

THE MUSTARD SEED



Vol. 37, Issue 3, November, 2009, Edition

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Coming Up...

See inside for details

Nov. 2, 9, 23, 30—
Bible Study
Nov. 6-7—YEP Middle
School Lock-in
Nov. 7—Men's
Breakfast
Nov. 7—Bread Baking
Nov. 8—Stewardship:
Consecration of
Pledges & Luncheon
Nov. 8—YEP High
School Leaf Raking
Nov. 10—Pilgrim Guild
Nov. 14—Fun and Play
Nov. 15, 22—Alter-
native Gift Fair
Nov. 19 Bible Study
at Waterford
Nov. 22, 29, Dec 6—
Poinsettia Orders
Dec. 5—Men's
Breakfast

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New Members!
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Regular Features...

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Insert

From Your Pastor And Teacher

I talk to a lot of folks who visit our church and often ask them about their impressions of our worship and our community. The reactions are varied depending on the eye of the beholder. Some visitors are impressed by the number of children; others don't think we have enough. Some find the congregation to be very warm and welcoming; others complain that no one said hello. Some find our worship service too relaxed and some find it way too formal. I wonder how you feel about worship at Robbinsdale United Church of Christ. I wonder if this is a time of longing in your spiritual journey or is it a time of light and wonder and awe. Do you feel "full" after a day in our community or are you left wanting more?

I like to tell potential new members that if they tried out one of the groups in the church or got to know a few people, it would deepen their experience of church. I think one of the truths that exist in community is that the more you give, the more you will receive. When we share what we value most, that thing increases in value. It is true of our money and it is true of our stories. The more we share, the greater our return will be. The question in your life and as a part of church that is about invitation is, "How do you describe your church?" Do you want to share it with others? Do you want it to grow? Do you want this community to thrive for another 100 years or more?

I believe the answers to these questions are in you. I believe that way down deep in your soul you know the answer about the future of this church and also the future of your family, your community and your world. The good news is that we also have access to those answers. They become clear when we start practicing what we really love. Those answers become accessible when we start living in a way that reflects God's presence within us. When we forgive the way God forgives, our families can finally heal. When we love the way God loves, any fear we may have melts away. When we give the way God gives, we can start co-creating true and lasting beauty.

The best things about this church are in the ways we forgive, love, and give. It is the story that will set us free to bring our faith outside the walls of our building. These are the places of connection with those who walk in the door and

Continued on next page



See page 4

Stewardship Special Events:

November 1, 8, 15: Collect Pledge Cards

November 7: Community Bread Baking

November 8: Consecrate Pledges; Luncheon

Pastor Continued...

stay for five months, five years and fifty years. Recently, I talked to family who had come to RUCC for several Sundays, and they responded that this was the first church they had come that felt “real.” They observed a community that was not afraid to make mistakes, not afraid to cry, and certainly not afraid to sing at the top of our lungs. They observed a community that had already found heaven and wanted to share it with others.

As of November 1st, I will have been with you for three years, and I can honestly say that your faith, your doubts, your strengths, your weaknesses, your laughter and your tears are the source of our shared love. Why? Because they are the places, feelings, and experiences where God is. May this season of Thanksgiving remind you to give thanks for being a part of this amazing place called Robbinsdale United Church of Christ.

See you in church,
T. Michael



November Schedule

November 1. Twenty-second Sunday in Ordinary Time. Worship at 10:00 a.m. Holy Communion. Infant and Toddler Care available. Bible Adventures for children 3 year olds through 2nd grade, from 10:15-11:15 a.m. Lectionary texts: Ruth 1:1-18; Psalm 146; Hebrews 9: 11-14; Mark 12:28-34.

November 8. Twenty-third Sunday in Ordinary Time. Worship at 10:00 a.m. Infant and Toddler Care available. Bible Adventures for children 3 year olds through 5th grade from 10:15-11:15 a.m. Lectionary texts: Ruth 3:1-5, 4:13-17; Psalm 127; Hebrews 9:24-28; Mark 12:38-44.

November 15. Twenty-fourth Sunday in Ordinary Time. Service at 10:00 a.m. Infant and Toddler Care available. Bible Adventures for children 3 year olds through 5th grade, from 10:15 - 11:15 a.m. Lectionary texts: 1 Samuel 1:4-20, 2:1-10; Hebrews 10:11-14, (15-18), 19-25; Mark 13:1-8.

November 22. Twenty-fifth Sunday in Ordinary Time. Service at 10:00 a.m. Infant and Toddler Care

available. Bible Adventures for children 3 year olds through 5th grade, from 10:15 - 11:15 a.m. Lectionary texts: 2 Samuel 23:1-7; Psalm 132:1-12 (13-18); Revelation 1:4b-8; John 18:33-37.

November 29. First Sunday in Advent. Service at 10:00 a.m. Infant and Toddler Care available. Bible Adventures for children 3 year olds through 5th grade, from 10:15 - 11:15 a.m. Lectionary texts: Jeremiah 33:14-16; Psalm 25:1-10; 1 Thessalonians 3:9-13; Luke 21:25-36.

Worship in November

The Worship Ministry is striving to create a service where the people are inspired to perform acts of praise and thanksgiving. The form of our worship dates back hundreds of years. Until that time, churches were small and services were held in homes or on hillsides. There was very little about them that was formal. The formal worship was born from the idea that we should bring people together to perform acts of thanksgiving and praise. All singing was in unison and all the prayers were of the people. The standing, kneeling, and sitting were all carefully designed to get people into the posture of praising God and thanking God. Our worship seeks to tap into the roots of this meaning. We aren't going to stand, sit, and kneel in worship aerobics, but we will always ask the person in the pews remember that their role is not passive, but as an active performer in the acts of praise and thanksgiving.

November 1st – ALL SAINTS DAY and COMMUNION SUNDAY

(Honoring 25 and 50 year members)
Scripture Texts: Mark 12:38-44 and Matt. 6:19-21
Sermon: “Honorable Giving” - Rev. Rick Wagner, Associate Conference Minister
Who do we honor by our giving? Jesus was critical of the big givers to the Temple treasury because their giving was done not to honor God but to bring honor to themselves. We are called to honor God by our giving. How do we do that?

November 8th – CONSECRATION SUNDAY
Scripture Texts: Ruth 3:1-5, 4:13-17 and Mark 12:38-44

Sermon: “Bringing Down the Wall” - Rev. T. Michael Rock

Continued on next page

Worship Continued. . .

Did you ever wonder what the biggest obstacle was to your own personal freedom? Did you know that it was Jesus' biggest concern? Come and bring your pledge card this Sunday and renew your commitment as members of this church and children of God.

November 15th

Sermon: – Beckie Bernu, Candidate for Ordination
Beckie Bernu has been approved to circulate her profile and seek a call to serve God in the United Church of Christ. As she engages in that process, our job is to support her, affirm her, and to listen for her wisdom. Let us open our hearts to Beckie.

November 22nd – QUESTION AND ANSWER SUNDAY

Scripture Text: John 18:33-38

Sermon: “A Search of Truth” – Rev. T. Michael Rock

It is that time of year of again when the cards go out and you can ask the preacher any question you would like. The sermon is a response to you as we search for the truth together. These sermons are a wonderful opportunity to invite doubters and skeptics of the faith. In our questions are the common places of struggle and often pain, and these are the pathways to our deepest understandings.

November 29th – FIRST SUNDAY in ADVENT – SACRAMENT OF BAPTISM

Scripture Text: Luke 21:25-36

Sermon: “Getting Ready” – Rev. T. Michael Rock

The waiting begins for the promise of Christmas. In this story, Christmas does not mean familiar songs and presents under the tree. Christmas promises a storm of change, new leaders, new rules, and an end to life as we know it. This is what we prepare for and wait for, and this is how we begin this season of Advent.

Worship Ministry Considers Change

The Worship Ministry has been listening to your comments regarding the Contemplative Prayer time prior to the worship service. We hope you have noticed that the doors have remained open and people are encouraged to enter the sanctuary at any time. Many of you have come into the sanctuary early for years, greeted friends quietly, and sat to prepare yourself for worship. If this applies to you, please know that you do not need to change a

thing. When we initiated the specified prayer time prior to the service, it was not an attempt to pressure people into praying or preparing for worship in only one way. It was an attempt to provide some separation between our social space and our worship space and to create a relatively quiet environment in which people can prepare for worship. There have been times in the past when the volume of the conversations in the sanctuary has made it difficult to hear the music which is so thoughtfully prepared and presented by Steve or other musicians. The worship service starts when the prelude music starts. We hope to smooth the transition from the time before the service to the formal worship service, providing a welcoming, meaningful worship experience for all. We continue to invite your feedback.

Sheryl Fisher for the Worship Ministry

Sheryl Fisher, Marsha Benshoof, Jim Gausman, Alice Ann Kempf, Mary Ann Mead, Lynne Wicklund, Skip Wills, Joan Young

Announcements . . .

Three Ways to Get the Word Out!

Since we no longer have a specified time during our worship service for lengthy verbal announcements, here are three ways to promote activities and events and provide information to members of RUCC.

ONE: To communicate information some time in advance and in detail, submit an article to the Mustard Seed. The deadline and mailing date for the next Mustard Seed is on the back page of every issue, and the deadline is in each Sunday's bulletin as well.

TWO: Shorter notices regarding current information or events coming up soon can be given or sent to Gretchen Roesler in the church office no later than Wednesday at noon for insertion in the following Sunday's bulletin. Gretchen's email address is office@robbindsdaleucc.org.

THREE: Finally, following each Sunday's service, a microphone may be available in the narthex for brief reminders. Please let John Rost know before the service if you will need use of a microphone.

Stewardship Is Faith in Action

by Julie Manworren

Our annual Stewardship campaign is an opportunity for each of us to reflect on the spiritual connection between generous giving and keeping our mental compass God-focused. Our Stewardship theme for 2009 is "From Jesus' Fullness We Have Received, Grace Upon Grace." Year round, God's presence nourishes, sustains, and enriches our life. Stewardship is our response to God's abundant love. When we consider our pledge, do we feel joyful or reluctant, resentful or grateful, obligated or liberated? What percentage of your resources is God calling you to give? How does your giving connect you more closely to God?

During the coming weeks, we will be reflecting on these questions and answers. You are encouraged to prayerfully engage in this conversation. You will be asked to respond by making a pledge to this community. Pledge cards will be mailed to your home and collected during worship on November 1st, 8th, and 15th. We will consecrate the pledges on November 8th, celebrating with a shared meal following worship. The meal is hosted by the Stewardship Committee, and everyone is welcome. On November 7th we will have community bread making (see article on this page). The bread will be shared as a part of the meal on the 8th. Please mark your calendars and plan to join us!

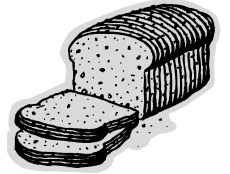


By now we have all noticed the beautiful banners adorning our sanctuary. They were designed and painted by Mary Ann Mead.

The Thinking Behind the Banners. . . . The main symbol for this year's Stewardship campaign is multiple loaves of bread. For many of us on the Stewardship Committee, this image called to mind the miracle of the loaves and fishes: Christ feeding the multitudes with an abundance of bread and fish. Because the Fruit of the Spirit Auction overlapped the Stewardship drive this year, we have also seen images of wheat and grapes throughout the church. The idea that the individual grains of wheat make up the bread and the individual grapes make up the wine for our communion celebration also became important as the Stewardship banners were created. We as individuals make up the Body of Christ. We are fed abundantly by Christ, and therefore we are enabled to give abundantly to our community and to our world.—Mary Ann Mead

Community Bread Baking

The Stewardship Committee invites you to come and bake bread together on Saturday, November 7th, at 10:00 a.m. in the Fellowship Hall. This event is for all ages. Imagine us with sleeves rolled up, mixing flour, milk, yeast, making and baking bread and sharing stories as we work together to prepare bread for our nourishment and our enjoyment on Stewardship Sunday. (We will assure attention to thorough hand washing and the good health of all participants.)



Please sign up in the Gathering Space or phone the church office to make sure we have enough ingredients for Saturday morning.

A Little News from the RUCC Library

(I'm Carol Nordli, helping Sharon Mallak with some library duties. My recommendations below are not necessarily classic literature, but they are books I enjoyed and that moved me. I wonder if people would like to share titles of books they've enjoyed? If you're interested in this, let me know at dnordli@comcast.net.)

A new book to check out in the RUCC library--*Still Alice* by Lisa Genova. Alice Howland is proud of the life she worked so hard to build. At 50 years old, she's a cognitive psychology professor at Harvard and a world-renowned expert in linguistics with a successful husband and three grown children.

When she becomes increasingly disoriented and forgetful, a tragic diagnosis changes her life--and her relationships with her family and the world--forever.

Beautiful yet terrifying, *Still Alice* is a moving and vivid depiction of life with early-onset Alzheimer's disease. Disturbing yet fascinating, the book gives some insight into how to converse with someone with dementia and perhaps how they're seeing or hearing the world.

Here are a couple of other books that I've found pretty engaging these last couple of months. They're not in the church library, but I was able to get them at the public library (with a long waiting list):



Sarah's Key by Tatiana de Rosnay is the story of an American journalist living in Paris and writing for a French journal.

Continued on next page

Library Continued...

She becomes interested in Vel'd'Hiv—Operation Spring Breeze—a French led "round-up" of more than 13,000 Parisian Jews. De Rosnay created a work of fiction which imagines a child caught in the round-up and how that moment in history can have repercussions far into the future.

The Help by Kathryn Stockett is the story of maids and their employers in Jackson, Mississippi, in 1964. The author writes through the eyes of the white woman who, in watching how the help is mistreated, decides to do something about it. It would be wonderful if we all had her courage.

Messages from Moderator Dan Haugen

Listening Project. . .

I want to provide a brief update concerning The Listening Project, the project that will help us to establish long range goals for the church. We had hoped to complete our conversations with RUCC members at a pace that would have allowed the Coordinating Council to bring forth recommendations for long range goals at our Annual Meeting early in the new year. This pace has not been possible. Therefore, instead of rushing to the finish line, so to speak, we will take the time necessary to complete The Listening Project. When you are approached for your thoughts about the questions associated with The Listening Project, please be sure to participate actively. Your thoughts are very important as we establish goals for the future. (See article elsewhere in this issue.)

Fruit of the Spirit. . .

Thank you for your active participation in this year's Fruit of the Spirit Auction. Although the final tally of all proceeds is not yet available (see article elsewhere in this issue), under any circumstance, the auction must be considered a great success. Thanks to all who helped Jim and Marsha Benshoof plan and execute the auction. From organizers to auctioneers to cooks to persons donating and bidding, everyone played an important role. In the end, the Fruit of the Spirit Auction, as it always has, brought us closer together.

Thanks.
Dan Haugen

Care for and Support Our Children

Greetings Faith Family,

As we journey together during this Stewardship season, I continue to be moved by the generosity and caring that I see. As with anything that is worthwhile, it will always take effort and in the end, people feel pleased with all they have accomplished. Stewardship takes the form of giving financially but also sharing of ourselves through our time and talents. Recently, the choir sang a song entitled *It Takes a Village*. It reminded us that it takes a village to raise a child, and we all need to remember our part in caring for and supporting the children and young people of this congregation.

To that end, I again invite you to consider assisting with Bible Adventures as a workshop leader or a shepherd, sign up to lead Children's Time, or please, consider helping out in the nursery. I still hope to create a pool of people to help out in the nursery whereby each individual only would need to commit to three Sundays over the entire year. So far 14 people have indicated they will help, but we need at least 24 people to keep the number of Sundays to three. Please consider if this is a ministry which is calling your name.

I look forward to our continued ministry together and growing as a family of faith.

Grace to you, and peace,

April

Minister for Children and Families

Men's Breakfasts Coming Up!

Mark Your Calendars for

Saturdays, November 7 and December 5

Coffee: 7:00 a.m.

Breakfast: 7:30 a.m.

Discussion: 8:00 a.m.

November 7: Jim Puffer will bring us insights into poverty he has gained in his position as UCC member of the Statewide Organizing Team for a Minnesota Without Poverty by 2020.

December 5: Our discussion will focus on Advent and family traditions during the holiday season. What does Advent mean to you? What is special to you at this time of year? We will also start our planning for the Men's Service in February.

FRUIT OF THE SPIRIT WRAP-UP

The Fruit of the Spirit train has reached its destination. What a ride it has been during the month of October! It has been great to gather as a community and to witness the generosity of our members. Many of us donated products and services that are of major personal significance, and we also engaged in friendly competition to purchase items which we will especially enjoy.



Thanks to all of you, the numbers for this event are very impressive. We had over 70 items in the silent auction and 11 items in the live auction. Preliminary totals indicate we raised about \$7,300 for the church. These funds will be very beneficial to strengthen the vibrant programs of our church and our continued growth.

We want to express appreciation for all the area businesses that made contributions. If you are able, please visit these businesses, explain you are a member of Robbinsdale United Church of Christ, and thank them for supporting our auction. The specific businesses that made contributions are as follows:

Thistles Restaurant	Hackenmueller Meats
Afghan Restaurant	Sunshine Factory
Broadway Pizza	Wuollet Bakery
El Toro Restaurant	Athens Cafe
Fashionably Frugal Boutique	

Also, we want to thank RUCC members who formed the core team to organize this 2009 edition of the RUCC Fruit of the Spirit. The team was co-chaired by Marsha and Jim Benshoof. Others who performed major roles are Kris Geiger, Cheryl Nordquist, Mary Ann Mead, Jackie Johnson, Rick Wagner, Kathy Jo Gausman, Willa Truehart, and Tim Hoppe.

Eat, Get Paid, Give!

Here is another fun way to contribute a few extra dollars to RUCC. Sign up as a food taster for Food Perspectives, Inc. You will receive about \$25 for trying new food products and can designate another \$10 to go to RUCC (amounts may vary). Of course, you could then give your portion to the church also. To get more information, call 763-354-2776, or go to www.fpitesters.com.

CDs of Worship Services Are Available

Are you unable to attend a worship service? Well, now you will be able to “catch up.” Services are now recorded and will be duplicated on compact disc within 2 weeks of the service.

Please call the church office to request a CD of a specific service, and to let Gretchen know when you will pick up the CD. These will also be available in our church library.



Thanks for Helping to Create Colored Cloth

Sincere thanks to all who attended the October 4th service during which we painted fabric that will be made into several different items for the church: communion cloth, fellowship hall table runners, stole, etc. Your willingness to try something new was amazing - and many of you were surprised by the enjoyment and the meaning. It was a creative, communal, intergenerational time. Please call me if you are interested in helping make decisions about and/or creating the pieces. With much gratitude for your support, Dawn Carlson Conn (612-281-6515)

YEP - 2

YOUTH at RUCC

Middle School YEP

LOCK-IN – Fri., Nov. 6, 7 p.m. – Sat., Nov. 7, 9:00 a.m.

Theme: Interviewing Friends

November 22nd – Noon to 3 p.m. – Theme Bowling

High School YEP

November 8th – Leaf Raking for Church Families – Noon-4 p.m.

November 29th - “Our Space” Design – XMAS Eve Preparation Noon-2 p.m.

RUCC Fun and Play

Event for all ages.

Saturday, November 14th – 10:00 a.m.

Rollergardens in St. Louis Park

(on the corner of Minnetonka Blvd. and Hwy. 100)

All are welcome to come, play, and experience this wonderful community.

NEW MEMBERS at RUCC

Please welcome these new members who joined our community of faith on October 25th.

Jacqueline Helgeson

4565 Twin Oak Drive
Robbinsdale, MN 55422
(651) 315-9919

Jacque09104@gmail.com

Jacque first visited us this summer after walking by one day and talking with Carol Ahlgren in the community garden. Her first Sunday was our service in the park, and she was immediately awed by this community. Jacque attends church with her “soon to be” step-daughter Alexandria, has already joined the choir, and hopes to be involved in children and youth ministries.

Stephanie Kolzow

4565 Twin Oak Drive
Robbinsdale, MN 55422
(612) 702-2950

missgraceful86@yahoo.com

Stephanie was introduced to us in the same way as Jacque and has found this church to be filled with love and joy. She is a full-time nanny, and she once lived in the same hometown as T. Michael. She loves music and may also join the choir. Stephanie would also like to be more active in our children and youth ministries.

Bob and Peg McCartney

3606 Beard Ave. N.
Robbinsdale, MN 55422
(763) 951-3014

leoandpeg@earthlink.net

Peg was the first to try out the church after learning more about us on the internet. Bob followed a few weeks later, and we have been blessed by them ever since. They moved to Robbinsdale a few years ago from Portland, Oregon. Peg is a long distance runner and works in the medical device field. Bob enjoys all kinds of sports and music and has worked in the medical field and as a carpenter. They have already been active at RUCC through Families Moving Forward, and they both look forward to connecting more to the community inside the walls of our church and beyond them as well.

Two Opportunities to Serve!

Community Outreach Ministry needs your help. There are two areas where RUCC really needs some dedicated and enthusiastic folks to help us meet our commitments to service in the community. Please read the opportunities below and email kate.menendez@gmail.com to volunteer. You can also call Kate at 763-533-5874.

Families Moving Forward Coordinator:

Families Moving Forward (FMF) is a program that provides shelter and supportive services to homeless families as they work toward finding stable long term housing. Two times each year a group of three to four families lives at RUCC for one week, staying in the church overnight and returning to the FMF day center each day. We desperately need a coordinator to help RUCC meet a need and take this wonderful chance to serve the community and meet some great families. The coordinator would help contact volunteers to make meals, provide social hour, and stay overnight at the church during the weeks we have guests. The coordinator does not need to volunteer himself or herself, but can pitch in when others aren't available. Also, the coordinator generally meets the bus each day at the church and communicates with the volunteers. This great opportunity does not require a lot of work during most of the year, other than occasional meetings at FMF. It is a great chance to help address the problem of homelessness in Minnesota.

2010 Dates for Families Moving Forward at RUCC

March 7-14, 2010

September 12-19, 2010

PRISM Coordinator: PRISM (People Responding in Social Ministry) is a food shelf, clothing bank and social service provider for our community. RUCC is one of 17 Faith Community Partners for PRISM, and we have a long-standing commitment to this great organization that does so much to help area needy families. Although PRISM is part of the Community Outreach Ministry, RUCC really needs a volunteer to be our primary liaison to PRISM. This commitment would involve attending monthly Faith Community Partners Meetings at PRISM and communicating opportunities to serve back to RUCC. The coordinator can get more involved as a regular volunteer at PRISM or can just help publicize PRISM's needs within the church. Also, the PRISM coordinator would arrange for food donated at RUCC to be delivered to PRISM every couple of weeks.

**“Tuesdays” w/T
A Bible Study for Beginners
Monday Nights – November 2, 9, 23, and 30
6 p.m. – in the Gathering Space**

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

OFF-SITE BIBLE STUDY at Waterford Estates
7000 62nd Ave. N., Brooklyn Park, MN 55428
At noon on Thursday, November 19th

**From Your Nominating Committee...
Will You Serve?**

It's time to start thinking about serving on a ministry at RUCC. We will be looking to fill vacancies on our ministries this fall and want folks to be in discernment about how you want to be involved. Each ministry meets once a month and is responsible for the vital programs of the church. There are also short term committee assignments and even some self-directed ministry possibilities. If something is of interest to you, we are here to empower your gifts and your passions. Please talk with T. Michael if you are interested in serving.

**Financial Corner at RUCC
Through September 30, 2009**

	<i>Year to Date</i>	<i>Budget</i>	<i>Difference (-)</i>
Income:	\$191,597.26	\$196,708.19	- \$5,110.93
Expenses:	\$200,922.00	\$204,278.11	- \$3,356.11
Total			- \$1,754.82

Nine months into the year and we are at 99.5% of our pledges to date. That is a remarkable thing and thanks to our shared generosity and careful spending we celebrate the stewards of this church.

**Robbinsdale United Church of Christ
LISTENING PROJECT**

Forming our Vision for the next ten years

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.

The church council has received a report of the interviews up to this point, and they are excited about expanding the opportunity to hear from as many church members as possible. There will be several opportunities to participate in this process, so please be aware and know that the first priority is to make sure that everyone who would like to be heard is heard. 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.

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.

November Schedule...

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

Nov. 5: The Keynotes, Linda and Norm Carlson, present Music for Seniors

Nov. 12: November Birthday Party. Program: Michele Campion will perform a medley of show tunes.

Nov. 19: Blood pressures taken 9:30-11:30 a.m. Thanksgiving Party! Program: Glenda Reid, talented performer.

Nov. 26. NO LEISURE AGE. Happy Thanksgiving!



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

**It's Not YOUR Birthday!
Alternative Gift Fair: Nov. 15, 22**

You don't need more sox for Christmas? You don't know what to give the person who has everything? We have the ultimate feel-good gift idea. On November 15 and 22, the National and Global Ministry and Community Outreach Ministry will sponsor an opportunity to give a gift that counts to support the good works in our community and in the world.

You will have the opportunity to give to one or more of our favorite ministries in the name of that friend or family member. Our Community Outreach and National and Global Ministries will offer the opportunity to give a gift to one or more of seven organizations, including **Common Hope, Home Free, Heifer Project, PRISM, Feed My Starving**

Children, Families Moving Forward, and Simpson Housing. You will receive a gift card describing the services of the ministry you have selected which you can give to the person you want to honor with the gift.

You can also join me in picking up information about one or more of your favorite ministries to give to the friend or family member who wants to give you a meaningful gift. This is a great way to contribute to the greater good, reduce the commercialization of one of our most sacred holidays, and honor the birth of the Christ in a way He would approve. Is it really appropriate to get all those material gifts when **"It's Not Your Birthday"**?

Dale Fisher, National & Global Ministries

**A Special Musical Program at
Pilgrim Guild on
Tuesday, November 10**

You are in for a real musical treat! We will once again welcome Donovan Bakke, accompanied by our own Kathy Giddings. Donovan has performed with his band in this area, and he sang with the Edgewater Eight for five years. We are blessed any time Kathy sits down at the organ or piano. Donovan and Kathy have another wonderful program planned for us.

The social time begins at 12 noon, followed by coffee and dessert. Carol Abild and Sandy Nelson will host.

And remember, guests are **always** welcome! Just let Jan Paulsen or Keith Smith know if you are planning to attend. Mark your calendars and come join us on Tuesday, November 10.



The suggested donation for the month of November is deodorant. Let's give to PRISM and help our many neighbors in need!

Fair Trade Coffee

Please continue to support National and Global Ministry's sales of Fair Trade coffees twice a month after church. There's chocolate too!





Happy Birthday!

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

Sam	DeSplinter	November	1
Logan	Johnson	November	1
Pam	Conner	November	2
Molly	Nicholson	November	3
Jane	Bossert	November	4
Kari	Ihle	November	5
Danielle	Hackney	November	8
Mike	Nicholson	November	8
John	Norberg	November	8
Mary	Wagner	November	9
Sam	Stoos-Tysver	November	10
Erin	Finnemore	November	11
Wayne	Pelzer	November	11
Peggy	Poirer	November	13
Jeanne	McTootle	November	14
Brandon	Holtz	November	16
Lyn	Koss	November	16
Dale	Swenson	November	18
Sylvia	Anderson	November	20
Nicholas	Onwukwe	November	21
Carole	Carlson	November	22
Cameron	Berra	November	23
Karrie	Haugen	November	24
Brittany	Welter	November	24
Erma	Andrews	November	25
Antoinena	Kuntze	November	28
Faye	Paster	November	29
Abby	Wicklund	November	30

Community News

Congratulations. . .

Cheryl Nordquist and Christina Gilbert are delighted to announce that their new grandson and nephew, Elijah Daniel Clara, was born September 23rd, to proud parents Rogaciano (Roga) and Karen (Bochet) Clara.

And, congratulations to Jenny and John Norberg on the birth of their son, John Everett Norberg, who was born on October 1st.

Our sympathy. . .

Former member *Frances Smith* passed away on September 27, and her service was held at RUCC on October 10th.

Gertrude Anderson, long-time member, died on October 10th at 98 years old. Her service was held at RUCC on October 13th.

Mary Lou Welton, a member for 50+ years and very active in the life of our church, passed away peacefully at home on October 18th. Her life was celebrated at her funeral on October 23rd at RUCC.

New addresses. . .

Jan Headley: Golden Living Center-Lynwood 5700 East River Road Fridley, MN 55432, 763-571-3150

Carlton & Corinne Myers: Earle Brown Terrace, 6100 Summit Drive N. #504, Brooklyn Center, MN 55430

Thanks. . .

A big thank you to all who sponsored me for the Kidney Walk in October. Thanks to your generosity the Walk raised \$175,000 to help raise awareness of the need for organ donation and to educate people about kidney disease and treatment options.—Linda Smith



Use the Internet?

Google Often?

Search on Yahoo?

Here's a way to help RUCC every time you search on the internet. If you initiate a web search on goodsearch.com, a penny will be credited to Robbinsdale United Church of Christ. Doesn't sound like much? How many times have you said, "If only I had a penny for every time I . . ."? Think how many web searches are done collectively by persons in our congregation! It adds up! And RUCC gets even more if you SHOP on goodsearch.com sites. There are many well-known merchants to choose from.

Here's what you do FIRST: Log in to goodsearch.com and answer the question "who do you goodsearch for?" Just type in Robbinsdale United Church of Christ and do your search. NEXT TIME you want to search, start with goodsearch.com (powered by Yahoo) and pennies and dollars will go into our RUCC account. By clicking on "Amount Raised" you can even watch it add up!

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

H1N1 Flu: What's the Latest?

This information is based on guidelines from The Center for Disease Control and the U.S. Department of Health and Human Services. 2009 H1N1 (sometimes called "swine flu") is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus was originally referred to as "swine flu" because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs (swine) in North America. However, eating pork DOES NOT increase your risk of getting H1N1 flu! Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.

The **symptoms** of 2009 H1N1 flu virus include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea. In general, the symptoms are the same as seasonal flu, only more severe. About 70% of people who have been hospitalized with the 2009 H1N1 virus have had one or more medical conditions previously recognized as placing people at "high risk" of serious seasonal flu-related complications, including pregnancy, diabetes, heart disease, asthma and kidney disease. People infected with seasonal and 2009 H1N1 flu shed the virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. CDC laboratory studies have shown that no children and very few adults younger than 60 years old have existing antibodies to 2009 H1N1 flu virus; however, about one-third of adults older than 60 may have antibodies against this virus. It is unknown how much, if any, protection may be afforded against 2009 H1N1 flu by any existing antibody.

To prevent getting the flu, cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Or cough or sneeze into your shoulder or sleeve rather than your hands. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Avoid touching your eyes, nose or mouth. Germs spread this way. Try to avoid close contact with sick people. If you are sick with

flu-like illness, the **CDC recommends that you stay home for at least 24 hours after your fever is gone** except to get medical care or other necessities. (Your fever should be gone without the use of a fever-reducing medicine such as Tylenol.) Contact your physician where you first get symptoms to see if anti-viral drugs would help you. These drugs are only effective if taken within 24-48 hours of disease onset. Keep away from others as much as possible to keep from making others sick. Be prepared in case you get sick and need to stay home for a week or so; a supply of food, over-the-counter medicines, alcohol-based hand rubs (for when soap and water are not available), tissues and other related items could help you to avoid the need to make trips out in public while you are sick and contagious.

Getting vaccine? So far, only a very limited number of doses of H1N1 vaccine have arrived in Minnesota. And only a randomly selected number of clinics have received some of these initial doses. These few randomly selected clinics have been instructed to give these doses to a subset of the highest priority groups: children age 6 months through 4 years of age; children 5-18 who have health conditions such as asthma, diabetes, or cancer; pregnant women; health care providers and EMS personnel who provide direct patient care; parents and primary care providers of infants under 6 months of age. If you or your child are in one of these categories, don't be surprised if your doctor or clinic doesn't have vaccine yet. Only about 15 percent of the doses needed for the above groups have come into Minnesota so far. It's possible that the majority of doses may not arrive until after Thanksgiving. However, the Dept. of Health eventually expects to have enough vaccine for everyone who wants it.



CENTERING PRAYER at Robbinsdale United Church of Christ

Come and experience this form of prayer. Enter the sanctuary anytime between 9:40 and 9:55 and sit with the community in quiet contemplation. All are welcome. May there be no barriers between you and God within you.

If you would like to know more about this time of prayer, pick up a brochure or talk with T. Michael or a member of the Worship Ministry.

Poinsettia Holiday Garden



With the holiday season approaching, members of the Garden Group are looking forward to beautifying our sanctuary by displaying a Poinsettia Garden. If you recall, last year our sanctuary looked beautiful, and you made it happen. You may purchase one or more plants for the display, and, at the same time, honor a family member or friend.

Poinsettias will be purchased and delivered from a local greenhouse wrapped in metallic paper. They will be displayed in the sanctuary from December 20-24. There will be an insert in the December 20th church bulletin listing those whom you wish to honor.

Members of the Garden Group will be available to take orders on Sundays, November 22 and 29, and December 6. Prices are as follows:

6.5 inch (4-6 blooms) \$9.00

8 inch (12-14 blooms) \$16.00

December Issue. . .

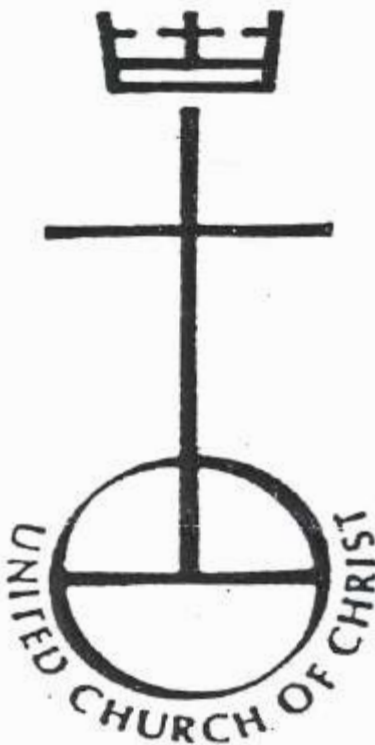
Mustard Seed



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.

DEC. ISSUE DEADLINE
Sunday, November 22 , 11 a.m.
No exceptions please.

(Dec. issue will be mailed Mon., Nov. 30.)



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

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