

THE MUSTARD SEED



Vol. 36, Issue 8, April, 2009, Edition

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Coming Up...

Mar. 9, Apr. 5 & 7—New
Member meetings
Apr. 6, 13, May 4—
Quilting
Apr. 10—Easter
Breakfast
Apr. 14—Pilgrim Guild
Apr. 17—YEP, High
School
Apr. 18—Earth Day
Work Day
Apr. 19—New Members
Apr. 19—YEP Middle
School
Apr. 23—Out Front
Lobby Day
May 2—Cherish
Our ChurchWorkday
May 9—Cabaret

HOLY WEEK

at Robbinsdale United
Church of Christ

Mark your calendars
Take the journey.
All the way.

Friday, April 3, at 7 p.m.
— "The Gospel of Mark,
The Story of Jesus"

Sunday, April 5, at 10
a.m. — Palm Sunday
Worship and
Communion

Thursday, April 9, at 6
p.m. — Dinner/Worship/
Maundy Thursday Ritual

Friday, April 10, at 7
p.m. — Good Friday
Worship

Saturday, April 11, ALL
DAY — Prepare yourself
in prayer for Easter

Sunday, April 12, at 10
a.m. — EASTER
CELEBRATION
WORSHIP

From Your Pastor And Teacher

"Always start with a joke."

Woody Allen

The rabbinical student is about to leave for America. When he asks his mentor for advice, the rabbi offers an adage that, he tells the student, will guide him for the rest of his life. "Always remember," the rabbi said sagely, "Life is like a fountain."

Deeply impressed by his teacher's wisdom, the student departs for a successful career in America.

Thirty years later, he learns that the rabbi is dying, so he returns for a final visit. "Rabbi," he says, "I have one question. For 30 years, whenever I was sad or confused, I thought about the phrase you passed on to me, and it has helped me through many difficult times. But to be perfectly frank, I have never understood the full meaning of it. Now that you are about to enter the realm of truth, tell me, dear Rabbi, why is life like a fountain?"

Wearily, the old man replied, "All right, so it's not like a fountain."

As we near the Easter celebration, I am reminded again that this is the high holy day of our Christian year. It is the day to remember that Christ overcame death, loved us, suffered for us and died for us. It is the day when churches are most full and dining room tables overflow with abundance. There is candy, chocolate and so many soothing tastes that our celebration may last in the form of exercise and dieting for many weeks to come. So, why have I told a joke and mixed metaphors?

Maybe Easter isn't what Christianity is all about. Maybe Easter is important, but not the most important day in our year. After almost a year of reading the Apostle Paul in Bible Study, it is clear that the resurrection is not the most important thing on the path of faith. Maybe the most important thing to do is to prepare ourselves. That was Paul's biggest concern. Preparation helped those new communities to let go of their petty differences, let go of their past hurts and complaints, let go of their desire to control, and rest in the knowledge and love of God. There is a "perfect love" out there. It is not found in our beliefs about Easter. It is not found in our tests of faith. The "perfect love that casts out all fears" is present in the practice of loving and living. Life may be like a fountain. Christianity may be about Easter. I believe both of them are about loving and living. Easter is a wonderful day of celebration and healing. It is an amazing event that opens our hearts up to wonder, mystery, and faith. Let us celebrate together an Easter that isn't about a certain day, but about a way of preparation for our bodies, minds, and souls to be in communion with God and with each other.

See you in church,
T. Michael



April Schedule

April 5, 2009, Palm/Passion Sunday

Service at 10:00 a.m. Holy Communion. Infant and toddler care available. Bible Adventures for children 3 years through 2nd grade 10:15 – 11:15 a.m. Lectionary texts: Psalm 118:1-2,19-29; Mark 11:1-11; Isaiah 50:4-9a, Psalm 31:9-16; Philippians 2:5-11; Mark 14:1-15:47.

April 9, 2009, Maundy Thursday

Dinner at 6:30 p.m. Service at 7:00 p.m. Lectionary texts: Exodus 12:1-4, (5-10), 11-14; Psalm 116:1-2, 12-19; I Corinthians 11:23-26; John 13:1-17,31b-35.

April 10, 2009, Good Friday

Service at 7:00 p.m. Lectionary texts: Isaiah 52:13-53:12; Psalm 22; Hebrews 10:16-25; John 18:1-19:42.

April 12, 2009, Easter

Service at 10:00 a.m. Infant and toddler care available. NO Bible Adventures. 10:15 – 11:15 a.m. Lectionary texts: Isaiah 25:6-9; Psalm 118:1-2,14-24; I Corinthians 15:1-11; John 20: 1-18.

April 19, 2009, Second Sunday of Easter

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: Acts 4:32-35; Psalm 133; I John 1: 1-22; John 20:19-31.

April 26, 2009, Third Sunday of Easter

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: Acts 3: 13-19; Psalm 4; I John 3:1-7; Luke 24: 36b-48.

Worship at Robbinsdale United Church of Christ

The turning has begun. The gift that each of us has been given is laid before us. Choose Easter. Choose the path of generosity and service. Choose the path of living water. Choose hope. Choose love. Our worship is a celebration of God's grace and our enduring gratitude in response. Invite your friends to

worship and experience that love.

April 5th – Palm/Passion Sunday – Communion Sunday

Scripture Reading – Mark 11:1-11

Sermon: “Taking It All In

In Mark's Gospel, the story is more about Jesus and discovering his own identity as Savior and Messiah. We are going to explore this discovery and ask what it means to us as we enter into Holy Week.

Thursday, April 9th – Maundy Thursday

Dinner and Worship in Fellowship Hall

6:30 p.m. – Dinner 7:00 p.m. - Worship

We will gather around tables in Fellowship Hall for a simple meal of soup and bread and worship. We explore the meaning of the Last Supper and the power of breaking bread in our community. This is a very meaningful service that reminds us of both the sorrow and hope of the week of Jesus' death. The service will close with an option for foot or hand washing as a way to offer love and service to one another.

Friday, April 10th – Good Friday – Worship 7:00 p.m.

Good Friday at RUCC will be marked with an evening service of prayer, reading and reflection on the story of Jesus' journey from the Garden of Gethsemane to the hill of Calvary. We invite you to join us on this important day in the life of Christ and in our journey towards Easter.

April 12th – Easter Morning – Christ is Risen!

Scripture Readings – Mark 16:1-8 and Acts 10:34-43

Sermon: “The Hope of Emptiness”

No vision in this story, just an empty tomb. The earliest written account relies more on faith and feeling than the substance of Christ. Today, we will celebrate our emptiness and allow it to be an opening for Christ to come again.

April 19th – Second Sunday of Easter

QUESTION AND ANSWER SUNDAY

Scripture Reading: John 20:19-31

Continued on next page

Continued from page 2

Sermon: "Doubting Thomas and Me"

Did you ever want to ask a question about meaning or purpose in regards to life and love? Did you ever want to ask about why we do certain things and say certain words? Did you ever wonder about your faith and God's expectations? Come and bring your questions. T. Michael will collect all your questions and answer them during the sermon time.

April 26th - Third Sunday of Easter—EARTH DAY CELEBRATION SUNDAY

GUEST PREACHER from Congregations Caring for Creation

We are members of a group called C3, or Congregations Caring for Creation. This is an interfaith organization connecting people to ways of living out their faith by being good stewards of the earth.

You Are Invited to Participate in the Good Friday Evening Service

Good Friday at RUCC will be marked with an evening service of prayer, reading and reflection on the story of Jesus' journey from the Garden of Gethsemane to the hill of Calvary. We invite you to join us on this important day in the life of Christ and in our journey towards Easter.

We are planning a service for Friday evening that will both challenge and comfort us as we bear witness to the passion and the death of Jesus. This service will weave the texts from the four gospels into a narrative of the passion story, as told by the people who were part of the story.

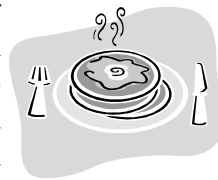
The style of these readings is designed to be similar to "readers theater" dramas in which the audience, or congregation, reads the narrative aloud. We are asking for volunteers who would be willing to read these roles at the service. No rehearsals are necessary and you don't need any experience to participate as a reader in this worship service.

If you are interested in reading at the Good Friday service or want to find out more information, please contact Frank Bennett, student minister intern, at fbennett@artesian.com or (612) 940-3372, or T. Michael Rock.



EASTER SUNDAY BREAKFAST

RUCC's annual Easter Sunday Breakfast will be served before the Easter service from 8:15-9:30 a.m. In addition to pancakes and syrup (regular and sugar free), the menu will include sausage, scrambled eggs (regular and heart healthy), fresh fruit, cereal, coffee, milk, and juice. Donations will benefit RUCC's general fund.



See you there!

Willa Truehart

Open and Affirming Celebration Sunday, April 26th at Pilgrims UCC in Maple Grove

4:00 p.m. Worship with Communion

T. Michael will be celebrating communion and representing the commitment of Robbinsdale United Church of Christ to this ministry of welcome, inclusion, and healing. Carpool will leave our parking lot at 3:00 p.m. sharp. Call the church office if you would like to ride along.

INFORMATION FOR NEW MEMBERS

Are you interested in becoming a member here at Robbinsdale United Church of Christ? You are invited to learn more about us, and we'll get to know a little about you as well. There will be a series of New Member Gatherings soon to prepare for New Member Sunday on April 19.

Sunday – March 29th – A lunch will be provided as we gather to learn about the history of Robbinsdale United Church of Christ, our denomination and the governing principle of active nonviolence as a way to live out our being in community.

Sunday, April 5th – A second meeting will feature some story telling and an exploration of the rituals and meanings that being in church may have. A simple lunch will again be provided.

If you are interested in membership, then you come on;

Tuesday, April 7th, at 7:00 p.m. – Come to the church where we will gather and explore our faith journeys together.

April 19th – NEW MEMBER SUNDAY Come celebrate with us! If you are interested in membership or know someone who is, contact T. Michael at tmichael@robbinsdaleucc.org or at 763-537-6965.

Community Outreach Opportunities!

EARTH DAY! Please join the Community Outreach Ministry for a great service project to celebrate Earth Day. On April 18, from 9:30 to noon, we will be helping make North Minneapolis a bit greener by working to clean up a city park. This is a great event for people of all ages and all abilities! A sign up sheet will appear at church in April, but please mark your calendars now and plan to attend. Email kate.menendez@gmail.com with any questions.

PRISM CAR EVENT: On May 31, 2009, PRISM is going to host a celebration for its wonderful car donation program, which rehabs used cars and provides them to eligible needy families. This year, RUCC will participate in style! One car, a much-loved Geo Prism, has



already been donated to the cause, and we are looking for more. The Community Outreach Ministry will be organizing the church to fill the PRISM car with food and donations for PRISM's food shelf. After decorating the car and packing it full, we will caravan to PRISM in the afternoon on May 31. There will be live music, food, and testimonials from past recipients of PRISM vehicles. Plan to join the fun and help a great organization continue its wonderful work. If you would like to donate a car or if you have any questions, please see Kate Menendez or email her at kate.menendez@gmail.com.

Travel with a Purpose

Common Hope's Vision Teams let you experience the people, culture, and beauty of Guatemala first hand. It's an inspiring adventure that will change the way you think about the world.

When you join a Common Hope Vision Team, you'll meet people whose lives have been changed by their partnership with Common Hope. You'll learn from Common Hope's staff and volunteers about our work and Guatemala's rich culture and history.

Most of all, you'll connect with the essence of Common Hope's work: the children, families, and communities that now have opportunity and the hope of a better future.

Robbinsdale UCC will have an opportunity to send a Vision Team to Guatemala, February 16th-25th, 2010. The cost is approximately \$1300-\$1500, and scholarship and fundraising will be available to help with costs.

For more information, see a member of the National and Global Mission Ministry, or go to commonhope.org.

A Special Gift for Mother's Day

Every mother likes to be remembered on Mother's Day. As a mother of five and a grandmother of four, I have had lots of great presents in my time: macaroni necklaces, hand printed cards, and beautiful things from the store that were chosen with love and care. I love those gifts, but you know what makes me really happy? To look at my family and know that they are working to make the world a better place.

This spring RUCC will continue its tradition of offering Mother's Day gift certificates that support Home Free shelter. The Community Outreach team will be happy to provide cards and a "gift has been made in your name" certificate in the denomination of your choice. Your gift will help mothers and children who need some extra help and care this spring.

Look for the Community Outreach table on April 19, 26, May 3 and May 10 (Mother's Day). This is an opportunity to honor your mother or other very special woman in your life!

Biking

at Robbinsdale United Church of Christ

It's time to think of spring and getting back on the bicycle. There are many folks at RUCC who love to ride. Each Sunday this summer we will invite anyone and everyone out for Sunday afternoon bike rides of various lengths and challenge. We will also stop for ice cream along the route. It should be a great way to get the heart pumping and be able to spend some time with our church family.



I will be training for the Allianz MS Ride on May 9th in Maplewood. Many of us have been touched in our lives by folks with MS. This is a story that is part of this church and a part of my family. If you want to join me on that ride, just go the MS Ride web site at <http://www.nationalmssociety.org/>, find the Minnesota ride and sign up. Our team name is "RUCC Love." You can also pledge to sponsor me or any one of the riders. I'll also be heading somewhere else this summer to do a 150 mile ride with my brother. So, lots of training rides on my schedule, and it's always more fun to ride together. If you have any questions, please let me know via phone at 612-275-0387 or e-mail at tmichael@robbinsdaleucc.org

An Evening of Good Food and Entertainment Life Is a Cabaret . . . Night!

It's that time of year again--when David and Steve dig through the music archives and Kathy Jo burrows into her cookbook collection. We're planning a "really big show" this year! It will be memories of Cabarets' past. Get your calendar out and mark May 9th to hold open for a wonderful evening of music and great food. Tickets will go on sale the Sunday after Easter for 3 weeks--so the 19th and 26th of April and May 3rd.



It is by reservation only and we can only seat a few over 100. So don't procrastinate because we sell out every year.

Singers, tune up your vocal cords and the rest of you sign up to help set up, cook, serve and clean up. We'll also be needing card tables and red tablecloths. Dinner will be a cherry and dressing stuffed pork loin, eggplant parmesiana (vegetarian) and maybe a chicken offering yet to be decided.

Watch for the sign-up poster in the narthex. No cooking experience is required to help in the kitchen. We usually try to get the tables up on Thursday with the tablecloths and centerpieces. On Friday we do desserts and whatever prep we can. Saturday morning is salad washing and putting foods together. Saturday afternoon is cook and serve around 6:00. A couple hours of your time is all we ask. We all want to see the show! Money will go to our 'fund raiser' line item this year. With the new dishwasher we helped raise funds for last year, clean up will go so much faster. So... "What good is sitting alone in your room...*Come to the Cabaret!!!*"

Robbinsdale United Church of Christ LISTENING PROJECT

Five Assumptions:

1. This church belongs to the people for the purpose of worshiping God and serving ALL people.
2. Every opinion and/or idea matters when living in community.
3. It's time to listen to the needs, concerns, and visions of our congregation.
4. If we all learn to listen, we further our understanding of living a "we" existence in a "me" world.
5. It's the best way to remind folks that every one of you are loved.

During this year of 2009, the Coordination Council has supported the formation of a listening project to guide us into a long range planning process. Our goal is to sit down, one on one, with every member and close friend of our congregation. The interviews will be both meaningful and short. During the first few months, the team will conduct interviews after worship and other gatherings of the church. The second phase will be home visits and phone calls to those who don't attend on a regular basis. Please be open to what may happen when all of us feel heard, honored, and loved. This coming fall we will hold a congregational meeting to report on these findings and hopefully determine a clear vision for our future together. Please be thinking and praying on the three questions you will each be asked.

1. Who/What is God to you? Are there any barriers to that relationship?
2. What is Robbinsdale United Church of Christ to you? Are there any barriers to that relationship?
3. If you could change anything you wanted about RUCC what would it be?

Along the way, if you have any questions, please talk with T. Michael at any time.

When was the last time you checked out our website at

www.robbinsdaleucc.org

Our webmaster, Paul Amundson, has made some great changes to our website, but we are still in need of 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



Financial Corner at RUCC Through February 28, 2009

	Year to Date	Budget	Difference (-)
Income:	\$46,820.43	\$45,157.49	\$1,662.94
Expenses:	\$36,146.88	\$40,058.17	\$3,911.29
TOTAL:			\$5,574.23

April Schedule...

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

April 2—Easter Party. Program: Singer and banjo player Reuben Ristrom.

April 9—**NO LEISURE AGE.** Maundy Thursday.

April 16. Blood pressures taken 9:30-11:30 a.m. Program: Musical program by the Paul and Don Show.

April 23: April Birthday Party. Program. Sharon Lee Band, a fine family band.

April 30—Program: Betty Rydell, singer, dancer, instrumentalist.

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:

Jan Paulsen, 763-529-1986

or Keith Smith, 612-588-1401 or 763-588-4356

THANK YOU!

Once again RUCC has had the opportunity to serve at Elim Leisure Age on March 5th and March 12th. Thanks to Mary Welton, Jean Hosterman, Stu Whelan, Carol Abild, Jan Paulsen, Sandra Nelson, Leonard Sidle and Erma Andrews. Also thanks to Gil Doten for helping with dishwashing. These helpers are special to our church as we reach out to the community of Robbinsdale.

Thank you,
Jan Paulsen & Keith Smith

COME TIE ONE ON! (A QUILT)

The quilting group has 3 upcoming quilting sessions planned:

Monday, April 6, 5-9 p.m.

Monday, April 13, 5-9 p.m.

Monday, May 4, 5-9 p.m.



The quilts will be on display in the sanctuary starting Sunday, April 26, and will remain there until they are blessed during worship on Sunday, May 10.

We have 15 more quilts to make, tie, and bind before the blessing, so we can use all the help we can get. Once we finish the 15 quilts, we will have fulfilled our commitment for the quilt cards that we sold before Christmas (and we can start thinking of new ways to spend our quilts!).

Remember that the quilting group is an inclusive group - you just have to be able to tie a square knot (and we will teach you if you do not know how).

We will also be holding a raffle for one of the quilts - stay tuned for the details!

If you have questions about the quilting group, please contact Nancy Bossert (763-473-0714) or Dawn Carlson Conn (763-424-6525).

Pilgrim Guild, April 14— Beyond Peter Rabbit!

Of course you know that Peter Rabbit, Squirrel Nutkin, and Jemima Puddle-Duck were created by Beatrix Potter. But did you know that her life spanned not only the years between 1866 and 1943, but also the considerable distance between lonely little rich girl and much admired farmer? She was also self-taught in drawing, writing, and natural science!

Come to the Tuesday, April 14, meeting of the Pilgrim Guild, and you'll see why she is one of Gert Wehking's very favorite characters (and authors) of all time. The social hour begins at 12:00 noon. Dessert will be served at 12:30 by Wayne and Donna Pitmon, followed by this unique program. We hope many of you will come.

Community News

Congratulations to Ed and Amanda Clements on the birth of their son, Henry Davis Clements, who was born on March 23.

Our sympathy to the family and friends of Jim Dayton who died on March 6. His service was on March 11 at RUCC.

Condolences also to Paul Amundson and family for the loss of Paul's mother Eleanor Amundson.



Happy Birthday!

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

Gil	Doten	April	1
Don	Smith	April	1
Sherry	Braun	April	4
Jean	Sawyer	April	4
Dawn	Master	April	5
Cheryl	Nordquist	April	6
Teresa	Bertossi	April	7
Charlie	Delano	April	7
Dan	Tysver	April	8
Amanda	Anderson	April	10
Laura	Anderson	April	11
Ken	Mallak	April	11
Janet	Vick	April	12
Vince	Flesness	April	15
Peyton	Ihle	April	15
Alice Ann	Kempf	April	15
Jack	Rasmussen	April	15
Virginia	Anderson	April	16
Angie	Schultz	April	16
Beckie	Bernu	April	17
Deb	Bernu	April	17
Ryan	Haase	April	17
David	Plumb	April	17
Ben	Rost	April	17
Ben	Stoos-Tysver	April	17
Lyndon	Carlson, Sr.	April	18
Julie	Manworren	April	18
Bill	Lauder	April	19
Laura	Pyne	April	19
Chris	Smith	April	19
Aaron	Haugen	April	21
Bill	Salinger	April	23
Seth	Spielman	April	25
Jan	Walker	April	25
Gertrude	Anderson	April	26
Andy	Chisnell	April	27
Mason	Davis	April	28
Bill	Herrmann	April	30

CHERISH OUR CHURCH!

SPRING WORKDAY

Please MARK YOUR CALENDARS for Saturday, May 2, from 9:00 a.m.-1:30 p.m. Plan to join one of two teams:



Insiders: scrub, dust, polish, shine, rearrange and organize kitchen (put things back where they belong), etc.

Outsiders: shovel, rake, plant, dig, trim, clean up shrubs, etc.

(“Supervisors” are welcome too!)

PERKS: Lunch will be provided

See you there!

Trustees Ministry

YEP – High School Event

Lock - In

Friday, April 17th – 7 p.m.

Saturday, April 18th – 9 a.m.

“YEP VIDEO Presents: Comedy, Drama, and Tragedy in One Act”

All High School youth are invited to come and be a part of the production. All abilities are welcome. There will be jobs for everyone.

Please talk with Tracey Fluegel or T. Michael if you have any questions.

YEP – Middle School Event

6th to 8th grades welcome

Sunday, April 19th – Noon to 3 p.m.

“Heading Out of the Church”

Bring \$10 for ticket and snacks.

From “Prayers for Life’s Particular Moments”

Be bold in the claiming of the gospel for the whole creation. Be brave in the lifting up of the life of God in every place. Be firm in carrying the holy name of Jesus Christ into the palaces of worldly power. Be gentle in the understanding of ourselves and one another. And may the songs of the Creator sound with love in all the earth, the tenderness of Christ Jesus cover the wounds of the people, and the truth in the Holy Spirit rise free in every age. Amen.

—Dorothy McRae-McMahon

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

About Heart Disease

Heart disease is a broad term that includes several more specific heart conditions. The most common heart condition in the United States is coronary heart disease, which can lead to heart attack and other serious conditions.

Coronary Heart Disease (CHD): CHD is the most common type of heart disease. CHD occurs when the coronary arteries, that supply blood to the heart muscle, become hardened and narrowed due to the plaque buildup. The plaque buildup and the narrowing and hardening of the arteries is called atherosclerosis. Plaques are a mixture of fatty substances, including cholesterol and other lipids. Blood flow and oxygen supply to the heart can be reduced or even fully blocked with growing plaque. Plaques may also rupture and cause blood clots that block arteries.

CHD can lead to a heart attack. Angina can also occur. Angina is chest pain or discomfort that occurs when the heart muscle is not getting enough blood. Over time, CHD can weaken the heart muscle and lead to heart failure, a serious problem where the heart cannot pump blood the way that it should. Also, irregular heart beats, called arrhythmias, can develop.

The most common symptom of CHD is angina. In some people the first sign of CHD is a heart attack. Doctors can assess a patient's risk status by checking several factors, including blood pressure, blood cholesterol and glucose, history of heart disease, and other factors. Doctors can perform several tests to assess CHD in patients who are at high risk or have symptoms. These may include one or more of these tests:

ECG or EKG (electrocardiogram), which measures the electrical function and the rate and regularity of your heartbeat.

Echocardiogram, which creates a picture of the heart.

Exercise stress test, to measure how well the heart pumps at greater than usual workloads when it needs more oxygen.

Cardiac catheterization, a thin, flexible tube is passed through an artery in the groin or arm to reach the coronary arteries. The tube lets your doctor check the inside of your arteries to see if there is any blockage. Your doctor also can

measure the pressure and blood flow in the heart's chambers, collect blood samples from the heart, and examine the arteries of the heart by x-ray.

Coronary angiography, which is usually performed along with cardiac catheterization. A dye is injected through the catheter into the coronary arteries. The doctor can then take an x-ray to see the flow of blood through the heart and check for blockages.

For persons with CHD, treatment will involve addressing those factors that put them at risk for CHD and heart attack. The doctor may recommend lifestyle changes to help reduce risk. Medicines and medical treatments may be needed. Medicines are available to treat high blood cholesterol, high blood pressure, irregular heart beats, blood flow, and other potential problems. Some advanced treatments and surgical procedures may be used to help restore blood flow to the heart muscle.

In principle, all people can take steps to lower their personal risk of heart disease and heart attack by addressing their risk factors. People who already have heart disease especially need to control their risk factors.

Tuesdays w/T. – A Bible Study for Beginners 6:00 p.m.

This is a wonderful time to explore and learn from each other about the scripture. This Bible Study is designed in a way that folk are welcome to drop in from time to time or attend every week. No homework is required, and all questions are welcome. Bible Study will last one hour. This month we will be reading some letters written by followers of Paul and seeking wisdom for our own life as a church. Come and explore what it says about God and what it says to us. I believe it is both important to read the Bible and also to read it in community. This is the invitation to you to come. All levels are welcome and there is child care provided. If you have any questions, please talk with T. Michael.



Special Satellite Bible Study

April 21st at Waterford – Noontime

NOTE CHANGE: 3rd Tuesday

(bring your own lunch)

Stewardship Message

Pay It Alleluia!

After the religious authorities had assembled with the elders, they devised a plan to give a large sum of money to the soldiers telling them, "You must say, 'His disciples came by night and stole him away while we were asleep.'" (Matthew 28:12-13)

"It's just my job – I don't have to like it."

"I don't care where it comes from – it's for a good cause."

"This church can't afford to be picky about its portfolio."

The tradition that Matthew's gospel was written by someone busy in April ... well, a tax collector, gains credence by his two financial notes for Holy Week. Matthew remembers the price of Judas' betrayal was thirty pieces of silver and that the soldiers were paid to stifle what they saw of the resurrection and spread the body-snatching rumor.

We regularly reflect on the ethics of *spending* money. We consider personal and church budgets. We choose "green" in home, community and congregation. We give offerings, make pledges, invest in projects. As these serious days of Lent shift to Holy Week, it is also important to prayerfully examine how we *earn*, *receive*, *accept* and *benefit* from money. Money is neither good nor evil in itself, but there are transactions that hide the holy or risk the resurrection.

Easter is priceless, certain and can never be 'bought off' as these lyrics to "Christ the Lord is Risen Today" claim!

Seek we now where Christ has led, Al-le-lu-ia!
Stewardship un-li-mi-ted, Al-le-lu-ia!
Ours the faith, the peace, the joy, Al-le-lu-ia!
Gifts that nothing can destroy, Al-le-lu-ia!

Lift our hearts and raise our voices, Al-le-lu-ia!
Hope has opened up our choices, Al-le-lu-ia!
As we work, invest, and pray, Al-le-lu-ia!
Easter touches **every** day, Al-le-lu-ia!

*Maren C. Tirabassi is Pastor of Union Congregational UCC of Madbury, NH. Her most recent book is *God in My Life: How and Why We Share Faith Stories*.*

April 2009

God is still speaking,



How Does Your Garden Grow?

By Frank Bennett

The warm weather and melting snow in the last week have turned my thoughts to the coming of spring. This has led me to think of what I want to plant in my garden, which is small because I live in the city. I have been looking out the window and asking myself "What kind of garden do I want this spring? Do I want to have lots of color? Would I like fragrant plants or vegetable and herbs?"



If I don't plan what I want to grow in my garden and then spend the necessary time and effort to dig, plant, and tend it with care, then whatever has grown there will pop up again and I will have to live with the past choices of whatever was in my garden last year.

The Lenten season is warming up, too, and it has made me think of the coming of Easter. Over the past few weeks we have been studying and practicing a variety of kinds of Christian meditation. This series of classes at RUCC from 11:30-12:30 on Sundays in Lent is part of the Faith Formation Ministry's program to offer ways to deepen and grow spiritual insight and faith. The meditations, along with the other Lenten practices offered at RUCC such as fasting, are designed to put some new plants in our spiritual garden.

If we don't consciously plant new practices and habits in our spiritual lives during this season of turning towards Christ, then we will live with whatever has been growing in our spiritual "garden." Do you want to plant anything new in your faith this Easter? Easter is, among other things, a celebration of new life and renewal. What new seeds of spirit, or bulbs of faith, are stirring in you this Lent and Easter? What will you grow in your spiritual garden this spring?

Out Front Lobby Day April 23rd–Noon Rally Minnesota State House

Come, everyone, to celebrate our commitment to freedom and opportunity for folks of all sexual orientations. There are bills being presented to protect our rights to equal partnership through marriage. This is an exciting year. Sign up at www.outfront.org to be a part of the event and meet with your legislators. T. Michael will be there with the kids if anyone wants to ride along.

Have You Found God at Barnes & Noble?



Faith Formation Ministry is planning fall 2009 book discussions. And for that...we need a "Summer Reading List." (We'll all read the books over the summer and discuss in the fall.)

One book we're looking at is *The Shack* by William Paul Young. You can pick it up at Target or try ebay or Amazon.com.

But we need more ideas! So, if you've read something that has moved you or heard about a book from friends or folks around the copier at work...let us know!

Tell anyone on Faith Formation or email Beckie B. at rabernu@gmail.com (or leave a message at 763-529-9362).

May Issue. . .

Mustard Seed



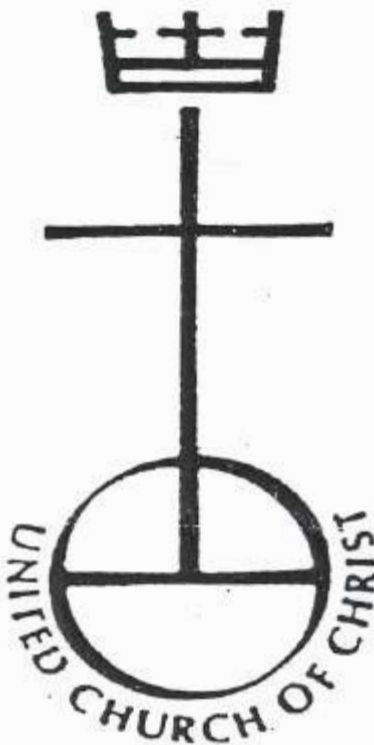
Please place all articles for the next issue of the Mustard Seed in the box marked "Mustard Seed" on the shelf inside the door to the workroom in the church office, *e-mail* to thewillses@aol.com (preferred) or mail them to Barbara Wills, 6214 Upland Lane No., Maple Grove 55311, so that they are received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

MAY ISSUE DEADLINE

Sunday, April 26 , 11 a.m.

No exceptions please.

(May issue will be mailed Friday, May 1.)



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