to only take in the audible.
- Alter your Prayer Walk order and/or stations from time to time to mix up the flow.

What prayers can I use for different places in my home?

- God, bless this **living room**, a space to gather with the people I love.
- God, bless this **bedroom**, where I lay my head down for rest and peace.
- God, bless this **mirror**, and may I see myself as you see me: your beloved child.
- God, bless this **table**, and the company and food that nourishes me.
- God, bless this **chair**, where I sit to phone a friend, read the news, and eat my meal.

SPECIAL PULL-OUT SECTION

SPIRITUAL PRACTICE: PRAYER WALKING OUR CAMPUS

You are invited to take a prayer walk around our beloved Richfield United Methodist Church campus.

Thank God for all of the memories you've had on our property and in our building.

Think about how you enter the parking lot and make your way to the doors, pray for those who maintain the campus and building. What do you feel when you pass through the main entrance. Remember and pray for those who have made you feel welcome.

What emotions come to you when you think of entering the Sanctuary. Thank God for all the saints who have worshiped in that space. Remember those who have worked to maintain, update, and enhance the space for worship over the years.

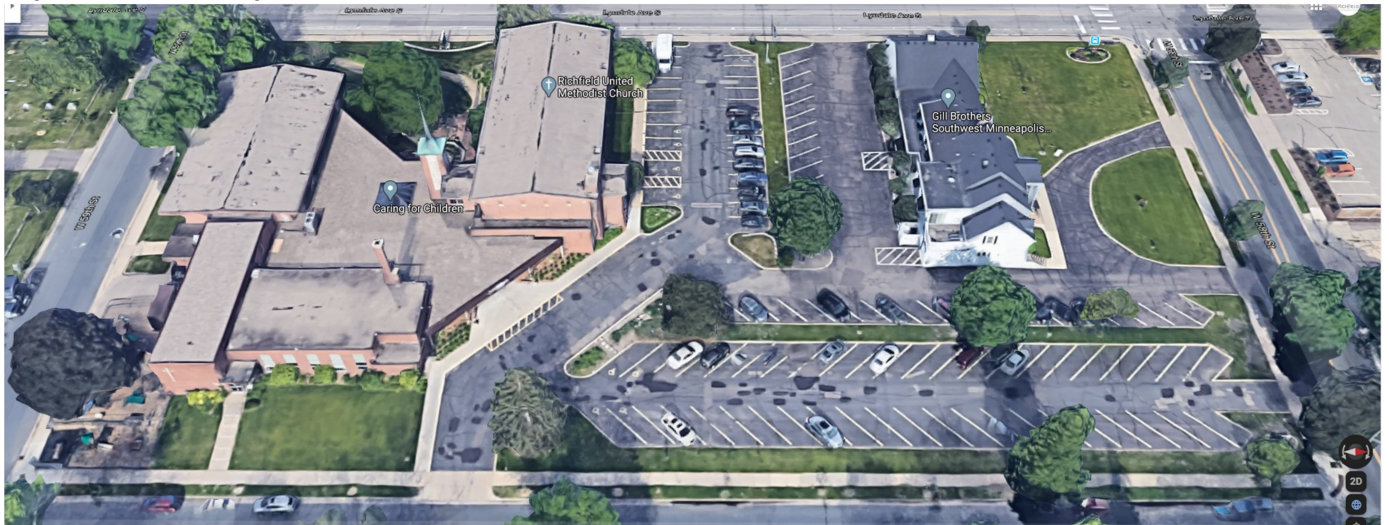
Remember those times of fellowship in the commons or fellowship hall and pray for those who come to mind. Think of the potlucks, meetings, and gatherings, remembering those who made those moments special.

"Walk" by the bus and thank God for all who have ridden it to worship and Lunch and Learn.

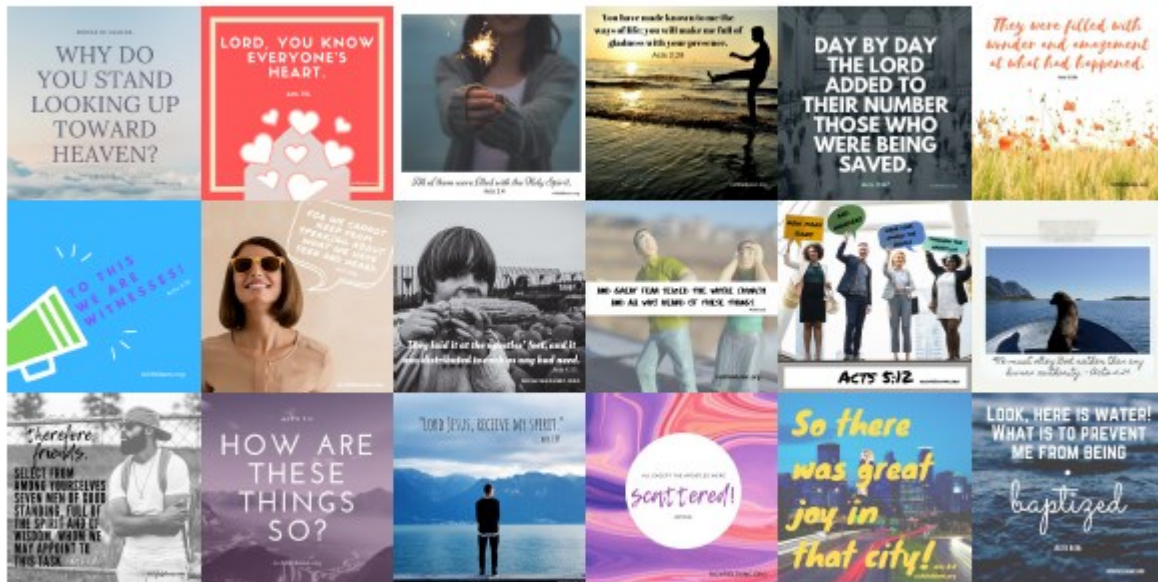
See the playground and ask God to be with the families of essential workers as they bring their children to our campus at the Caring for Children early learning center.

Remember the families who have found joy, community, and refuge in our building through Families Moving Forward, God's Hands Thrift Store, the Summer Carnival, Pumpkin Party, and so many more events.

May this photo serve you in your prayer life. May we feel God's blessings with our beautiful campus as we take our prayer walk. This is a 3D image capture from Google Maps. For scale, $\frac{3}{4}$ " equals 20'.



RICHFIELD UNITED



ACTIVATE Worship Series • A Time to Act • Calling All Apostles

SPECIAL PULL-OUT SECTION

A TREASURY OF PRAYER WORDS

May this treasury be a “starting point” for prayer, meditation, or journaling. What would you add? Let us know!

Absolution	Daily	Identity	Peace	Stir	Writing
Adoption	Darkness	Imagination	Pilgrimage	Stone	Xenophobia
Affirmation	Day	<i>Imago Dei</i>	Plant	Storm	Yes
Apostle	Death	Inclusion	Poem	Story	You
Advocate	Disciple	Insider	Poor	Status	Zeal
Age	Ears	Investment	Practice	Strength	
Alone	Earth	Jesus	Prayer	String	
Art	Element	Journey	Presence	Study	
Baptism	Energy	Judge	Prison	Sun	
Bare	Enough	Justice	Promise	Support	
Battle	Enter	Kaleidoscope	Prophet	Talent	
Bear	Equipped	Kindness	Proud	Taste	
Beautiful	Ethics	Kingdom	Pottery	Temple	
Birth	Evangelism	Kneel	Quiet	Thanksgiving	
Blessing	Expansion	Labyrinth	Quilt	Time	
Blindness	Explore	Last	Reading	Tears	
Blood	Eyes	<i>Lectio Divina</i>	Reconciliation	Test	
Body	Family	Light	Refresh	Tongue	
Bonds	Father	Listen	Remembrance	Touch	
Bow	Feet	Love	Renew	Together	
Bread	Fire	Margins	Resurrection	Toy	
Break	First	Mask	Rise	Tradition	
Breakthrough	Fish	Meal	Risk	Treasure	
Breath	Flame	Meditation	Road	Tree	
Brother	Flower	Memory	Rock	Trial	
Build	Focus	Mercy	Roots	Trust	
Burden	Food	Method	Sacrifice	Truth	
Call	Forgiveness	Mirror	Scope	United	
Candle	Foundation	Mission	See	Vigil	
Chain	Friendship	Moon	Seed	Valley	
Change	Fruit	Moral	Seek	Wall	
Chant	Future	Mosaic	Servant	Walk	
Choice	Garden	Mother	Scripture	Wash	
Chorus	God	Mountain	Share	Water	
Circle	Grace	Movement	Shepherd	Way	
City	Gratitude	Mural	Shout	Weakness	
Clothing	Ground	Music	Silence	Week	
Color	Gyre	Name	Sister	Weigh	
Compassion	Hands	Nature	Sky	Whisper	
Common	Harmony	Nurture	Smell	Whole	
Commission	Harvest	Obey	Solidarity	Why	
Communion	Head	Offering	Song	Wind	
Confession	Hear	Open	Sort	Window	
Confirmation	Heart	Opposite	Space	Wisdom	
Covenant	Heaven	The Other	Speak	With	
Creation	Hell	Outsider	Spirit	Witness	
Cross	Holy Land	Pace	Stand	Wonder	
Cup	Home	Parents	Star	Wood	
Cultivate	Humility	Partnership	Step	Worship	



POOR PEOPLE'S CAMPAIGN: ONLINE MORAL MARCH ON WASHINGTON

Saturday, June 20, 9:00am-11:00am

The Poor People's Campaign is leading the "Mass Poor People's Assembly and Moral March on Washington," the largest digital gathering of poor, dispossessed, and impacted people, faith leaders, and people of conscience. Longstanding problems such as systemic racism and poverty are leaving the most marginalized people as the most vulnerable during the Covid-19 pandemic. Led by Rev. Dr. William J. Barber, II and Rev. Dr. Liz Theoharis, this digital march is a call to action to change our systems of interlocking injustices facing 140 million poor and low-income people, 43% of the nation. You're invited to go to <http://poorpeoplescampaign.org> and RSVP. Let Pastor Nate know you'll be there, too, and we can spend time processing our experience together.

COMMUNITY RESOURCES

If you or someone you know is experiencing hunger, please consider these resources:

VEAP – 952.888.9616, <https://veap.org/get-help/veap-programs/food/>

Meals on Wheels – 612.623.3363 <https://meals-on-wheels.com>

Help at Your Door – 651.642.1892 <https://helpatyourdoor.org/request-a-service/>

Minneapolis Public Schools – food for any children under 18 all summer long. <https://cws.mpls.k12.mn.us/COVID19>

Our siblings of faith with the Council on American-Islamic Relations (CAIR-MN) curates an extensive list of resources for food, health, mental health, financial, education, elderly and disabled, housing, volunteerism, and wellbeing. You can find the entire list here: <https://www.cairmn.com/civil-rights/know-your-rights/5-civil-rights/civil-rights/474-covid-19-community-resource-guide-en.html>

CHARGE CONFERENCE ON JULY 12

There will be a Charge Conference following worship on Sunday, July 12 at 10:45am for the purpose of electing new leaders for our lay teams. We will use the Zoom online platform to conduct this meeting, then open up to Café-O-Rama, described on page 7. (Meeting ID: 868-2193-2196)

CREATION JUSTICE TIPS



Pray with gratitude for the blue sky and green plants you see, the birds you hear, the safe water you taste, and the fresh air you feel and breathe. Pray for God to help us slow down when the pandemic leaves and enable us to lighten our corporate and personal practices so that the earth will heal and flourish.

Likely you already know and do Reduce, Reuse, and Recycle. Go beyond that with the new 3R's: **Refuse** (say no to single-use plastics, for example), **Repair** (rather than throw away something, see if it can be fixed), and **Rot** (food scraps, yard refuse, even lint from natural fabrics, which can turn into great soil if composted).

New reusable products made of beeswax **become an eco-friendly alternative to plastic wrap** for keeping food fresh. Check out the options on the internet.

Go low-flow! Drought is a by-product of climate change. **Conserve water** by installing low-flow toilets, shower heads, and faucet aerators. Or place a jug of water or sand or a brick or two in the toilet tank to lower the amount of water used.

The COVID experience has shown that many of the people who face increased danger from the pandemic because they are essential to society are those with the least resources. The same is and will be true about people affected by climate change. The time to speak up and work for justice is now **while those who are essential are so visible**.

Install one or more rain barrels to **catch the run off from your gutters**. You can save it for a non-rainy day and water your garden when needed. Many local county and municipal governments, as well as environmental agencies, distribute rain barrels inexpensively.

"We urge United Methodists to adopt sustainable habits and practices, including refraining from overconsumption, repurposing and recycling materials, avoiding products that pollute or otherwise harm the environment, and reducing the carbon footprints of individuals and families by reducing overall reliance on fossil fuels for heat, transportation, and other goods."—UM Social Principles

FROM THE PARISH NURSE

CALLED TO CARE:



Even in these weeks and months of being apart, our RUMC community remains united as we continue to build on the strong foundation of care that is and has always been part of our mission; we are a loving and vibrant church. The Called To Care ministry team has at its core the spirit of offering compassionate presence to one another. The power and beauty of lay care ministry programs cannot be overstated; during challenging times, we need one another more than ever. Let's hear how letting someone know you care, truly makes a positive difference:

- "the phone calls I receive are worth their weight in gold!"
- "after picking up the mail, I can hardly wait to get back into my house to open my note card!"
- "hearing from someone at church who cares is always a day brightener!"
- "these calls and cards fill a hole in my heart!"
- "I love my church!"

RUMC is a community of faith-filled people that mutually care for one another in the name and way of Jesus. "A new command I give you: Love one another. As I have loved you, so you must love one another." John 13:34

Physical isolation does not have to mean social isolation. Please let Parish Nurse Kay Bergeland (kbergeland@richfieldumc.org) know if you would like to be connected with a Called To Care ministry team member.

FINDING GRATITUDE IN THE MIDST OF A PANDEMIC

The Covid-19 pandemic has turned our lives upside down. And the turning came quickly, unexpectedly, and was uninvited. We find ourselves in a time when we are holding on to many competing emotions. Emotions such as anxiety, fear, anger, despair, and sadness. Is there also room in our hearts for gratitude? Gratitude will not make the coronavirus go away, but living with gratitude might open us up to a deeper sense of contentment, well-being, and love.

Gratitude has been a driving force throughout history. For centuries, scholars and spiritual leaders have noted the power of gratitude to heal, energize, and change lives.

- **Marcus Tullius Cicero** - "Gratitude is not only the greatest of virtues but the parent of all others."
- **Dietrich Bonhoeffer** - "In ordinary life, we hardly realize that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich."
- **Meistar Eckhart Tolle** - "If the only prayer you said in your whole life was, 'thank you,' that would suffice."
- **John Henry Jowett** - "Gratitude is a vaccine, an antitoxin,

and an antiseptic."

- **Henri Nouwen** - "The discipline of gratitude is the explicit effort to acknowledge that all I am and have is given to me as a gift of love, a gift to be celebrated with joy."
- **Apostle Paul** - "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful." Colossians 3:15
- **David Steindl-Rast** - "It's not happiness that makes us grateful. It's gratefulness that makes us happy."

What exactly is gratitude? Dr. Robert Emmons, the world's leading scientific expert on gratitude, states that gratitude is "a celebration of the good – and a recognition that this good is sourced outside the self." Through his research, Dr. Emmons has found that individuals who practice gratitude are healthier, have less anxiety and depression, sleep better, are kinder to others, and are more satisfied with themselves. In short, grateful individuals seem to have more of the building blocks needed to thrive and flourish.

So, how can we live gratefully, even in these days of physical distancing, stress and uncertainty? One way suggested by Dr. Emmons is to establish the practice of gratitude journaling; the habit of reflecting and recording on the gifts and graces, the moments and encounters, and the everyday things that enrich our lives. Here are some tips to help reap the numerous benefits of gratitude journaling:

- **Do not just go through the motions.** Make a decision to become happier and more grateful. Feel what you write and believe it - that deep-seated sensation that fills you with love, wonder and awe - that is gratitude.
- **Go for depth over breadth.** Elaborating in detail about one or two people or events is more beneficial than writing a list of many things.
- **Get personal.** Focusing on people to whom you are grateful has more of an impact than focusing on things for which you are grateful.
- **Use gratitude prompters.** To get you started, think of your relationships, opportunities, and experiences. Tap into all your senses and explore life with them.
- **Try subtraction, not addition.** Reflect on what your life would be like without certain blessings, rather than just adding up all those good things.
- **Savor surprises.** Try to record events that were unexpected or surprising, as these tend to elicit stronger levels of gratitude.
- **Revise if you repeat.** Writing about some of the same people and things is fine, but focus on a new angle or perspective for which you are grateful.
- **Be creative.** Instead of a list, include photos, drawings, favorite recipes, or poetry.
- **Do not overdo it.** Research has shown that writing occasionally (once or twice per week) is more beneficial than daily journaling. However, keep in mind that there is no one right way to journal, including time of day or length of

list. Discover what works for you and stick with it.

- **Give it a fair chance.** Research has shown that it takes around twenty-one days for a new habit to form. Make a commitment to journal for three weeks and then see how you feel.

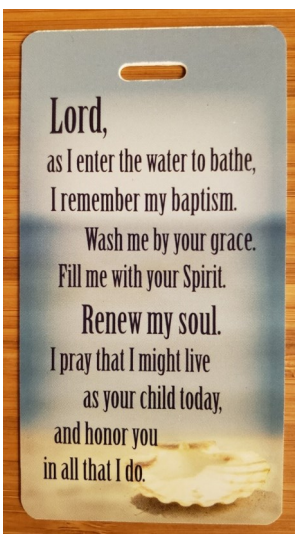
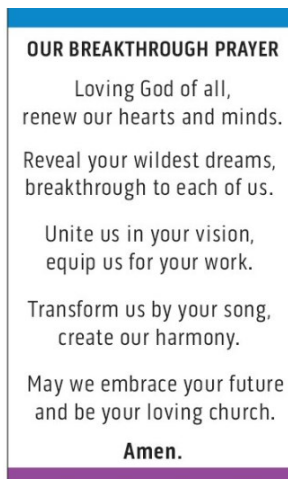
Gratitude is a powerful emotion. It shifts our perspective from the negative to the positive as it helps us focus on the good. Practicing gratitude can bring joy, hope, and light into our lives - exactly what we need to cultivate in this time of the pandemic. Let's give it a try!

"Oh, give thanks to the Lord, for God is good, for God's steadfast love endures forever!" Psalm 107:1

PUTTING PRAYER INTO YOUR LIFE:

With so many of us with extra time in our homes, we may find we have extra time for peace and mindful practices, including prayer. Here are ten ways to practice prayer in your life:

1. **Breakthrough Prayer** | Use your card, find the copy at right, or download the digital version onto your phone (<https://richfieldumc.org/prayer>).
2. **Directory Prayer** | Use your membership directory to pray for members by name. Work your way through your church and pray for God's blessing to be upon us all in this challenging time.
3. **Baptism Remembrance Prayer** | Last fall, we gave out a shower tag prayer card to any household that wanted one. If you didn't get one or misplaced it, use the printed version.
4. **Phone a Friend** | Ask your friends what they pray for, how they pray, why they pray. Then, you can pray together. This is a good time to be talking with friends about prayer.
5. **Finger Labyrinth** | Use the provided finger labyrinth on page 11 for peaceful, meditative prayer.
6. **At-Home Prayer Walk** | Set up prayer stations around your home and make prayer a habit. See more information on page 12.
7. **Campus Prayer Walk** | "Walk" our campus and pray with the provided map on page 13.
8. **A Treasury of Prayer Words** | May the list included in this newsletter on page 14 be a starting point.
9. **Heartline Prayer** | Each day choose one ministry in this newsletter and pray for it.
10. **"Resurrection Day" Prayer** | When we can confidently hold in-person worship safely, we will hold a special "Resurrection Day" worship service. We don't know when this will be, but we can pray in anticipation of it. **Resurrection is, and always has been, God's future!**



COMMUNITY JOYS AND CONCERNS

You are invited to pray for:

- People in need of a loving church.
- Openness to the "conflux moments" of experiencing God.
- The spiritual journey of our fellow MCCI church, First UMC: Austin.
- Our church's elected leadership and paid and unpaid servants.
- Our graduates, Nakia Neal and Ryan Whitaker, and all graduates of high school and higher education, especially in a season that has seen disruption of academics, traditions, and celebrations.
- The family and friends of George Floyd.
- Our law enforcement and peace officers across our state and nation.
- A renewed system of justice and anti-racism in all aspects of our society.
- Cool heads and warm hearts as we prayerfully consider our next steps through pandemic as a church, as a state, as a nation, and as a world.
- Our community partners VEAP and Beacon Interfaith Housing.
- Small businesses and organizations in the midst of struggle.
- All who face the challenges of inequities, poverty, loneliness, racism, complex family systems, toxic politics, and all the other pressing issues that are being amplified by the Covid-19 pandemic.
- The children.

Prayers for Healing:

Paula Milani, Marybeth Stull, Maxene Schwanke, James Wegscheid, Marylee Fithian, Joyce Walls, Inez Gustafson, Bonnie Freese, Bill T., relative of Michele Wegscheid, Sharon Morrow, Bev Crandall, Margaret Kersteter, and Elaine Peterson.

Prayers for Comfort:

Jan Hansen, Gunilla Arlinger, Fern Albertson's Swedish sister, Hans Olson, father of Dale Olson, and all those in hospice and their families.

Prayers for Those Who are Grieving:

The family and friends of those who have died recently.

Pauline Heim, May 15

Jim Marshall, May 2

Marilyn Sampson, April 24

Bob Gillespie, April 8



FROM OUR RETIRED CLERGY

From Wayne Albertson—Spiritual Practices in These Days

Both during the day and at night, I do not speak the Lord's Prayer. I breathe it, unhurriedly. In my mind (and not aloud) I sing the music (by Malotte) to the Lord's Prayer that most of us are familiar with as a solo at weddings and funerals. As the words and melody proceed through the quietness of my mind, I slowly and deeply breathe in and out, following the music's pace. The turning points come readily in its slowness & phrasing. Close your eyes. Go slow. Breathe well. Try it.

This is a time to learn (or re-learn) the hymns of our faith and heritage. I look for ones that emerge as a prayer for me. My favorite is verse two of "Spirit of God, Descend Upon My Heart". It reads, "I ask no dreams, no prophet ecstasies, no sudden rending of the veil of clay; but take the dimness of my soul away." Choose yours; and sing your heart and identity. Pray well.

Then, I try to write some hymns, often to existing hymn tunes. You can do it as well. Think of your favorite Scripture, a profound or awe-filled moment, a prayerful insight, a conflux moment and write some phrases about it, choose a tune, and play around with it all. It will emerge. Here is one I finished since the beginning of These Days. It goes to the tune, "Gift of Love" (#408 in our hymnal) and is titled "Silence Is". To wit:

SILENCE IS

- (1) O, Silence is where God began to speak creation in its span,
to call forth form and life divine, to call it good, a holy sign.
- (2) Yes, silence is where life was born; it lives as an eternal morn,
receiving all that God did speak, receiving all God's voice would seek.
- (3) O, God does fill the silence with creative hopes and love's good gifts;
God does not speak with aimless voice,
nor fill the void with drudge and noise.
- (4) Now, silence is not the absence of sound and noise made without sense,
for silence is the resting place of life's deep awe, its thanks and grace.
- (5) So may our speech with reverence come
into the silence that's God's home.
O, let us pause ere we would voice nothing but that which is God's choice.

From Lynn Borgeson—"Peace and goodwill..."

Jesus came in the midst of turmoil.

Peace isn't the absence of pain, and suffering. Peace is the wholeness of well-being in the midst of our pain and suffering...in spite of it. The mark of maturity being able to hold peace and chaos, joy and pain, in the same moment and peace and joy prevails. In contemplative language, we include both and transcend them in Christ. This is the mark of spiritual maturity we see in saints, sages, and contemplatives.... ~ Bob Holmes [#dailycontemplations](#)

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. ~Col 3:15

The Prayer of Saint Francis - *This is the version of the St Francis Prayer that Mother Teresa prayed

Lord, make me a channel of your peace. That where there is hatred, I may bring love. That where there is wrong, I may bring the spirit of forgiveness,...That where there is discord, I may bring harmony, That where there is error, I may bring truth, That where there is doubt, I may bring faith, That where there is despair, I may bring hope, That where there are shadows, I may bring light,

That where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort, than to be comforted, To understand than to be understood, To love than to be loved. For it is by forgetting self that one finds. It is by forgiving that one is forgiven, And it is by dying that one awakens to eternal life. Amen.

From Marilyn Dodge

In this article I would like to introduce to you, or reacquaint you with Joyce Rupp, one of our best Christian spiritual guides writing today.

Joyce Rupp is well known for her work as a writer, spiritual "mid-wife"; international retreat leader, and conference speaker. She is the author of numerous bestselling books (Prayers to Sophia, Saying Our Goodbyes, Fragments of your Ancient Name). Rupp has led retreats throughout North America as well as in Europe, Asia, Africa, Australia, and New Zealand. She is a member of the Servites (Servants of Mary) community and is the co-director of the Institute of Compassionate Presence. She currently resides in Des Moines, Iowa. If you want more information regarding her you can google her at www.joycerupp.com

I have chosen to share my enthusiasm for her book Fragments of Your Ancient Name. This book is a perfect devotional book. I use it every day. Not only do I read the devotion for the particular day but tend to read ahead and also go back to the entries that I found most meaningful. Joyce Rupp is a spiritual guide and provides wise and gentle reflections on 365 names for God. Rupp brings to the written word a heightened awareness of the many names by which God is known around the world. She looks to the Psalms, Sufi saints; Hindu poets; Native American rituals; contemporary writers or the Christian gospels. Each name is explored in a ten-line poetic meditation and complemented by a simple sentence that serves as a reminder of the name of God throughout the day. Michael from Pennsylvania wrote that "after reading one month's names, I can tell you that I have already expanded my notions of just who our loving God might be."

Joyce is one of my very favorite authors on spirituality. She is very down to earth, very wise, and has a sense of humor! I have almost all of her books and I have taken several retreats with her. But the best thing is that she included Jim Dodge, my husband, and his story in her book on Boundless Compassion. WOW! Actually, I would recommend all of her books to you. She can express what you are thinking/feeling in a coherent and poetic way. Through her daily reflections one can sense that they are able to deepen your appreciation for this mystical, abundant, and mysterious Divine being.

From Ruth Phelps—Reflection on "Sheltering"

I woke up recently aware that I have never experienced "sheltering" like this before. Three months and holding!

Maybe a lot more without a hug, a handshake, an elbow bump. Yes!

But, I hear the voices of people I love on the phone; I see faces of people I love on Zoom; I read written messages from people I love and I have come to appreciate the alternative connection we bring to each other. I recognize that we don't waste time in expressing the gift of that connection. Loving connection is holy!

Meeting with women from our church on Tuesday mornings (9:39-11:00 on Zoom) has been life giving! We have just concluded a study on ROMANS. I take courage (heart) from the way Paul led those followers of Jesus through their "tough times." Not all of the issues are easy to relate to, but when we read and talk together, it is easier to see application to our "tough times."

"Love from the center of who you are; don't fake it. Run for dear life from evil; hold on for dear life to good. Be good friends who love deeply; practice playing second fiddle. Don't burn out; keep yourselves fueled and aflame. Be alert servants of Jesus, cheerfully expectant. Don't quit in hard times; pray all the harder. Help the needy; be inventive in hospitality." - chapter 12 The Message

Those are all kinds of options that we have always had, but we add them to our sheltering reflection right now.

My spirit has been strengthened by reading Cynthia Bourgeault's book, MYSTICAL HOPE, Trusting in the mercy of God. She says, "Mercy at heart means some kind of exchange or transaction. It is a connection word.....So when we think of mercy, we should be thinking first and foremost of a bond, an infallible link of love that holds the created and uncreated realms together. The mercy of God doesn't come and go because it is unconditional - always there, underlying everything." p.25

We are not alone. In fact, I offer one of the prayers that I say frequently to God, who is merciful:

"Take, O take me as I am,
Summon up what I must be,
Set your seal upon my heart,
And dwell in me."

So, take good care of yourself! Shelter, mask, remain connected to God and one another as best you can. -Love, Ruth Phelps

CALL TO ACTION: "Rapid Response Team" and "Vital Conversations on Race and Religion"

The Minnesota Annual Conference has created a new "Rapid Response Team" on Facebook for United Methodists in the wake of the killing of George Floyd. You can get the most up-to-date information and take immediate action for your community here: <https://www.facebook.com/groups/262419858442536/> We are gearing up for vital conversations about race as a church this summer. We will create a schedule based on the availability of those who step up first. **If you are ready to have online conversations about race and religion as a church**, please contact Rev. Nate Melcher at nmelcher@richfieldumc.org as soon as possible to help build our summer schedule of dialogue.

A STATEMENT FROM YOUR APPOINTED CLERGY ON THE KILLING OF GEORGE FLOYD.

May 30, 2020

Dear Richfield UMC,

We pray this letter finds you safe and secure. This is an emotional week, friends. Each one of us brings our whole selves to the table, and that includes an array of thoughts, feelings, and questions. As you lift all of this to God, we want to say we believe God listens to it all and God's divine tears roll down with yours. No one ever laments alone. **Lord, in your mercy.**

We lament the unjust and unnecessary death of our neighbor, George Floyd. He was a friend of Jesus, and one of our siblings in Christ. This tragic incident occurred in our city, just 40 blocks from our church campus. And with sadness, we know this can happen anywhere, anytime. We lament the sin of racism that contributes to this death and divides communities. We denounce the sin of racism in all its forms. To be Christian is to live against such oppressive, dangerous, and life-altering sin. People of color deserve so much better than the brokenness that threatens them every day. **Lord, in your mercy.**

The God of All is renewing hearts and minds throughout creation. The barbarity of racism in Minnesota did not start with the killing of George Floyd. The trauma of racism did not start with the killing of George Floyd. The need for change in Minnesota did not start with the killing of George Floyd. It will not change without ordinary people committing to make change happen. May God show us the way forward as a state, as a church, and as beloved siblings in Christ. **Lord, in your mercy.**

As your clergy team, we commit to partnering with you, the ministers of the church. We commit to listening to seek understanding, asking honest questions, building meaningful relationships, offering tremendous grace, and supporting our collective and individual faith-filled journeys. We commit to this and we ask you to please commit to the same, thank you. **Lord, in your mercy.**

We are proud to be your clergy team. We are grateful for all you in times like these. You are beloved children of God who care about loving God and loving neighbor. You are beloved children of God who care about reaching new people. You are beloved children of God who want to heal a broken world. May we embrace the comfort and strength that comes from the Holy Spirit to move us ahead in this threefold mission of the Gospel of Jesus Christ. May we find it life-fulfilling, life-bringing, and life-saving. **Lord, in your mercy.**

In Christ,

Rev. Nate Melcher
Senior Pastor
nmelcher@richfieldumc.org
612.399.6276 Mobile

Rev. Hope Hutchison
Dir. of Children & Family Ministries
hhutchison@richfieldumc.org
612.626.1429 Mobile

ONGOING AND UPCOMING STUDIES, CLASSES, AND SMALL GROUPS

WOMEN'S BIBLE STUDY

Tuesdays at 9:30am-10:30am on Zoom

The Women's Bible Study continues this summer with their discussion of scripture. All women are invited. Zoom lets you join by video online or you can join by audio-only using your touchtone phone. To sign up, please contact Molly Recko: mollyreko@comcast.net or 612.270.4700.



MEN'S BIBLE STUDY

Wednesdays at 9:00am-10:00am on Zoom

The Men's Bible Study continues this summer with a variety of topics, including watching and discussing videos, reading scripture, and exploring current events. All men are invited. Zoom allows you to join by video online or you can join by audio-only using your touchtone phone. To sign up, please contact Rev. Kent Johnson: kentjmn@gmail.com or 612.616.7682.

MEN'S SUPPORT GROUP

Saturdays at 8:30am-9:30am on Zoom

This group is about checking in with each other for mutual support, accountability, and confidentiality. All men are invited. Zoom allows you to join by video online or you can join by audio-only using your touchtone phone. To sign up, please contact Rev. Kent Johnson: kentjmn@gmail.com or 612.616.7682.

SATURDAY MORNING BOOK GROUP WELCOMES ALL

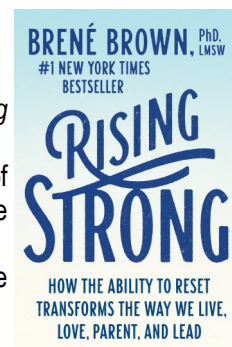
Saturdays at 10:30am-11:30am on Zoom

Saturdays 10:30-11:30 am a group gathers virtually to discuss life through the lens of Brene Brown's *Rising Strong*. We expect to be meeting through July. New comers can join in anytime.

Rising Strong is about getting curious about how we process life's challenges and how we can take control of where our lives go. Together this group looks at the large and small moments in our lives that provide opportunities for growth and learning.

Possibly more significant than the content of the book is that we are connecting with each other during this time of separation.

Join the conversation, email Gail Johnson (gailjohnson417@gmail.com) or 612.250.1736 for information.



SMALL GROUPS BEGIN THIS FALL

Small groups can play a crucial role in connecting in fellowship and deepening faith. They've been at the heart of the Methodist movement since the 1700s and the ability to connect is more crucial than ever. We are looking into creating a small group system for this fall. Going beyond coffee cake, these small groups will be dedicated to mutual participation, honor, and understanding. Whether the future allows people to meet in-person, online, or both, we want as many people as possible to be a part of this new ministry. **If you are interested in joining or leading a small group this fall**, please contact Rev. Nate Melcher: nmelcher@richfieldumc.org or 612.399.6272.

WHO IS READY FOR A NEW MEMBER CLASS?

If you have been worshipping and participating in the ministries of Richfield UMC and haven't become a member yet, perhaps this season is the right season for you. Reach out and we will see if we have a group who is ready to come together and join this amazing church! Please contact Rev. Nate Melcher: nmelcher@richfieldumc.org or 612.399.6272.

WHO IS READY FOR "SIX WEEKS ON MONEY"?

In a time when the economy is on our minds, exploring how you value money is crucial. "Six Weeks on Money" is an online curriculum to help you sort out what you save, spend, and share. Our pilot small group had just started when the pandemic hit. Feedback on the curriculum, however, was positive and there is hope to get things started again. It's \$80 per person and \$40 of your fee goes directly to VEAP. Do we have a group of people who would like to try to get together and form a small group this summer or fall? Contact Rev. Nate Melcher: nmelcher@richfieldumc.org or 612.399.6272.



A NOTE FROM YOUR ADMINISTRATIVE BOARD CHAIR....



Hi friends. It seems like it has been a long time since we have been together and that makes me sad. But I am encouraged by the sunshine and warm weather. I'm enjoying seeing the bright yellow Goldfinches at my feeder and hearing the songs of the Cardinals and Chickadees. This week I discovered a robin's nest in one of our trees and I got a peak at 3 amazingly blue eggs. The plants and flowers are growing and I think I can almost see them getting bigger as I watch. As I sit here, looking out my window at the storm rolling through, writing this to you all, I imagine that those little eggs are sitting through what must be a very uncomfortable time in their life; they are not alone in that.

This week I went on a walk with a friend, at an acceptable social distance apart. We walked through neighborhoods and trails that are literally almost right in my backyard but I'd never walked through before. I took in all the new sights, smells and sounds. There were smells of beautiful white flowering trees, and lilac bushes. We walked past bee hives, and just listened to and watched them at work. We sat on a bench and listened to the sounds of the pond and winds rustling through the trees. We talked about our "boys", who have been friends since they were in the 4th grade and who are now 25. And life goes on.....

Just like life, church goes on. However different it seems right now; we know that it will go on, even through computer screens. We will go on. For me, Sunday morning church has now meant sitting in my living room with my family, in comfy clothes, with a cup of coffee watching the service on our computer with our snoozing dog at our feet. I'm so grateful for RUMC's online service, however I do miss seeing the familiar faces and the connections made after worship. And Church goes on.....

In this time we have been given an opportunity to reimagine church. To be able to appreciate the familiar while being able to see what we have not seen before. How will it look when we can gather in person again? How will it be different? How will it be the same?

Just as we weather this storm together, through the unknown, through the uncomfortable, through the comfortable (clothes), we must reflect on what we have grown through and what is yet ahead. We walk through familiar areas and see new things. We participate in life and church in new ways. What is your vision for the thing we call church?

I'll be watching the Robin's eggs as they grow and change just as our church will grow and change, and I will look with wonder for I know that God will surely crack open this egg of new birth into one that is beautiful and beyond our imagination.

Prayers to stay safe, stay healthy and stay connected.

Sue Restemayer, Administrative Board Chair

A NOTE FROM YOUR CHAIR OF THE BOARD OF TRUSTEES



Beloved Believers in Christ. I want to begin by saying that during these trying days, as life seems to be swirling out of control, know that God promises to do what needs to be done. God will not leave us alone; God will not forget that we need a continuing religious presence. God will always stand with us and give us the assurance that will give us hope.

I ask you to pray for family, friends, and neighbors. Continue to trust in God through all types of developments, remain calm and level headed, and extend compassion to those who are suffering, and pray for healing of the world.

As a church, we should not be afraid. You have heard it before, but it cannot be emphasized enough that we are all affected by COVID19, whether physically, biologically, psychologically, spiritually or economically and together we will prevail. It is important to note that Paul the Apostle was very emphatic in instructing his earlier followers of Jesus, that the antidote to fear is the power of love, which leads to clear thinking during trying times. Each and everyone of us can perform positive action through thoughts, words, and deeds, by communicating and showing our love with each other.

Rest assured that RUMC is continuing to do what it has always done; to love, to teach, and to spiritually heal us all. God is with us always, and is everywhere, regardless of anything we face, whether in joy, or in the current threat of COVID19. Our Church leadership, superbly lead by Pastor Nate, is working diligently to adapt to the changing situations, so as to care for the spiritual health and connectedness of our Congregation.

Online worship has been and will continue to be a resounding success, thanks to dedicated staff and volunteers. The worship team continues to develop programs for at home church resources, adult and youth education and fellowship; all directed to encourage spiritual growth at individual and family levels. The glorious music, meaningful prayers, and inspirational messages are all symbols of faith, justice, and joy.

Let us not forget that our homes can be a sanctuary of faith, where God's Spirit can dwell. Our homes can be heavenly places where study, prayer, and faith can abide. Our homes can be an environment where we study the Scriptures, where we pray, where we meditate using God's word, where we spend time alone in God's presence. Although we miss our campus, let us not forget that we are the church, as a community, and not the building.

Stay healthy, stay safe; looking forward to seeing everyone when our beautiful place of worship reopens.

Blessings to all,

Jerry Schilling, Board of Trustees Chair

CHESTER E. AND MARION D. GROTH SCHOLARSHIP RECIPIENTS FOR 2020-2021

The Groth Scholarship auditions were held online this year. We have an incredible group of recipients this year. They will be presented during the summer services in June, July and August. Victor, Paige and I continue to miss you on campus.

-Nancy Dierauer, Music Director



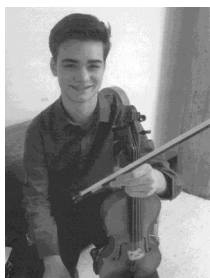
Catherine Carson will be a freshman at Eastman Conservatory of Music in Rochester, New York. She will be studying violin performance. Catherine is a graduate of Shattuck St. Mary's and Northfield High School.



Sara Shiff will be a freshman at Princeton University in Princeton, New Jersey. She will be studying vocal performance. Sara is a graduate of Robbinsdale Armstrong High School.



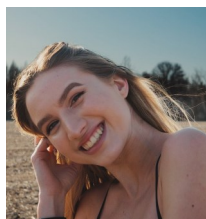
Emma Taggart will be a freshman at Mannes School of Music – The New School in New York City, NY. She will be studying piano performance. Emma is a graduate of St. Agnes High School in St. Paul.



Benjamin Lenzmeier will be a sophomore at the University of Wisconsin – Madison. He is studying violin performance and is a graduate of St. Agnes High School, St. Paul.



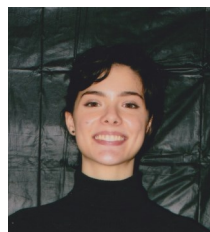
Lauren Senden will be a sophomore at Baldwin Wallace University, Ohio. She is studying vocal performance and musical theatre. Lauren is graduate Mankato East High School, Mankato.



Abigail Arkley will be a junior at The University of Wisconsin – Madison. She is studying piano performance and graduated as a PSEO student from Normandale Community College and as an accredited home school student.



Andrea Kloehn will be a junior at The University of Colorado - Boulder. She is studying flute performance and is a graduate of Southwest High School, Minneapolis.



Tesslynn Lauer will be a junior at The University of Michigan. She is studying flute performance and graduated from Eden Prairie High School, Eden Prairie



Rachel Mrosko will be a senior at The University of Kansas, at Lawrence, KS. She is studying instrumental music education and is a graduate of Chanhassen High School.

Congratulations to all the recipients.

Watch for these young people over the summer months as they share their talents with us during worship.

CALL TO ACTION: SEND US YOUR PHOTOS

We want to see your photos and share them with your church! Show us your life in worship, prayer, and everyday living! Please send your photos to Rev. Nate Melcher: nmelcher@richfieldumc.org.

ANNUAL CONFERENCE SESSION MOVED TO AUGUST 29

Due to the Covid-19 pandemic, the Minnesota Annual Conference will have a one-day virtual session on August 29. Go to <https://www.minnesotaumc.org/annualconference> for more information.

MUSIC NOTES

From Victor Zupanc,
Living Waters Music Coordinator

Hi everybody, I hope you are all doing well during this difficult time. It is certainly a challenge to be sequestered for such a long period of time. One of the biggest challenges is finding ways to keep busy. I believe that staying busy is crucial in battling the worries and depression that come with an event such as the one we are currently experiencing. Personally, I have been listening to a lot of music. Of course. What else would I be doing? My main job as Music Director/Composer at The Children's Theatre Company as well as The Guthrie Theater and many other theaters in town, is on hold indefinitely. I don't know when I will be back in the rehearsal room and performing for theaters full of patrons. I need to continue to experience music every day whether that is composing or simply listening. I would like to recommend to you a few wonderful sources for music and theater that I have been exploring.

The National Theater of London has been streaming filmed stage productions. This is a world class theater company, one of the best on the planet, and they are streaming productions like Jane Eyre, Hamlet, Twelfth Night, A Streetcar Named Desire, and Frankenstein. With acclaimed actors like Benedict Cumberbatch, Tom Hiddleston, and James Corden. It is a chance to see the best theater talent in the world and not have to fly to London. They are streaming full productions for free because of Covid19. Go online to:

<https://www.nationaltheatre.org.uk/nt-at-home>

The Royal Albert Hall in London has a new series of free streamed concerts. All genres of music, you should be able to find something you like.

<https://www.royalalberthall.com/tickets/series/royal-albert-home>

More live theater productions can be seen at "The Show Must Go On". Shows like Cats, Phantom of the Opera, Joseph and the Amazing Technicolor Dreamcoat (with Donny Osmond), and Jesus Christ Superstar.

<https://www.youtube.com/theshowsmustgoon>

For opera lovers, The Metropolitan Opera is streaming their productions of La Boheme, Il Trovatore, Carmen, and many others.

<https://www.metopera.org/nightly-opera-stream/>

A site that lists many free online concerts is the Grammy site. You can see concerts by Neil Young, Prince, Dave Matthews, Katy Perry, Tom Petty, The Grateful Dead and many more.

<https://www.grammy.com/grammys/news/watch-list-livestreaming-concerts-coronavirus-quarantine>

GUIDELINES ON HOW TO GIVE FINANCIALLY IN CHALLENGING TIMES

We are a resilient community! Our important work continues through this public health emergency. Giving from our hearts is a spiritual practice. We feel called to the mission of Jesus in our bones and want to be part of something greater than ourselves. The financial generosity of our members and friends is a key element of how we rally together to rise up as the hands and feet of Jesus Christ in the world. Generous members like you make the difference. Thank you. Your generosity is crucial in this pivotal moment in time. As we are encouraging people to keep their distance from campus, here are three ways to give from the comfort of home:

1. **Give Online.** Electronic Funds Transfer or EFT is a simple and effective way to give through our secure online portal. You can make a one-time gift or set-up an automatic sustaining gift at <https://richfieldumc.org/give>.
2. **Give by Mail.** You can mail your giving by check to Richfield United Methodist Church, 5835 Lyndale Avenue S., Minneapolis, MN 55419.
3. **Give by Shopping.** Before you go to Amazon to shop for supplies, please go to <https://richfieldumc.org/amazon> first and learn how you can earn your church money simply through your Amazon purchases – all anonymously and at no cost to you!
4. **Give by BillPay.** Ask your bank if they offer a "BillPay" option, an electronic check sent via USPS. Many banks do this for free and even cover postage.
5. **Give by Other Options.** There are a variety of giving options. For assistance or ideas, please contact Kathy Gertsema, Business & Administration Coordinator, by email at kgertsema@richfieldumc.org.

Thank you for your extravagant generosity. We are aware that in these unprecedented times, some people may see their income seriously impacted. We understand potential financial hardships may occur for some members. We are sensitive to this and you are in our prayers.

CALL TO ACTION: SPECIAL GIVING

1. **Your gifts to VEAP matter.** All year round, our longstanding mission partner, VEAP, is getting food and supplies to families in need. In these critical times, our support is more important than ever. Donate online at <https://veap.org/donate> or call 952.888.9616.
2. **Your gifts to Beacon Interfaith Housing matter.** Our mission partner who organizes Families Moving Forward is setting up families experiencing homelessness in motels in these critical times and your gift helps this emergency effort. Donate online at <https://beaconinterfaith.org/donate> or call 651.789.6260.



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Heartline

Keeping in touch with the heart of the
Richfield United Methodist Church faith community.

Worship online, Sundays at 9:30am, at
<http://youtube.com/richfieldumc>.

Richfield United Methodist Church
Web Site: richfieldumc.org **Phone:** (612) 861-6086
Facebook: facebook.com/RichfieldUnitedMethodistChurch **Twitter:** twitter.com/RichfieldUMC