

THE MUSTARD SEED



Vol. 37, Issue 6, February, 2010, Edition

Robbinsdale United Church of Christ • 4200 Lake Road • Robbinsdale, Minnesota 55422 • 763-537-6965 • Fax: 763-537-6477
Web site address: <http://www.robbinsdaleucc.org> • E-mail address: office@robbinsdaleucc.org

Coming Up... See inside for details

- Feb. 5-6—Youth
Lock-in
- Feb. 6—Work on Youth
Room
- Feb. 9—Pilgrim Guild
- Feb. 13—Bible Advent-
ures Appreciation
- Feb. 14—Men's Service,
New Members, Vision
Team Commissioning
- Feb. 19—Playtime!
Game Night
- Feb. 21, 28—Non-
violence training,
session 1
- Feb. 27—Yep 2, Middle
School
- Feb. 28—Yep 2, High
School

Feb. 17
Ash Wednesday
meal 6 p.m.
service 7 p.m.

Regular Features...

- Worship Schedule p. 2
- Birthdays, p. 4
- Community News, p. 4
- Parish Nurse, p. 6
- Leisure Age, p. 7
- Council, p. 7
- Calendar, insert page

From Your Pastor And Teacher

Pictures and stories are flooding my inbox lately with news from the devastation and rescue efforts in Haiti. Stories of hope and pain and grief pierce my resolve and weaken my spirit. It is hard to keep the images at bay as bodies and buildings lay in side-by-side heaps of shattered lives and livelihoods. I remember my first trip to Haiti and riding in the back of the “tap-tap” through Port-au-Prince and having one of our teenage interpreters ask me to describe a grocery store in the United States. He had heard of such a place, but it seemed just a fantasy, as far as way as the Starship Enterprise. The image of gleaming aisles filled with row after row of food was hard to believe. He asked me three times to repeat how many aisles there were as if I were making something up. He called me crazy and silly when I talked about the fruit and vegetable section of tables overflowing with produce from all over the world. “There’s a whole shelf of nuts? You’re nuts,” he exclaimed. For many years it was hard for me to enter a grocery store in the same way. I became much more mindful of the excess and marketing magic of food after being with my new friend who had a meal every other day. He and his sister were both in high school and the family gave up their portions so each of them could eat every other day. When I reached in my bag and gave him a granola bar, he tore it open like a ravenous animal and ate one bite, then packed the rest into his pocket to share with his sister later. I wonder some days if I have the faith and discipline to stop at one bite if I were hungry.

The earthquake that hit Port-au-Prince makes a horrible situation worse, but I believe there is hope in this rubble. In fact, I think it represents an opportunity that we may never have again and that it would be shameful to pass up. This time, I will not walk on the other side of the road and ignore the need. This time, with your help, we can be the Good Samaritan and not just help one person but build a relationship in which all can be served and healed.

Nine years ago when I got out of the truck after a three hour, bone-jarring ride to the country hospital started by Albert Schweitzer in Haiti, I was stunned by the biblical scene of a courtyard filled with families and their animals waiting to see a doctor. Some of the families has walked several days with a sick child or elder for a chance to obtain medical care. Desperation was everywhere, but hope was there too. This was their one chance. It was the only operating room within a three days walk, and there were trained doctors, an x-ray machine that ran off a generator that could take one good photo a day, and they even had sterile gloves, although they washed and reused them several times before they were thrown away. Today, the families in that courtyard heard the roar of helicopter blades and a huge white machine with a red cross landed just beyond the perimeter of the hospital. It was filled with personnel and supplies to not just save one life, but hundreds. Inside the scary vehicle was hope, from simple bandages, to magical antibiotics.

In my heart, as we continue to pray for our Haitian friends, is the hope that people will see that it is possible to build a country up through healing and feeding those who need healing and feeding. It is possible to create a new way of living when our first goal is love and not control. It is possible that we can change their lives, but it is necessary that ours get changed first. All things are possible with God. That is what I know, and even though my heart aches, it also sings.

See you in church,
T. Michael



February Schedule

Worship in February

February 7. 5th Sunday after Epiphany. 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: Isaiah 6:1-8, (9-13); Psalm 138; I Corinthians 15:1-11; Luke 5:1-11.

February 14. Transfiguration Sunday. 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: Exodus 34:29-35; Psalm 99; 2 Corinthians 5:20b-6:10; Matthew 6:1-6, 16-21.

February 17. Ash Wednesday. Soup supper at 6:00 p.m. Worship at 7:00 p.m.

February 21. 1st Sunday in Lent. 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: Deuteronomy 26:1-11; Psalm 91:1-2, 9-16; Romans 10:8b-13; Luke 4:1-13.

February 28. 2nd Sunday in Lent. 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: Genesis 15:1-12, 17-18; Psalm 27; Philippians 3:17-4:1; Luke 13:31-35.

Worship at Robbinsdale United Church of Christ

The transition from Epiphany to Lent is a choice that we are faced with every year in living a Christian life. It is a choice to turn from an ordinary time of living and learning to a time of deep reflection. It is a choice that says you are OK with feeling some sadness or pain. It is a choice that says healing is possible. Each year we move toward the invitation of Ash Wednesday. We hope you choose to take the journey with us this year and discover again that the pathway to Easter isn't easy, but it leads to joy.

February 7th – Communion Sunday; Sacrament of Baptism for Grace Ihle

Scripture Reading – Luke 5:1-11

Sermon: “Into the Deep Water” – Rev. T. Michael Rock

Come on Sunday as we visit the strategy that Jesus uses to extend hospitality and love. Our message may reach places that we have never even imagined.

February 14th – Men’s Service / New Member Sunday

Commissioning our Mission Team to Common Hope/Guatemala

Scripture Reading – 2 Corinthians 3:12-4:2

Sermon: “If Not Now, When? If Not Me, Who?”

The men of Robbinsdale United Church of Christ will bless us with a reflection on why being involved in eliminating poverty is an important ministry for each of us to consider. We will also welcome in some amazing folks who have come to find a new church home.

ASH WEDNESDAY

February 17

Simple Meal at 6 p.m.; Worship at 7 p.m.

February 21st – First Sunday in Lent

Scripture Readings – Luke 4:1-13 and Romans 10:8b-10

Sermon: “Terribly Tasty Temptations” – Rev. T. Michael Rock

As Jesus takes the wilderness journey once again, what can that 40 day walk through the desert mean for our life and our faith? Come to worship and discover again the importance of beginning that walk and starting something new. This would be a wonderful Sunday to invite a friend and be on the journey together.

February 28th – Second Sunday in Lent

Scripture Reading – Luke 13:31-35

Sermon: “An Honest Approach” – Rev. T. Michael Rock

One of the big struggles of faith is facing fear and allowing God’s love to overcome that fear. This morning Jesus models an honest approach to threat and fear that we can all take to heart.

**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 Centering Prayer, pick up a brochure or talk with T. Michael or a member of the Worship Ministry.

**Ash Wednesday Worship
Wednesday, February 17th**

**Soup and Bread Dinner – 6:00–6:45 p.m. (FREE)
Worship – 7:00 p.m.**

It is important to start Lent by acknowledging that we are not alone. We are bound in life and death to each other. There are no solitary practitioners of Christianity. This special Wednesday service reminds us that we are connected. Come and enjoy a meal with your church family and stay for a service that is deep in practice and meaning. If you have any questions about this service or the dinner, see a member of the Worship Ministry.

**Lent Begins on February 17:
A Time to Renew and Reflect
at Robbinsdale UCC**

The season of Lent is time of reflection and renewal for many people. Some people give things up for Lent as a spiritual practice. I like to take things on to grow my faith. The practice of faith is always much easier when we are not alone, so you are invited to take on a spiritual practice this Lent. There will be sign-up sheets after worship, or you can call or e-mail your choice. Each week you will receive an e-mail with encouragement for your new practice.

Choice 1 – Fasting – On Mondays during Lent, from sunrise to sunset, you are invited to refrain from eating, while being mindful and aware of both your physical and spiritual hunger. You may choose to fast the whole time or for one meal. Know you have the permission to make this spiritual practice your own.


Choice 2 – Lectio Divina – This is a form of Bible Study that asks you to read a short passage from scripture and allow it to become a prayer for your life. Each week you will be given scripture choices, or you can find one of your own.

Choice 3 – Prayer / Meditation – Join the prayer chain this month and practice your prayers in a more intentional way.

Choice 4 – Alms Giving – This is a fun spiritual practice. This involves a discipline of giving and generosity. One way to practice is to put \$2 in a jar each day during Lent. Just be mindful of setting aside \$2, or any amount of your choice, and watch the jar fill up. At the end of Lent, find a person or place to give the money away. In doing so, you will not just donate money, but you will give a piece of your spirit away. Pray about the recipient and infuse your gift with love. Some folks add \$1 for every time they swear, or utter unkind words. This is a simple way of staying “on course” during Lent.

It is my hope that folks will take on one or more of these practices for the six weeks of Lent. Remember, when you sign up to take on one of these practices, you will receive a special e-mail of encouragement from your pastor and teacher on Mondays. If you have any other questions, please talk with T. Michael at anytime.

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

This is a wonderful time to explore and learn from each other about the scripture. This Bible Study is designed in a way that folk are welcome to drop in from time to time, or attend every week.  No homework is required, and all questions are welcome. Bible Study will last one hour. All month long we will be looking at the words of Jesus and asking great questions about what those words mean to us.

Feb. 2 – Sermon on the Mount

Feb. 9 – Jesus Prays

Feb. 16 – Parables of Jesus (part I)

Feb. 23 – Parables of Jesus (part II)

Just stop on by some Tuesday night and discover the Bible again in a new way.

Playtime! Game Night

The Playtime! Group will have a game night on Friday, February 19, at 6 p.m. Everyone is welcome. We'll meet in the Fellowship Hall. Bring a favorite game and a snack to share.



Happy Birthday!

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

Tracey	Fluegel	February	1
Toni	Pangborn	February	1
Ken	Barker	February	3
Jim	Greenwood	February	3
Jennifer	Stoos	February	7
Cameron	Gardner	February	12
Corinne	Myers	February	13
Bill	Wolfe	February	13
Rose	Finnemore	February	16
Wendy	Lukaszewski	February	17
Gert	Wehking	February	17
Alexander	Roelofs	February	21
Christopher	Roelofs	February	21
Steve	Quesnel	February	26
Kira	Braun	February	27

Community News

Baptisms:

Madeline May Peterson, daughter of Jeff and Diane Peterson and niece of Jennifer Master, was baptized on January 10.

John Everett Norberg, son of John and Jenny Norberg, was presented for baptism on January 17. Baby John's father, John Anthony Norberg, was also baptized. Congratulations.

Our sympathies:

To Tracey Fluegel and Deb Murray and their family on the death of Tracey's dad, Jim Wolslager.

To Jim and Dawn Conn and family on the death of Jim's mother, Ethel Conn.

To the family and friends of Janet Vick. Janet passed away on January 8.

To Kathy and David Plumb and family on the death of Kathy's father, Morse Watkins.

To Willa Truehart and family. Willa's husband, George Truehart, died on January 20.

RUCC GOES TO GUATEMALA

Sign Our T-Shirts!

Members and friends of RUCC can show your support of the Vision Team trip to Guatemala in support of Common Hope and have a real presence with the team in that warmer climate. On **February 7**, you can sign our Common Hope T-shirts and make a donation to support the trip.



On February 14, T. Michael Rock will lead a commissioning ceremony to send off the trio who will represent our congregation in the service project.

On February 16, **Karrie Haugen, Nathan Syverson and Dale Fisher** leave for a ten-day mission to Antigua, Guatemala, to support the work of Common Hope. Our activities there will be recorded on the organization's web site, **commonhope.com**, so you can see what we are doing.

Common Hope is an organization based in St. Paul that has built schools and medical facilities and works with families in this impoverished area. Please learn more about them on their website.

Please join us after church on February 7 to autograph our shirts (we won't be wearing them) and make a donation.

Spend \$1.00 a week and Balance the Budget?

For several years we have had to have a line item for fund raising to make the budget balance. This year the council and ministries have worked very hard to reduce this line, but we still have \$5,500 left in the fund raising line to make the 2010 budget balance.

So what would it take to zero out the fund raising line? We anticipate, when all pledges are turned in, we will have a total of at least 110. If you divide the \$5,500 fund raising line by those 110 pledges, the annual amount per pledge is \$50. If you divide the annual amount by 52 weeks, a weekly increase of 2010 pledges by only 97¢ wipes out the fund raising line.

Think of the energy we could free up for community outreach, evangelism, or other activities if we eliminated the effort directed at raising these needed funds from members in our own congregation! Is it worth less than a dollar a week to you? We have decided that, for us, it is.

—Tom Jensen and Brad Welton

High School Youth Event

March 5-7, 2010 | Camp Koinonia,
South Haven, MN (near Buffalo)

Faith and Politics: Where do they intersect? How do we live in both worlds?

Early registration by February 1, 2010: \$75 youth and \$50 adults

After February 1st: \$85 youth and \$60 adults

Deadline for all registrations is **February 26th**.

We are leaving RUCC at 5 p.m. on Friday and returning at 1 p.m. on Sunday. Registration forms will be coming in the mail, or you can pick one up in the church office. We've got scholarship money available and would like to give it to you. Please talk with T. Michael or Tracey Fluegel if you have questions.

YEP - 2 YOUTH at RUCC

Middle School YEP 2

Friday, February 5-6 – LOCK-IN – 7 p.m. to 9 a.m.

THEME: Building Our Room

Saturday, February 27th – MN Conf. UCC – Middle School Service Day

(8 a.m. – 4 p.m. in Rochester, MN)

High School YEP 2

Friday, February 5-6 – LOCK-IN – 7 p.m. to 9 a.m.

THEME: Building Our Room

February 28th – “What Do I Want to Be When I Grow Up?” – Noon – 2 p.m.

THE YOUTH ROOM at RUCC

Thanks to some generous donors to the youth ministry program at RUCC, we are now able to transform our youth room and make it both warm and cozy for our spiritual growth. We would love your help. Just bring a drill with a screwdriver attachment on Saturday, February 6th, at 9:00 a.m. and help us build our future. We need many extra hands to make this work go fast.



Bible Adventure Appreciation Night

Saturday, February 13th – 6:30 p.m.

We would like to thank all of those Workshop Leaders and Shepherds who have helped us in the past couple of years by sharing some delicious Ice

Cream Sundaes and introducing you to an exciting new way to engage children and adults in the Bible Story. Revs. T. Michael and April will guide us in a short program and then we'll break for treats and a big THANK YOU. Please RSVP to the church office by February 7th.



The Hospitality Ministry Needs You!

We need people to greet before church at the parking lot door and at the upstairs door.

We also need families to sign up to bring goodies for after church. If each family signed up once we would have our whole year filled out. Treats don't

have to be expensive. The dollar store has some good ones. There is always a member of the Hospitality Ministry who will help answer questions. Afraid to make coffee? No problem. We'll make coffee. Just let us know. Singing in the choir or teaching Bible Adventures and can't set up? No problem. You bring in the goodies and we'll put them on trays.



The sign up sheets are on the bulletin board across from the church office. **Many hands make a welcoming church.**

Coming in May . . .

“Hi, I'm a baby.”

“What do you think I am, a loaf of bread?”

Thus begins one of the delightful skits found in the upcoming RUCC production of “Free to Be You and Me.” The date of the production, along with a lunch, is Sunday, May 2.

“Free to Be You and Me” came out in the late '70s and was produced primarily by Marlo Thomas. It contains wonderful poems, songs and skits that teach us about growing up and life situations.

David, T. Michael, and Steve will be interested in hearing from any of you who wish to be involved in the production. We'll need adults and kids as actors/singers, story tellers, poetry readers. We may need some scene work, light work and maybe costume building. This will be determined by the talents offered.

We last did “Free to Be You and Me” under the stage direction of Neal Luebke in 2002, so it's time to get this wonderful, funny and thoughtful show on our chancel stage once again.

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

Diverticulosis and Diverticulitis

Diverticulosis is the condition of having **diverticula**, or small bulges, anywhere in the digestive tract. Diverticula are common, especially after age 40. When you have diverticula, the condition is known as Diverticulosis. You may never even know you have these pouches because they seldom cause any problems. Diverticula usually develop when naturally weak places in your colon give way under pressure. This causes marble-sized pouches to protrude through the colon wall. Things that prevent or control Diverticulosis are to eat more fiber (20-30 grams per day), drink lots of liquids so fiber doesn't create constipation, go to the bathroom when you have the urge instead of putting it off (which also causes constipation), and getting 30 minutes a day of exercise which promotes normal bowel function.

Sometimes one or more diverticula in your digestive tract become inflamed or infected, resulting in Diverticulitis, causing severe abdominal pain often in the lower left side, fever, nausea, vomiting, constipation, diarrhea and a marked change in your bowel habits. Mild cases of diverticulitis can be treated with rest, changes in your diet and antibiotics. But serious cases of diverticulitis may require surgery. In the past, doctors thought that nuts, seeds, popcorn and corn played a role in causing diverticulitis by getting trapped in the diverticula. However, recent research has found that these foods aren't associated with an increased risk of diverticulitis.

Risk factors: **Aging** - you're more likely to get diverticulitis if you're over 40, although it's not known why. It may be that age-related changes, such as a decrease in strength and elasticity of your bowel wall, could contribute to diverticulitis. **Too little fiber** - Diverticulitis is rare in countries where people eat a high-fiber diet that helps keep stools soft. But it's common in industrialized nations, such as the United States, where the average diet is high in refined carbohydrates and low in fiber. In fact, diverticular disease emerged after the introduction of steel-rolling mills, which greatly reduced the fiber content of flour and other grains. **Lack of exercise** - lack of exercise has been associated with a greater risk of formation of diverticula putting a person at risk of diverticulitis. The reasons for this aren't

understood. **Obesity** - being seriously overweight increases your odds of developing diverticulitis and diverticular bleeding.

If you have these symptoms, or have questions about your diet, please consult your doctor. Feel free to ask lots of questions and make sure your doctor knows about other medical problems you may have.

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

Heritage Hall - Robbinsdale United Church of Christ

We are going to try again to offer this amazing opportunity to practice the skills of nonviolence. It was the way of life for Jesus and those who followed him in an authentic way. What a wonderful way to be in Lent.

This training is 20 hours in length. It is all important to develop these skills, and we are going to try and offer it in a very simple way.

SESSION ONE:

Exploring Violence and Active Nonviolence

Sunday, February 21st – Noon to 7 p.m. and/or

Sunday, February 28th – Noon to 7 p.m.

SESSION TWO:

Exploring Personal and Social Change and Building Community

Sunday, March 7th – Noon to 7 p.m. and/or

Sunday, March 14th – Noon to 7 p.m.

SESSION THREE:

Action Planning and Creating a Culture of Peace

Sunday, March 21st – Noon to 7:00 p.m. and/or

Sunday, March 28th – Noon to 7:00 p.m.

There will be no cost for the training for members of RUCC, but everyone will be asked to contribute some snacks or beverage. We'll have a light lunch prior to each session to transition.

We will ask for \$30 contribution for visitors to RUCC.

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

Please fill out a registration form and turn it in to the church as soon as possible.

February 2010 Schedule

**Interfaith Leisure Age
9 AM Social Hour and Cards
12 Noon Chapel, Lunch and Program**

**Lunch Reservations Required
Elim Lutheran Church
3748 West Broadway in Robbinsdale**

Feb. 4: **T. Michael is preaching.** A talented lady, Tara B. will sing and play the piano.

Feb. 11: **Valentine Party! There will be prizes and surprises.** "Flute Cocktail" will present a "flute-filled" program. This group of ladies is a "must hear."

Feb. 18: Blood pressures taken 9:30 to 11:30. Rose Marie O'Leary will present a program called "Name That Tune" and "Sing Along."

Feb. 25: **February Birthday Party.** If you have a February birthday, let us know when you call in your reservation. You will be able to pick up your birthday cake after the entertainment, "**Blue Wolf,**" a musical program.

Leisure Age meets on Thursdays from 9:00 a.m.-2:00 p.m. Lunch with entertainment costs \$9.00. Lunch includes bread, salad, main dish with vegetable, dessert, and beverages. To make reservations call 763-537-1171 on Saturday, Sunday, or Monday until noon. You may also use this number to cancel a reservation.

We would really like to see a bigger group from our church come and support Leisure Age. Join us!

If you have any questions, please contact Jan Paulsen (763-529-1986) or Keith Smith (612-588-1401 or 763-588-4356).

A big thank you to our RUCC members who helped serve at Leisure Age in January: Mary Ann Mead, Barbara Wills, Erma Andrews, Mary Jane Lee, Gordon Lee, Leonard Sidle, Gil Doten, Carol Abild, Don Anderson, Virginia Anderson, and Jean Hosterman. You did a great job!

Coordinating Council January 19, 2010

*Treasurer: Ended year at -\$2,487.

*Youth room is being remodeled, thanks to donations.

*Council worked on and passed the draft of the 2010 budget to be presented at the Annual Meeting.

*Listening Project: What has been done so far will be summarized in a written report.

*Families Moving Forward will be here in March.

*Hospitality: We need ways to recruit people to greet and bring treats. (See article p. 5.)

*Interviews for student pastor will take place in February.

*There will be opportunities for non-violence training on Sundays during Lent.

Join Pilgrim Guild!

Next Meeting Is February 9

The Pilgrim Guild wants new members. We know you are out there. We meet the second Tuesday of the month. Come get to know others in the church better. Come for good meals or desserts. Come for fun and informative programs. Come to help with the good works in the church. We have something for just about everybody. Already a member? Consider bringing a friend or two.

Our next meeting is Tuesday, February 9. Social time begins at noon with dessert served at 12:30. Stan Atkinson and Keith Smith are our hosts. A short business meeting will be followed by playing Bunko. This crazy dice game has been around for quite awhile. If you've never played, this is your chance. It's easy and fun with no special skills required.

If you want to come try us out, just let Keith Smith or Jan Paulsen know you'll be there. Hope to see you in February.



PRISM Needs Your Help in March

The month of March is a very important month for your giving to PRISM. All the food and monetary donations given during the month of March will be matched by the Minnesota Food Share and the Feinstein Foundation. That means that it will double all the food and money we give from RUCC. Please especially consider giving to PRISM during the month of March if you haven't done so yet this year and allow us to take advantage of the matching grants being given. Remember, March is PRISM month.

New Member Sunday – February 14th

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

New Member classes will take place on:
Wednesday, February 3rd, at 6:30 p.m.
Sunday, February 7th, following worship
Monday, February 8th, at 6:30 p.m.

When was the last time you checked out our website? Visit at

www.robbinsdaleucc.org

Our webmaster, Paul Amundson, has made some great changes to our website, but we are still in need of folks to take pictures of church events and people. If you have ideas about the website or would like to be one of our official photographers, e-mail Paul at p.amundson@usfamily.net or T.

March Issue. . .

Mustard Seed



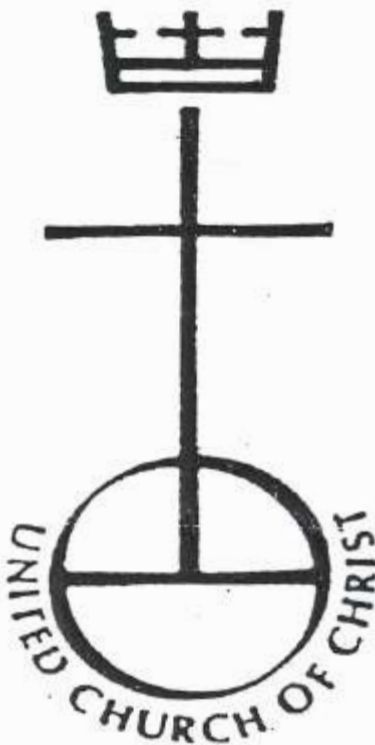
Please place all articles for the next issue of the Mustard Seed in the box marked "Mustard Seed" on the shelf inside the door to the workroom in the church office, **e-mail** to thewillses@aol.com (preferred) or mail them to Barbara Wills, 6214 Upland Lane No., Maple Grove 55311, so that they are received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

MARCH ISSUE DEADLINE

Sunday, February 21 , 11 a.m.

No exceptions please.

(March issue will be mailed Friday, Feb. 26.)



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

RETURN SERVICE REQUESTED

Non-Profit Organization
U.S. Postage

PAID

Minneapolis, MN
Permit No. 1163