

THE MUSTARD SEED



Vol. 36, Issue 11, July-August, 2009, Edition

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Coming Up... See inside!

July 12—Whiz Bang
Parade
July 19, Aug. 2—
Summer Bike Rides
July 23—Guatemala
Dinner
July 26—Outdoor
Worship & Picnic
Aug. 2—Bluegrass
Band
Aug. 6, 13—Serve at
Leisure Age

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for Dates
to Save
for Fall!

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Summer
2009

From Your Pastor And Teacher

In whatever way we receive the Spirit, it is just as real and just as good as any other. For some reason egocentric people tend to idealize their way as the only way. God meets us where we are and makes his presence known to us in the way we are most ready to experience it. The Spirit blows where she wills and she fills our hearts in whatever measure we are open to the Spirit. The glory is all to God and not to our technique, method, formula, or church protocol.

When it does happen, we always know that we did nothing to deserve it! It is all God's graciousness. It is being grabbed by God and lifted to a new place in spite of our best attempts to deny or avoid it.

From *Great Themes of Scripture*, by Richard Rohr

This season of Pentecost is described in our living community. We come from all over. We will never gather as an entire entity as Robbinsdale United Church of Christ, but still we claim this sense of belonging. I meet people all the time who grew up at this church, haven't attended in 25-30 years, practice Zen Buddhism or some other faith tradition, and still call this church home. That is what the Spirit is about. It is where we felt and feel God's presence. It is where we know that love is. We know that the God is not contained in building, label or any one ritual. Rather, "God meets us where we are. . . ." That is the amazing thing about our faith.

We cannot hide from God, just as we cannot hide from love, grace and truth. Our lives, our wanderings, our commitments, our strengths and our weaknesses are all about who we are in relation to God and one another. God is known through us, when we allow God to shine out of us. God is hidden from the world when we ignore all the signs that point to grace and truth. Isn't it wonderful, then, how we can learn more about God and each other by sitting under a tree, spending time with family and friends, feeding people, taking a long bike ride, reading a book, praying, opening, worshipping, giving, and spending the time to nourish our own souls.

What we have today is the gift of time: time to play and sing and work and dance. We have the time to learn about God from others, and we have the time to practice telling our own stories. I hope this summer that all of us are grabbed by God and lifted to a new place of faith and understanding.

See you in church,
T. Michael



July/August Schedule

July 5, 2009. 14th Sunday in Ordinary Time. Communion. Infant and toddler care available. Summer Adventures for children 3 years through 2nd grade 10:15 – 11:15 a.m. Lectionary texts: 2 Samuel 5:1-5, 9-10; Psalm 48; II Corinthians 12:2-10; Mark 6:1-13.

July 12, 2009. 15th Sunday in Ordinary Time. Service at 10:00 a.m. Infant and toddler care available. Summer Adventures for children 3 years through 2nd grade 10:15 – 11:15 a.m. Lectionary texts: 2 Samuel 6:1-5, 12b-19; Psalm 24; Ephesians 1:3-14; John 6:14-29.

July 19, 2009. 16th Sunday in Ordinary Time. Service at 10:00 a.m. Infant and toddler care available. Summer Adventures for children 3 years through 2nd grade 10:15 – 11:15 a.m. Lectionary texts: 2 Samuel 7:1-14a; Psalm 89:20-37; Ephesians 2: 11-22; Mark 6:30-34, 53-56.

July 26, 2009. 17th Sunday in Ordinary Time. Service at 10:00 a.m. Infant and toddler care available. Summer Adventures for children 3 years through 2nd grade 10:15 – 11:15 a.m. Lectionary texts: 2 Samuel 11:1-15; Psalm 14; Ephesians 3:14-21; John 6:1-21.

August 2, 2009. 18th Sunday in Ordinary Time. Communion. Infant and toddler care available. Summer Adventures for children 3 years through 2nd grade 10:15 – 11:15 a.m. Lectionary texts: 2 Samuel 11:26-12:13a; Psalm 51:1-1; Ephesians 4:1-16; John 6:24-35.

August 9, 2009. 19th Sunday in Ordinary Time. Service at 10:00 a.m. Infant and toddler care available. Summer Adventures for children 3 years through 2nd grade 10:15 – 11:15 a.m. Lectionary texts: 2 Samuel 18:5-9,15, 31-33; Psalm 130; Ephesians 4:25-5:2; John 6:35, 41-51.

August 16, 2009. 20th Sunday in Ordinary Time. Service at 10:00 a.m. Infant and toddler care available. Summer Adventures for children 3 years

through 2nd grade 10:15 – 11:15 a.m. Lectionary texts: I Kings 2:10-12, 3:3-14; Psalm 111; Ephesians 5:15-20; John 6:51-58.

August 23, 2009. 21st Sunday in Ordinary Time. Service at 10:00 a.m. Infant and toddler care available. Summer Adventures for children 3 years through 2nd grade 10:15 – 11:15 a.m. Lectionary texts: I Kings 8: (1,6,10-11), 22-30, 41-43; Psalm 84; Ephesians 6:10-20; John 6:56-69.

August 30, 2009. 22nd Sunday in Ordinary Time. Service at 10:00 a.m. Infant and toddler care available. Summer Adventures for children 3 years through 2nd grade 10:15 – 11:15 a.m. Lectionary texts: Song of Solomon 2:8-13; Psalm 45:1-2, 6-9; James 1:17-27; Mark 7:1-8, 14-15, 21-23.

Worship at Robbinsdale United Church of Christ

Summertime worship at RUCC is special. There will be a smaller congregation that will be able to look around and appreciate the sense of family and really reach out to those summertime visitors. There will also be a time for folks to share their own stories of joy and know that those stories land on holy ground. So, look forward to some wonderful worship and you probably won't even notice the humidity.

July 5th – Communion Sunday – T. Michael is joined by Rev. April Davis Campbell and his friend Rev. John Hudson in preaching
Scripture Reading: 2 Corinthians 12:2-10
Sermon: “Word and Table Testimonies”

Come and experience the story of how scripture and sacrament can bring everyday wisdom and opportunity into your life. Listen to April, John and T. tell their stories of the welcome table.

SERMON SERIES– “THE LORD’S PRAYER”

July 12th – Rev. T. Michael Rock, preaching
Scripture Reading: Matthew 6:7-14
Sermon: Part I – “Pray in This Way”

We pray this prayer every week, and some of us pray it every day. What does it mean to pray in this way? How often do we stop and really understand what is being said, and how it can open our hearts? Come and pray with us this week in a very powerful way.

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July 19th – Rev. T. Michael Rock, preaching
Scripture Reading: Matthew 6:7-14
Sermon: Part II – “Discerning the Will of God”

The prayer asks for things to be “on earth” as they are in “in heaven”. I believe we need to have a picture in our mind to really look at God’s Will. This morning, we will come away with such a picture.

July 26th – WORSHIP IN THE PARK (see article following) – Rev. T. Michael Rock, preaching
Scripture Reading: Matthew 6:7-14
Sermon: Part III – “Forgiveness”

The centerpiece of this prayer is about forgiveness. It is one of the hardest parts of our faith. Come and explore both the barrier and power of forgiveness.

August 2nd – Communion Sunday / RUCC Bluegrass Band

Scripture Reading: Matthew 6:7-14
Sermon: Part IV – “Trial and Temptation, Power and Glory”

On the Sunday when we begin the practice of centering prayer, we’ll look at the protective nature of prayer to heal us from evil and temptation. For this protection and love, we are truly grateful to God, who is present in our hearts.

August 9th – Ben Talberg, preaching

Ben joined our church last year and has been serving as an advisor to the youth at RUCC. Ben is also discerning a call to ministry in some way. Let us come and support him and hear some fresh wisdom.

August 16th – Rev. David Plumb, preaching
Scripture Reading: Ephesians 5:15-20
Sermon: “Be Careful Then How You Live”

What are the marks of a life lived in “wisdom”? We’ll ponder this concept as it is revealed in the Hebrew Bible and the New Testament.

August 23rd – Rev. April Davis Campbell, preaching
Scripture Readings: John 6.56-69 and Ephesians 6.10-20
Sermon: “You’ve Got the Look”

Life can be complicated. Thankfully, the spirit gives pearls of wisdom and even recommended attire for our journey together. What message is your apparel sending?

August 30th – Rev. T. Michael Rock, preaching
Scripture Reading: Romans 12:1-8
Sermon: “Presenting Ourselves to God”

Another “Question and Answer” sermon where the congregation writes questions and the preacher provides an answer. Topics range from theology and biblical interpretation to politics and ethics. In this smaller setting you’ll not only get the preacher’s answer, but a dialogue among the congregation. This will be a great Sunday to invite a friend and try to stump the preacher.

Praise God! (And pass the mustard) Outdoor Worship and Picnic

When: Sunday, July 26, 2009

Where: Sanborn Park (Shoreline Drive and 42nd Ave., across from Crystal Lake)

Why: To celebrate our Creator God, creation, *and* each other!

What’s Available: Limited seating provided, so BYOC (bring your own chair)–and maybe one to share!

Food: Faith Formation will provide hot dogs, chips, soft drinks. Bring pickles, relish, fruit, cookies....*whatever* (and *if*) the Spirit moves you! If you have special dietary needs, BYOL (bring your own lunch)!

Games: Something fun for all ages, all abilities. Or just relax and chat (your choice)!

Parking: Small surface lot at the park between the hockey rink and brick shelter; street parking on Shoreline Drive, Drew Ave., 42nd and 43rd (there’s a hill here).

* **Please stop by the church** on your way to see if anyone who rides the Mobility Bus needs a ride to the park (bus only drops off at church). **Or** call the church office if you need to line up a ride.

Weather: If it rains, we’ll do all this indoors (at RUCC)!

SAVE THE DATES!!!

FAMILIES MOVING FORWARD – SEPTEMBER 6th – 13th

FEED MY STARVING CHILDREN – SEPTEMBER 12th at 11:00 a.m.

Invitation: Help us start off this year with service to others, generosity, and our unique gift of hospitality. We will welcome four guest families this week with a good meal, good friends, and a safe place to sleep, and on Saturday we'll work to create 10,000 meals in about an hour for children dying of hunger. We need everyone to pitch in. Sign up now.

GREAT FALL GET TOGETHER – SUNDAY, SEPTEMBER 13th

Invitation: Bring water from your lake house, kitchen sink, favorite vacation spot, backyard pool, anywhere you connected with the cool sensation of water. We'll combine our waters in a special ritual of our coming together on this Sunday.

NATIONAL NEIGHBORHOOD DAY – SUNDAY, SEPTEMBER 20th

Invitation: Stay and greet our neighbors over ice cream and games in the parking lot. We will need to be present in order to pass along our love. Also, check out www.neighborhoodday.org to plan your own gathering.

BLESSING OF THE ANIMALS – SUNDAY, SEPTEMBER 27th

Invitation: Bring your pet to worship and have it be blessed. The choir will provide great music and we'll have a wonderful processional parade with all our animals. Please leash or cage the pets, and know that pictures are welcome as well of those pets who have died who we carry with us in our hearts.

WORLD COMMUNION SUNDAY – OCTOBER 4th

Invitation: Come and experience a worship designed as art. This worship is an integral part of the Commissioned Minister process for Dawn Carlson Conn. Each element of worship will provide us a chance to create new meaning for our rituals together.

VISITORS' SUNDAY – OCTOBER 18th

Invitation: Bring a friend, co-worker, neighbor, or

another person that has been important to you. Don't let the good news of this amazing community remain hidden from those who seek healing, understanding and love.

Create – Renew – Recreate Creating Space for Spirituality 2009 Minnesota Conference United Church of Christ Women's Retreat

When: September 18-20, 2009

Where: Pilgrim Point Camp, Alexandria, MN

Retreat Focus: Join us as we make room for spirituality in our busy lives. This fun-filled weekend will include time for rejuvenation, opportunities to try many forms of meditation, artistic expression, workshop choices and Taize worship.

Registration forms are available from the church office.

RUCC BLOOD DRIVE



Here is a great opportunity to serve the community. Please help with the first annual RUCC Blood Drive. It is scheduled to happen at RUCC on Thursday, September 24, 2009. It will be conducted by the Red Cross, but we will need lots of church volunteers to make the event a success.

We need people who will work mostly in the weeks ahead of the drive and others who will be involved more on the day of the drive. If you can help, please contact Linda Smith or email her at wrldtrekker@hotmail.com.

COFFEE AND CHOCOLATE!

Fair traded coffee and chocolates will be available after church in the narthex on the second Sundays, July 12 and August 9. Please consider that fairly traded products provide a better living for the people who harvest them.



**Robbinsdale United Church of Christ
at WHIZ BANG DAYS
July 12, 2009**

Let's be in the parade. Hand out candy and walk along side our RUCC float. Our float will be better than ever this year, and fun will be had by all. We will have a great time building this art project, but an even greater time spreading the good news of Robbinsdale United Church of Christ to our community. Please talk with T. Michael if you would like to help with frame construction.

Youth at RUCC

This summer the youth are going to march in the Whiz Bang Parade, ride Roller Coasters at Valley Fair, and eat Food on a Stick at the State Fair. All of this while building community, seeking God, and finding truth, peace, and love in ourselves.

Look for the summer calendar in the mail and on the internet.

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. Check out our "Sunday Rides" this summer. We 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 to spend some time with our church family.



Summer Rides

July 19th – Mississippi River Trail and Park
August 2nd – Eagle Lake Trail and Park

Hosterman-Myers Community Garden



What a gift it has been to build this beautiful garden. The greater gift will be to harvest and share its bounty. A special thank you goes out to Carol Ahlgren, Mark Mueske, John Norberg and Jim Greenwood for helping to create this wonderful place to grow good food and great relationships.

**Interested in
Adult Confirmation Class?**

If you have never been confirmed or forgotten most of what you heard in Confirmation, this class is for you. We'll explore the faith journey

from beginning to end and really focus on the formation of our own Statement of Faith. Classes will take place twice a month on Sunday evenings from 4 p.m. to 6 p.m. All are welcome to attend. No homework required.

UCC Stewardship Message...

Not Exactly 'Twitter'

Look at the birds of the air; they neither sow nor reap, nor gather into barns ... And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you not even Solomon in all his glory was clothed like one of these. (Matthew 6:26a, 28-29)

Anyone who now or ever has lived with a teenager recognizes the central fallacy of Jesus' argument. Flowers are beautiful, but they wear the same outfit every day! ... Retirement savings are a kind of "gathering into barns." Isn't it socially responsible, even if last year was a financial "barn burner?" ... It's fine to critique contemporary time-poverty, but, in a season of record unemployment, it's cruel to offer people laid off from sowing and spinning this twisted paraphrase: "Do not worry about tomorrow. Put today's worries on your credit card."

We have a love-hate relationship with Jesus' classic teaching found in both Matthew and Luke. It challenges common sense, responsible planning and even church stewardship. We hope it has nothing to do with our relationship to money, but it is a gentle nudge to enjoy the summer weather, recognize how precious and brief time is with our children, and free ourselves of the hamster cage of worry. But Jesus is addressing our resource-attitudes. Every day we make choices about money, possessions, security ... and giving.

Today-living is the secret to giving, open-handed giving. Future-thinking easily becomes fist-thinking. In fact, nobody is *happier* giving than the person headed for a job interview, one with a shrunken 401K, a church community whose endowment is *en-down-ment*. Today-giving replaces *stress* with *bless*. As long as we can bless one other person, we have the perspective to recognize that God's tomorrow is another priceless today, what Jesus called God's realm. An old hymn sings across all our twitter, all our worry, "God's eye is on the sparrow and I know God watches me."



Notes from the Worship Ministry: Changes in the structure of the Worship Service

Over several years, the Worship Ministry has heard comments of some joyous enjoyment and many complaints about the Announcements portion of our Sunday worship services. Increasing numbers of members began arriving 15-20 minutes late to avoid the announcements, and the vocal complaints about their length increased. For as many years as I can remember, there have been requests to keep announcements brief. Despite this, 20 minutes had become the norm by this summer. While none of us would want to be in a church where nothing was happening, the length of the announcements was creating increasing dissension. The Worship Ministry made the decision to swing the pendulum completely the other direction, a move that has not been tried before, and have no verbal announcements unless it is an emergency. Announcements of upcoming activities are to be sent to Steve Quesnel by Wednesday noon to be printed in the bulletin. Our vision of this is that announcements will become a colored "pull out and take home" sheet in the bulletin and in the Mustard Seed. We are aware that some people are missing the personal touch, and we encourage you to give feedback to T. Michael or any of the Worship Ministry members: Sheryl Fisher, Mary Ann Mead, Lynne Wicklund, Skip Wills, Joan Young, Marsha Benshoof, Jim Gausman, Alice Ann Kempf or John Rost (ex officio). This is an experiment that will be continuously evaluated.

The other change which will evolve over the summer has been mentioned by T. Michael in his letters. The other primary source of concerns the Worship Ministry has heard in recent years has been about the noise level in the sanctuary when people enter. Many people are greeting each other and chatting, often loudly. Many have expressed frustration that this makes it difficult for them to enter a worshipful mood as the service begins. When verbal announcements were early in the service, this complicated the issue for those who sought quiet meditation or prayer time. Over the course of the summer, we will evolve another experiment: making the sanctuary on Sunday morning a place of quiet, reverent worship. Beginning in August, there will be a 15 minute time of Contemplative Prayer before the doors to the sanctuary are opened at 9:55. There will be signs explaining the importance of entering in silence. There will be brochures describing

Contemplative Prayer. All are welcome to enter, but with the mindfulness of quiet contemplation. Those who wish to socialize will be asked to remain in the gathering space until 9:55. Our sense of community and mutual support is a valuable part of our life as a congregation, but there is always ample time for socializing before or after the service outside the sanctuary. The Contemplative Prayer time will end with the Lord's Prayer and the ringing of the prayer bowl. The doors will then open. The Lord's Prayer will also continue to be a part of the morning worship service. This change will also be reviewed on a regular basis, and we invite your feedback. If you have any questions or concerns, please contact T. Michael or any member of the Worship Ministry.

Sheryl Fisher, Chair, Worship Ministry

CENTERING PRAYER at Robbinsdale United Church of Christ

The guides for Centering Prayer are simple.

1. At 9:40 a.m we will have a short prayer followed by the ringing of the prayer bowl to begin this time.
2. You will choose a sacred word as the symbol of your intention to consent to God's presence and movement within. (Examples of Sacred Words: Jesus, Kyrie, Love, Peace, Mercy, Shalom, Faith, Trust, or any other word that would be easy to return to.)
3. Sitting comfortably with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.
4. When you become aware of thoughts, return ever-so-gently to the sacred word.
5. At the end of the prayer period, the bell will ring, remain in silence for a couple of minutes and we will end with a slow a deliberate expression of the Lord's Prayer.
6. The Prelude Music will then begin as the doors of the sanctuary are opened.

All are welcome to explore this spiritual practice. There is no right or wrong way to pray in this way. It is the hope of the Worship Ministry and the pastors that this practice will provide all of us with an opportunity to deepen our soulful journey of healing and living with God.

August Schedule...

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

NO LEISURE AGE IN JULY!!

Aug. 6—North Suburban Chorus, directed by John Dunne.

Aug. 13—Mary Hall with a trip down memory lane!

Aug. 20—Blood pressures taken 9:30-11:30 a.m.
Program: Showtime Chorus, seniors who love to sing.

Aug. 27—August birthday party. Program: Gary Martens, member of Big Fat Dutchmen.

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

CORRECTION:

LEISURE AGE SERVING DATES

The correct dates for serving at Elim Leisure Age are August 6th and August 13th. A corrected sign-up sheet is on the board across from the office.

If you have any questions contact Keith at 763-588-4357 or Jan at 763-529-1986.

Thank you.

Quilting Group Dates

The quilting group will start meeting again in September. We will be switching our meetings to the 3rd Monday of each month (the Bible study group will be using the Heritage Hall on the other Mondays). We will still be quilting from



5 to 9 p.m. (and you can come for part of the time or for the whole time). Since we are not making announcements in church, please add these dates to your calendars, and we'll see you there!

September 21, 2009

October 19, 2009

November 16, 2009

December 7, 2009 (*note: this is the first Monday*)

January 18, 2010

February 15, 2010

March 15, 2010

April 19, 2010

May 17, 2010

Mea Culpa

There was an inadvertent omission from the list of people thanked by the Quilting Group in the June Mustard Seed:

- Thank you to Carol Welton who helped tie quilts and who put the binding on almost all of the quilts we finished this year. We really couldn't have done it without her!
- Thank you to Brad Welton who provided courier service of quilts to and from church so that we could get them done on time. Thanks!

Please accept my heartfelt apologies for the omission and thank you again for all of your help.

—Nancy Bossert

Plan your Memorial Service

It may seem unusual or even morbid, but one of the greatest gift you can give your family is clearly stating your wishes about your burial and memorial service. Gretchen and T. Michael have produced a new handbook to help with this planning. Please stop by and pick one up or call and Gretchen will mail one to you. The invitation is also there to work through this planning with T. Michael.

HOSPITALITY MINISTRY: Volunteers are needed this summer for coffee and treats and greeting. Sign-up sheets are on the bulletin board across from the office. Please sign up the next time you are at church!!





Happy Birthday!
Greetings and best wishes to all members and friends of Robbinsdale United Church of Christ who celebrate their birthdays in July and August.

Dan	Rogan	July	1
Marsha	Benshoof	July	3
Michael	Lane	July	3
Jacob	Koss	July	5
Rick	Wagner	July	7
Lorraine	Dysart	July	10
Donald	Anderson	July	11
Justin	Ihle	July	11
Amanda	Busch	July	15
Amy	Conner	July	15
Becky	Muyres	July	15
Amy	Nienaber	July	15
Katie	Knutson	July	16
David	Mendolia	July	16
Karoline	Anderson	July	17
Sheri	Beck	July	17
Jim	Olsen	July	17
Leona	Johnson	July	18
Leonard	Sidle	July	18
Mary	Lauder	July	20
Andrea	Welton	July	20
James	Dahlgren	July	22
Kathy	Giddings	July	22
Kay	Barker	July	23
Tom	Jensen	July	23
Donna	Larsen	July	23
Jan	Maiola	July	23
Carlton	Myers	July	23
Jackie	Johnson	July	24
Marilyn	O'Brien	July	24
Tammy	Ward	July	25
Carol	Nordli	July	26
Wayne	Pitmon	July	27
Ellen	Amundson	August	1
Jack	Weber	August	1
Dorothy	Master	August	3
Edward	Clements	August	4
Amanda	Clements	August	5
Klare	Geiger	August	6
Zoe	Bakken-Heck	August	6

Toby	Beck	August	7
Helen	Straight	August	9
Kristen	Fisher	August	10
Josie	Gausman	August	10
Ellen	Rowell	August	10
Alea	Berry	August	14
Linda	Smith	August	14
Ken	Evans	August	15
Greta	Bertossi	August	16
Shirley	Dayton	August	16
Ryan	Onwukwe	August	17
Adam	Jensen	August	19
Diane	DeSplinter	August	20
Lisa	Lindesmith	August	20
Taylor	Haugen	August	21
Joyce	Lehmann	August	21
John	Straight	August	22
Harry	Jensen	August	25
John	Lloyd	August	26
Jonah	Beck	August	28
David	Nordli	August	28
Jim	Paster	August	29
Ken	Beck	August	30
Riley	Rogan	August	30
Mark	Larsen	August	31
Kate	Menendez	August	31

Community News

We extend our deepest sympathy to the family and friends of Dorie Miner who died on June 17. Her memorial service was held at RUCC on June 23.

Dearest Friends,

You are mightily in our heart's love.

You are like a line from the movie *Australia*:
 "I sing you to me."

You keep us full of life with your calls, your visits, your cards, and your hugs and prayers. Thank you is not enough.

In gratitude,

Carlton and Corinne Myers and family

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

Allergies and Hay Fever

If you suffer from sneezing, a runny nose, or itchy eyes, you might think you have a cold. Instead, it could be an allergy to things like pollen, dust mites, animal dander, mold, foods or drugs. When you come across something that you are allergic to, your body reacts with sneezing, runny nose, and itchy eyes. Hay fever is one of the most common kinds of allergies. About 35 million Americans suffer from hay fever. During warm weather, some plants release pollen into the air you breathe. Symptoms are sneezing, runny nose, coughing, itchy eyes, nose, and throat, watery eyes and red, swollen eyes. Your symptoms might be different at different times of the year, depending on what grows near you and what allergies you have.

Doctors can test for allergies by either skin or blood tests. Both tests look for proteins (antibodies) your body makes to match whatever it is fighting. There are different ways to treat allergies: avoid things that cause symptoms, use medicines, get allergy shots. Shots contain small amounts of what you are allergic to. At first, shots are given frequently to lessen symptoms and usually continue for 3-5 years.

Hay Fever vs. Colds		
	Hay Fever	Colds
Signs	Runny or stuffed nose, sneezing, wheezing, itchy and watery eyes	Fever, aches, pain, stuffed nose, sneezing, watery eyes
Warning Time	Symptoms start right away	Symptoms usually take a few days to start
Duration	Symptoms last as long as you are around the allergen	Symptoms should clear up in 7-14 days.

Taken from "Allergies and Hay Fever" issued by the FDA Office of Women's Health, <http://www.fda.gov/womens>



PRISM'S SCHOOL SUPPLY DRIVE
We'll collect school supplies at RUCC
during July and August!

Hear Our Own Fulbright Scholar and Support the Guatemala Vision Team

On Thursday, July 23, we will have a unique opportunity to hear Ellen Thompson talk about her experiences in Guatemala and enjoy a Guatemalan-style dinner. Ellen is the daughter of Doug Thompson and Jan Maiola.

A 2004 graduate of Armstrong High School and 2008 graduate of Kenyon College in Ohio, Ellen spent the past year in Guatemala on a Fulbright Research Fellowship. Ellen first traveled to Guatemala as a teenager on a service trip with Common Hope. Upon learning that Guatemala has one of the highest rates of cervical cancer in the world, she applied for a Fulbright to return to Guatemala and work in prevention and health promotion efforts. As part of her research she investigated cervical cancer screening and prevention programs and their effectiveness in rural Guatemala. While working with public and private health sectors, she has helped determine ways to improve cervical cancer screening and lower Guatemala's high rates of cervical cancer cases and deaths. She also implemented a peer educator program for local female community leaders about reproductive health and women's rights. Ellen is attending Yale School of Nursing this fall and plans to continue working in Latino healthcare as a family nurse practitioner.

The dinner will help raise funds for our Vision Team mission to Guatemala to support the work of Common Hope. It is co-sponsored by the Faith Formation and National and Global Ministries.

Please contact the church office (763-537-6965) for dinner reservations. If you would like more information about our trip to Guatemala next January, please contact a member of the National and Global Coordinating Ministry. For information about Common Hope, visit their website at www.commonhope.org.

Remember the Food Shelf: Needs Are Even Greater in Summer!

The suggested donation for the month of July is *macaroni and cheese*, and for August it is *tuna*. Let's give to PRISM and help our many neighbors in need!



*Share with Our Children
in Bible Adventures*

From the Minister for Children and Families:

I know it is only July, but it's not too soon to check your calendars for the fall. I invite you to consider how you will share your gifts with the amazing children of this congregation through our Bible Adventures program. There are many opportunities, short and long-term, to contribute to this ministry. A sign-up sheet is posted on the door to the Bible Adventures room if you want to be the first to save the perfect date for you. I look forward to our working together and feel blessed to be a part of this family.



Grace to you, and peace,
April

September Issue. . .

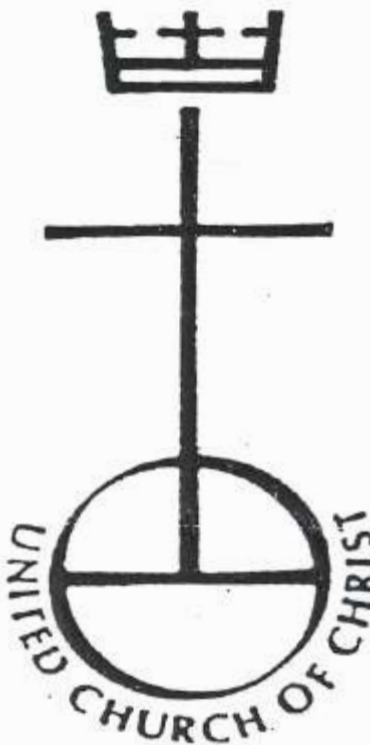
Mustard Seed



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.

SEPT. ISSUE DEADLINE
Sunday, August 23 , 11 a.m.
No exceptions please.

(Sept. issue will be mailed Friday, Aug. 28.)



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

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