

THE MUSTARD SEED



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From Your Pastor And Teacher

What is the future of organized religion? Whatever it is, I hope that we will have the courage to stop rewarding and confirming people's egos and calling it morality, ministry or church. I hope that we will have lower expectations of leadership and the institution and therefore less need to rebel against it or unnecessarily depend upon it. True leadership is quite rare in my experience and cannot be "ordained" or created by title, office, or costume. Many people are upset with the Church because they expected too much from it. Accept it for what it is and for what it isn't.

More than anything else I hope that the future church can be a people who have entered into Mercy and allow others to enter too. I once saw God's mercy as patient, benevolent tolerance, a form of grudging forgiveness. Now it is apparent to me that Mercy is a divine understanding, a loving allowing, a willing "breaking of the rules" by the One who made the rules, a loving wink and smile, a firm and joyful taking of our hand – a freedom to love, regardless.

Adapted from Radical Grace by Richard Rohr

As I read this during the beginning the summer, the question has remained in almost all of my prayers for this congregation. "Who are we?" Are we the kind of community where God's love breaks through and is free to forgive and make things new? Are we the kind of community that seeks divine understanding of our deepest concerns and problems? Are we a community that can put aside the temporary tasks of building egos in order to suffer and learn with each other?

The answer that has come to me as I remember your stories and your journeys is YES, YES and YES! At our best we live out of our humility and God's grace. At our best, we set aside our yearning for power and success and simply let go. As we begin this new program year, welcome new folks into this fellowship, welcome back those gone for the summer, and dream about our future. My comfort and joy are present in knowing that we are striving to be an "authentic" church in our singing, our praying, our living and our dying. This is my hope, prayer and joy in serving you.

See you in church,
T. Michael

Great Fall Get-Together!
September 13
Worship and
Potluck Lunch





September Schedule

September 6. 23rd Sunday in Ordinary Time.

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: Proverbs 22:1-2, 8-9, 22-23; Psalm 125; James 2:1-10, (11-13), 14-17; Mark 7: 24-37.

September 13. 24th Sunday in Ordinary Time.

Service at 10:00 a.m. Communion. Infant and toddler care available. Bible Adventures for children 3 years through 5th grade 10:15 – 11:15 a.m. Lectionary texts: Proverbs 1: 20-33; Psalm 119; James 3: 1-12; Mark 8: 27-38.

September 20. 25th Sunday in Ordinary Time.

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: Proverbs 31: 10-31; Psalm 1; James 3: 13-4:3, 7-8a; Mark 9: 30-37.

September 27. 26th Sunday in Ordinary Time.

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: Esther 7: 1-6, 9-10, 9: 20-22; Psalm 124; James 5: 13-20; Mark 9:38-50.

Worship in September

Worship at RUCC is the central event of our community. We come to share stories, search for truth, and praise our God. We hope that attending worship is part of your spiritual practice. Singing the hymns and praying the prayers are important, but sometimes attending coffee fellowship and sharing stories can further connect us to God and to each other. Worship and fellowship are both ways to praise God. The other two practices are serving others and attending Bible Study. This year think about becoming whole and committing yourself to worship, fellowship, service and study. I guarantee the benefits of this approach to faith.

We begin the worship part of the year by looking deeply at ourselves. Our worship team is creating a wall of mirrors in the sanctuary that will

challenge us to see ourselves as God sees us. Can we take off the masks and bring to God our truth? Can we allow God to love us anyway? It is this challenge and joy that help us be a true reflection of God's love and grace.

September 6th – Labor Day Sunday

Scripture Reading: Mark 7:24-37

Sermon: “The Art of Healing” - Rev. T. Michael Rock

On this Sunday we'll look at two stories of healing, and in those stories we'll see both how we come to be healed and how we are called to be healers as well. Both stories are miracles of sense and simplicity and reflect the needs that all of us carry into our lives.

September 13th– GREAT FALL GET-TOGETHER and Communion Sunday

Scripture Text: James 3:1-12

Sermon: “Clarity of Purpose” - Rev. T. Michael Rock

We gather again for worship with a full choir and a full sanctuary. Our sermon will bring us to the deepest questions of our faith. We will explore this Sunday, “Who we REALLY are.” All will be invited to respond during a meal and discussion following worship.

September 20th– National Neighborhood Day

Scripture Text: Mark 9:30-37

Sermon: “First in Caring, First in Love” – Rev. T. Michael Rock

We learn a lot about leadership by how Jesus teaches the disciples. They are continually invited into postures of humility and acceptance. Leaders in the Jesus tradition are not “in charge” or “setting the agenda.” Instead, they are being taught to let go and be examples for caring and love.

September 27th- Blessing of the Animals Sunday

Scripture Texts: Esther 7:1-6 and Mark 9:38-50

Sermon: “Telling the Truth Is Not Always Easy” – Rev. T. Michael Rock

In the midst of dogs, cats, fish, gerbils, and birds, we'll also open ourselves to the power of truth in our lives. We will acknowledge that it involves taking risks, but that it also has the power to save lives. Bring your animal, receive a blessing, and discover again the joy of telling the truth.

What a joy it is to start this year with

Rev. April Davis Campbell as our Minister for Children and Families! April has spent the summer getting to know folks, leading worship, building our program for children and families, and connecting with the wonderful folks at RUCC. We are so blessed that she has joined the ministry team with T. Michael, Steve, David, Gretchen, Vicki, and Sue.

From the Minister for Children and Families April Davis Campbell

Here is a short quiz for your consideration:

1. Yes or no: "Many hands make light work?"
2. Yes or no: It takes a village to raise our children?

If you answered yes to both of these questions, then I have the perfect mission/service opportunity for you. In the effort to share volunteer opportunities, please consider signing up to provide care in the nursery. If 24-30 people are willing to help, then each individual would only need to commit to three Sundays in the nursery over the entire year. So far 13 amazing individuals have said, "Yes, I care," and "Yes, I can help with three Sundays." You are invited to prayerfully consider if you are able and willing to join in this short term ministry opportunity. A sign up sheet can be found outside the church office or you can contact Rev. April if you have questions or need more information.

I am looking forward to a new program year but also a new year of possibilities. Think of all that we can do as a community of faith to further God's kingdom here on earth. Let's work together being moved by the Holy Spirit as we witness to the world, love one another and reflect God's love in all that we say and all that we do.

Grace to you, and peace,
April

WORSHIP LEADER TRAINING MONDAY, OCTOBER 5th

7:30 p.m.

Have you wanted to take part in leading worship? Have you already signed up to be a worship leader? This training will cover the purpose and meaning of worship and nourish your gifts as a prayerful leader. It is required for people who plan on leading worship to attend at least one of these trainings every year, but it is open to anyone who

wants to find out more about why our liturgy looks and feels the way it does.

NEW MEMBER CLASSES BEING FORMED NOW!!

So many wonderful new families among us of every size and shape. What a blessing. If you would like to join Robbinsdale United Church of Christ, please join us for lunch following worship on Sunday, October 18th, for a time of Introduction to Membership, and on Wednesday and Thursday, October 21st and 22nd, for a more in-depth look at RUCC and how to be involved. New Member Sunday will take place on Sunday, October 25th. If you have any questions or know someone who may be interested, please contact T. Michael at 612-275-0387.

Plan to Participate in a Special Worship Event on October 4th

Dawn Carlson Conn is preparing a special community event on World Community Sunday, October 4th, that will take place during worship. As Dawn moves through the process of being a Commissioned Minister, it is our joy to offer her partnership, support, love, and guidance along the way. During worship on October 4th we will come to church in the Fellowship Hall around tables with paint and fabric (already provided). During worship each person will have the opportunity to "mark" the fabric with color, symbol and meaning. The fabric being created will reflect the connections of this community of faith and serve as wall hangings, table runners, communion cloths, and anywhere that our community gathers to experience sacred space.

Our part in Dawn's journey is simply to participate. Think about this Sunday as a special week to invite along special friends of RUCC who have helped shape who we are as a community of faith.

SUNDAY, SEPTEMBER 20th, IS NATIONAL NEIGHBORHOOD DAY www.neighborhoodday.org

Host a gathering in your neighborhood. Build relationships. Open up. Discover the stories of those who live around you. All the instructions and guides are on the website.

Going...Going...

Get Ready for the Auction!

FRUIT OF THE SPIRIT UPDATE

In early August all members of RUCC received a letter from Moderator Dan Haugen in which Dan announced the Fruit of the Spirit Time and Talent Auction that will be conducted on Sundays, October 11, 18, and 25. Dan summarized this event, which, based on past years' auctions, promises to be a fun experience. Also, not surprisingly, this event is very important to raise funds to help ensure the continued vitality and growth of our congregation. Many of you probably remember the excitement and financial success of past Fruit of the Spirit events. Let us all catch the spirit again and participate together to make this 2009 time and talent auction one of the best ever!

Our Fruit of the Spirit celebration will consist of both a silent auction and a live auction. Items are donated by members of RUCC and the broader community. Items in the silent auction will be available for viewing and bidding on Sundays, October 11, 18, and 25. The silent auction ends and winners are determined shortly after our worship service on October 25. Then, a luncheon will be held to announce the silent auction winners, to conduct the live auction, and to celebrate this wonderful event.

In his letter, Dan presented a wide range of ideas for auction contributions. Past examples he cited include:

- Food – meals or desserts
- Crafts and Talents – sweaters, other knitting, floral arrangements, picture framing
- Lessons – piano, sailing, bridge, tennis, dance
- Services – car wash, tutoring, tax preparation, house cleaning, will preparation
- Vacations – cabin weekend, airline tickets, sailing, day at the lake
- Other – family portraits or tickets to sporting events, concerts, or movies

You are welcome to draw upon these ideas or contribute something else that is special for you.

Since Dan sent his letter, RUCC members have swung into action. Several members have volunteered to help conduct this event. Others have submitted forms indicating their contribution to the auction. Keep it coming! The more, the merrier!

Enclosed is a form on which you can write your name and the item you will donate for the auction. Please complete this as soon as possible and

return it to the church office. In addition to donating an item, more assistance is needed to conduct this event. If you are able to help, please contact Kris Geiger or Marsha Benshoof.

Thanks for your participation in the Fruit of the Spirit for RUCC.

Census-Related Opportunities

As we all know, the 2010 Census is right around the corner. As always, full participation in the census is critical to our understanding of citizens and their needs and, subsequently, to effective planning and budgeting processes. As an active member of the community, Robbinsdale United Church of Christ has been invited to promote full participation in the 2010 Census.

While the church itself will not be establishing a committee related to the 2010 Census, here is a contact point, should you wish to become more involved as an individual. In Robbinsdale, the person you should contact is Millie Marsh, at 763-531-1253. If you live in another municipality, you need only to call your city offices for information.

Bible Adventures Needs Your Help!

The Bible Adventures Team is actively recruiting for October, November, and December 2009 Bible Adventures!

There are still many opportunities, so if you were one who needed to check your schedule, please do so now.

Please see the calendar on the Bible Adventures door for the schedule and sign up!



**YEP - 2
YOUTH KICK-OFF
SUNDAY, SEPTEMBER 27th
Ice Cream and Youth Meetings Go
Together!**

Parents and youth are invited to come at 12:30 p.m. to the Youth Room. We'll talk about activities for both High School and Middle School youth groups, play some games, and do some initial brainstorming about the coming year. If you have questions, contact T. Michael or any member of the Youth Ministry.



Happy Birthday!

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

Debra	Evans	September	2
Carol	Abild	September	3
Keith	Smith	September	3
Amy	Bakken	September	6
Jim	Conn	September	6
Erin	Johnson	September	6
Denise	Morin	September	6
Karen	Clara	September	7
Jennifer	Broms	September	8
Pat	Bobleter	September	10
Rick	Hackney	September	12
Jim	Gausman	September	13
Willa	Truehart	September	13
Mary Jane	Lee	September	15
Barbara	Sexton	September	15
Sheryl	Fisher	September	16
Dale	Fisher	September	19
Dawn	Conn	September	20
Justin	Blaine	September	22
Josh	Gausman	September	22
Bill	O'Brien	September	22
Janet	Johnson	September	23
Kassie	Gausman	September	24
Coley	Walker	September	26
Karen	Abild	September	27
Shelley	Olsen	September	27
Janice	Paulsen	September	27
Susie	Klatke	September	29
Kent	Rasmussen	September	29
Barbara	Wills	September	30

From Community Outreach Ministries: Check Out These Opportunities to Serve

“Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received” (1 Peter 4:10). The Community Outreach Ministry has **three** opportunities for you to serve your community.

Opportunities to Serve

1) RUCC is hosting **Families Moving Forward** from September 6th to September 13th. We need volunteers to prepare meals, play with children, visit

with adults, and stay overnight at the church with our guests. We will also need volunteers to cook breakfast on Saturday morning.

2) We need your help! RUCC has promised 60 volunteers to work at **Feed My Starving Children** on Saturday, September 12th, from 11:30 – 1:30. Children 3rd grade and up are welcome. You can make a difference in just 2 hours. Volunteers will “hand-pack meals formulated specially for starving children, and we ship the meals to more than 60 countries around the world.” The new location is Highway 610 & Coon Rapids Boulevard/CR-3. Sign up in the church narthex or email kate.menendez@gmail.com to RSVP. For more information, visit www.fmcs.org.

3) RUCC is hosting a **Blood Drive** on Thursday, September 24th, from 3:00 – 7:00 p.m. We welcome first-time donors as well as veteran donors.

For further information on these opportunities, contact any member of the Community Outreach Ministry (Kate Menendez, Jim Dahlgren, Tim Hoppe, Linda Smith, Kristin Sonquist, or Ken Beck), keep your eye on bulletin announcements, and look for sign-up posters at church.

Pilgrim Guild Begins a New Year!

Come join the Pilgrim Guild as they begin a new year of fellowship, service, and food for body and mind. We invite all adults to join us the second Tuesday of the month. Our first meeting is September 8. We begin with a social time at **noon**, followed by dessert served by our hosts Wayne and Donna Pitmon. Following a short business meeting, the film The Syrian Bride will be shown. This film is an amazing story of a young girl who must decide whether to cross the Israeli/Syrian border and marry a man she has never met, knowing she can never return to her family. Could we be so brave? Could we make this kind of a decision? Could we cross a border in search of hope, love, and freedom? Come join us for this must-see movie.

The suggested donation to the Food Shelf for the month of September is *canned fruit*. Let's give to PRISM and help our many neighbors in need!



September Schedule...

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

Sept. 3—Bob Gacek on the accordion.
Sept. 10—Banjo Boys, directed by Dave Fruehuff.
Sept. 17—Blood pressures taken 9:30-11:30 a.m.
Program: Harmonikers present a routine including vintage harmonicas; directed by Marvin Foss.
Sept. 24—September Birthday Party. Program: Terry G. Hall, the “One Man Quartet.” Tell your friends!

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!

Interfaith Leisure Age was pleased to have the assistance of the following servers and clean-up crew on August 6th and 13th. This is part of RUCC's community outreach.

Thanks to Mary Lou Welton, Sandra Nelson, Virginia and Don Anderson, Stew Whelan, Carol Abild, Leonard Sidle, Donna Pitmon, Louiva Puffer, and Jean Hosterman. Also, thanks to Gil Doten for his help with dishwashing.

Thanks again,
Jan Paulsen and Keith Smith

Guatemala Vision Team Needs You!

We hope you know by now that RUCC is going to Guatemala next February 16-25, 2010, to support the work of Common Hope. The locally based organization has established schools, medical clinics and even a new town for the people of that

impoverished country. But we need you! Common Hope requires a minimum of six people for the Vision Team, and we need more participants.

On July 23, Ellen Thompson gave a wonderful presentation about her experiences in Guatemala this past year. She first became interested in the country during a mission trip with Common Hope like the one we are planning. She realized the need for more cancer prevention efforts and returned to study the need and promote educational efforts among the women. We also had a wonderful Guatemala-style dinner prepared by Kathy Jo Gausman, Willa Truehart and helpers.

Please give serious consideration to joining us next February. For more information about Common Hope and their work, go to www.commonhope.org, or call Dale Fisher, 763-420-9017.

Lend a Hand with Fall Raking

Lend a Hand and Heart to the H.O.M.E. (Household and Outside Maintenance for Elderly) Program this fall. This program is committed to helping frail elderly people in our community to stay in their homes. We are looking for volunteer families or groups to help seniors with fall raking in mid to late October. These volunteer hours may be used toward community service hours for schools and other organizations. Please call Valerie at the H.O.M.E. Program, 763-450-4311, if you would like to participate.



Community News

Our sincere condolences to Jim and Louiva Puffer and family. Jim's father, Kenneth Puffer, passed away in August.

Deep sympathies also to John and Jeanette Rost and family on the death of Grace Rost, John's mother, on August 15.

Mark Your Calendar: Flu shots will be given at RUCC on Sunday, October 11, 11 a.m.-1 p.m. More information and sign-up to come. Please note: This is standard flu vaccine, not H1N1.

SACRED CONVERSATION ON RACE

Last year we held a forum following worship on the subject of Race and Racism at Robbinsdale United Church of Christ. We had the discussion not in reaction to anything, but out of an understanding that we can always do better when our awareness and compassion are raised. This week, an e-mail came to the church office from Herb Perkins, one of the leaders of the Anti-Racism task force of the Minnesota Conference, UCC.

Dear Colleagues,

Here, in the attachment accompanying this email, is my attempt, with Margery Otto's rich and significant contributions, to speak forcefully and prophetically about the need of UCC and other denominational leaders, our church community, and liberal friends to understand they are called to be engaged in subverting racism, called to unseat whiteness as a system of social organization. It is a call to action for personal participation and assistance in bringing others to the table of antiracism study and dialogue.

I would wish our UCC and other religious communities to better understand what the issue of race/racism is about. We, as UCC, and we as a society, do not yet understand the problem of race/racism as pervasive, endemic, foundational to our self understanding. (How else may I explain our apparent indifference and half-hearted efforts to address racism through "conversations" that end only in more "conversations," not actions.) My deepest concern is that we fail by accommodating with the status quo--thinking that racism is not about us, that it's about someone else; thinking that if we pay no attention to it, it is somehow not present.

I am encouraging ASDIC circle participation, but, of course, the study and reflection required could come from other activities such as a deeper level of reading (adult Sunday school, small circle of friends reading and discussing a text). Regarding recommended texts, may I offer these three: Zeus Leonardo 2009: *Race, Whiteness, and Education* (excellent but graduate level reading, very insightful text--cutting edge); Joseph Barndt 2007: *Understanding and Dismantling Racism--The Twenty-First Century Challenge to White America* (good overall, substantial introduction); and Joe R. Feagin 2006, *Systemic Racism--A Theory of Oppression* (excellent in understanding how systemic racism functions in society).

As of yet, the UCC is NOT adequately preparing our seminarians and pastors to deal with racism in our congregations and society. While this failure is not unique to the UCC, our leadership is not as fully engaged as they could be (as they ought to be). We seem to be satisfied with the status quo. If we are to have any real change, our leadership, especially clergy and lay congregational leaders, need to step up to the plate. This IS work that we

can do. It may not be easy or comfortable. But we can do it.

Said in love, Herb

My question to our congregation is how can we respond and engage ourselves in this ministry of healing, transformation and love? If you are interested in knowing more, please talk with T. Michael at any time.

Robbinsdale United Church of Christ LISTENING PROJECT

For the past several months, interviews have been taking place among the members and friends of Robbinsdale United Church of Christ. Don't worry if you haven't been contacted. You are still loved and we want to hear from you. We are gathering information from ALL the interviews done up to this point, and we will add to them those that take place on:

Gathering Sunday, September 13th – Our program following worship will give folks this opportunity.

Congregational Meeting, September 20th – Following worship in the sanctuary we'll also have time to participate in this opportunity.

A formal report will be prepared in October and the congregation will get a chance to read and discuss it before it comes up for a vote at the Annual Meeting. If you cannot be here on those two Sundays, please let the church office know and you will be contacted by a member of the interview team. In the meantime, remember these assumptions and the questions that follow.

Five Assumptions:

1. This church belongs to the people for the purpose of worshipping 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.

Continued on next page

Listening Project continued

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.

A TIME OF SILENCE and CENTERING PRAYER at

Robbinsdale United Church of Christ

In August we began a new ritual in the life of Robbinsdale United Church of Christ, not because we are searching for God, but because we are grateful for the love and Spirit we have found from God in this place. From 9:40 to 9:55 a.m. the sanctuary will be silent for a time of Centering Prayer. All are welcome to enter, but with the mindfulness of quiet contemplation. 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. Each person chooses 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, when the bell rings, remain in silence for a couple of minutes, and we will end with a slow and deliberate expression of the Lord's Prayer. 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.

Annual Great Fall Get-Together Potluck After Church on September 13

Don't forget that everyone is invited to the annual potluck after the Great Fall Get-Together worship service on September 13. This is an opportunity to catch up with friends in our church family and perhaps meet new friends too.

The Hospitality Ministry will provide beverages. Please *bring a dish to share* along with those summer memories.



FLOWERS FOR CHURCH

Please think about signing up to bring flowers one Sunday in memory or honor of a friend or loved one. Your thoughtful gift of flowers will enhance our worship setting.

See the sign-up sheet on the bulletin board across from the office.

Quilting Group Meets Again Starting Sept.21!

This is a change! This year the Quilting Group will meet on the 3rd Monday of each month (except December meeting is December 7). The time is 5-9 p.m.

If you've been a quilting regular or you've never done it before, you are welcome. You only need to know how to tie a square knot. Come for the whole evening or any time you can spare.

Free Trade Coffee, Tea and Chocolate

National and Global Ministries members will continue to sell free trade coffee, tea, and chocolate this fall. Sales dates coming up are September 13, October 11, and October 25.



Like to sing? First choir rehearsal of the new church year is Wed., September 9, 7:15 p.m.

Women's Group to Kick Off Fall Season Sunday, October 18

Have you missed talking with your friends after hearing a speaker, or having a book discussion? After a summer hiatus, RUCC Women's Group will reconvene after church on Sunday, October 18. Our speaker will be one of our own, Laura Conn Anderson, who recently received her degree in Women's Studies. She will talk about women and aging, and other women's issues. Younger women, don't let the topic of aging keep you from coming. Did you know that on the day we're born, we begin losing brain synapses? There you have it. We're all in the same boat.

We will start with a potluck very soon after worship is over, and then Laura will talk to us and with us. Everyone is welcome, whether you have been to another Women's Group gathering or not.

In September, we'll be handing out a short survey on two different Sundays. We want to get your ideas for when we should meet, and what we should do.

Thanks for your help, and I hope to see you on October 18.

—Kathy Plumb for RUCC Women's Group

Coordinating Council August 18, 2009

*April Davis Campbell, as Minister of Children and Families, has undertaken scheduling for volunteers to work in the nursery and to do Children's Time. (See article elsewhere in this issue.) She also has started working on her doctoral degree in ministry.

*Treasurer: Revenues in pretty good shape; expenses normal.

*Work has begun on October's Fruit of the Spirit Time Talent Auction. (See article elsewhere in this issue.)

*People have responded to Listening Project with lots of honest feedback. The project will continue.

*There has been some positive and some negative response to the eliminating of announcements in the service. Feedback from the new prayer/quiet time before the service has been positive.

*We will be hosting Families Moving Forward starting Sept. 6. *Need volunteers to sign up.*

*Stewardship Committee has been formed and is planning for November.

*Faith Community Nurses are sponsoring a blood drive on Sept. 24. (See article elsewhere in this issue.)

*Work is beginning on a grant proposal for funds from the Calvin Grant for Worship Renewal.

*Vice Moderator position is open and needs to be filled.

*Great Fall Get-Together is Sept. 13

*Guatemala Vision Team needs a few more people. (See article elsewhere in this issue.)

Blood Drive...sponsored by Faith Community Nurses Coming Soon – A Chance to Give Life!

On September 24, the American Red Cross will be at RUCC for a blood drive. It will be held between 3 p.m. and 7 p.m. We still need donors as well as some volunteers to help on that day, particularly from 2:30-4:30 p.m. You don't have to donate to help!



Blood availability is low this time of year, yet accidents and illness requiring transfusions happen all year around. A car accident victim could receive 4-100 units of blood; cancer patients may require 10-20 units of blood. Just over 37% of the population can donate blood, but only a small percentage actually donate. Blood has four main components: red blood cells, plasma, white cells and platelets. All can be separated out of the blood to be used in different ways.

Please join us on September 24th to help save lives.

Tuesdays w/T Is Now on Mondays! A Bible Study for Beginners Begins on Monday, September 28th 6 p.m. – in Heritage Hall

Theme for the year –Discovering the Journey of Jesus: A Look at the Gospel Story

A new theme and new night of the week await your journey of faith. Each Monday we'll gather to read the words of Jesus, ask questions, and search for the truth in the sermons, parables, and sayings of Jesus' ministry. Come any Monday night to find out more.



This Bible Study will ask people to pick up the Bible and read aloud every Monday. Together, we will search for wisdom, insight, and God's voice. All questions are welcome. No prior knowledge of the Bible is required. Everyone will laugh and learn. If you have any questions, please talk with T. Michael.

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

Written By Regina Brett, 90 years old, of The Plain Dealer, Cleveland, Ohio

"To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most-requested column I've ever written. My odometer rolled over to 90 in August, so here is the column once more."

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. God can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past, so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. But don't worry; God never blinks.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn't useful, beautiful or joyful.
18. Whatever doesn't kill you really does make you stronger.
19. It's never too late to have a happy childhood. But the second one is up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over-prepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words 'In five years, will this matter?'

27. Always choose life.
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time, time.
31. However good or bad a situation is, it will change.
32. Don't take yourself so seriously. No one else does.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Don't audit life. Show up and make the most of it now.
36. Growing old beats the alternative -- dying young.
37. Your children get only one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Envy is a waste of time. You already have all you need.
42. The best is yet to come.
43. No matter how you feel, get up, dress up and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift.

**WOMEN'S RETREAT IN SEPTEMBER:
CREATE – RENEW - RECREATE**

The Minnesota Conference of UCC holds its Women's Retreat September 18-20 at Pilgrim Point Camp, Alexandria, MN. Join us as we explore ways to 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 and Taize worship.

Rev. Barb Martin, one of our retreat leaders, shares this: "Creativity for me is a gateway to the sacred garden of my soul where I commune with God. Creating time and space for the sacred requires some intentionality and I hope we can share that with each other during our retreat time." Join friends, old and new, for a wonderful weekend of fun, fellowship and relaxation! Workshop details and registration forms are available on the table outside the church office.

Men's Breakfast

Saturday, October 3rd

7:00 a.m. Coffee and check-in
7:30 a.m. Breakfast, a fulfilling meal.

8:00 a.m. T. Michael has accepted an invitation to speak on one of his faith journey experiences this summer, "Men's Rite of Passage," and the spiritual implication of the various "Rites" he was introduced to during his experience.

Hope to see you there.

October Issue. . .

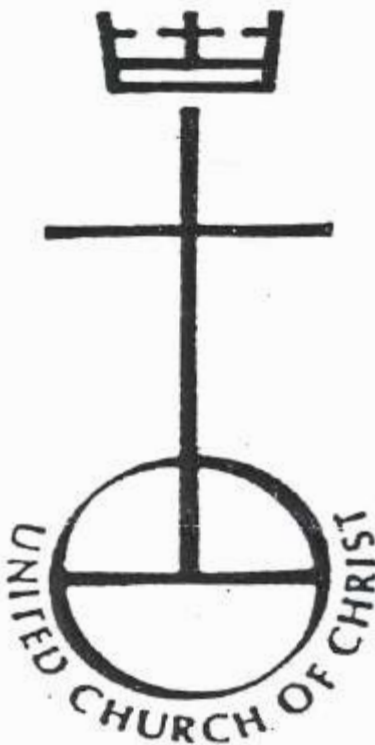
Mustard Seed



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.

OCT. ISSUE DEADLINE
Sunday, September 20 , 11 a.m.
No exceptions please.

(Oct. issue will be mailed Friday, Sept. 25.)



Robbinsdale United Church of Christ
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