

Heartline

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

2023

January / February



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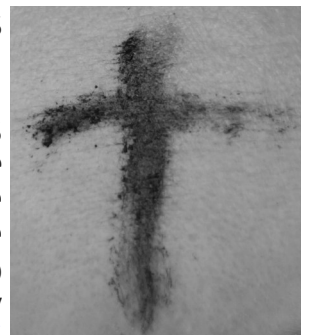


Soup Drive January 15-February 12

In January, we will kick off our annual SOUPER Bowl of Caring Drive. This annual drive, which partners with the NFL and organizations around the country, seeks to stock food shelves with as much shelf-stable canned soup as possible. Soup is a hearty, healthy meal that can help to keep people warm over the winter. Starting on Sunday, January 15, and going through Super Bowl Sunday on February 12, Richfield UMC will be collecting canned soup in the Commons area, and collecting online donations for VEAP so that our local food shelf can continue to feed people throughout the coldest months in Minnesota.

Ash Wednesday Worship Service Wednesday, February 22 at 7:00pm (in-person only)

Begin the season of Lent with this interactive worship service steeped in music, prayer, and spiritual practices. The Confirmation Class will help lead this service, including the tradition of the imposition of ashes. If you cannot be present in-person and wish to celebrate Ash Wednesday, you are encouraged to participate in one of the Ash Wednesday worship services in the [Richfield UMC archives](#), dated [February 17, 2021](#) or [March 2, 2022](#).



NATE NOTE



Welcome to a new year and here's to fresh opportunities to celebrate and serve the God who loves all people - including you! Perhaps the best thing I did to prepare for a new year was rest up at the end of 2022. I'm writing this in the hours after my first Sunday morning worship services back with you after a 30-day renewal leave. It's good to be back, *and* my time apart was necessary and, thankfully, renewing. I'm grateful to my family and to you, Richfield UMC, for your support.

As 2022 began, my stressors, especially work stress, were taking a greater toll on my holistic health than usual. Life is good, the job is good, *and* I was exhausted. I realized I need a break before I break. In all of my time here, I've felt supported by the members of our SPRC team and our outgoing District Superintendent, Rev. Dan Johnson.* In May they affirmed my request a renewal leave by the end of 2022. I was eligible long before this, "but pandemic." I'm tired of those two words, frankly.

Sadly, I'm obsessed with productivity. I had to intentionally not guilt myself to "make the most of my time" or worry what others think. It was *hard* not to think about work. To counter distracting thoughts, I use a mindfulness exercise: Recognize, Release, Return. This thought is distracting me (recognize), I can stay over here (release), and be present in this moment (return). Try it. It works.

Okay, so what did I do with my time? Lots of wonderful stuff!

1. I took a 5-day trip to Florida with high school friends. Old rhythms, big laughs, and deep sea fishing. I got seasick during this Atlantic excursion over the side of the boat *and* had fun!
2. I took a 3-day silent retreat to St. John's Abbey Guesthouse. This has become one of my favorite places to go for rest and peace. Recommended!
3. The Melchers took a 4-day trip to Las Vegas for Thanksgiving. We found unbelievable deals on hotels and airfare and went for it. We saw *Mystère* and *KA* by Cirque du Soleil, the Mac King Comedy Magic Show



(he brought us on stage on our honeymoon back in 2008), and the Tournament of Kings show. We'd definitely go back!

4. I got organized. Did back burner items, cleaned and organized around the house.
5. I did nothing. Stillness, silence, breathing, reading, writing, prayer, and resting, especially resting. This gave me more opportunity to drop what I was doing and be with family. Kelly and I took a rare date night. The kids and I played games and took field trips. Less *this* made room for more *that*, and it was wonderful!

Going forward, I have tactics regarding my stressors. I'm toning down overworking. When pandemic started, I worked every day for 6 months. That isn't a badge of honor. It was foolish. I've scaled back since then but to this day it's hard not to work even a little on a day off. That must change. Next, I'm seeking the right waking hours for me. Building patterns isn't easy, but I'm getting there. Finally, I'm shaking off shame. I don't want to tell myself I shoulda got more done, coulda gotten around to this, woulda been better if only, if only, if only. In 2023, I'm telling my inner critic to take a hike.

It's a year after I felt burnout seep in and I'm in a better place. A renewal leave helped. I'll do better about taking my mini-renewals of my days off. Self-awareness and spiritual/mindfulness practices helped, too, and I do those every day. And I'll remember not to be so hard on myself. I can give myself a break. I hope you'll give yourself a break, too. May 2023 be a year to give yourself a break and feel the renewing presence of the Holy Spirit.

In Christ,
Rev. Nate Melcher

* Rev. Dan Johnson had health issues in the last part of 2022, unfortunately, and he will work with Rev. Cynthia Williams who becomes our new primary District Superintendent on January 1, 2023. She is scheduled to preach at Richfield UMC on February 12, and I hope you'll welcome her warmly! Please hold both these wonderful leaders and their families in prayer during this transitional time.

CHURCH CONFERENCE ON JANUARY 29

Sunday, January 29 at 10:35 am in the Sanctuary and by [Zoom](#)
Meeting ID: 886-0975-2661, Passcode: 5835
or call in: 312-626-6799 (standard rates)

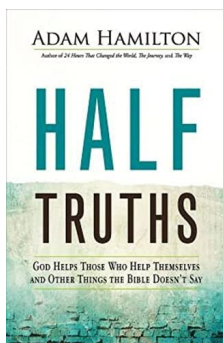
There will be a church conference after worship to receive reports and approve the 2023 operations budget.

BOOK & VIDEO STUDY: HALF TRUTHS (TWO OPTIONS)

Thursdays at 7:30pm-8:30pm by Zoom (online-only)
January 5, 12, 19, 26, February 2
Meeting ID: 819 9039 0338 Passcode: 5835

Sundays at 10:40am-11:30am, Grace Room (in-person only)
January 8, 15, 22, 29, February 5

Pick up your free copy on Christmas Eve of Half Truths: God Helps Those Who Help Themselves and Other Things the Bible Doesn't Say, the book inspiring the January sermon series. In class, we will discuss a chapter and watch a video by Rev. Adam Hamilton explaining concepts in his book. The online Thursday class discusses the chapter for the upcoming Sunday sermon, while the in-person Sunday class discusses the chapter from that day's sermon. If you cannot make the class, you're encouraged to read the book and/or watch the videos on [Amplify Media](#) on your own.



1. Everything Happens for a Reason. (Jan. 5/8)
2. God Helps Those Who Help Themselves. (Jan. 12/15)
3. God Won't Give You More Than You Can Handle. (Jan. 19/22)
4. God Said It, I Believe It, That Settles It. (Jan. 26/29)
5. Love the Sinner, Hate the Sin. (Feb. 2/5)



PUB THEOLOGY

First Sundays at 7:00pm-8:00pm (in-person only)

New Location for 1st Quarter 2023:

Protagonist Kitchen and Bar,
6601 Lyndale Avenue S.,
Richfield, MN 55423 (ramp parking)

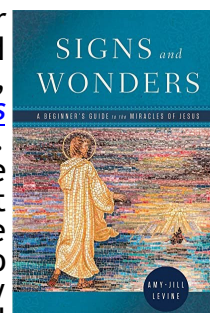
Next Gatherings: January 8 (2nd Sunday),
February 5, March 5

Pub Theology is a new monthly drop-in group to discuss faith, God, and life over a tasty beverage. The informal atmosphere is the perfect venue to get people of many generations talking and you're invited. We kicked things off in October and we continue in a new location for the first part of 2023. Protagonist is in the former Houlihan's location in Richfield, with nearby covered ramp parking. Arrive early to order a tasty beverage and/or dinner, then stay for spirited conversation led by Pastor Nate.

More information: <https://richfieldumc.org/pubtheology>

ON-YOUR-OWN STUDY: "SIGNS AND WONDERS"

This fall, New Testament scholar Prof. Amy-Jill Levine released her new book and video series, [Signs and Wonders: A Beginner's Guide to the Miracles of Jesus](#). For each miracle, Prof. Levine discusses not only how past witnesses would have understood the events, but also how today's readers can draw meaning from Jesus's words and actions. You can watch this 6-part video series free at Amplify Media on your table, PC, smart device, or Roku TV app. Get your free Amplify Media account today at richfieldumc.org/amplify for access to thousands of videos and audiobooks for daily devotional, Bible study, worship, and inspiration.



FAITHFUL: A One-Year Worship Series

September 11, 2022 - May 28, 2023

In 2022-2023, Richfield United Methodist Church begins a one-year worship series: **FAITHFUL**. Faith isn't just an hour a week on Sundays. It's an everyday way of life. Faith is core to who we are. We are called to live boldly on the journey with the God who has faith in us every step of the way. **Wherever life takes us, let us jump in with a commitment to life in faith, justice, and joy.**



The **FAITHFUL** worship series is made of 8 miniseries that honor the seasons of the church such as Advent and Lent while exploring several themes in the overture of our lives. The series explores how we as individuals and as the church are capable to grow in love of God and neighbor, reach new people, and heal a broken world. Spiritual practices, events, and media will help bring your weekend worship experience into your weekday living with prayer, journaling, daily devotionals, book studies, and video series to watch at your own pace with [Amplify Media](#).

Full-Time Faith
All Together Now

I Serve God

Tidings of Comfort and Joy

Half Truths

For God So Loved the World

Unwavering Love

Less Mess

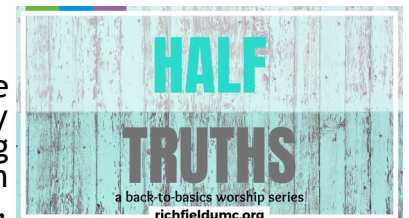
Let your faith lead you every day and wherever you go.
Celebrate the good God can do when we work together.
Share stories of how serving God changes your life.
Live with the assurance and strength of the Holy Spirit.
Cut through the platitudes and get real with your faith.
See God's world through a mosaic of perspectives.
Experience the love that Jesus has for all people.
Journey through brokenness and find hope.

Each worship experience features a wide variety of Spirit-filled music, inclusive and justice-centered liturgy, meaningful interactive moments, and preaching that connects scripture with everyday living. Worship together on Sundays at 9:30 am, online at youtube.com/richfieldumc, or by touch tone phone at 888.650.5835. For the latest updates on worship and the life of the church, visit richfieldumc.org. Let us worship the God who loves all people. All are welcome, and all means all.

WORSHIP SERIES #5: "HALF TRUTHS"

January 8-February 5

There are simple phrases that *sound* Christian, that *sound* like they're in the Bible, that *sound* like they capture an element of truth, yet they miss the point in important ways. Cliché phrases like "Everything happens for a reason" or "God won't give you more than you can handle" can end up hurting instead of helping. In worship this January, we will compare common Christian clichés with scriptural wisdom to find God's truth. Join one of the small group studies to go deeper or watch the supplemental [video series on Amplify](#).



WORSHIP SERIES #6: "FOR GOD SO LOVED THE WORLD"

February 12-February 19

We will spend these few weeks between the seasons of Epiphany and Lent thanking God for eternal love for the world. The truth of John 3:16 isn't just a cliché catchphrase, it's a reminder that God is for all people. This month will feature a variety of guest preachers and guest musicians to help us expand our scope of new experiences for how others experience the holy.



WORSHIP SERIES #7: "UNWAVERING LOVE"

February 26-March 26

We are blessed to be the children of a God of unwavering love. When we love others, God is there. When we mess up, God is there. When we face the odds, God is there. This Lent, we take a deep dive on the passion story that leads to Easter in a series inspired by Prof. Amy-Jill Levine's book and video series, *Entering the Passion*. Go deeper and watch the supplemental [video series on Amplify](#).





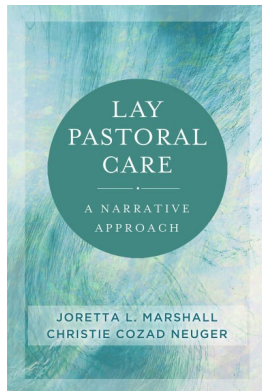
MCCI SURVEY DEBUTS JANUARY 8

All members are asked to take a survey about potential directions with MCCI prescriptions. As teams discern direction for signature ministries, building use, and our church's next steps, this is your opportunity to weigh in on the work so far. We plan to go over survey results at the church conference on January 29. Please continue to pray for the success of your teams and for God's dreams to be revealed.

BOOK LAUNCH: *LAY PASTORAL CARE*

Sunday, January 22

Rev. Christie Neuger and her writing partner, Joretta Marshall, have written a new book called *Lay Pastoral Care: A Narrative Approach*. They developed this book as a resource for church leaders to develop robust and effective lay pastoral care systems like we have at Richfield UMC. In fact, it's the dedication of our team that helped inspire this book, thanks be to God! We will affirm and thank this team in worship that day and Christie and Joretta will be present to speak with people about the book and sign copies afterward.



Please see page 12 for more information about the Lay Pastoral Care Program of Richfield UMC.

WORSHIP REGATHERING UPDATE

Our area is in the midst of more cases of COVID-19, the flu, and RSV at the same time. Everyone is asked to maintain their best practices when it comes to public health. Please get any booster shots you're eligible to receive and use good judgment to keep yourself and others safe and healthy. The Regathering Taskforce continues to monitor the pandemic landscape and gather to discuss our protocols, taking cues from the Minnesota Annual Conference, MN Department of Health, and Center for Disease Control and Prevention. Thank you for your support as we move forward.

JERSEY SUNDAY IS FEBRUARY 12

February 12 is the "Big Game," and everyone is encouraged to wear their favorite team colors to worship that day. Whether it's a football team t-shirt or a hockey jersey, your current school colors or your alma mater, we'll have a vibrant, colorful Sunday gathering to worshipping God with a little fun. This also coincides with the last day of the Souper Bowl food drive and we will have a special blessing in worship.

THANK YOU TO COMMON THREADS!

The Covid pandemic did not stop the ministry work of the Common Threads team. Lap robes continued to be beautifully knit and crocheted by a group of gifted women during this time and were recently blessed during worship by Pastor Nate and our church community. I had the good fortune of delivering 50 of these lovely lap robes to three of our neighboring care communities: Minnesota Masonic Home, Walker Methodist Care Suites, and Walker Methodist Health Center. Here is one of the written expressions of thanks that was received:

"You lovingly delivered handmade lap robes, and we felt so lucky to receive them. This generous gift was met with so many expressions of thanks: People said, 'for me?!' We explained that hard working women of the church wanted to share warmth and blessings. Our residents are so grateful for this kind gesture and gift. Thank you for thinking of us. We are lucky to have you in our community. It takes a village to care for our older generation. Thanks for being part of ours!" Warmly, Amanda (Executive Director at Walker Methodist Care Suites)

Children

CHILDREN & FAMILY MINISTRIES UPDATE



Rev. Hope Hutchison
Director of CYF & Outreach Ministries
hhutchison@richfieldumc.org

It was a joy to have an in-person Christmas Pageant and an in-person Sunday School Christmas Party after taking several years off due to the pandemic. Thank you so much to everyone who worked hard to make these things possible!



I am excited to say that Children First Worship will be returning on February 5, 2023! This worship service is where our children lead us in worship alongside adult volunteers. While this service has traditionally taken place on the first Sunday of every month, we will be shifting to an every other month schedule. Our children are not only the leaders of our future, they also offer a unique perspective and gifts to lead us in the present! If you are interested in leading alongside children in worship, or if your children have particular jobs they would like to help with, like greeting, reading Scripture, or leading a prayer, please contact Rev. Hope at hhutchison@richfieldumc.org.

As the weather turns towards winter, we have also come inside for Sunday School. We are having Sunday School downstairs in the Fellowship Hall so that we can play games, and run around while we learn about God and how to love our neighbors!

Children's Ministry Calendar:

- Sunday, January 1
Online Only Worship
- Sunday, January 8, 15, 22, 29
Sunday School in Fellowship Hall
- Sunday, February 5
Children First Worship
No Sunday School
- Sunday, February 12, 19, 26
Sunday School in Fellowship Hall
- Sunday, March 5
No Sunday School
- Sunday, March 12, 19, 26
Sunday School in Fellowship Hall

Save the Date: Easter Egg Hunt Saturday, April 1, 2:00-4:00pm

It has been a joy to return to in-person outdoor events over the past year, and I am excited to do that once again with our annual Easter Egg Hunt! Save the date for the Egg Hunt on Saturday, April 1. Details about the event will be available soon, as well as details about how to sign up to volunteer!

CARING FOR CHILDREN (CFC) Richfield UMC's Early Learning Center Kathy Newbauer, Director

Many thanks to RUMC member Susan Johnson (Wayne) for making some cute and warm hats for children who may have forgotten theirs at home.

The children are excited and ready for winter and snow play.



CALL FOR LENT DEVOTIONAL SUBMISSIONS

The Lent 2023 Daily Devotional theme is "Unwavering Love." Each of us has shared and received the gift of love, and we are all united in the unwavering love God has for all people. May we share reflections of love with one another as we prepare for the Easter season. You are encouraged to put your imagination to work and create an item for this all-original collection for the church's Facebook page, at richfieldumc.org/devo, and in print on campus starting February 19.

Submission Guidelines:

1. Written reflections should be 275 words or less. Photos or artwork should print well in both print (black and white) and color (online).
2. It must be your own original writing, photo, artwork, etc. We cannot publish your favorite poem by another writer, sorry.
3. Submit your writing by Sunday, February 5, 2023 to nmelcher@richfieldumc.org.

MUSIC MINISTRY UPDATES

Special Musical Guests this Winter

On January 15, the Living Waters Band will be joined by acclaimed singer/actor Joe Nathan Thomas. Joe Nathan sang at RUMC last year and blessed us with his rich baritone voice. He has been on many twin cities stages including as Daddy Warbucks at Children's Theatre Company. This will be a special Sunday celebrating the birthday of Dr. Martin Luther King Jr.

On February 12, the Living Waters Band is honored to feature Austene Van who has sung and acted on many local stages and is the founder and Artistic Director of the acclaimed Yellow Tree Theatre. Austene is an amazing singer who will grace us with her passionate voice.

Don't miss these Sundays!

CHURCH AND SOCIETY

Your Church & Society Team has been hard at work this fall, addressing food insecurity in multiple ways by working with several of our mission partners.

VEAP

This fall, we had our second annual Fall Food Drive benefitting VEAP, ending on Sunday, November 6. This year, we were able to raise 870 pounds of food, and \$935 to help VEAP keep their shelves stocked this winter.

Beacon

Just following the end of our Food Drive, we partnered with Beacon Interfaith Housing Collaborative on their Families Moving Forward program, feeding families who are emerging from homelessness in Scott & Carver Counties. You may remember previous years where we housed families on site. Beacon has made the difficult decision to continue housing families in hotels throughout this fall, and the first half of 2023. So, what they need from their faith community partners is to continue to provide meals, and help offset the cost of this program. Your Richfield UMC Church & Society Team, together with Park Ave UMC and Living Spirit UMC, fed families the week of November 7-11, and donated the money we would have spent housing them onsite to help offset the cost of hotels.

Christmas Offering

Twin Cities Food Justice Growing Hope Globally

With the cost of food continuing to rise in Minnesota and across the globe, the Church & Society Team chose to focus this year's Christmas Offering on organizations that are helping to feed people. Twin Cities Food Justice was chosen as our local organization. They partner with local grocery stores to 'rescue' unsold produce, and donate them to local hunger relief organizations. Because this crisis is not limited to Minnesota, we also chose a global organization: Growing Hope Globally. This organization sustains relationships with smallholder agricultural programs in 30 countries, increasing access to food and clean water across the globe.

March Minnesota FoodShare

As we look forward to the Lenten season, your Church & Society team is looking forward to Minnesota FoodShare. This annual drive, across the state of Minnesota aims to work with all food shelves throughout the month of March to ensure that all of them are fully stocked. This mission has endured throughout all 42 years of this campaign, but it is especially needed this year. As food costs have risen, food shelves around the state have found themselves facing higher demand, as their own costs continue to rise. Join us in March as we join with churches across Minnesota to fill our food shelves this Lenten season.

WELCOME BISHOP LANETTE PLAMBECK

From the Minnesota Annual Conference:

Bishop Lanette Plambeck has been assigned as the resident bishop for the Dakotas-Minnesota Area effective Jan. 1, 2023. She was elected to the episcopacy at the 2022 North Central Jurisdictional Conference. Before her election, she served as the assistant to the bishop and director of clergy and leadership Excellence in the Iowa Annual Conference.

Bishop Plambeck, in her pastoral service, has served as a local church pastor in four different pastoral settings including urban, county seat, town, and country. She has experience as a college chaplain and a licensed counselor in family systems and chemical and substance abuse. She is a veteran of the U.S. Army and was deployed to Desert Storm/Desert Shield.



She says the measure of her leadership is three questions she asks herself at the end of each day: Did I glorify God? Did I point people to Christ? Did I love? She describes herself as “unapologetically Wesleyan and so in love with Jesus and his ministry marked by compassion, grace and justice.” A gift she brings as a leader is “to inspire others to live lives of significance as we work for ‘kingdom on earth as it is in heaven’ through active discipleship as we respond to the suffering in the world. I am committed to developing leaders (clergy and laity) to grow into the very best versions of themselves so that they can be at their very best for God.”

Read more at the Minnesota Annual Conference website about [Bishop Plambeck’s assignment](#) and a fun article on [“10 things to help you get to know Bishop Lanette Plambeck.”](#)

WELCOME DISTRICT SUPERINTENDENT CYNTHIA WILLIAMS

From a letter by interim Bishop David A. Bard:

“During this time of change and transition, it is my responsibility to help prepare the conference for Bishop Plambeck and for its future. ... Rev. Dan Johnson [is] in [his] eighth and final year of service, and it has seemed wise for me to make the appointments for these superintendent positions before handing my responsibilities as your bishop to Bishop Plambeck. The transition in these positions have become more complex with the recent health issues being experienced by Rev. Dan Johnson. With this letter, I am announcing two superintendent appointment changes, with another announcement to follow.

Effective Jan. 1, 2023, I am appointing the Rev. Cynthia Williams district superintendent of the Twin Cities District. Rev. Williams has been serving faithfully and effectively as the River Valley District superintendent and is in her seventh year in that appointment. I expect that Rev. Williams will serve as Twin Cities District superintendent for the remainder of her term as district superintendent, that is, until July 1, 2024. Rev. Williams will be the primary superintendent for the district, and will be assisted by the Rev. Dan Johnson, who will also continue in his appointment until his retirement July 1, 2023. While a unique arrangement, I believe this best prepares our conference for its future, providing solid leadership for the Twin Cities District while we also wait for recommendations from the Transitional Table regarding districts and staffing.



I am deeply grateful to Rev. Williams for her openness to this unique change of appointment. I remain profoundly grateful to Rev. Dan Johnson for his faithful service as the Twin Cities District superintendent, and for his many years of faithful service to Jesus Christ in the Minnesota Conference as a local church pastor and conference staff person.



GET YOUR RICHFIELD UMC SWAG!

Share your church's mission with pride in your neighborhood. Check out these brand-new items that you can pick up anytime campus is open. They're free to you and if one of your neighbors is inspired and would like one, yes, we have enough that you can take one for them, too! Come get your...

1. Richfield UMC t-shirt, in child and adult sizes, in a trendy heather gray color.
2. "Love Your Neighbor" yard signs to send a new message in a heated election season.
3. "Love Your Neighbor" postcards to put up in your office, condo, or wherever you need it.
4. "Love Your Neighbor" window clings to put up in your vehicle or home window.

ONLINE SAFETY AND YOUR CHURCH

The holiday season often sees an increase in scams overall, including on the Internet. Here's a reminder of how to stay safe and smart about scams, especially involving your church:

ONLINE SCAMS:

From time to time, scammers send fake emails from bogus email accounts pretending to be church staff or clergy. This is known as a "phishing scam." Often, these scammers will "phish" for good people like you who want to be helpful... by pretending the church needs you to buy gift cards or give out banking information! Richfield UMC clergy and staff will never solicit money, gift cards, or other "assistance" with this kind of email. Staff email always comes from richfieldumc.org.

WHAT DO TO:

If you receive a scam email, please do not reply in any way. Send a copy to the church, block the sender, and delete the original email. Thank you for your cooperation.

ONLINE HARRASSMENT:

Another area of online safety as a church is "trolling," when people harass churches members online. If someone makes inflammatory remarks, inappropriate comments, or sends you harassing messages about clergy, staff, members, or the church in general, please do not respond. Sometimes, these comments are made to provoke the church into a response, please do not respond. Please do not give them the provocation they are looking for.

WHAT TO DO:

Never give out any personal information about clergy, staff, or church members to someone you don't know, including addresses and contact information. If someone needs to "talk to the pastor," send the message to the clergy instead of giving the person the clergy's information. Thank you for your cooperation.

BE THE PERSON WHO WELCOMES NEW GUESTS ON SUNDAYS!

Any given Sunday is an opportunity to welcome new worshippers on campus. But just because that welcome can be done by *anybody* doesn't mean you should leave it to *somebody* else! Being a welcoming congregation is a team effort. **We must never take for granted the courage it takes for someone to walk into a church building for the first time!** Here are three things *anybody* can do to make new people feel welcome - so make sure it's *you* who does them:

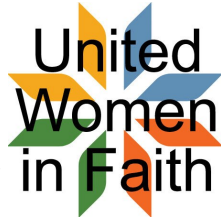
1. **Show Up.** If you wake up on Sunday and feel the pull to worship from home more out of convenience than a concern for health and safety, please come to campus. Your church needs people like you here and offering a friendly presence to new faces. **A full Sanctuary is a welcoming Sanctuary.** We hope to see you!
2. **Show Up Early.** With a 9:30 am start time, it's easy for members to walk into the building right before worship begins. However, new guests are more likely to show up between 9:00 am-9:15 am and we don't want them feeling alone or confused. **People in the building brings life to the building.** We hope to see you early!
3. **Show Your Welcome.** Coming to campus is a chance to see old friends and that will always be a joy. It's also an opportunity to help a new person feel at home by introducing yourself, inviting them to a conversation, and listening to their story. **When people feel included, they feel at home.** We hope to see you early and with an inclusive attitude!

UNITED WOMEN IN FAITH

Formerly United Methodist Women

Who are the United Women in Faith?

Have you ever wondered who the United Women in Faith (formerly United Methodist Women) are. Come join us in the Grace Room on Sunday February 19th after service to learn more about what UWF does. Discover the various circles, learning opportunities, organizations that we support and the reading program.



Thank you!

The United Women in Faith would like to thank everyone who supported us by donating items and buying some delicious holiday treats at the bake sale on Sunday, December 11, 2022.

WORSHIP TECH CREW SERVANT VOLUNTEERS

We want to keep livestreaming worship when we gather and this relies on a robust servant volunteer team who are invested in keeping the church connected. Please help build this critical team's rotating roster as we move into 2023. You will be trained, you will be welcomed, you will be amazed at how quickly you will become competent with your role. Contact Rev. Bill Johnson at bull6973@gmail.com

ONLINE-ONLY WORSHIP ON NEW YEAR'S DAY

[youtube.com/richfieldumc](https://www.youtube.com/richfieldumc) or
888.650.5835

Holiday weekends in the life of the church historically see low worship attendance, yet we've proven we know how to have meaningful worship experiences online. On New Year's Day, January 1, 2023, we will give our hard-working servant volunteers time to be with their families and you are invited to worship online and by touch tone phone. Please do not come to campus that day, thank you.

RUMC LIBRARY NEWS

Lately, I have become more interested in the history of our RUMC library and have made some phone calls to explore that. I am told that there *probably* was an area of church books in the basement in the 1960s. It may not fully have been a library. Eventually, the Grace Room became or was the church library. Then sometime about 15 years ago the library moved to the more open space where it is now. It was theorized (to me) that the reason for the move was to make the Grace Room more available as meeting space. In resourcing the shelving for both the Grace Room and the current location, Meg and Gordon Alexander provided the needed backing. There is a plaque on the wall as one enters the library area acknowledging their interest and support of the library, and inviting our thankful awareness for their gifts. Beyond that, however, I would be interested in learning more of its history and would invite those with more knowledge to contact me with information on the timing of the library's start, who was involved, who moved the books, who cared for the library before my arrival (mid-2011), and any interesting or unique stories relative to its history.

And, in this season inviting our grates, I acknowledge the following persons who in recent months have donated books for the library: Ann and Bill Johnson, Lynne Alexander, and Susan (Mrs. SK) Johnson. The donation of books is one that multiplies enjoyment, knowledge, and support for the ministries of RUMC. Please thank them yourselves.

I also add my thanks for this work. In cataloguing the last set of donated books, I reached the number 1,000 of those added to our library in the last five or six years. These are books new to our library which has 3,054 books currently on its shelves and children's carts. Whether at home or at church, what better place is there to be than to find oneself surrounded by books!

-Wayne Albertson

WHAT IS YOUR "CONFLUX MOMENT"?

Conflux moments are when our life's journey meets God's heart. Have you had a moment in your life this year - or ever - when you can say yes, that is a conflux moment? Pastor Nate wants to hear your story of God breaking through in your life. Send your story to breakthroughstories@richfieldumc.org, fill out a "Breakthrough Story" card at the Community Table, or reach out to Pastor Nate.

YOUTH MINISTRY UPDATE

Rev. Hope Hutchison
Director of CYF & Outreach Ministries
hhutchison@richfieldumc.org

Youth

The Youth Group had a busy Advent season, preparing for the Christmas Pageant. We had so much fun sharing that with all of you last month. The Youth also gathered for a Christmas Party to celebrate the season of Christmas, and their successful pageant! There were games and snacks and lots of fellowship time. Thank you to everyone who helped to make the Advent season fun and joyful for our youth.



Youth Group resumes Wednesday, Jan. 4, 2023.

Youth Group continues on Wednesday nights at 7:30pm in the Grace Room, with a mix of Bible Study and reflection, and games and community building. If you are interested in being an adult volunteer for this time of faith and fellowship, please contact Rev. Hope at hhutchison@richfieldumc.org.

Confirmation also continues on the second and fourth Sundays of the month (Jan 8 & 22, Feb 12 & 26). As we progress through the year, the youth are learning more about the tough questions of our faith, and how they can continue to wrestle with these questions as Christians. This church has always had an appreciation for asking questions and encouraging curiosity, and it is wonderful to see that tradition continuing with the next generation of leaders.

MUSIC SCHOLARSHIP OPPORTUNITY

THE CHESTER E. AND MARION D. GROTH SCHOLARSHIP

Scholarships will be awarded for tuition for the 2023-2024 school year. Previous recipients are eligible to reapply for the scholarship for up to three additional years or until a Bachelor's Degree is earned, whichever occurs first.

The purpose of this Fund is to award annual post-secondary scholarships for qualified students desiring to matriculate and pursue careers in music education, performance, or music therapy.

These scholarships are made possible by the generous gift of Marion Groth on behalf of her husband, Chester. To be eligible to receive this scholarship, an applicant must:

- Be a graduating high school senior from a Minnesota high school;
- Be entering college as a freshman;

Applications must be received in the church office no later than noon, Friday, February 24, 2023. Applicants will be notified if invited to a finalist audition on March 18, 2023.

For more information and an application form, please contact the church office, 612-861-6086, or visit the church website richfieldumc.org/events/scholarships.

PUT THE 5-10-LINK RULE INTO PRACTICE

The 5-10-Link Rule is one way we can become a more welcoming church to everyone.

1. Introduce yourself to someone you don't know 5 minutes before/after worship.
2. Engage someone you don't know within 10 feet of you to talk with you/your friends.
3. Link your new acquaintance with another person nearby with a common or similar interest, such as a hobby or occupation.

Pick up a reminder card on campus to carry with you so you don't forget. The other side of the card has the Breakthrough Prayer on it so you can have it with you wherever you go.

THE LAY PASTORAL CARE PROGRAM AT RUMC

The Lay Pastoral Care Program of Richfield UMC will be celebrated during and after worship on January 22, 2023. Kay Bergeland, Parish Nurse, and Christie Neuger, Lead Consultant for the program, have been recruiting, training, and empowering the work of lay caring ministers at RUMC for the past ten years. Over those years, we have had more than 35 people who have volunteered to offer a variety of practices of pastoral care in the congregation and who have participated in training and consultation groups as part of their commitment to the program. Many people have been supported, visited, and cared for by these trained volunteers. The program is dynamic, believing that all congregants are sometimes in a position to provide pastoral care to others and at other times are in a position to benefit from that kind of care. The more people in a congregation that participate in care ministries and engage in training and consultation around the skills and attitudes of caring, the more dynamic a church can be. Tending to one another in good times and in hard times is a defining ministry of the Church.

Christie Neuger and Joretta Marshall, both long-time seminary professors of pastoral care, have recently published a book entitled: *Lay Caregiving: A Narrative Approach* (Fortress Press). The book reflects on the approach to training and consultation used at RUMC and will be part of our celebrations and acknowledgements on January 22nd. Both authors will be present after worship to engage in informal conversation about both the program and the book.

The current members of our four primary lay care programs (Parish Companions, Parish Ministers, Care Ministers, and Home Communion Ministers) and the missions of those programs are listed below.

Parish Companions

Mission: Parish companions seek to provide a supportive presence with people who are moving through significant transitions in their lives. They are trained to provide care through listening, companionship, and understanding as they meet regularly with a person made more vulnerable through the life crisis they are experiencing.

David Couillard	Kate Currie
Pat Norton	Sandra Overland
Merry Rendahl	Steve Restemayer
Jerry Schilling	Gretta Thorson
(Barb Rogers - recent past member)	

Parish Ministers

Mission: Parish ministers seek to reach out as the presence of Christ to those who are in short term need of care. This will usually include hospital visits or requested visits to a long term/transitional care facility or a home. Knowing there is a role for both pastor and lay in a crisis, parish ministers are an extended ministry of the church and serve as tangible witnesses to the care of the community.

Mary Martha Butler	David Couillard
Kate Currie	Pat Norton
Merry Rendahl	Jerry Schilling
Gretta Thorson	
(Barb Rogers - recent past member)	

Care Ministers

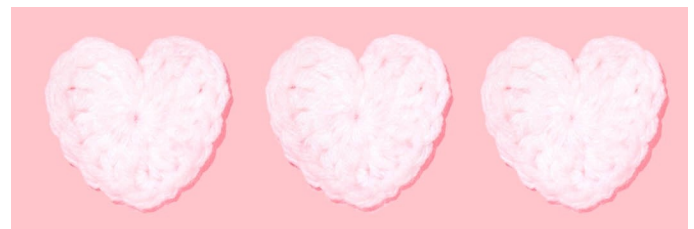
Mission: Care ministers strive to make a face-to-face visit on a monthly basis to church members/friends who are unable to fully participate in the life of the church for varying reasons or are in a vulnerable stage of life occasioned by grief or physical challenge. Care ministers make themselves available through caring presence and attentive listening as they serve as agents of community for the congregation.

Wayne Albertson	Sue Burmeister
Marilyn Dodge	Wayne Johnson
Kay Kurtz	Sandy Nelson
(Mitzi Taylor - recent past member)	

Home Communion Ministers

Mission: Holy Communion is the sacrament that sustains and nourishes us on our journey of faith. On a quarterly basis, trained lay members will go out in two-person teams to visit our homebound members and share the prepared and consecrated elements of Holy Communion with them.

Sue Burmeister	Kate Currie
Marilyn Dodge	Wayne and Susan Johnson
Clarice Lien	Molly and Al Reko
Merry Rendahl	Pat Robertson
Jerry Schilling	
(Mitzi Taylor - recent past member)	



FROM THE PARISH NURSE

Time for LIFE: Learning, Inspiration, and Fellowship for Everyone

January

Program: Lake Superior: The Grander Rounds

Thursday, January 12th, from 1:00 - 2:00 pm

Online-only program: [Zoom Link](#): Online: Meeting ID: 813-2660-

1056 Passcode: 5835 OR Call-In: 312-626-6799, then enter Meeting ID and Passcode (standard rates may apply)

What most Minnesotans know about Lake Superior is the "Northshore," but there is much more to the Big Lake. We welcome to Time for LIFE, Rev. Wayne and Fern Albertson, who made the tour around Superior last summer, and Rev. Kent Johnson, who has been sailing on the lake for years. Join us for this enjoyable program as we see some of the hidden beauty, uncover some of the mysteries, and discover new places to visit on the Big Lake!

Date and Time: January 12th, from 1:00 - 2:00 pm (**online-only**)

Questions: Call/email the Parish Nurse, Kay Bergeland, at 612-861-6086 or kbergeland@richfieldumc.org



February

Program: 'Zzz: Running On Empty' with sleep expert, Sarah Moe

Thursday, February 9th, from 1:00 - 2:00 pm

Both in-person in the Heritage Room and via online/phone offerings

We are so fortunate to welcome a recognized pioneer in the field of sleep medicine, Sarah Moe, to Time for LIFE, when she will share the latest sleep research and explain why sleep is the foundation of our health and well-being as we age. Prior to the global pandemic, our sleep issues were at an all time high. Three years later, we are still living through these tough days and nights. If the stress, worry, and anxiety over the uncertainty we have been experiencing has been impacting your sleep, you are not alone.

Join us for our session regarding all things Sleep. Sarah will discuss COVID's impact on our sleep and mental health, signs and symptoms of sleep disorders, "Do's and Don'ts" to get more restful sleep, and much, much more. This fun and interesting class will leave you with the tools you need to get you rested, so you and your family can get through 2023 as healthy, happy, and productive as possible.



Our speaker, Sarah Moe, started her career in Sleep Medicine in 2006 and is the Founder and CEO of Sleep Health Specialists, which provides sleep education to businesses and corporations. She was also an Adjunct Professor in the Polysomnography (Sleep) Program at Minneapolis College, and sat on the Board of Directors for the Minnesota Sleep Society and the Educational Products Committee for the American Association of Sleep Technologists. For her role in Sleep Education in our workforce, Sarah has received numerous recognitions in recent years. You can also catch her on her WCCO news segment "Health Watch", where she discusses various sleep related topics.

Date and Time: Thursday, February 9th, 1:00 - 2:00 pm (program time)

Cost: \$5.00, payable on the day of the event.

Social Dessert Time: You are invited to stay and enjoy a delicious dessert made by our very own chef Kelsey after the program!

RSVP: Please RSVP by Sunday, Feb. 5th, by signing up in the Commons, emailing kbergeland@richfieldumc.org, or calling the church office (612-861-6086)

Zoom Link: Online: Meeting ID: 813-2660-1056 Passcode: 5835 OR Call-In: 312-626-6799, then enter Meeting ID and Passcode (standard rates may apply)

The Church Bus is Available: Please call the church office (612-861-6086) by Sunday, Feb. 5th, if you would like to ride the church bus

Questions: Call/email the Parish Nurse, Kay Bergeland, at 612-861-6086 or kbergeland@richfieldumc.org

AN EVERYDAY PRAYER LIFE IS FOR EVERYONE

May we devote time and energy to God and neighbor and pray every day for:

- Open minds and hearts for “conflux moments.”
- People in need of a loving church home.
- Our church’s journey toward vitality.

Our prayers are a beautiful expression of care and solidarity for each other.

We pray in celebration:

We pray with gratitude.

We pray for those who grieve:

- * The family and friends of RUMC member, Connie Wester.
- * Tim and Terry Bumgarner and family in the death of Tim’s mother, Viola.
- * Ann Krause and family in the death of RUMC member, Jerry Krause. A memorial service will be planned for the spring.

HAPPY JANUARY AND FEBRUARY BIRTHDAYS

January

Rexi Warner	1	Meg Spicher	19
Devin Teal	3	Maya Mendez-Haines	19
Lynn Borgeson	4	Nakia Neal	19
Brooke Nelson	6	Steven Gieseke	20
Alex Restemayer	7	Laura Gilmore	23
Inez Gustafson	8	Rev. Hope Hutchison	23
Promise Williams	10	Anne Ruona	24
Morgan White	11	Isaiah Crandall	24
John Wittenborg	12	Swen Crandall	24
Terry Bumgarner	13	Molly Reko	25
Rev. Christie Neuger	14	Paul Pieper	25
Jerry Schilling	15	Reene Jackson	25
Gavin Locke	15	Phyllis Olson	26
Ann Johnson	16	Jane Parry	29
Kenzie Lambert	16	Vicki Sells	29
Dorthea Doty	17	Dave Oliver	29
Liam Knuttila-Tanhoff	18	Phyllis Killam	30
Olivia Knuttila-Tanhoff	18	Christina Loge	30
Beverly Borneman	19	Dorothy Holland	31
Win Neuger	19		

February

Ron Doncavage	2	Sharon Gardner	13
Daniella Callahan	3	Emily White	13
Lyra Olson	4	Jessica Gieseke	16
Bill Johnson	6	Bea Melcher	17
Ron Larson	7	Aubrey Nelson	17
Lois Schatschneider	7	Connie Gillespie	18
Lori Claussen	7	Steve Warner	19
Cynthia Knutson	7	John Watne	20
Jennifer Teal	9	Betty Friesen	23
Katie Labelle	9	Remi Gaertner	24
Taylor Currie	10	Sandra Williams	25
		Dorothy DeFreese	26

RECYCLING NEWS

During the final months of the year we generate more trash than any other months. It makes sense when you consider all the gift giving and partying we do at the end of the year. So maybe the new year would be a good time to start paying more attention to how many one-use plastics we buy. The bane of the recycling world is sheet plastic. You know, shopping bags, plastic wrap, and even bubble wrap. You will earn the unending appreciation of your recycler if you just keep sheet plastic out of your recycling bin because it isn’t recyclable, but more important, it jams up the sorting machines sometimes for hours. As we try to cut back on plastics, one technique we are using is to keep tote bags in the car to remind us to grab them on our way into the store.

Kent Johnson

THANK YOU

Thank you to the RUMC community for the loving messages and prayers following Jerry’s death. They are helping us through a very painful time. Phone calls from Pastor Nate, Ruth Phelps, and Kay Bergeland have been added blessings. We are grateful to be part of this loving congregation.

-Ann Krause and family.

THANK YOU, MUSICIANS!

The Advent and Christmas season brings with it new and old traditions, including in the world of music. We are blessed to be a musical church and to constantly have a song in our heart. Thank you to our paid music staff, Nancy Dierauer, Tanner VanderKrabben, and Victor Zupanc, for all of your leadership, organization, and talented inspiration. Likewise, thank you to all of our musicians in the Chancel Choir, Chancel Bell Choir, Living Waters Band, Children’s Choir, our wonderful guest musicians, and our soloists for funerals and memorials. So much extra work went into the last few weeks of worship experiences and we are grateful for your time and energy that you invest in your church. We thank God for your gifts and thank you for sharing them with the world!

BE A “DIGITAL SUPERFAN” OF YOUR CHURCH!

Here are crucial ways to stay informed, be involved, and get invitational digitally:

Sign up or resubscribe to the church email list.



Get weekly news updates in the *eHeartline* announcements, a bulletin link and worship preview with *Worship Launchpad*, and updates on pandemic-related announcements, funerals and memorials. Send the emails to a friend if something in it would interest them. Subscribe or resubscribe in seconds at richfieldumc.org/email. Help your church go from 307 to 315 subscribers.

Engage your church on our Facebook page.



Interacting with [your church's Facebook content](#) puts it in front of new people. “Like,” comment, and share your church’s content. “See First” in your News Feed and “Turn On” Notifications so you’ll see fresh content. Help your church grow from 552 to 565 fans.

Engage your church on our YouTube channel.



Engage with [your church's YouTube Channel](#) to put our content in front of new people. “Subscribe” and “Ring the Bell” icon to receive Notifications when new videos come up or we go live. “Like” and “Share” the videos with friends. Help your church grow from 317 to 320 subscribers.

SAVE THE DATE FOR SPECIAL UPCOMING WORSHIP SERVICES

January 1	Online-Only Worship with a sermon by Bishop Lanette Plambeck
January 29	Church Conference following worship (affirm operating budget)
February 12	Jersey Sunday (wear your favorite team colors)
February 22	Ash Wednesday led by the Confirmation Class
April 2	Palm Sunday
April 7	Maundy Thursday
April 8	Good Friday
April 9	Easter Sunday
June 4	Church Conference following worship (elect new leaders)
June 11	Outdoor Worship at the Richfield Bandshell
July 9	Outdoor Worship at the Lake Harriet Bandshell
August 13	Outdoor Worship at the Richfield Bandshell

DEEPEN OUR DISCIPLESHIP: WORSHIP ARCHIVES

Nearly three years of worship, sermons, and music are at your fingertips. Worship is archived at youtube.com/richfieldumc. Sermons are timestamped and archived at richfieldumc.org/sermons, listed by sermon series, title, preacher, and scripture passage. Music is timestamped and archived at richfieldumc.org/music, alphabetically listed by title. Sharing a favorite sermon or song with a friend is an invitation for them to learn more about the mission of your church, be glad for your church experience, and perhaps consider if this church is a good fit for them, too.

CONTINUING OPEN GROUPS

Women Who Read (WWR)

1st Mondays of the Month (note: January meeting will be 1/9/23)
1:30-3:00 pm, online by Zoom

To join by Zoom, email Fern wfalbertson@gmail.com.

If you are a woman who enjoys good books and thoughtful discussion, then consider joining fellow readers for Women Who Read. At the January online gathering the group will decide which books to read and discuss this year.

Women's Bible Study

Tuesdays, 9:30-11:00 am

Online by Zoom or phone

You are invited to contact Molly, mollyreko@comcast.net or 612-270-4700, our Zoom coordinator, or Ruth Phelps, 952-929-1595, leader. 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 Wednesday Bible Study

Wednesdays, 9:00 am—In-person on campus in the Grace Room or by Zoom or phone: <https://us02web.zoom.us/j/81990390338>
Meeting ID: 819 9039 0338; Or call in: 312-626-6799

All men are welcome to read and discuss upcoming sermon scripture passages 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. In January, we will discuss *Half Truths* by Rev. Adam Hamilton, using both the book and the [video series](#).



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Heartline

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

Worship on Sundays at 9:30 am

⇒ In-Person Worship
in the Sanctuary

⇒ Online Worship
<http://youtube.com/richfieldumc>

⇒ By touch tone phone at 1.888.650.5835

*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

Website: richfieldumc.org **email:** rumc@richfieldumc.org **Phone:** (612) 861-6086
Facebook: facebook.com/RichfieldUnitedMethodistChurch **Twitter:** twitter.com/RichfieldUMC