

# Heartline

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

2020

September/October



## Rally Sunday September 13

New Worship Series Begins  
Blessing of the Backpacks  
Drive-Thru Joy

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## Fall 2020

### Live in Faith, Justice, Joy

**Worship:** We start the fall off with themes that are relatable and speak to our lives in our world's current state of affairs.

**MORE THAN THIS** - We rise up, empowered by Jesus to shine in this world.

**EVERYTHING CHANGES** - We step forward, facing the future with a God of possibilities.

**TRUST** - We share stories, feeling the Holy Spirit in the space between us.

See page 5 for all the details of these sermons series this fall.



**Learn:** New groups and continuing groups gather anew online at the start of the fall. See pages 10-13 for information about groups that will bring something special to your faith practice.

**Fellowship:** Although we don't gather in the church building right now, there are chances to make some new church friends and catch up with those you've known for years in fellowship online gatherings. See pages 10-13 for fellowship gatherings.



**Serve:** Richfield UMC member and friends are reaching out even in this time apart. Coming up are opportunities to donate items to those in need, see the page 10 for the Drive-Thru opportunity. Called to Care (page 16) gives an opportunity to serve your fellow congregants.



## NATE NOTE



Hello, Church! I miss you, friends. I miss seeing you each week to worship the God whom loves us all. I miss delighting in service projects, small groups, Bible studies, and office operations side by side with you. I miss working with you on beautifying our campus and looking through our church's history. I miss inviting our neighbors over for parties, outreach, and beautiful intergenerational gatherings. I miss having a cup of good coffee and just relaxing with new faces and old friends alike. I miss witnessing you put everything down to be there for those in grief and serve a memorial luncheon. And I miss laughing and crying and hugging with you as we share our hearts with one another.

Yet, and please hear me out on this, I don't miss you, friends, because we are still together in new ways. We are still gathering each week to worship the God who loves us all. We are still doing service, small groups, Bible studies, and maintaining the operations of the office. We are still keeping our campus looking good and we are writing our church's history. We are still reaching new neighbors in new ways. We are still having a cup of good coffee\*, even if virtually, with new faces and old friends alike. (\* How good a cup of coffee depends on how you're making it!)

As we enter this fall season, you may find yourself falling in one of these camps:

1. I feel like I have way too much time and energy on my hands!
2. I feel like I have zero time and energy to spare anymore!
3. I feel like I am one way today, one way tomorrow, with little warning!

I hear you, because I've felt like all of those, too. However you're feeling, I hope you remember that God is indeed with you and you are part of something bigger. It's also my hope that by remembering this, you'll spend some of your precious time and energy on deepening your faith and putting it in action. This fall, please commit to seeking a spiritual practice, or faith method, that is meaningful to you. Whether it's daily, weekly, monthly, or quarterly, try a few things on and see what fits.

### Daily Faith Methods:

Nothing matches spending at least 60 seconds with God at the top of your day. Here are ten potential daily devotionals; find the one that's right for you:

[d365](#) | daily devo aimed at young people to pause, listen, think pray, and go

[God Pause](#) | reflections on scripture and hymns by Luther Seminary alumni

[GPS Guide](#) | prayer and reflections from UMC Church of the Resurrection

[John Ed Mathison](#) | daily messages by email and weekly 1-minute videos

[Lent & Easter Devotionals](#) | archive of seasonal devos from the UMC

[Meditations by Richard Rohr](#) | weekly themes curated by Father Richard Rohr

[Revised Common Lectionary](#) | daily readings curated by Vanderbilt University

[Unfolding Light](#) | poetry on scripture from Rev. Steven Garnaas-Holmes

[Upper Room](#) | daily writer-submitted devotionals from the UMC

[Verse & Voice](#) | social justice-centered quotes and prayers from [Sojourners](#)

### Weekly Faith Methods:

Pray for the people in our prayer list, read the Worship Launchpad email, and worship with your church, of course. Also, this is a time of great spiritual curiosity so it's also a time to invite your friends to worship with you. Use the "Digital Church Questions & Responses" (p. 14) to learn how to become a regular digital evangelist to boost your church's profile and include more people.

### Monthly Faith Methods:

Each month through your church, above and beyond what you do already, you'll have an opportunity to put your faith into action through service, donations, awareness, and so on. The more you put into it, the more you'll get out of it. Remember: we can't do this without you!

### Quarterly Faith Methods:

This fall, if you are at a loss on how to do any of the above in a sustained way, that's okay. Commit to doing at least one of them once this quarter. Dip your toe in the water. See what



happens. God is always there, but God works best when we are open to working with God.

I continue to appreciate hearing from you by phone, email, and mail. I am grateful for our great paid staff, amazing unpaid servant volunteers, and our Called to Care Team helping this church feel connected and engaged with one another. If you want to hear from me personally, please let me know. I don't want anyone to feel like they slipped through the cracks, but I'm also not a mind reader, so let's be sure to reach out to one another as best we can, okay? Okay! Blessings to you all, and may the peace of God be with you!

In Christ,  
Rev. Nate Melcher  
Senior Pastor



## **METHODS: A One-Year Worship Series,** September 13, 2020 - May 30, 2021

In 2020-2021, Richfield United Methodist Church embarks on an all-new one-year worship series: **METHODS**. There is a great spiritual awakening in this season like no other, and it is an unique opportunity to explore our faith and put it into practice. As United Methodists, we try on “methods” of practicing faith until we find the right fit and when we do, we can run with it! Everyone can take their faith into their own hands and partner with our creative God to discover something wonderful.

The **METHODS** worship series begins online

([youtube.com/richfieldumc](https://youtube.com/richfieldumc)) and by touch tone phone (1.888.650.5835) this fall and will return to in-person gatherings when it is safe to do so. Worship features a wide assortment of powerful, Spirit-filled music, inclusive and justice-centered liturgy, meaningful and interactive moments, and preaching that connects scripture to everyday living by Rev. Nate Melcher, Rev. Hope Hutchison, and a few great guest preachers along the way.

The first three **METHODS** mini-series explore Jesus's Sermon on the Mount. The remaining four mini-series journey through the prophets, the Gospel of Mark, and the Gospel of John as laid out in the lectionary cycle (Year B). We will experience beloved passages such as the Beatitudes, the baptism of Jesus, the calling of the disciples, poetic Psalms of assurance, and many teachings of Jesus. With weekly digital devotional materials, the 7 miniseries of **METHODS** is your year-long guidepost to dig deep into who you are capable to be as a beloved child of God. Come and be part of **METHODS** and experience the expansive love of God this year as a part of the inclusive community of Richfield United Methodist Church. All are welcome, and all means all.

**More Than This** - We rise up, empowered by Jesus to shine in this world.

**Everything Changes** - We step forward, facing the future with a God of possibilities.

**Trust** - We share stories, feeling the Holy Spirit in the space between us.

**Heart of the Holy** - We love out, giving and receiving tender care to one another.

**Origin, Ownership, & Onward** - We look around, and see how we go forward with God,

**Day by Day** - We try on, guided by the Holy Spirit on the journey we take.

**Scope & Sequence** - We go forth, and Jesus leads the way.



## YOUR LAY LEADERSHIP

At a Church conference on July 12 Lay Leadership team members were approved for the 2020-2021 year. Names in bold are new to their respective committees.

### Ad Board

**Nick Dewey**, Chair  
 Jan Kirchner, SPRC Chair  
**Sue Restemayer**, Finance Chair, LD #1  
 Jerry Schilling, Trustees Chair  
 Wayne Johnson, Lay Leader  
**Lisa Oster**, Lay Delegate #2  
**Becca Whitaker**, Lay Delegate #3  
**Sara Watne**, Secretary  
 Marilyn Dodge, UMW  
 Rhonda Olson, UMW  
 Alicia Owens, Children's Council

### SPRC (Staff Parish Relations Committee)

Jan Kirchner, Chair  
 Christie Neuger, Steve Restemayer  
 Phyllis Killam, Jason Teal  
**Greta Thorson**

### Finance

**Sue Restemayer**, Chair  
 Marj Wittenborg, Andi Olson  
 Susan (Wayne) Johnson  
**Pat Robertson**, Clarice Lien

### Trustees

Jerry Schilling, Chair  
 Margaret Kersteter, Jerry Burmeister  
 Susan (SK) Johnson, Gardens  
**Earl Jex**, Steve Warner, Jerry Wilson

## WORSHIP IS ONLINE THIS FALL

Worship with your church online this fall at 9:30 am on Sundays.

Worship on our YouTube channel, <http://youtube.com/richfieldumc>. This is where we broadcast worship online live and post other videos.



### 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!

## HAPPY SEPTEMBER AND OCTOBER BIRTHDAYS

### September Birthdays

Roger Dammer	01	Al Reko	14
Kira Locke	02	Brian Boardman	16
Jill Williamson	03	Marna Labelle	17
Gertie Melcher	04	Vada Klint	18
Edith Armstrong	06	Susan Westerdahl	19
Dewitt Killam	09	Amy Reichenberger	19
Cameron Currie	10	Jim Vetsch	20
Jane Barton	11	Chloe Novak	22
Nancy Dierauer	12	Mitzi Taylor	24
Marlene Davis	13	Yana Reko	24
		Pat Robertson	27

### October Birthdays

John Devlin	03	Finley Larson	11
Cori Williamson	03	Pat Norton	12
Henry Waltz	03	Susan Johnson (Wayne)	16
Scott Ellich	04	Jason Teal	19
Jack Exline	05	Sharon Hall	20
Barb Larson	05	Dale Olson	20
Sandy Nelson	06	Phil Williams	22
Barb Devlin	06	SK Johnson	27
Jim Nelson	08	Tari Tanhoff	27
Elizabeth Wittenborg	08	Sue Burmeister	28

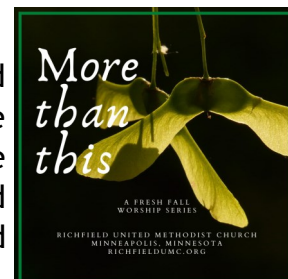


## THREE FALL WORSHIP SERIES

This fall, we explore the entirety of the Sermon of the Mount by Jesus as told in the Gospel of Matthew. Each mini-series brings with it a chapter of the Gospel and real ways to put your faith into practice in your everyday life. You can read ahead and pray on the themes of worship anytime.

### MORE THAN THIS - September 13-October 4

The original listeners of Jesus's Sermon on the Mount would have been shocked to hear they are included, that they are worthy, that they are made for more than the brokenness they witness around them. In today's world, the same message from Jesus rings true. We are made for more than this brokenness and called to be exactly the co-creators God needs. In this, we can take hope and be hope to others. **We rise up, empowered by Jesus to shine in this world.**



September 13: You Are Blessed to Bless - Matthew 5:1-12 (Blessing of the Backpacks)

September 20: You Are Made to Shine - Matthew 5:13-20

September 27: You Are Strong to Stand - Matthew 5:21-37 (Blessing of the Animals)

October 4: You Are Wise to Love - Matthew 5:38-48 (Bible Sunday)

### EVERYTHING CHANGES - October 11-October 25

Jesus continues the Sermon on the Mount with the gift of The LORD's Prayer. In times of change, we often find ourselves trying to grapple with what our new reality will look like while also lamenting the past now gone. Yet while change is hard and change is inevitable, change is possible. We can get through this together. **We step forward, facing the future with a God of possibilities.**



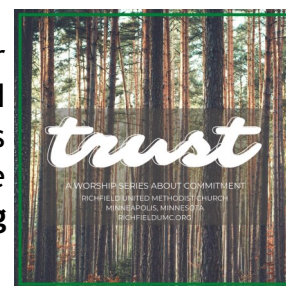
October 11: Why We Pray - Matthew 6:1-15

October 18: Why We Serve - Matthew 6:16-24

October 25: Why We Persevere - Matthew 6:25-34

### TRUST - November 1-22

The finale of the Sermon on the Mount sees Jesus call people to not just hear his words but put them into action. Faith without commitment is empty, and faith without practice is hollow. As we learn to trust the passion inside of us can partner with God to do amazing things, we rededicate ourselves to the story God is telling through the life of the church. **We share stories, feeling the Holy Spirit in the space between us.**



November 1: Trust Our Passion - Matthew 7:1-11 (All Saints Day)

November 8: Trust Our Service - Matthew 7:12-14

November 15: Trust Our Gifts - Matthew 7:15-23

November 22: Trust Our Foundation - Matthew 7:24-29 (Commitment Sunday)

## PLANNING AHEAD

Save the date for upcoming worship series:

**HEART OF THE HOLY** - November 29-December 27

**ORIGIN, OWNERSHIP, & ONWARD** - January 3-February 14

**DAY BY DAY** - February 21-April 4

**SCOPE & SEQUENCE** - April 11-May 30

Save the date for upcoming worship services:

September 13 Blessing of the Backpacks

October 4 World Communion Sunday

November 1 All Saints Day

Daylight Saving Time Ends

**Christmas Eve, December 24**, is on a Thursday this year. Worship will premiere at specific times so you can worship alongside your church friends online and by touch tone phone.



# Youth

Garrett Johnson  
Youth Leader

[gjohnson@richfieldumc.org](mailto:gjohnson@richfieldumc.org)



## Youth Email List

As we continue to stay safe at home and not meet in person, it has never been more important to be in good communication with each other. The best way to keep up to date with all the youth happenings is to get on Garrett's email list. Please take the time with your family and make sure that everyone who needs to be getting the emails has been. If you or any one in your family needs to be added to Garrett's list, email him directly at [gjohnson@richfieldumc.org](mailto:gjohnson@richfieldumc.org).

## Weekly Youth Group

To start this year, our definition of Youth Group will look different than in previous years. We will be starting off the year doing a digital model of youth group. This fall youth group will meet via Zoom at 4pm on Sundays. We will be doing a combo of games and discussion topics. Each session will be about a half hour long. We will be starting this year by going through the youth edition of Adam Hamilton's book *Half Truths*. We will be looking at cliches many of us and others have said related to christianity. To make sure you are getting the most up to date information on youth group, including the information for logging into our Zoom Calls, please make sure you get your email address added to Garrett's email list.

## Youth Meeting in Person Again

Our priority for our youth has always been to provide a loving and safe environment. We want to protect our youth from any potential harm. That being said, we are currently looking at ways that we could potentially meet in a small group setting that would be safe and limit the risk of any disease transmission. As these opportunities begin to become realities, we will communicate the expectations ahead of time of what to expect.

## Confirmation

We will be kicking off our next season of Confirmation starting in January 2021. This is an awesome opportunity for youth who are 6th grade and older who are looking at becoming a full member of the Richfield UMC community. Please keep an eye out for future updates. We just wanted to get this on any potential confirmation student's radar now.



## THANK YOU!

### School Supply Collection

Thank you so much for your extravagant generosity in our school supply drive this summer! By partnering with [VEAP](#), Richfield UMC donated around \$1500 worth of school supplies to families in our neighborhood who need them as they face a unique and difficult school year ahead. When the supplies were dropped off, the volunteers accepting them were truly amazed at the generosity demonstrated by Richfield UMC in this uncertain season.



## CARING FOR CHILDREN

As we wrapped up our summer at CFC, we had several children moving on to their next educational step: kindergarten! We will miss them, but are very excited for them to continue their growth and learning. We now have all but a few of our staff and children back here at the center and the halls are finally chiming with the sounds of children again. We are very pleased to report that we have been able to remain open during the entire COVID-19 pandemic so far, without any incidents of illness and hope to continue the trend. We look forward to what this new school year brings and hope it is not quite as eventful as the last.

-Catherine Mahler, CFC Director



## NEW MEMBER CLASS

If you have been worshiping and participating in the ministries of Richfield UMC and haven't become a member yet, perhaps this season is the right season for you. Please contact Rev. Nate Melcher: [nmelcher@richfieldumc.org](mailto:nmelcher@richfieldumc.org) or 612.399.6272.



## CHRISTIANS & CREATION JUSTICE



### Tips for September 2020

Come with your senses—see and hear God at work! **Look up to the sky.** Is it blue? Full of clouds? Birds flying? What do you hear? **Look out at eye-level.** Perhaps you see flowers, colors, a butterfly. **Look closely at the ground.** Be patient. It is teeming with life. Lift your eyes again to the sky. Pray your praise and gratitude for **God's gifts of ecosystems, habitats, and beauty.**

As election season heats up, remember that the planet is also heating up! **Scrutinize candidates for their stand** on dealing with climate change and the injustices done to many people.

Surprisingly, some tea bags are made of plastic, and not so surprisingly when steeped in hot water they release microplastics into the tea. Most tea bags can be composted along with the tea leaves, but not these triangular plastic mesh ones. **Choose your tea bags carefully,** or switch to a reusable infuser for loose tea.

September can be a very dry month. Conserving water is important for the planet. **Calculate your water footprint** with this tool ([watercalculator.org](https://watercalculator.org)) so you have a baseline of usage.

<https://umcreationjustice.org/>

## HAVE AN INTEREST IN CREATION JUSTICE?

Rev. Hope is teaching a class on that Sept. 14.

### Eco-Justice Bible Study

**Monday, September 14 at 7:00 pm** over Zoom.

This session will cover what the Bible has to say about Creation Care, how we can apply that knowledge in our everyday lives, and what all of that has to do with our United Methodist theology. See all the details on page 10.

## BLESSING OF THE ANIMALS

Sunday, September 27 during worship (online only!)

Send a photo of you with your pet by **September 20** to Linda Schmidt: [ldelph@richfieldumc.org](mailto:ldelph@richfieldumc.org)

We will take a special time this fall to offer a special blessing for all of the pets in our lives during worship on September 27. We will feature submitted pet photos somehow and encourage you to take a photo of your pet *during* worship as well.



## JOHN WESLEY ON FINDING GOD IN CREATION:

"The pure of heart see all things full of God. They see him in the firmament of heaven, in the moon walking in brightness, in the sun when he rejoiceth as a giant to run his course. They see him 'making the clouds his chariots, and walking upon the wings of the wind.' They see him 'preparing rain for the earth,' 'and blessing the increase of it.'"

John Wesley, Sermon 23, "Sermon on the Mount, III," §1.1, Works 1:513.



# Heartline Children

## CHILDREN & FAMILY MINISTRIES UPDATES



Rev. Hope Hutchison  
Dir. of Children & Family Ministries  
[hhutchison@richfieldumc.org](mailto:hhutchison@richfieldumc.org)

Throughout the pandemic, Sunday School and Faith Formation for our children and families has never stopped at Richfield United Methodist Church. Through a combination of pre-recorded content, live video meetings, special events like online Vacation Bible School, and our Time with Children during online worship, we have continued to offer a variety of ways for young children to learn about God, and to strengthen their connections to their church family.

As the fall program year starts again, we are again looking for new and exciting ways to connect with kids virtually throughout this time. On most Sundays, there will now be an opportunity for the whole family to connect with people live at 10:45 am following online worship. On the 1st & 3rd Sundays of the month, the whole family is welcome to join Cafe-o-Rama at 10:45 am. On the 2nd & 4th Sundays, there will be live Sunday School for grades pre-K-6 from 10:45-11:15 am.

In addition to these regular offerings, much of the special programming we have offered throughout the fall, such as Bible Sunday, the Pumpkin Party, as well the Christmas Pageant are being re-imagined for a virtual space, as well as some new offerings imagined specifically for this time. I hope that you will mark your calendars for each of these upcoming events, and read more about them in the rest of the Heartline!

## MARK YOUR CALENDARS

### Special Dates

**Sunday, September 13**

Rally Sunday & Blessing of the Backpacks in worship

**Sunday, October 4**

Bible Sunday in worship

**Sunday, October 25**

Trunk or Treat at 3pm in the parking lot

**Sunday, November 22**

Drive-Thru Joy from 10:45 am-noon in the parking lot

**Sunday, December 13**

Virtual Christmas Pageant during worship

**Sunday, December 20**

Christmas Carol Bonfire at 3pm in the parking lot

**Thursday, December 24**

Christmas Eve Online worship at 4pm & 10pm

### Sunday School Dates - 10:45 following worship

Sunday, September 27

Sunday, October 11

Sunday, October 25

Sunday, November 8

Sunday, November 22

Sunday, December 13 (Christmas Party)

### Cafe-O-Rama Dates - 10:45 following worship

Sunday, September 20

Sunday, October 4

Sunday, October 18

Sunday, November 1

Sunday, November 15

Sunday, December 6

Sunday, December 20

## BIBLE SUNDAY: OCTOBER 4

### Sun., October 4 at the 9:30 am Worship Service

This year, we are looking forward to celebrating some faith milestones by giving Bibles to our 3rd graders! This milestone is going to look very different this year, but we are dreaming up some new ways to make it super special for all of our awesome 3rd graders.

If you have questions, ideas, or want to help make something special for our 3rd graders, please contact Rev. Hope at [hhu tchison@richfieldumc.org](mailto:hhu tchison@richfieldumc.org)



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## TRUNK OR TREAT

**Sunday, October 25 from 3:00-4:30 pm**

What would it look like if we crossed our Drive-Thru Joy events with our Pumpkin Party? Come find out at this year's Drive-Thru Trunk or Treat event! We are bringing back our traditional outdoor Trunk or Treat event, and making some modifications to ensure safety during the pandemic.

Cars will be spaced out in our parking lot, with volunteers equipped to hand out candy in a contact free method. Children and families will drive through the parking lot to trick or treat. Some games available to entertain kids in cars while they wait.

We need volunteers to:

●Help set-up●Regulate traffic flow●Decorate their trunks and hand out candy●And More!

If you are able to help bring some Halloween joy to our neighborhood this October, please contact Rev. Hope with questions, or to volunteer at [hhutchison@richfieldumc.org](mailto:hhutchison@richfieldumc.org).

## CHRISTMAS PAGEANT & CHILDREN FIRST WORSHIP

**Sunday, December 13, 9:30 am**

Children First worship is coming back! We will be shifting to a quarterly Children First worship service for the duration of online only worship. For online only worship, the best method for our kids to help lead worship is to pre-record their videos and have us use them during our livestreamed worship service. Moving to a quarterly schedule allows for more time to record and edit these videos.

The next Children First Worship service will be our Christmas Pageant on Sunday, December 13. We will have a variety of roles for children of all ages, and we are looking forward to this creative worship experience that allows our children to lead us in remembering the story of Jesus's birth, and in celebrating the Advent season.

If you have any questions, or would be interested in helping with this, please contact Rev. Hope at [hhutchison@richfieldumc.org](mailto:hhutchison@richfieldumc.org)

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## MUSIC MINISTRY - WITH FAITH WE SING

**Chancel Choir Begins September 9 at 7:00 pm online by Zoom, contact Paige Armstrong**  
**Requiem Class Begins October 8 at 7:00 pm online by Zoom, see page 12**

Even in these times of distance and separation, music continues to be a centering element of faith and worship. Music has the power to promote change, to heal loneliness and pain, to guide and inspire, and to bring people together. In these challenging times, music might be more important than ever.

These truths about music continue to drive the work of your music leaders. As we plan for a fall unlike any other, we hope all congregants will continue to enjoy the various musical offerings in online Sunday worship. We will also be reaching out to musical volunteers for participation in services either via streaming or through planned virtual choir experiences. This fall, weekly gatherings will begin again for the Chancel Choir and all who wish to join! These gatherings, sometimes social, sometimes musical, but always bring us back together, will begin on Sept. 9 at 7:00 pm. If you are new to choir contact Paige at [parmstrong@richfieldumc.org](mailto:parmstrong@richfieldumc.org).

In addition, our Chancel Choir director, **Paige Armstrong, will be leading a lecture series on the musical tradition of the Requiem Mass** (the mass for the dead). This engaging series will take place weekly in October and continue throughout the month in preparation for All Saints Sunday on November 1st. All are welcome to listen and participate.

As we enter a fall without congregational and choral singing, please know that your safety and well-being continues to be our top priority. Nancy, Victor, and I miss all of you deeply and we yearn for the day when we can safely make music again in the Fellowship Hall, on the Chancel, and in the pews of our Sanctuary. We hope you will stay tuned and join us this fall to keep the music alive!

Paige Armstrong, Chancel Choir Director, [parmstrong@richfieldumc.org](mailto:parmstrong@richfieldumc.org)



## LEARNING, FELLOWSHIP, AND SERVICE OPPOTUNITIES

### NEW IN SEPTEMBER

#### DRIVE-THRU JOY ON RALLY SUNDAY

**Sunday, September 13 at 10:45 am-12:00 pm**

Drive by campus on Rally Sunday after worship to take a selfie with the clergy team!

**All ages can pick up:** snacks, communion supplies, Upper Room devotionals, posters, hymnals, and/or a wooden cross key chain to take with you wherever you go.

**Children and teens can also pick up:** “back to school” items like snacks, treats, stickers, and wooden cross keychains.

**All ages can drop off:** food and personal health items to donate to supply depots across the city where there is the most need. The most in-demand items include non-perishable canned food, rice, pasta, diapers sizes 4-5, baby formula, and feminine hygiene products (pads).

#### ECO-JUSTICE BIBLE STUDY

**Monday, September 14**

**at 7:00 pm** online by Zoom

Meeting ID:833-9498-9252, Passcode: 5835

Have you ever wondered what the Bible has to say about the environment? Or what social justice movements have to do with salvation? Or how any of that has to do with our day to day living? If yes, come to a special Eco-Justice Bible Study led by Rev. Hope! As a part of Rev. Hope’s ordination process, she will be teaching a Bible Study on **Mon., Sept. 14 at 7:00 pm** over Zoom. This session will cover what the Bible has to say about Creation Care, how we can apply that knowledge in our everyday lives, and what all of that has to do with our United Methodist theology.

#### ANTI RACISM

**"I'm Still Here: Black Dignity in a World Made for Whiteness" by Austin Channing Brown, Mondays at 7:00 pm, Sept. 21 to Oct. 26.**

*From a leading voice on racial justice, an eye-opening account of growing up Black, Christian, and female that exposes how white America's love affair with "diversity" so often falls short of its ideals. Google Austin Channing Brown and check out a video on this inspirational woman who speaks about her experiences growing up*

and the aggressions she faces every day.

This is an open virtual group. Join us when you can. Contact Gail Johnson ([gailjohnson417@gmail.com](mailto:gailjohnson417@gmail.com) or 612-250-1736) for connection information.

#### EARLY BIRD BIBLE STUDY

**Mondays Beginning September 21**

**at 8:05 am** online by Zoom

Meeting ID: 896-7653-5596, Passcode: 5835

Join Pastor Nate and your fellow early riser church friends to read and discuss the sermon scripture passage for the upcoming worship service. This Bible study is early and short, aimed at both working professionals who want to start their week right as well as any early riser who wants to dive deeper into one of the foundational components of worship. This is a “drop-in” study, which means no pre-reading necessary and the “attendance rule” is if you’re available, you show up. **Because this is a new study, please contact Pastor Nate** so he knows you’re interested: [nmelcher@richfieldumc.org](mailto:nmelcher@richfieldumc.org) or 612.399.6272.

#### DEMENTIA AND THE CHURCH

**Thursday, September 17 at 12:00 pm**

For details of the webinar and to register visit <https://www.minnesotaumc.org/events-calendar> and find the event under the date listed.

***Common Challenges in Nursing Homes and Memory Care and How to Avoid Them***

This presentation is a guide to help caregivers, who either anticipate a future need for skilled care or those who are already utilizing skilled care. The goal is to highlight and avoid common pitfalls, understand one’s long-term care rights and provide information and tools for caregivers to become effective self-advocates when concerns arise.

#### LEADERSHIP INSTITUTE

**September 24-25 (Online)**

**\$69 (scholarships available)**

**Register: [li.cor.org](https://li.cor.org)**

Join Pastor Nate and hundreds of United



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## LEARNING, FELLOWSHIP, AND SERVICE OPPOTUNITIES

Methodists for an annual tradition gone virtual this year. The Leadership Institute is a conference put on by United Methodist Church of the Resurrection in Leawood, KS, one of the largest UM churches in the nation. The conference's goal is to equip, strengthen, and inspire through its keynote lectures and workshops on aspects of church life, faith development, leadership development, and pressing issues facing the UMC. This year's keynotes feature Ronald Heifetz (Senior Lecturer in Public Leadership, Harvard Kennedy School), Bishop Michael Curry (Presiding Bishop of The Episcopal Church), and Rev. Adam Hamilton (Senior Pastor, UM Church of the Resurrection). If it wasn't for pandemic, Pastor Nate would be inviting you to join him on a road trip to the conference and some Kansas City BBQ! Instead, you're invited to join this year's virtual conference and we'll save the BBQ for next year. Feel free to ask him about it!

### CONTINUING OPEN GROUPS NEW ATTENDEES WELCOME

#### WOMEN'S BIBLE STUDY ZOOM!

**Tuesday Morning Women's Bible Study**  
**9:30-11:00 am online by Zoom**

You are invited to come on board by calling Molly Reko (612-270-4700), our zoom coordinator, or Ruth Phelps, leader(952-929-1595).

We have recently completed the study of Paul's letter to the Ephesians and are finishing Paul's encouragement to his young pastors, Timothy and Titus. There is plenty of food for thought in scripture, for as old as the scriptures are, they are alive with truth for these days. Try something new-this is a group of Women who will welcome you!

#### MEN'S BIBLE STUDY

**Wednesdays at 9:00 am online by Zoom**

**Meeting ID: 954-3527-6775, Passcode: 5835**

Each week this fall, the Men's Bible Study will read the sermon scripture passage together and discuss it for its context then and its relevance now. This growing group continues to welcome new men to the table for a time

to study the Bible and offer one another support.

#### WOMEN WHO READ (WWR) ON ZOOM

If you are a woman who enjoys good books and thoughtful discussion, then consider joining fellow readers at **1:30 pm on Sept. 7** to discuss "American Dirt: A Novel" by Jeanine Cummins. For the Zoom details, email both Fern Albertson ([WFalbertson@gmail.com](mailto:WFalbertson@gmail.com)) and Molly Reko ([mollyreko@gmail.com](mailto:mollyreko@gmail.com)). On Oct. 5 the group will gather again. The book for October will be determined on Sept. 7. All women are welcome.

#### BRENÉ BROWN BOOK GROUP

**Saturdays at 10:30 am, Starting Sept. 19**  
**online by Zoom**

**"Dare To Lead"** This is an OPEN group.

Anyone can join anytime. We are more serious about checking in with each other than cruising through the book at a certain speed.

*#1 New York Times Bestseller* Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead.

Contact Gail Johnson at 612-250-1736 or [gailjohnson417@gmail.com](mailto:gailjohnson417@gmail.com) for connection information.

#### CAFÉ-O-RAMA

**1<sup>st</sup> and 3<sup>rd</sup> Sundays at 10:45 online by Zoom**

**Meeting ID: 843-4704-2137, Passcode: 5835**

Due to its popularity this summer, Café-O-Rama returns this fall and is now twice a month. After worship, hop on the video call for a relaxed, inviting opportunity to spend time with new and old friends. It's like coffee in The Commons...except you bring your own coffee!

#### CHANCEL CHOIR

**Beginning on September 9 at 7:00 pm**

Weekly gatherings will begin again for the Chancel Choir and all who wish to join! See page 9 for more information. If you are new to choir contact Paige at [parmstrong@richfieldumc.org](mailto:parmstrong@richfieldumc.org).



## FELLOWSHIP, STUDY, AND SERVICE OPPOTUNITIES

### AT YOUR OWN PACE

#### DIGITAL MISSION TRIP

[richfieldumc.org/missiontrips](http://richfieldumc.org/missiontrips)

<https://sites.google.com/richfieldumc.org/missiontrip>

This summer, our church's teenagers went on a digital mission trip and you're invited to experience it for yourself! As this year's mission trip to Milwaukee was postponed due to pandemic, Youth Director Garrett Johnson created a digital mission trip that touches on relevant social issues in our world today. Created for teenagers, the content can be appreciated by adults, too, and you're encouraged to spend a week on a mission trip through videos, reading, and reflections. Each "day" of the digital mission trip has a main theme, music, and additional resources for you to dive deeper.

Monday - COVID-19 and the Global Pandemic

Tuesday - The Realities of Homelessness

Wednesday - Living Out Environmental Justice

Thursday - Confronting Racial Inequality

### NEW IN OCTOBER

#### NEW: WORSHIP LEADER BOOT CAMP

**Tuesdays October 6, 13, 20, 27**

**at 7:00 pm online by Zoom,**

Meeting ID: 819-9039-0338, Passcode: 5835

We are seeking people to be worship liturgists as part of the live worship team and/or by video as safety allows. Pastor Nate will use his experience as a preacher and a college English instructor to take you through his sermon writing process, talk about how to address an assembly via the camera, how to shoot your own video footage, and we'll workshop writing prayers and reading parts to give you confidence in your delivery and skill in your craft. All experience levels welcome. To RSVP, please contact Rev. Nate Melcher: [nmelcher@richfieldumc.org](mailto:nmelcher@richfieldumc.org) or 612.399.6272.

#### LUNCH AND LEARN ONLINE SERIES-NEW!

**Bird Migration with naturalist Stan Tekiela**

**Thursday, October 8th**

**from 1:00-2:00 pm (via Zoom or phone)**

We are excited to announce that Lunch and

Learn is going ONLINE this fall! We will kick off the new Lunch and Learn Online Series by welcoming back speaker, Stan Tekiela. Stan is a wildlife photographer and naturalist, and we will have the opportunity to hear his program titled, *Bird Migration: The Incredible Journeys of North American Birds*. For more details about this event and more detailed instructions about Zoom, please see the article on page 17.

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: 871 6228 7476. Finally, enter the passcode "5835."

#### THE REQUIEM MASS

**Thursdays, October 8, 15, 22, 29**

**at 7:00 pm online by Zoom**

Meeting ID: 813-5279-1898, Passcode: 5835

Join in this online lecture series on the musical tradition of the Requiem Mass (the mass for the dead). This engaging series will be lead by our Chancel Choir Director, Paige Armstrong. The class will take place weekly in October **beginning on Oct. 8 at 7:00 pm** and continue throughout the month in preparation for All Saints Sunday on November 1st. All are welcome to listen and participate.

#### STRENGTHSFINDER AND SPIRITUAL GIFTS WORKSHOP

**Thursdays October 8, 15, 22, 29**

**at 6:30 pm-8:30 pm (Online)**

**\$15 if you download materials, \$25 to have them sent to you.**

**Register:** [minnesotaumc.org/events-calendar](http://minnesotaumc.org/events-calendar)

This workshop takes the *Strengthsfinder* book and couples it with spiritual gift assessment to help you see how God is calling you to serve your church and the world. This workshop is through the Minnesota Annual Conference and led by Jody Thone, Director of Leadership Development and several lay leaders across the Annual Conference. Pastor Nate



encourages anyone who wants to take their faithful service to the next level to consider this workshop. Feel free to ask him about it!

### **SOCIAL JUSTICE SPEAKER SERIES**

**"Same Storm, Different Boats: Social Justice in Pandemic"**

**Monday, October 26 at 7:00 pm by Zoom**

Meeting ID: 814-2821-9719, Passcode: 5835

Guest speaker Rev. Shawn Moore takes us through a conversation about service to God and live out strong allyship with those in need of justice. In a time of pandemic, challenges of social justice are amplified and moving forward through these challenges takes dedication. Learn how to dig deeper for the role that you play.

### **SAVE THESE NOVEMBER DATES**

#### **ELECTION DAY COMMUNION**

**Premieres November 3 at 8:00 pm**

[youtube.com/richfieldumc](https://youtube.com/richfieldumc)

This year, when the polls close, you're invited to gather with the Body of Christ to celebrate Holy Communion together. Gather your elements with joy and care and on this Election Day, may we remember that we are not called to pledge allegiance to particular politicians or party platforms. We are called to love Jesus and commit ourselves to his teachings on how we shall love God, love neighbor, and love ourselves. Let us set aside what divides us and celebrate what unites us!

#### **DRIVE-THRU JOY ON NOVEMBER 22**

**Sunday, November 22 at 10:45am-12:00pm**

Drive by campus on November 22 after worship to take a selfie with the clergy team!

**All ages can pick up:** Christmas Eve candles for "Silent Night," communion supplies, Upper Room devotional, posters, and hymnals.

**All ages can drop off:** Your 2021 estimate of giving card in person, plus food and personal health items to donate to supply depots across the city where there is the most need. The most in-demand items include non-perishable canned food, rice, pasta, diapers sizes 4-5, baby formula, and feminine hygiene products (pads).



### **IT'S STILL STANDING!**

Though we aren't gathering for onsite activities right now, the church building is still an active place. With Caring for Children enrollment continuing to grow, there is certainly a busy feel to the building. And no matter what is happening in the world, the grounds still need to be maintained, the heating/cooling system needs to remain operational, and maintenance issues still need attention. Most importantly, cleaning, and sanitizing practices are in place to maintain a safe environment for families, and everyone still working on campus.

The recent change to our door access system has given everyone an increased sense of security. Both parents and staff are incredibly grateful for the generous gifts which made that project possible and for making building security a priority.

But, for me, the building is missing it's personality. A personality that comes from the love, care and warmth of the members of the congregation. I deeply miss seeing everyone on Sunday mornings, saying hello and sharing a smile with folks. I look forward to the time when we can share some coffee and donuts again! For now, rest assured the building is still standing, and that it misses every one of you!

Pat Noonan  
Facilities Coordinator  
[pnoonan@richfieldumc.org](mailto:pnoonan@richfieldumc.org)



## DIGITAL CHURCH QUESTIONS & RESPONSES:

Still getting used to the digital church landscape? You're not alone! Here are some crucial ways you can educate yourself and put your church involvement - and church growth - into your own hands!

### Q: WHY SHOULD I SIGN UP FOR - OR RESUBSCRIBE TO - THE CHURCH EMAIL LIST?

R: Each week, we send out a few emails for you so you have what you need to be involved in your church. Tuesdays is the *eHeartline* announcements, Fridays is Worship Launchpad with a bulletin link and worship preview, etc. They say it takes hearing something seven times for it to sink in, so don't miss out! If you unsubscribed yourself because you didn't like the emails or you got too many, please re-subscribe so you don't miss important emails like pandemic-related announcements. Remember: our email client does *not* allow us to re-subscribe someone's email address after they unsubscribe themselves. You *have* to do this yourself, thanks. (And if it was too many emails, you can always delete what you don't need and stay subscribed so you don't miss the important emails you *do* need!)

### Q: HOW DO I SIGN UP FOR - OR RESUBSCRIBE - TO THE CHURCH EMAIL LIST?

R: It takes just seconds to do this! Go to [richfieldumc.org/email](http://richfieldumc.org/email) and fill out the subscription form: email, first name, last name. Done! We currently have **330** subscribers; can you help us reach **350** subscribers before Christmas Eve?

### Q: WHY SHOULD I BE A CHURCH SUPERFAN ON FACEBOOK?

R: The way Facebook makes money is putting ads next to content made by organizations like your church. Facebook always puts high-engagement content in front of more people. That means the more engage your church's posts with a "like," comment, or share, the more likely Facebook shows it to new people who aren't yet part of our church. Tell Facebook we have a great church worth putting in front of people by consistently

engaging our posts. It's *literally* the easiest way to be an evangelist and marketer for your church, *ever!* **Become a Church Superfan on Facebook today!**

### Q: HOW DO I BECOME A CHURCH SUPERFAN ON FACEBOOK?

R: Especially in these times, Facebook is a *critical* way to be involved and help grow the church with people who aren't here yet. If you don't have a Facebook account, that's okay, because our page is "public-facing" and you can see its contents without an account. If you *do* have a Facebook account, here is what we need you to do ASAP to become a Church Superfan:

1. "Like" [Richfield United Methodist Church](https://www.facebook.com/RichfieldUnitedMethodistChurch). We currently have **475** people who like our Page; can you help us reach **500** before Christmas Eve?
2. "Follow" the Page.
3. "See First" in your News Feed so you'll never miss a post.
4. "Turn on" Notifications so you'll know when we post fresh content.
5. If there's a post, *please* interact with it. Like it, make a comment, share it to your profile, tag a friend who you think would be interested, and so on.

### Q: WHY SHOULD I BE A CHURCH SUPERFAN ON YOUTUBE?

R: YouTube makes its money just like Facebook: put ads near high-engagement content. The more engage your church's videos, the more likely Facebook shows it to new people who aren't yet part of our church. Tell Facebook we have a great church worth putting in front of people by engaging our videos. **Become a Church Superfan on Facebook today!**

### Q: HOW DO I BECOME A CHURCH SUPERFAN ON YOUTUBE?

R: If you don't have a YouTube account, that's okay, because our channel is "public-facing" and you can see its contents without an account. If you *do* have a YouTube account (your Google account is your YouTube account), here is what we need you to do ASAP to become a Church Superfan:



1. “Subscribe” to [Richfield United Methodist Church](#). We currently have 235 subscribers; can you help us reach 250 before Christmas Eve?
2. “Ring the Bell” icon to receive Notifications. You’ll get a pop-up on your device and/or an email whenever we post a new video or go live for worship.
3. “Like” and/or “Share” the video with friends.

**Q: WHY ISN’T THE WORSHIP LIVESTREAM WORKING CORRECTLY FOR ME?**

**R:** We are all still getting used to new technology for worship and online gatherings. Thank you for your patience and grace as we move forward together. The Worship Tech Crew continues growing in handling our new technology. Likewise, there are many items on the worshiper’s end that you may need to adjust for a better worship experience. There are many factors to consider, such as the strength of your internet connection signal, your device’s volume level, or how you’re using your device. We want to worship with you, so don’t give up!

**Q: HOW DO I DO LIVESTREAM WORSHIP TROUBLESHOOTING?**

**R:** Unfortunately, it is challenging for the Worship Tech Crew to do troubleshooting during worship by live chat as they are working hard on presenting worship overall. Here are a few things you can try, based on the challenges we have heard the most so far:

1. If the sound and picture are out of sync: try refreshing the page, restarting your device, or restart the YouTube app. You can try using a different web browser (Chrome, Firefox, Safari, etc.), or clear your browser cache. Try adjusting your settings (ex: lower your resolution quality from 1080p HD to 720p HD). Check your internet connection signal strength and be sure you’re in a good place to receive a quality signal.
2. If the volume is too low: try turning up the volume on your device (there is a maximum output on the crew’s end before it distorts for everyone, so we are unable to “turn it up” for you). You might try headphones or connecting external speakers that have better sound

quality.

3. If you’ve already tried all of those solutions and still need help, please contact the Tech Crew at our new email address: [worshiptech@richfieldumc.org](mailto:worshiptech@richfieldumc.org). Please be as specific as you can with the issues you’re having so the team can help you as completely as possible, thank you.



## COMMUNITY JOYS AND CONCERNS

**Today and throughout this week 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 churches.
- Our church’s elected leadership and paid and unpaid servants.
- All who are in physical, emotional, and/or spiritual isolation.
- Public servants, care workers, and behind-the-scenes support people.
- The people of hope who care for those who have none.
- Our nation’s labor force who keeps essential goods and services running.
- Teachers, students, families, staff, and administrators returning to school.
- All who face 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, James Wegscheid, Marylee Fithian, Bonnie Freese, Bev Crandall, Margaret Kersteter, Elaine Peterson, Maxene Schwanke, Liam B., neighbor of Michele Wegscheid, and John Darling

**Prayers for Comfort:**

Jan Hansen, Hans Olson, father of Dale Olson, and all those in hospice and their families.



## FROM THE PARISH NURSE



### CALLED TO CARE:



Our Called To Care ministry program was created at the start of the pandemic with the goal of connecting as many individual and family units of the RUMC community with a caring and hope-filled presence as possible. We trust that this outreach of care from a fellow congregant, expressed through phone calls and note cards, has been both reassuring and comforting during this time of continued isolation and uncertainty.

As the pandemic stretches into the fall, so does the ministry work of the Called To Care team. We will remain united in care, even in these days of staying apart.

Please email or call Parish Nurse Kay ([kbergeland@richfieldumc.org](mailto:kbergeland@richfieldumc.org) or 952-465-9875) if you would like to either serve as a volunteer on this team or if you would like to be connected with a Called To Care volunteer. If this ministry program is not right for you at this time, kindly let Kay know that as well. Thank you.



### PASTORAL CARE VISITS

The COVID-19 pandemic has stopped many facets of our lives, but it has not stopped the need for pastoral care. In fact, the need for pastoral care now may be more critical than ever. Yet due to the important mandates of physical distancing, face to face visiting has not been possible. This has been distressing and disheartening for the pastoral staff and lay care ministry team members as well as for those who are in need of care. Pastoral care is a pillar of ministry at RUMC. Our deep desire is to be with those who are suffering. However, we carry a responsibility for ourselves and others in the community to stay apart and not run the risk of becoming infected and/or being an unknown carrier of COVID-19 to others. Thus, RUMC has made the decision to continue with the policy of no face to face visits, by either the staff or our lay care ministers. This decision was difficult

but made with everyone's well-being foremost in mind. It will be reviewed periodically as we continue to look at evolving data from the Minnesota Department of Health.

So how can we continue to provide pastoral care at this time?

1. Pastoral staff: Rev. Nate Melcher, Rev. Hope Hutchison, and Parish Nurse Kay Bergeland are always available for support and prayer through phone conversations and emails.
  - [nmelcher@richfieldumc.org](mailto:nmelcher@richfieldumc.org) or cell: 612-399-6272
  - [hhutchison@richfieldumc.org](mailto:hhutchison@richfieldumc.org) or cell: 626-261-1429
  - [kbergeland@richfieldumc.org](mailto:kbergeland@richfieldumc.org) or cell: 952-465-9875
2. Called To Care: a relatively new interim care ministry program created with the goal of connecting as many individual and family units with a fellow congregant as possible through phone calls and cards.
3. Parish Companions and Care Ministers: lay care ministry teams that will continue to provide care to those in our church community with whom they have been previously matched through phone calls and cards

And, as always, we pray for one another and hold each other in our hearts as we continue to find new ways to be church together



### FLU SHOT VACCINATIONS

The Centers for Disease Control and Prevention (CDC) has stated that it is more important than ever to get your flu shot this year as we are in the midst of the coronavirus pandemic. The CDC recommends a flu vaccination for everyone 6 months of age and older (with rare exceptions) because it is an effective way to decrease flu illnesses, hospitalizations, and deaths. During the pandemic, reducing the overall impact of respiratory illnesses is important to protect vulnerable populations at risk for severe illness and to lessen the resulting burden on the healthcare system.



Due to the continuation of the suspension of all in-person worship and gatherings through the end of 2020, **RUMC will not be hosting a flu shot clinic this fall.** The Minnesota Visiting Nurses Association was unable to accommodate our request for a drive through or outdoor flu shot clinic due to the extra requirements necessary to have in place during the pandemic. It is important to note that some other settings that usually provide flu shots may not offer vaccinations this year due to these same challenges. Another difference you may want to be aware of this fall is the need to schedule a specific appointment time to get your flu shot to help manage patient flow and avoid crowding.

If you have questions regarding what type of flu vaccine you should receive and the optimal time you should get it, call your primary health care provider. The CDC generally recommends September and October to be the best months to be vaccinated to achieve immunity throughout the flu season. **Please do not wait for flu cases to start to peak as it takes two weeks after your flu shot to achieve full immunity.** For more information on where you can get a flu vaccine, visit [www.vaccinefinder.org](http://www.vaccinefinder.org). The CDC is working with healthcare providers and state and local health departments to develop contingency plans on how to vaccinate people against the flu without increasing their risk of exposure to respiratory germs, like the virus that causes COVID-19. When you schedule your flu shot, ask if they are following CDC's vaccination pandemic guidance and then practice your own preventive actions when going in to receive your vaccine.

Fortunately, we already have a safe vaccine for the flu and a record number of flu vaccine doses being manufactured this year. While there is so much that seems out of our control during the pandemic, one thing we can control is getting a flu shot and help do our part in keeping ourselves and each other safe.

## LUNCH AND LEARN ONLINE SERIES - NEW!

**Bird Migration with naturalist Stan Tekiela**  
**Thurs., Oct. 8, 1:00-2:00 pm, (via Zoom or phone)**  
Meeting ID: 871 6228 7476, Passcode "5835."

We are excited to announce that Lunch and Learn is going ONLINE this fall! We will kick off the new Lunch and Learn Online Series when we welcome back a well-known and much loved speaker, Stan Tekiela. Stan, a wildlife photographer and naturalist, will present his program titled, *Bird Migration: The Incredible Journeys of North American Birds*. Although migration is still a mystery in all kinds of ways, Stan will unlock many of the secrets of bird migration through fascinating facts and fun stories of migrating birds along with his magnificent photographs in this lively program.

Over the past three decades, Stan has authored more than 130 field guides, nature appreciation books, and wildlife audio CD's for nearly every state in the nation, presenting many species of birds, mammals, reptiles and amphibians, wildflowers, trees, and cacti. Stan is also a columnist and radio personality. His syndicated column appears in over 20 newspapers, and his wildlife programs are broadcast on a number of Midwest radio stations. Stan has received various national and regional awards for his books and photographs.

The Lunch and Learn Online events 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=9isp3qPeQOE>.

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: 871 6228 7476. Finally, enter the passcode "5835." Please keep the Meeting ID and passcode secure, thank you.

Enjoy a late lunch with your church friends in the comfort of your own home and join us for this fun time of learning together!

**Upcoming Lunch and Learn Online Events**  
**Thurs., Nov. 12, 1:00-2:00 pm. Victor Zupanc,**  
**with his program, *My Life in Music***  
**Thurs., Dec. 10, 1:00-2:00 pm. *Holiday Music***



## FROM THE PARISH NURSE

### Brain Health

As we have heard so many times before, the coronavirus pandemic has turned our lives upside down. For most of us, our daily routines and social interactions have changed dramatically. Everything is familiar and yet so different. Our sense of time is distorted; some days fly by, others drag slowly along. Our brains naturally seek out stimulation and connection, and when we are no longer using them in the way they are designed, they might begin to feel foggy. This foggy (quarantine cobwebs as some are calling it) is our brain's normal response to an abnormal situation.

The good news is that scientists have learned that the brain has an astonishing ability to adapt and react in ever-changing ways. Here are ten tips to clear out those cobwebs and help keep our brains healthy and active during the pandemic:

1. **Create a daily schedule.** The brain looks for patterns. Having structure can also help when other aspects of life feel uncertain.
2. **Include physical exercise.** "Healthy body, healthy mind." Physical activity increases blood flow to your whole body, including your brain.
3. **Eat a healthy diet.** "You are what you eat." Include lots of fruits, vegetables, whole grains, healthy fats (such as olive oil, nuts, fish), and lean protein to increase brain power.
4. **Prioritize sleep.** Our brains use sleep as fuel. Limit caffeine, avoid electronic devices before bed, and maintain regular sleep and wake times every day.
5. **Have a laugh.** "Laughter is the best medicine." Laughter engages multiple regions across the brain. Spend time with playful people, pay attention to children, and surround yourself with reminders to lighten up.
6. **Socialize regularly.** Look for creative and safe opportunities for get-togethers with family and friends. Healthy relationships are the ultimate brain booster.



7. **Stay mentally active.** "You can teach an old dog, new tricks." Give your brain a work-out with activities that teach you something new, provide you with skills that you can build upon, and are both challenging and rewarding.
8. **Use mnemonic tricks.** "Righty-tighty, lefty-loosey." Acronyms, rhymes, and acrostics help support learning and memory.
9. **Manage stress.** Prayer, meditation, yoga, and even deep breathing have been found to increase mental sharpness and improve memory ability.
10. **Have a sense of purpose.** Holding on to purpose during the pandemic increases optimism, resilience, and hope as we dedicate part of our being to something greater than ourselves.

## POEMS OF PEACE AND HOPE CURATED BY LYNN BORGESON

"Peace" by B.J. Hoff

Peace is not a smooth, untroubled river  
beneath a sunlit sky,  
serene and warm...  
The peaceful heart is like a trusting  
songbird  
who clings to hope  
and sings throughout the storm.

"Through the Night" by Joy Morgan Davis

It's so dark, Lord,  
And my candles are so few...  
Could You hurry up the dawn?  
In time, Child, in time...  
Dawn is never early, but it's never late  
either!  
Meanwhile, I've counted your candles...  
Your supply is sufficient!





## GUIDELINES ON HOW TO GIVE FINANCIALLY IN CHALLENGING TIMES

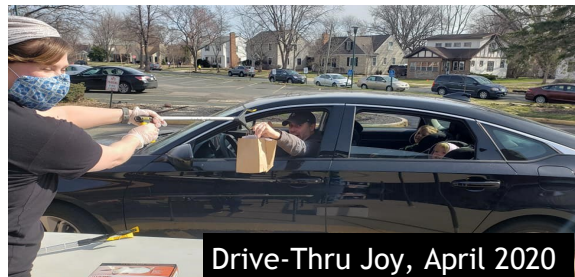
We are a resilient community! Our important work continues through this public health emergency. Giving from our hearts is a spiritual practice. We feel called to the mission of Jesus in our bones and want to be part of something greater than ourselves. The financial generosity of our members and friends 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](mailto: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.



## THANK YOU

Your generous monetary gifts are allowing your church community to continue to live in Faith, Justice, and Joy. With worship services, children and youth ministers, adult studies, classes, and fellowship activities offered online, Richfield UMC reaches out to members, friends, and neighbors during the COVID-19 pandemic. Additionally the Called to Care ministry (page 16) is allowing dedicated servants to keep our members connected during this time apart. And, your gifts are making it possible to have the Drive-Thru Joy events where you can drive-thru at the church building parking lot to pick up items to enhance your spiritual practices and serve others through donating items for those in need. See page 10 for information on the next Drive-Thru Joy on September 13th. These are just a few of the things where you can see your gifts at church put into action.





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

**Worship online,  
Sundays at 9:30 am**  
[http://youtube.com/  
richfieldumc.](http://youtube.com/richfieldumc)

*Please join your church in  
praying the Breakthrough  
Prayer daily at 8:35.*

**OUR BREAKTHROUGH PRAYER**

Loving God of all,  
renew our hearts and minds.

Reveal your wildest dreams,  
breakthrough to each of us.

Unite us in your vision,  
equip us for your work.

Transform us by your song,  
create our harmony.

May we embrace your future  
and be your loving church.

**Amen.**

**Richfield United Methodist Church**

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**Facebook:** facebook.com/RichfieldUnitedMethodistChurch **Twitter:** twitter.com/RichfieldUMC