

THE MUSTARD SEED



Vol. 36, Issue 5, January, 2009, Edition

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*Coming Up...
See inside for
details*

Jan. 3—Movie &
Discussion
Jan. 4—Communion
Breakfast
Jan. 7—Worship Planning
Jan. 10—Men's Group
Jan. 11—Holy Joe's Café
Jan. 18—Martin Luther
King Sunday
Jan. 18—Women's Group
Jan. 24—YEP Middle
School
Jan. 25—Annual Meeting



**Annual
Meeting
Sunday,
January 25
After Church**

Regular Features...

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Bible Adventures insert

**See You
at RUCC in
2009!**

**From Your
Pastor
And
Teacher**

“Deeply woven into the fiber of our religious tradition is the conviction that [women and] men are made in the image of God, and that they are souls of infinite metaphysical value. If we accept this as a profound moral fact, we cannot be content to see [children] hungry, to see [people] victimized with ill-health, when we have the means to help them.”

“We still have a choice today: nonviolent coexistence or violent co-annihilation. This may well be humanity's last chance to choose between chaos and community.”

*-quotes from the essay “The World House”
by Rev. Dr. Martin Luther King, Jr.*

I'm not shy about my agenda. I want everyone to read the last chapter of the Dr. King's last book. It is an essay called “The World House,” and many of those who worked and served with Dr. King claim that if he were alive today this would be his mission. The essay moves far beyond the issue of Civil Rights for African American persons and addresses the very soul of the people who share this earth. This is my third January as your pastor and teacher, and I will continue to devote this space to the vision and message of Dr. King. I believe that he was a prophet in the truest sense of that word. I believe he was killed because he was a threat to those in power. I believe that his greatest legacy is not “I Have a Dream,” but “We Have a Choice Today.”

Dreaming is easy, living your life in order to benefit humanity is not. In front of that crowd on the Washington Mall in 1963, Dr. King was recruiting people to join a movement. He was telling the world that hating someone because they looked differently was simply no longer acceptable. People left the March on Washington with a different set of lenses on. They began to see people as people. The next step of the movement has seen many successes and many failures. The next step in Dr. King's movement was to go beyond seeing someone as a person to seeing them as a brother or sister. We are all related, and when a brother dies of hunger and cold, we all suffer. When our sister is turned out in the cold because she has no insurance, we suffer. When a child is killed by a stray bullet, we all feel the hot lead pain and the cry of that child's mother as their child's life drains away. When a bomb drops on some target in a field of war and is followed by screams and silences, all of us suffer, because every act of war is a denial of our common humanity.

This movement is about replacing suffering with hope and joy, and you are invited to join. The vision is as alive today as it was in April of 1968. The prophet's message is here to stay, just as we are here to live.

See you in church,
T. Michael



January

January 4, Second Sunday after Christmas, Epiphany. Service at 10:00 a.m. Infant and toddler care available. Bible Adventures for children 3 years through 2nd grade 10:15 – 11:15 a.m. Lectionary texts: Jeremiah 31: 7 – 14; Psalm 147: 12-20; Ephesians 1: 3 – 14; John 1: (1-9) 10 – 18.

January 11. First Sunday after Epiphany. Service at 10:00 a.m. Infant and toddler care available. Bible Adventures for children 3 years through 5th grade 10:15 – 11:15 a.m. Lectionary texts: Genesis 1: 1 – 5; Psalm 129; Acts 19: 1 - 7; Mark 1: 4 – 11.

January 18. Second Sunday after Epiphany. Service at 10:00 a.m. Infant and toddler care available. Bible Adventures for children 3 years through 5th grade 10:15 – 11:15 a.m. Lectionary texts: I Samuel 3: 1 – 10 (11 – 20); Psalm 139: 1 – 6, 13 – 18; I Corinthians 6: 12 – 20; John 1: 43 – 51.

January 25. Third Sunday after Epiphany . Service at 10:00 a.m. Infant and toddler care available. Bible Adventures for children 3 years through 5th grade 10:15 – 11:15 a.m. Lectionary texts: Jonah 3: 1 – 5, 10; Psalm 62: 5 – 12; I Corinthians 7: 29 – 31; Mark 1: 14 – 20. **Annual Meeting.**

WORSHIP IN JANUARY

A New Year, a New Leaf, a New Way of Being. Worship in January will look forward. We will be reading the signs and wonders on the walls of hearts in order to determine what is possible for us. What kind of person am I going to be? What kind of church are we going to be? There are many decisions before us as we enter this new year. Are we going to shrink in fear or live out of the courage and grace of our God? Come to worship this month and learn how to love and live for a bright new day.

January 4th – Epiphany Sunday w/ Communion
Scripture Readings – Jeremiah 31:4-7 and John 1:10-18
Sermon – “A New Day Is at Hand” – Rev. T. Michael Rock

On this Epiphany Sunday we will remember

the arrival of the wise ones from the East. We will also explore the strategy of those who proclaim the truth and those who have discovered Jesus in a new way.

January 11th – Renewal of Baptism Sunday

Scripture Reading – Mark 1:4-11

Sermon: “Defining Moments” – Rev. T. Michael Rock

The Gospel of Mark does not start with a birth story, it starts with a baptism story. Today we will reflect on our own baptism and make new the commitments of our lives as people “called by name.”

January 18th – Birthday Celebration for Rev. Dr. Martin Luther King, Jr.

Complete with spirituals and stories from the African-American tradition, let’s journey through the life of Dr. King and hear where he came from, and the challenge to where we are going. This will be a wonderful service to lift our spirits and warm our hearts.

January 25th – ANNUAL MEETING

Scripture Readings – Psalm 139:1-6 and 13-18; Mark 1:14-20

Sermon: “Follow Me” – Rev. T. Michael Rock

This old tale is told again. The Bible Adventures kids have been having fun with this story for a month, and here it is to guide our worship and wonder what it would be like to be called by Jesus to follow. We will examine the beauty of those simple and profound words, “Follow Me.”

New Member Sunday – February 15th

If you would like to become a member of Robbinsdale United Church of Christ, or know someone who does, please call T. Michael at the church office, so a special invitation can come forward. Thank you.



HELP WANTED!

It is evident that there are gifted and wonderful souls everywhere you turn here at RUCC. After two years of shared ministry with you, I am still in awe of your dedication and faith. I also realize that many of your gifts may feel confined to the "committee structure" of the local church. Our committees and ministries are essential, but we are also looking for a few other folks who feel called to serve but don't find a monthly meeting to be where they would like to fit in. So, we are experimenting with some free-lance positions that would fill a big need in our congregational life and also be a way for you to serve.

Minister of Membership – Help me to communicate with potential new members, design and implement the new member classes, and assist in the ritual of new member dedication. This person must love to tell the story of Robbinsdale United Church of Christ. ***FILLED***

Minister of Community Mission – Act as a contact person with our local mission partners and be the point person for our training and education as a host church for Families Moving Forward. This person must have a passion for mission and the needs of our community.

Minister of Communications – Help keep our church in the public eye by telling our story via the print and on-line media available to us. Will work with our Office Administrator, Gretchen, and make sure people know who we are.

Minister of Caring – This is for a person trained in Called to Care or BeFriender Ministry. Keep the list of pastoral care current and accurate for use in the bulletin and by our Community Nurses. Will also assist in identifying new members to be trained in this valuable ministry.

If you have a desire to try one of these ministries out, please talk with me, Rev. T. Michael Rock.

Upcoming Events from Faith Formation

Mark your calendars:

Jan. 3rd -- 7:00 See the movie/documentary "For the Bible Tells Me So." One of the families in the movie will join us for discussion of how the Bible is used and misused regarding views on homosexuality.



Parkway UCC and Pilgrim UCC have been invited to join us. Don't miss it! Refreshments will be served. You will need to provide your own child care due to the lateness of the program and inability to plan for the other churches involved. See Dec. Mustard Seed for movie details and program outline.

Jan. 11th--Those who heard Lynn Koss' sermon this summer on "*This I Believe*" (a book and radio spot where people are invited to write their deepest beliefs and share them) wanted more. This Second Sunday event will explore further what people believe in and why and tell you how you can challenge yourself to think about what you believe in! Join us after church for Willa's delicious vegetable soup and conversation. Please sign up (for child care and to give us a head count for food) in the narthex.

Feb. 8th--It's time to do another mailing to our college aged and armed forces people. This 2nd Sunday event will have us baking cookies, sending personal notes and packing boxes to send to those we miss. Start collecting items to mail: individually packaged snacks, fast food coupons and certificates, pens, pencils.



There will be a box in the narthex to put things in for the month of January. If you know of anyone in the armed forces close to you who we should send a box to, please leave a message with Gretchen at the church office or call Jan Maiola (she is putting the mailing list together). We sent out about 10 boxes last mailing.

Communion Breakfast

Sunday, January 4

8:30 – 9:30 a.m. –Breakfast will be served in Fellowship Hall

Free will offering will be accepted.



Happy Birthday!

Greetings and best wishes to all members and friends of Robbinsdale United Church of Christ who celebrate their birthdays in January.

Diane	Amundson	January	3
Kayla	Miller	January	3
Lissi	Weiss	January	3
Megan	Davis	January	6
Lois	Bossert	January	9
Phillip	Carlson	January	10
Marion	Hansen	January	13
Dorie	Miner	January	15
Molly	Straight	January	16
Patty	Miller	January	17
Nancy	Greenwood	January	18
Gabriel	Hoppe Knutson	January	18
Bridget	Rock	January	18
Dick	Reierson	January	20
Scott	Johnson	January	21
Richard	Smith	January	23
Howard	Berg	January	24
Jordan	Lanz	January	25
Kyle	Lanz	January	25
Jeanette	Rost	January	26
Louiva	Puffer	January	29
Taylor	Abild	January	30
Sue	Nechanicky	January	30

Invitation to RUCC’s Annual Meeting on January 25th after church in the Sanctuary!

“O, Come All Ye Faithful...”

Each year it is our privilege and responsibility to gather as members of this faith community to affirm our gifts of service; elect our new leadership; establish our annual budget; and review, and revise as necessary, our by-laws. This year, we will do so on Sunday, January 25th, following the worship service. This meeting allows us to celebrate who we are and sets the stage for who we hope to become. It is important that you are there. Please mark your calendars and plan to join us!

In preparation for this meeting, the Coordinating Council will meet on January 6th (rather than on January 20th). Following this meeting **proposed by-law changes and the proposed 2009**

budget will be posted on the bulletin board outside the office. Copies will be available by request from our Office Manager, Gretchen Roesler.

Julie Manworren
RUCC Moderator

You Are Invited to RUCC’s All Ministry Meeting on February 1st

Are you a member of one of our ministries? Have you wondered what the RUCC ministries do? Do you have an idea that you would like to see picked up by one of the ministries? Well, on February 1st in the Fellowship Hall after worship, there will be an opportunity to gather with all of the ministry members to envision our work for the next year. Please mark your calendars and plan to attend. It is a fun way to learn more about what we do and how.

Wishing you peace, joy, hope, and love!
Julie Manworren
RUCC Moderator

Update Regarding Picture Directory

As you know, our new picture directory consists of two primary sections: a) portion with photos and phone numbers of members and b) print directory with names, addresses and phone numbers. It has come to our attention that the last page of the print directory is missing. This page was sent to Olan Mills with all other pages in the final proof set. For some reason, Olan Mills failed to include this page in the finished, bound copies.

To rectify this problem, the final page is included as an insert with this issue of the Mustard Seed. Please insert this page as new page 11 in your copy of the picture directory.

On another note, several families whose pictures were taken have not yet picked up their copy of the directory. Those copies are available in the office. Also, some additional copies are available in the office at a cost of \$5 for anyone else who would like a copy.

MEN’S GROUP, Sat., Jan. 10, 7 a.m.
Planning for Men’s Service in February

WOMEN’S GROUP, Sun., Jan. 18, after church
Potluck and viewing of selected scenes from “Iron Jawed Angels,” about the Suffragette Movement

ATTENTION RUCC YOUTH

YEP – Middle School Event

Middle School Road Tour!

with Sheltered Reality and Bryan Sirchio

Saturday, January 24 -- 9:30 a.m.-3:00 p.m.

Wayzata Community Church, Wayzata, MN

This is going to be a great event!

YEP – High School Event

Mythbusters: High School Youth Event

February 13-15, 2009

United Theological Seminary, New Brighton

Early registration deadline January 16, 2009 - \$25/

youth

Registration January 17-February 6, 2009 - \$35/

youth

Registration deadline: February 6, 2009

At this CYE we will be hearing from several guest speakers from the seminary community as we work our way through Biblical myths and big questions. Previous theological training not required!

Please bring musical instruments, toys for snow (including sleds), bathing suits, towels, and a ready spirit for lots of fun!

See T. Michael for registration form and other details. All are invited.

WORSHIP PLANNING AND PIZZA

Wednesday, January 7th – 5:30 p.m.

Who decides whether we pass the communion trays or dip the bread? Who requests the choir to process or sit in the congregation? Who gets to dream up which banners are hung or what wonderful creation will hang in our worship space? Who makes us focus on the lectionary or delve deeper into a sermon series?

Well, it is the folks who show up for Worship Planning. Three times a year people are invited to dream and decide about the direction of our worship for the next few months. We will look at possible sermon ideas, music, art, drama, and other rituals that enhance our worship life together. Come and take part in this special opportunity. All you need to do is call the church office so we have enough pizza. If you have any questions, please talk with T. Michael.



Coordinating Council

December 16, 2008

*Personnel Committee: Staff reviews have been completed.

*Treasurer: We will end the year with a deficit in pledge income.

*T. Michael will be away Jan. 22-23, and Jan. 29-30 to be a trainer for non-violence and OWL.

*Frank Bennett will be on a mission trip to Kenya Jan. 12-23.

*Nominating Committee: They have almost completed their slate of new officers and ministry members to be presented at the Annual Meeting.

*The Council discussed the status of the Communication and Evangelism Ministry.

*Stewardship: Currently have 88 of projected 123 pledges totaling \$212,762. A committee was formed to work on revising the budget.

*Congratulations to Beckie Bernu who passed her Ecclesiastical Council on Dec. 11.

*The Council meeting for Jan. will be moved up to Jan. 6.

*Annual Meeting is Jan. 25; All Ministries Meeting is Feb, 1.

Financial Corner at RUCC

Through November 31, 2008

	Year to Date	Budget	Difference (-)
Income:	222,374.86	233,765.00	- 11,390.14
Expenses:	234,337.90	237,607.74	- 3,269.84
TOTAL:			- 8,120.30

What this means: We had a great November and are hopeful that folks will pay what they have pledged in December. We keep trying to keep expenses down as well. We are projecting an actual shortfall of about \$4000 for 2008. If you have any questions, please talk with our Treasurer, Brad Welton.

Coming Next Month!

February 3: Day on the Hill: Joint Religious Legislative Coalition

January Schedule...

**INTERFAITH LEISURE AGE
9 AM. SOCIAL HOUR
12 NOON LUNCH AND PROGRAM:
Lunch Reservations Required
Elim Lutheran Church.
3748 West Broadway in Robbinsdale**

Jan. 1—Happy New Year! NO LEISURE AGE.
Jan. 8—Richie Z with special music just for seniors.
Jan. 15—Blood pressures taken 9:30-11:30 a.m.
Program: Musical offerings from Joe Jenson, Top Hat.
Jan. 22—January Birthday Party. Program: Tony Garry sings, plays guitar and harmonica.
Jan. 29—Tara Johnson sings and plays the piano.

Leisure Age meets on Thursday from 9:00-2:00. Lunch costs \$9.00. It is now necessary to make reservations if you plan to attend. If you're present one week, you can sign the reservation book that is passed at the table to attend the following week. If you are not present, you can make reservations Monday 9 a.m. to noon by calling Jean Lindstrom at 763-537-1171. You may also use this number to cancel a reservation.

*If you have any questions, please contact:
Leonard Sidle, 763-504-0465
or Keith Smith, 612-588-1401*

Holy Joe's Café Ministers to the Troops Help Us Support It on January 11



Holy Joe's Café is a ministry of the United Church of Christ which provides soldiers a cup of coffee, a quiet place to talk with friends, converse with a chaplain or write a letter home. Coffee is now being sent to 95 chaplains in Kuwait, Iraq and Afghanistan. You may have seen the article in the December-January issue of United Church News. Thomas Jastermsky of the Wallingford, Conn. UCC, who developed the initiative, reported that Holy Joe's Café provides prayer groups and fellowship opportunities, often to soldiers who have had little church background.

Hospitality Donations will support Holy Joe's. Holy Joe's is funded by donations from churches and individuals via the UCC-sponsored Equal Exchange. On January 11, the National and Global Ministry will sponsor the Hospitality time after church. We will again sell Equal Exchange coffee and chocolates. All profits from the sales will

go to Holy Joe's Café. We will also accept additional donations to help support this important ministry of the United Church of Christ.

Creating a Culture of Peace: Practical Nonviolence for Personal and Social Transformation

Robbinsdale United Church of Christ

February 6th – 5 p.m. to 9 p.m.

February 7th – 8 a.m. to 9 p.m.

February 8th – Noon to 5 p.m.

The cost is \$50 for members of Robbinsdale United Church of Christ and \$150 for friends and guests. All meals are covered.

What is this training about? This program has been designed to bring out the extraordinary in all people. It offers a journey through experience of violence, a practicum on active nonviolence, a study of social movements and change, and a practical exercise on how to build community. The workshop ends with planning on how to take this experience into our families, our work and into the world.

Twelve Members of Robbinsdale United Church of Christ went through this course last March, and the deep desire was that we offer it again and again for anyone who desires growth and change in their lives.

Please fill out a registration form and bring it to the church office by January 25th.

When was the last time you checked out our website at

www.robbinsdaleucc.org

Our webmaster, Paul Amundson will be making some neat changes in the coming months as we learn to tell our story. We are also asking folks to take pictures of church events and people. If you have ideas about the website or would like to be one of our official photographers, e-mail Paul at p.amundson@usfamily.net or T. Michael at tmichael@robbinsdaleucc.org.



One of the purposes of RUCC's Faith Community Nursing group is to provide health education.

Gastroesophageal Reflux Disease (GERD)

Gastroesophageal reflux disease (GERD) is a more serious form of gastroesophageal reflux (GER), which is common. GER occurs when the lower esophageal sphincter (LES) opens spontaneously, or does not close properly and stomach contents rise up into the esophagus. GER is also called acid reflux or acid regurgitation. The esophagus is the tube that carries food from the mouth to the stomach. The LES is a ring of muscle at the bottom of the esophagus that acts like a valve between the esophagus and stomach.

When acid reflux occurs, food or fluid can be tasted in the back of the mouth. When refluxed stomach acid touches the lining of the esophagus it may cause a burning sensation in the chest or throat called heartburn or acid indigestion. Occasional GER is common and does not necessarily mean one has GERD. Persistent reflux that occurs more than twice a week is considered GERD, and it can eventually lead to more serious health problems. People of all ages can have GERD.

The main symptom of GERD in adults is frequent heartburn, a burning-type pain in the lower part of the mid-chest, and in the mid-abdomen. Most children under 12 years with GERD, and some adults, have GERD without heartburn. Instead, they may experience a dry cough, asthma symptoms, or trouble swallowing.

The reason some people develop GERD is still unclear. However, research shows that the LES relaxes while the rest of the esophagus is working. Other factors that may contribute to GERD include obesity, pregnancy, and smoking. Common foods that can worsen reflux symptoms include citrus fruits, chocolate, drinks with caffeine or alcohol, fatty and fried food, garlic and onions, mint flavorings, spicy foods, and tomato-based foods, like spaghetti sauce, salsa, chili, and pizza.

Distinguishing between normal reflux and GERD in children is important. Most infants with GER are happy and healthy even if they frequently spit up or vomit, and babies usually outgrow GER by their first birthday. Reflux that continues past 1 year of age may be GERD. Studies show GERD is common and may be overlooked in infants and children. For example, GERD can present as repeated regurgitation, nausea, heartburn, coughing, laryngitis, or respiratory problems like wheezing,

asthma, or pneumonia. Infants and young children may demonstrate irritability or arching of the back, often during or immediately after feedings. Infants with GERD may refuse to feed and experience poor growth. Talk with your child's health care provider if reflux-related symptoms occur regularly and cause your child discomfort. Your health care provider may recommend simple strategies for avoiding reflux, such as burping the infant several times during feeding or keeping the infant in an upright position for 30 minutes after feeding. If your child is older, your health care provider may recommend that your child eat small, frequent meals. Avoiding food 2 to 3 hours before bed may also help. Your health care provider may recommend raising the head of your child's bed with wood blocks secured under the bedposts. Just using extra pillows will not help. If these changes do not work, your health care provider may prescribe medicine for your child. In rare cases, a child may need surgery. For information about GER in infants, children, and adolescents, see the [Gastroesophageal Reflux in Infants](#) and [Gastroesophageal Reflux in Children and Adolescents](#) fact sheets from the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).

Chronic GERD that is untreated can cause serious complications. If you suspect that you have GERD, please consult your physician.

Please keep these persons with special concerns in your thoughts and prayers.

Gert Anderson
Sylvia Anderson
Jeanne Angel
Ken Barker
Pat Bobleter
Jane Boggs
Amanda Busch
Jan Headley
Ruthe Hawn
Lorraine Dysart
Janet Johnson
Curtis Johnson
Madge Johnson
Lois Larsen
Alice MacPherson
Marilyn O'Brien
Kathy Plumb
Ellinor Porter
Barbara Sexton
Barbara Webber
Joan Young

**Tuesdays w/T
A Bible Study for Beginners
6 p.m. Every Tuesday
The Theology of Paul**



This month we explore the texts from the book of Romans and learn about how Paul dealt with the early divisions of the church and how that formed his thinking of "living in Christ." This Bible Study is open to all levels of experience. There will be lively discussion and a wonderful opportunity to discover our faith in a new way. This Bible Study is open to everyone. There is no homework, and all that is required is that you come open to our Still Speaking God.

**Special Satellite Bible Study
January 27th at Waterford – Noontime
(bring your own lunch)**

February Issue. . .

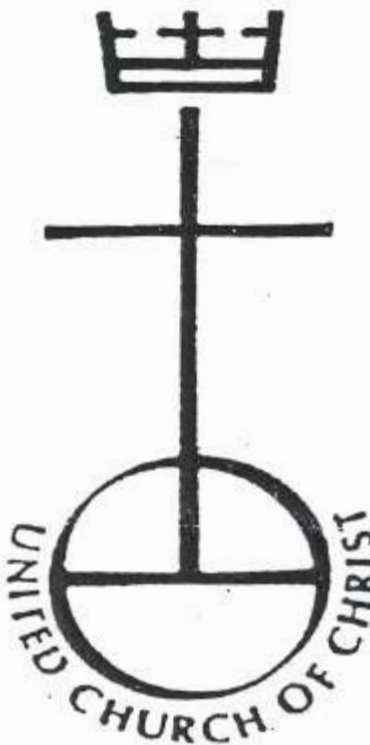
Mustard Seed



Please place all articles for the next issue of the Mustard Seed in the box marked "Mustard Seed" on the shelf inside the door to the workroom in the church office, *e-mail* to thewillses@aol.com (preferred) or mail them to Barbara Wills, 6214 Upland Lane No., Maple Grove 55311, so that they are received by the deadline.

**FEB. ISSUE DEADLINE
Sunday, January 25 , 11 a.m.
No exceptions please.**

(Feb. issue will be mailed Friday, Jan. 30.)



**Robbinsdale United Church of Christ
4200 Lake Road
Robbinsdale, MN 55422**

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