The Preview



Holy Week Worship Schedule

Palm Sunday - Choir Cantata

Saturday, March 31 - 5:00 PM Sunday, April 1 - 8:30, 11:00 AM

Please meet in the Prince of Peace fellowship area to process into the sanctuary as we remember Christ's triumphant entry into Jerusalem.

Maundy Thursday

Thursday, April 5 - 7:00 PM Remembering and celebrating Christ's last supper with the Disciples.

Good Friday

Friday, April 6 - Noon, 7:00 PM Reflecting upon the sacrificial death of Christ for us.

24-Hour Prayer Vigil

Friday, April 6 - 8:00 PM through Saturday, April 7 - 8:00 PM

Sign up for the prayer vigil to be held between the conclusion of our Good Friday service and continuing through our Prayer and Praise service Saturday evening.

Holy Saturday Prayer and Praise

Saturday, April 7 - 7:00 PM

Concluding our prayer vigil with a service of prayer and praise, held in the Prince of Peace fellowship area.

Easter Worship

6:00 AM - Early Morning Resurrection Celebration, no communion 8:00 AM, 9:30 AM - Traditional Worship Service 11:00 AM - Blended Worship Service

Congregation Council

Council Members

Ben Barr, Member at Large Rob Barr, Member at Large Dave Brandes, Vice-President Scott Hardman, Member at Large Mot Hedges, President Kathy Killand, Member at Large Dave Larkin, Secretary Sandy Steele, Member at Large

Ex Officio Member

Pastor Steve Ernst, Lead Pastor

Advisory Member

Rich Olsen, Treasurer

Minutes of Council meetings are available on the website and in the church library.

Staff

Rev. Steve Ernst, Lead Pastor Outreach Ministry Leader pastor.ernst@richlandlutheran.org

Pastor Dave Hogan, Interim Associate Pastor pastor.hogan@richlandlutheran.org

Maria Frame, AIM, Minister of Worship Arts Worship Ministry Leader maria.frame@richlandlutheran.org

Corey Smith, Minister of Christian EducationEducation Ministry Leader
corey.smith@richlandlutheran.org

Jenny Page, Children's Education Assistant jenny.page@richlandlutheran.org

Debbie Stankovich, CCA, Director of Administration

Resources Ministry Leader debbie.stankovich@richlandlutheran.org

Kelly Westlund, Pastor's Assistant kelly.westlund@richlandlutheran.org

Joanne Woehle, Church Secretary joanne.woehle@richlandlutheran.org

Member Directory Changes

Rathbone, Theresa Jean 6101 Somerset Lane Pasco 99301

Zehner, Tabitha 1939 Reservoir Rd. Clarkston, WA 99403

Pastoral Acts

Baptisms

Weddings

Memorial/Funeral

March 24 Florence George

The Preview

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From Pastor Steve



RLC In Mission For Christ: The Role of the Pastor

As a young non-ordained associate pastor in Torrance, CA I made many visits to congregation members who were sick, hospitalized, or homebound. Most of the time the visits were well received and a great time of relational ministry. One visit, however, has remained in my memory over many years. I was asked by our Lead Pastor to visit a long-time member of the congregation. She was fighting cancer and not in good shape at all. She had communicated with the church office that she'd like a visit so off I went.

When she opened the door she was cordial enough and invited me in. It didn't take long though to discern she was reserved and not altogether happy. We continued to visit for a short time but finally she said, "I have to be honest, Steve, it's nice to see you and all but I was hoping 'The Pastor' would visit." I knew immediately what she meant and her thinking behind her words. She wanted the Lead Pastor and no-one else would do.

In reflecting over this encounter throughout the years I'm amazed how many folks in the church have this same expectation. That "The Pastor" is everything to everybody and without him, or someone ordained, or someone with the right credentials, or fill in the blank, ministry simply cannot and does not happen. In the Missional Church there needs to be a shift in understanding and practice of the role of pastor.

In his book, "Missional Renaissance," Reggie McNeal gives several pastoral leadership shifts necessary to move into missional ministry. He argues the pastor must shift from having a "church job" to having a "Kingdom Assignment." The main difference between the two is, Kingdom Assignment "pastors now pastor the community, not just the church. They deliberately develop relationships outside their traditional church role."

He also argues the pastor must shift from being an Institutional Representative to a Viral Agent. A Viral Agent is one who becomes an agent of the Gospel of Jesus. About church leaders in North America McNeal writes, "Most have been equipped to serve as institutional representatives for faith that people already possess. The challenge is to connect with a culture that is unacquainted with the good news of Jesus."

Perhaps most importantly McNeal argues pastors must move from Director to Producer. The Director is involved in every bit of minutia in the movie working directly with the filming, editing, and everyone involved in the movie. The Producer on the other hand, "finds great stories, recruits talent, raises capital, negotiates with studios, and hires directors to bring ideas to life." He says about the pastor as producer, "These leaders create a culture of ministry and leader incubation that multiplies everyone's efforts. In short, they feed the movement."

The role of the missional pastor is completely different from what many of us are used to. They are no-longer everything to everybody but they equip, empower, and encourage everybody to be everything in Christ to a society in desperate need of Him.

Equip · Empower · Encourage

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Financial Update

As reflected in the financial summary below, the financial results have been consistently strong in the first 2 months of 2012. Our offerings are up \$19,831, or 16.8% higher than the same time last year. Our expenses are down (\$12,075), or 9.7% less than the same time last year. Year to date, our offerings exceed expenses by \$26,322 compared to (\$5,584) in 2011. These results are reflected in the columns titled "Prior Year Comparison" below:

	February '12		2012 Year to Date			Prior Year Comparison			
	Actuals	Budget	Variance	Actuals	Budget	Variance	YTD '12	YTD '11	Variance
Offering / Income	\$65,637	\$53,820	\$ 11,817	\$137,617	\$116,220	\$21,397	\$137,617	\$117,786	\$ 19,831
Expense	62,609	61,533	1,076	111,295	123,066	(11,771)	111,295	123,369	(12,075)
Profit / (Loss)	\$3,028	(\$7,713)	\$ 10,741	\$ 26,322	(\$6,846)	\$33,168	\$ 26,322	(\$5,584)	\$ 31,906

For the current month (February), actual offerings exceed the budget by \$11,817 and actual expenses exceed budget by \$1,076. Year to Date actuals for offerings exceed budget by \$21,397 and actual expenses are under budget by (\$11,771). For the current month, actual offerings exceed expenses by \$3,028 and \$10,741 compared to the budget. Year to Date actual offerings exceed expenses by \$26,322 and \$33,168 compared to the Year to Date budget.

If you have any questions regarding this financial summary, please contact Debbie Stankovich or myself.

In His Service,

Rich Olsen

The information is only a snapshot of the church's financial status on the day the report was generated and is not audited information. Please direct all inquiries for additional information to Debbie Stankovich, Church Administrator at 943-3164 or debbie.stankovich@richlandlutheran.org.

From the Council

This April holds one of my favorite times of the year, Holy Week. From Palm Sunday, to the heartache of Good Friday, to the unbridled joy of three days later when Christ conquers death and rises on Easter, Holy Week is always such an awesome reminder of Jesus' extreme love for us. As Christians we are called to recognize that the price of that love was the precious blood of Christ which leaves us with a debt that can only be repaid by the offering of our very lives to Him. Indeed I heard something to this effect just a few years ago at a Good Friday Service at Concordia Lutheran Church. It was during the sermon that Pastor Dudley Nolting said, "When Christ, bloody, beaten, and broken made his way up the hill of Calvalry, was nailed to a cross, and gave his perfect life He bought us and saved us. The only proper response to this type of overwhelming love is to recognize that the only thing we can give back to God is that which he first gave us. Our lives. We are called now to be living sacrifices for Christ." It is in these words by Pastor Dudley that we can be reminded and encouraged about the how and why of Richland Lutheran Church's walk with Christ. Our church is called to be a living sacrifice for Jesus in response to his love for us.

Just recently the council finished its March session and I want to share with you a few of the ways Richland Lutheran Church is being a living sacrifice. By the time you read this we will have just finished ShareFest and I am sure it will have been just as great as last year. However, there is a ministry that you all participate in

Continued on page 5

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From the Council, Continued

that may not quite be as visible as ShareFest. What I'm speaking of is our benevolence. In our goal to respond to Christ's gift on the cross, every year since joining the LCMC, Richland Lutheran Church has been blessed to be able to donate 10% of its budget to various places in order to help others and advance the gospel. Below you can find a chart of just how and where all this goodwill goes.

LCMC - 10% (\$7100)		
District - includes District meeting		\$1,500
National		\$5,600
	subtotal	\$7,100
Worldwide Ministry - 25% (\$17,750)		
Anoor Sanatorium, Mafraq, Jordan		\$2,275
Baby Home, Mafraq, Jordan		\$2,275
Eastern European Mission Network		\$4,400
Lutheran World Relief		\$4,400
Tumaini Lutheran Seminary, Tanzania		\$4,400
	subtotal	\$17,750
National/Regional Ministry - 25% (\$17,750)		
Institute of Lutheran Theology		\$2,000
Journey with Christ		\$3,500
LCMC Mission Congregation support		\$4,000
Camp Lutherhaven		\$1,000
Seminary Debt Relief		\$3,750
The Walk with Christ	subtotal	\$3,500 \$17,750
Local Ministry - 25% (\$17,750)	Subtotal	Ş17,730
		¢1 F00
Emmaus Counseling Center		\$1,500
Grace Clinic		\$1,500
Habitat for Humanity		\$2,000
Ignite Youth Mentoring		\$2,000
Lutheran Community Services		\$2,000
Second Harvest		\$1,000
ShareFest		\$1,000
Tri-City Chaplaincy		\$2,000
Union Gospel Mission		\$4,750
	subtotal	\$17,750
Emerging Ministry Opportunities - 15% (\$10,650)	subtotal	\$10,650
	Total	\$71,000

And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. Through him then let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that acknowledge his name. Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God. Ephesians 5:2 and Hebrews 13:15-16

In his service,

Ben Barr

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Not My Thumb!

The above caption was the response of a four-year-old boy, who'd climbed into my father's barber chair to get a haircut, when Dad asked how old he was. Since Dad was a barber, I guess that made me a little shaver! I still shave very little. My beard was started when my father passed away. He was the acknowledged spiritual head of our Irish family clan; and I - although not the oldest among us - was appointed his successor. The bear reminds me of this wider familial responsibility. The typical Irish motto comes into play here: "I am but the poor chieftain of a miserable clan."

I'm thinking about thumbs more these days. Twice in the last decade I managed to trip over something (a hidden trailer hitch and a plain-as-day, clearly marked sidewalk curb.) Humpty Dumpty has nothing on me. In each of these great falls, I managed to get my left hand out to the fast-approaching pavement as I landed. In each, the joint just above my wrist - at the very base of my thumb - absorbed the brunt of the blow. To be sure, there were other damages (torn trouser knees, bruises, bleeding, etc.), but the only lasting effect, beyond damaged pride, has been sharp pain in that joint if moved into a certain position (I know. I need to stay out of those joints.) Not wanting to disappear into the black hole of medicine, I never saw a doctor about either incident. I may have cracked that bone...twice! It's never healed properly. I'll live with it, like Henry Erickson, longtime family friend of my parents. Hank was a carpenter, who one day sawed off his thumb. His immediate reaction was expressed in his typically understated Norwegian accent: "Uh oh, look what I've done!"

Thumbs are great - when they work. The reason for this, anatomically, is expressed by the term: opposable thumb. My left thumb is opposing me a great deal these days! Thumbs enable us to get a grip on things. Me? I'm losing my grip. The opposing problem is: I've *never* been known for my manual dexterity. You might say, I'm *all* thumbs! We can't all be thumbs (1 Corinthians 12:12-31.) But if we have the right number of working thumbs, we're stronger because the resistance of opposition builds strength.

Here's two thumbs up to those who volunteer to assist in the wider definition of the ministry of visitation. There are a lot of people in our world who are losing, or have lost, their grip and need encouragement, service and assistance of your presence bringing and being Christ to them. Perhaps they are in situations where all they see and feel is opposition, and need a hands-on ministration from you. Soon, we'll announce expanded opportunities for involvement - along with training and mentoring to provide or freshen your skills in this arena. Why don't you thumb a ride and join us?

Pastor Dave

Now you are the body of Christ, and each one of you is a part of it.

1 Corinthians 12:27

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RLC Children's Church - Come and See!



Kids and families are important to us at RLC! That is why we offer Children's Church for kids at both of our Sunday morning worship services. Our purpose for Children's Church is to "provide an age-appropriate, relevant Bible-based worship experience for children age 4 to 3rd grade that reflects what is being preached to the greater congregation, and includes elements of worship similar to what is found during worship in the sanctuary." We include elements of worship like: prayer, sharing the peace, songs, Bible teaching, creeds, and more. We even have a Children's Church sanctuary with an altar, pews, candles, a cross, stained glass and other Christian icons.

Currently the staff is working to revamp, rework, and reemphasis Children's Church to meet the growing needs of our kids. Jenny Page is putting together a worship service to meet the needs of kids and Maria Frame is pulling together music to help them worship. As we work on Children's Church we'd like you to prayerfully consider using your gifts to help our kids worship our Lord Jesus Christ. There will be a meeting between services on Sunday, April 15, to dispense more information and orient you to the great history of our Children's Church program and how we see moving into the future.

Please sign up through the church office or on a yellow worship slip to join us for our meeting on April 15 at 10:00 am in the Children's Church Chapel.

Meet the Staff

The staff at RLC is here to serve Jesus and partner with you in the Gospel of Jesus Christ. We are blessed to have a fantastic staff and want you to get to know them better. This month we'd like to introduce you to Corey Smith, Minister of Education.

Corey is now in his 15th year working at RLC and ministering to God's people here and in the community. He's married to his wonderful wife Leah and has two boys, Matthew and Cameron, ages 8 and 4, respectively. Corey is a native of the Tri-Cities and a graduate of Richland High School. Corey came to faith at Camp Ghormley when he was 18 years old and has been a faithful follower of Jesus since.

Corey graduated from Northwest College in Kirkland, WA with a degree in Pastoral Studies. **He has just fulfilled requirements for certification and is now on the LCMC list of those available for call and ordination,** and he hopes to be ordained soon. Corey says, "I feel God has called me to pastor."

Corey has made a significant impact on our Youth and Children's Ministry over the last 14 years and is looking forward to what God will do in his life as he continues to follow Him. He says, "I am so thankful that God has called me to ministry, to be an ambassador, and to help others see and meet our savior."



If you haven't already, find Corey Smith and thank him for his service to Jesus at RLC.

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Northwest District Annual Gathering

"Administer God's Grace"

Date: Friday, April 27 - Saturday, April 28, 2012 Where: Richland Lutheran Church

Keynote Speakers
Breakout Sessions
Worship
Opportunities for Networking

Registration forms and the schedule for this event are online at www.lcmc-nw.org

Friday, April 27

9 AM - Noon	Pastor/Professional Vocational Staff Brunch and Bible Study
11 AM - Noon	Bible Study for non-vocational staff and/or spouses of pastors and staff
12 - 1 PM	Registration
1 - 1:45 PM	Opening of NWD Convention "Ministers of God's Grace"
1:45 - 2:15 PM	General Session
2:15-3:15 PM	Keynote Speaker Jaynan Clark - "In the Hood, Priest Work Done by the
	Priesthood"
3:30-4:30 PM	Breakout Sessions
5:30 - 7:30 PM	Dinner followed by LCMC National update with Paul Spaulding
7:45 - 8:15 PM	Holden Evening Service
8:15 - 9 PM	Individual Prayer at the Altar

Saturday, April 28

_			
	8:30 - 9 AM	Call to Order	
	9 - 10 AM	Keynote Speaker Warren Baker - "Administering God's Grace"	"
	10:15 - 11:15 AM	Breakout Sessions	
	11:30 - 12:30 PM	Lunch	
	12:30 - 12:45 PM	Jenifer Haler - Spiritual Healing	
	12:45 - 1:45 PM	Keynote Speaker David Drum - "Speaking	
		the Words of God"	i
	2:00-3:30 PM	Business Meeting (voting for Council	A
		members)	7
	3:30 - 4 PM	Ballot tally and open mike for sharing of	H
		ideas	L
	4 - 5 PM	Closing Worship Lutheran Congression Mission	



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Good News Media Ministry

GOOD NEWS MEDIA MINISTRY YARD SALE

Friday and Saturday, May 4 - May 5, from 8 a.m. to 2 p.m.

Donations may be brought to the church on Monday and/or Tuesday, April 30 - May 1. Sorry, but we cannot accept computers, exercise equipment, television sets, or items with refrigerants. If you have items to donate and would like them picked up, please call Chuck Richardson, 627-1876. We need lots of merchandise and helping hands! All proceeds from the sale are used to support our TV ministry, "Good News Today." Thank You!

Please fill out the form below, tear it out of the newsletter, and either leave it in the offering plate or place it in the mailbox of: Karen Filipy, Debbie Honeyman, or Carol Romsos. You may also sign up on the back of the yellow worship slip in your bulletin or on the church website.

Help set up on Wednesday and/or Thursday, May 2 - 3, 9 a.m. to 5 p.m. Wednesday a.m. p.m. Thursday ____ a.m. ___ p.m. Help at the yard sale on Friday and/or Saturday, May 4 - 5 **Friday Saturday** 7:45 a.m. - 11:00 a.m. 7:45 a.m. - 11:00 a.m. ____ 11:00 a.m. - 2:00 p.m. ____ 11:00 a.m. - 2:00 p.m. ____ Help with cleanup on Saturday, May 5, from 2:00 p.m. - 4:00 p.m. Help with pickups: ____ Name _____ Phone ____ Thank you for supporting Good News Media Ministry!

Ouestions?

Call: Karen Filipy at 627-0918, Debbie Honeyman at 627-5820, or Carol Romsos at 943-1529

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	April 2012					
Sun	Mon	Tue				
1 8:30 AM Worship 9:00 AM Good News Today 9:45 AM Education Hour/HeBrews Cafe 11:00 AM Worship 4:00 PM Truth Project 5:30 PM High School Leadership Team 6:30 PM Coffeehouse 7:00 PM Haler/Worgull Growth Group	2 12:00 PM Mary Martha Growth Group 2:00 PM Red Cross Blood Drive 4:30 PM Girl Scouts 6:30 PM Trinity Living 7:00 PM Women's Bible Study	3 8:00 AM Gentle Yoga class 9:00 AM Classic Yoga class 9:30 AM Staff Meeting 3:00 PM Girl Scout Jr Troop 1067 5:30 PM Recorder Consort 6:45 PM Bell Choir 7:00 PM RLC Foundation Meeting 7:00 PM Boy Scout Troop 248				
8 6:00 AM Easter Worship Service 8:00 AM Easter Worship Service 9:00 AM Good News Today 9:30 AM Easter Worship Service 11:00 AM Easter Worship Service 4:00 PM Truth Project 7:00 PM Haler/Worgull Growth Group	9 12:00 PM Mary Martha Growth Group 4:30 PM Girl Scouts 7:00 PM Women's Bible Study	6:00 AM Men's Prayer Breakfast at Denny's 8:00 AM Gentle Yoga class 9:00 AM Classic Yoga class 9:30 AM Staff Meeting 3:00 PM Girl Scout Jr Troop 1067 5:30 PM Recorder Consort 6:45 PM Bell Choir 7:00 PM Boy Scout Troop 248 7:00 PM Congregation Council				
8:30 AM Worship 9:00 AM Good News Today 9:45 AM Education Hour/HeBrews Cafe 10:00 AM Children's Church Info Meeting 11:00 AM Worship 1:30 PM 9th Grade Confirmation Mini-Retreat 4:00 PM Preview Deadline 4:00 PM Truth Project 5:30 PM High School Leadership Team 6:30 PM Coffeehouse 7:00 PM Haler/Worgull Growth Group	16 12:00 PM Mary Martha Growth Group 4:30 PM Girl Scouts 7:00 PM Women's Bible Study	8:00 AM Gentle Yoga class 9:00 AM Classic Yoga class 9:30 AM Staff Meeting 3:00 PM Girl Scout Jr Troop 1067 3:30 PM Women's Ministry Team Meeting 5:30 PM Recorder Consort 6:45 PM Bell Choir 7:00 PM Boy Scout Troop 248				
22 8:30 AM Worship 9:00 AM Good News Today 9:45 AM Education Hour/HeBrews Cafe 11:00 AM Worship 4:00 PM Truth Project 5:30 PM High School Leadership Team 6:30 PM Coffeehouse 7:00 PM Union Gospel Mission Service 7:00 PM Haler/Worgull Growth Group	23 12:00 PM Mary Martha Growth Group 1:30 PM Dorcas Circle 4:30 PM Girl Scouts 7:00 PM Women's Bible Study	8:00 AM Gentle Yoga class 9:00 AM Classic Yoga class 9:30 AM Hannah Circle, Miriam Circle 9:30 AM Staff Meeting 3:00 PM Girl Scout Jr Troop 1067 5:30 PM Recorder Consort 6:45 PM Bell Choir 7:00 PM Boy Scout Troop 248 7:00 PM Lydia Circle				
8:30 AM Worship 9:00 AM Good News Today 9:45 AM Education Hour/HeBrews Cafe 11:00 AM Worship 4:00 PM Truth Project 5:30 PM High School Leadership Team 6:30 PM Coffeehouse 7:00 PM Haler/Worgull Growth Group	30 12:00 PM Mary Martha Growth Group 4:30 PM Girl Scouts 7:00 PM Women's Bible Study	3.2.2				

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April 2012						
Wed	Thu	Fri	Sat			
9:00 AM Sewing Bee 1:00 PM Read thru the Bible 3:30 PM Knitting Group 5:15 PM Praise Choir 6:45 PM Chancel Choir 8:10 PM Instrumental Musicians Rehearsal	5 8:00 AM Gentle Yoga class 9:00 AM Bible Study 9:00 AM Classic Yoga class 9:00 AM Ministry Lead Meeting 9:00 AM Library Work Time 6:00 PM Steele Growth Group 7:00 PM Maundy Thursday Service	8:00 AM Bulletin Assembly 12:00 PM Good Friday Worship Service 7:00 PM Good Friday Worship Service 7:00 PM Al-Anon 8:00 PM Prayer Vigil	7 Prayer Vigil through 7:00 PM service 8:00 AM Organ Rehearsal 7:00 PM Easter Vigil Service			
9:00 AM Sewing Bee 1:00 PM Read thru the Bible 3:30 PM Knitting Group 5:15 PM Praise Choir 6:00 PM Family Night Dinner 6:30 PM SuperKids, WILD 6:45 PM Chancel Choir 8:10 PM Instrumental Musicians Rehearsal	8:00 AM Gentle Yoga class 9:00 AM Bible Study 9:00 AM Classic Yoga class 9:00 AM Ministry Lead Meeting 9:00 AM Library Work Time 10:15 AM Introduction to Christian Yoga 6:00 PM Steele Growth Group	13 8:00 AM Bulletin Assembly 7:00 PM Al-Anon 7:00 PM Ultreya	14 8:00 AM Organ Rehearsal 8:00 AM Men's Retreat 2:30 PM Girl Scouts - Kellie H. 5:00 PM Worship			
9:00 AM Sewing Bee 1:00 PM Read thru the Bible 3:30 PM Knitting Group 5:15 PM Praise Choir 6:00 PM Family Night Dinner 6:30 PM SuperKids, WILD 6:45 PM Chancel Choir 7:30 PM GNMM Board Meeting 8:10 PM Instrumental Musicians Rehearsal	8:00 AM Gentle Yoga class 9:00 AM Bible Study 9:00 AM Classic Yoga class 9:00 AM Ministry Lead Meeting 9:00 AM Library Work Time 10:15 AM Introduction to Christian Yoga 1:00 PM Piecemakers 6:00 PM Steele Growth Group	20 8:00 AM Bulletin Assembly 6:00 PM Senior Banquet 7:00 PM Al-Anon	21 6:30 AM Men's Breakfast 8:00 AM Organ Rehearsal 5:00 PM Worship			
9:00 AM Sewing Bee 1:00 PM Read thru the Bible 3:30 PM Knitting Group 5:15 PM Praise Choir 6:00 PM Family Night Dinner 6:30 PM SuperKids 6:30 PM WILD 6:45 PM Chancel Choir 8:10 PM Instrumental Musicians Rehearsal	26 8:00 AM Gentle Yoga class 9:00 AM Bible Study 9:00 AM Classic Yoga class 9:00 AM Ministry Lead Meeting 9:00 AM Library Work Time 10:15 AM Introduction to Christian Yoga 6:00 PM Steele Growth Group	1	28 LCMC NW District Gathering 5:00 PM Worship			
Please co	ill the church office, 943-3164, or ch t current information. Please note	neck the website, www.richlandluthe that not all activities, especially Grove actually held at the church.	eran.org, for			

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Maintaining Your Optimal Health

One Step at a Time

Osteoporosis, or porous bone, is a disease characterized by low bone mass and structural deterioration of bone tissue, leading to bone fragility and an increased risk of fractures, especially of the hip, spine, and wrist. Like an iceberg, only a fraction of osteoporosis is visible. A much larger problem lies lurking underneath the surface of this condition.

The statistics show us the extent of the problem. Osteoporosis is characterized as a major public health threat which afflicts 55 percent of everyone over age 50. Men over 50 are more likely to suffer from a hip fracture than prostate cancer. A woman's risk of hip fracture is equal to the combined risk of breast, uterine, and ovarian cancer and women are as likely to die after a hip fracture as they are from breast cancer. Thirty-two percent of women will fracture a hip before reaching the age of 80 and the mortality rate in the first year following such a fracture is 1/4.

Risk factors include advanced age, estrogen deficiency in women and decreased testosterone levels in men, as well as a greater tendency in those of European or Asian ancestry. People with a family history of osteoporosis and bone fractures are at an increased risk as high as 80%.

Well, you say, "I'm not over 50, so I don't have to worry about osteoporosis." **The best time to prevent osteoporosis is when you are young.** It is harder to build strong bones once they are weak and other conditions, such as heart disease or arthritis make treatment difficult.

The risks of osteoporosis can be reduced with lifestyle changes and sometimes medication. Lifestyle changes include **diet** and **exercise** and **preventing falls**. Medication includes calcium, vitamin D, bisphosphonates, and others. Proper **nutrition** includes a diet sufficient in calcium and vitamin D. Vitamin D helps the body to retain and store calcium, so the two work in tandem. Milk and milk products are the best-known sources of calcium but leafy green vegetables and many nuts are also a good source. Proper exposure to sunlight can provide vitamin D, but so can cod liver oil, salmon, mackerel, sardines, and tuna fish.

Weight-bearing and **resistance exercise** recommendations, depending on age and other health issues include: walking, jogging, aerobics, STEP classes, weight-lifting (even smaller weights with repetition), and yoga.

Fall-prevention advice includes exercise to improve muscle tone, balance & equilibrium exercises, and a safety check of one's environment to determine what changes can be made to reduce the risk of a fall. Consult a doctor, physical therapist, or sports specialist as to exercises which might improve one's balance. Take a thorough inventory of each room of your home, trying to eliminate obstacles, loose carpets, and unsafe steps. Install grab bars and safety railing. Good lighting also helps reduce falls.

Evaluate Your Risk

George* was a lean senior citizen of European descent. His mother broke her wrist in a fall when she was in her 80's. In recent years both a brother and a sister had broken their wrists and another brother had broken a hip. George made an appointment with his doctor, explained his risk factors for osteoporosis and the doctor ordered a DEXA Scan. A DEXA (Dual Energy X-ray Absorptiometry) scan is an easy, non-invasive x-ray which exposes a person to even less radiation than a normal x-ray. The test determines one's bone mineral density. George's DEXA scan showed that he had osteopenia, a less severe form of osteoporosis. With calcium supplements and increased weightbearing exercise, it is hoped that George can improve his bone density and reduce his risk of future bone fracture. Further future DEXA scans will show George and his doctor if he is making progress in his fight against osteoporosis.

name change

Men's Ministry Spring Retreat

The Measure of a Man

Saturday, April 14 8:30 AM - 3:00 PM Prince of Peace Fellowship Area

They have a great program planned with Pastor Steve, Corey Smith, Pastor Dave and other surprise presenters for an uplifting spiritual experience. The retreat begins at 8:30 a.m. with a continental breakfast and the program is from 9 AM to 3 PM, including lunch and a communion service at 2:30 PM.

Sign up on the yellow sheet, contact Norm Gillette at 378-5898 or nlg1939@msn.com, or contact the church office to register or for more information.

Faithful Science Conference

Hosted by Whitworth Community Presbyterian Church 312 W. Hawthorne Rd. Spokane WA Friday, April 1 3 - Saturday, April 14, 2012

Speakers: Dr. Darrel Falk and Dr. Jennifer Wiseman

Commitments and Expectations

We come to this conversation with a Christian commitment. We believe that God entered into human history in the person of Jesus Christ, we embrace the mystery that Jesus was both fully human and fully God, and we celebrate the miracle of his bodily resurrection. At the same time we affirm rigorous science as a powerful method for discovering order in the Creation.

We invite those who enter this conversation to do so with humility. This humility begins with a recognition that while truth has been revealed by God in nature and Holy Scripture, our interpretations and understandings of nature and Holy Scripture should not be confused with that truth. Scientific theories and theological propositions can bring us closer to that truth, but as human endeavors we recognize they are incomplete and we should be open to new insights.

We are creating a community that will model civility as it engages in this conversation. Too often the loudest voices that have been heard talking about science and faith have relied on inflammatory rhetoric. The expectation for our dialog is that those who enter into it will respect even those with whom they disagree and will accept them as fellow sincere seekers after truth. This civil conversation between both ways of knowing can be of mutual benefit.

More information can be found at www.faithfulscience.org

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Activities for Kids



EMPOWERED BY THE HOLY SPIRIT! GROWING IN GOD!

Come learn how **SUPER KIDS** are empowered to live a life in Christ based on Philippians 4:13!

It's story time with Jesus as Captain Clueless and his friends learn about **parables**!

Come join us as we learn along with him!

APRIL 4 - No Super Kids! or family dinner. Enjoy spring break!

APRIL 11 - The Prodigal!

APRIL 18 - Lost Sheep! Baaa-baaaa!

APRIL 25 - The Vineyard Workers!

Wednesdays ☆ Grades 1st - 5th ☆ Richland Lutheran Church ☆ 901 Van Giesen Family dinner at 6:00 PM ☆ Super Kids from 6:30 - 7:45 PM (509) 943-3164 ☆ jenny.page@richlandlutheran.org



Vacation Bible School is quickly approaching! Be sure to watch the bulletin board in the hallway for an opportunity to help provide the necessary supplies to make this ministry a success!

If you're interested in volunteering for VBS, please contact Jenny Page (jenny.page@richlandlutheran.org; 943-3164). There are volunteer positions involving a variety of time commitments - from a little to a bit more! Something for everyone!

Registration for participants age 4 through 5th grade will begin May 13!

VBS 2012 Every evening June 25-29

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Activities for Youth

Middle School!

Grades 6-8

WILD is our program for all middle schoolers. Every Wednesday night we meet from 6:30 PM to 8 PM in the Gloria Dei Multipurpose Room (up the stairs). We spend time worshiping, playing, learning and hanging out together. Friends are always welcome!

April 4: NO WILD!

April 11: Ezra

April 18: Nehemiah

April 25: Esther

MAY 4-6 IS OUR NEXT CONFIRMATION RETREAT AT CAMP GHORMLEY!!!

Make sure you sign up on the yellow worship slip, or by contacting the church office.

Thank you



The RLC youth send out a great big

Thank you!

to everyone who attended and supported the Beach Trip Fundraiser Fiesta!

We had a great evening of fun and fellowship!

High School!

Grades 9-12

Bunday Night Coffeehouse

(6:30 PM in the High School Room) This is our weekly meeting for high school students. We spend time worshiping, playing, laughing, discussing, learning, praying...among other things! Friends are always welcome!

April 1: Fools, fools, fools

April 8: NO COFFEEHOUSE

April 15: Let us pray

April 22: On a wing and a prayer

April 29: You've got to pray just to make it

today

APRIL 15 is a ninth grade mini retreat. Meet at RLC at 1:30pm!

April 20 is our Senior Banquet for our graduating seniors! 6 pm at RLC.

High School Leadership Team. We meet at 5:30 pm on Sunday nights. If you are interested in learning more about being a Christian leader, and want opportunities to lead various activities, please join us!

Mission Trip 2012

The high school youth and leaders are already busily preparing for the summer mission trip to Lodge Grass, MT to work with Youth Works on the Crow Indian Reservation.

Please keep this group and their upcoming trip in prayer! You'll be hearing more about it in the coming weeks!



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$Worship\ Assistants$

April 2012	Time	Sunday April 1	Sunday April 15	Sunday April 22	Sunday April 29
Pianist (Saturday)	5:00 PM	Maria Frame	Maria Frame	Maria Frame	Maria Frame
Organist	8:30 AM	Maria Frame	Maria Frame	Maria Frame	Maria Frame
	11:00 AM	Maria Frame	Maria Frame	Maria Frame	Maria Frame
Lectors	8:30 AM	Dolores Jaech	Peggy Pilger	Jim Salaba	Peggy Pilger
	11:00 AM	Karen Clark	Susan Schmieman	Valerie Bettinson	Sue Meek
	8:30 AM	Jeff Pilger	Larry Haler	Emil Leitz	Jason Prigge
Communion		Charles Davis Elaine Davis	Jenifer Haler Charles Davis	Ken Meek Sue Meek	Jami Prigge Elaine Davis
Assistants	11:00 AM	Julie Deen	Julie Deen	Jon Page	Jon Page
		Kelly Westlund	****	Jenny Page	Jenny Page
		****	****	Kelly Westlund	****
Setup/Cleanup Communion (Saturday) Sunday 8:30 setup	5:00 PM	Jim and Sue Worgull	Ann and Dave Brandes	Nancy Ballard	Joanne Woehle
Cleanup 8:30, Set up 11:00 Sunday	After 8:30 AM	Mike and Mary Jo Schroeder	Kay Aase Pamela Warren	Pamela Warren	Carol Schmid
Clean up Communion	After 11:00 AM	Jim and Jean Loss	Kelly Westlund	Kelly Westlund	Lois Harrold
Acolytes	8:30 AM	Grace Corning Cade VanWormer	Sarah Schmid Mikayla Mars	Elizabeth Kelly Rhet McCullough	Nathan Lipton Patrick Schroeder
	11:00 AM	Andrew Clark Nathan Lipton	Isabel Bartholomew Andrew Clark	Peter Morris Ashley Reisinger	Willow Whitney Emma Whitney
Head Ushers & Assisting Ushers	8:30 AM	H - Bill Frame Fred Kremmer A – Jim Peterson Laura Stevens	H – Mike Schwartz Karen Schwartz A – Don Schmid Melissa Schmid	H – Dave Wunschel Jim Peterson A – Jon Erlandson Larry Corning	H – Gary Weible Eunice Weible A – Harold Hogue Jim Peterson
	11:00 AM	H – Carol Hexum Alan Hagensen A – Mike Bettinson Valerie Bettinson	H - Rick Budzeck Janet Budzeck A – Rick Snyder Kathy Snyder	H – Jim Wells Diana Wells A – Piper Mercer Carol Hexum	H – Jim Loss Jean Loss A - Rick Snyder Kathy Snyder
Church Friends	8:30 AM	Lois Harrold	Carol Schmid	Donna Richardson	Sharleen Thesenvitz
	11:00 AM	Karen Clark	Marilyn Mitchell	Debbie Honeyman	Judy Simonen
Children's Church	8:30 AM	Melissa Schmid Katie Schmid	John Huebner Tiffany Vopalensky Katie Schmid	**** Tiffany Vopalensky Sarah Schmid	****
	11:00 AM	Marie Thompson Drew Snyder	Trina Miles Daniel Miles	Karen Clark Ellie Hoffner	****
Video System at	Console	Ed Simonen	Jim Moran	Brian Killand	Mike Stankovich
8:30 am service	Camera 1 2	Ken Meek Jon Erlandson	Don Schmid Traci Moran	Andrew Meek Paul Hedges	Mike Schwartz Luke Thompson
Sound System	8:30 AM	Chuck Richardson	Chuck Richardson	Chuck Richardson	Karen Schwartz
ŕ					
Operators Cashiers	11:00 AM	Jeff Dagle	Jeff Dagle	Tammy Carswell	Jeff Dgle
Flowers		Barrs	Cornings	John and Jan Fulton	Kathy Higley
Recycle		Carol Schmid	LaVonne Scully	Jeff and Heidi Dagle	Laura Stevens

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Worship Assistants, Continued

Holy Week	Time	Maundy Thursday 7 pm April 5	Good Friday No Communion Noon & 7 pm April 6	Saturday Easter Vigil Service, 7 pm April 7
Pianist/Organist	Noon 7 PM	Maria Frame	Maria Frame Maria Frame	Maria Frame
Lectors		Susan Schmieman	7 pm Sue Meek	
Setup/Cleanup Communion/Setup		Kay Aase		
Cleanup Communion		Ann and Dave Brandes		
Acolytes		****	Zeke Ernst	
Head Ushers and Assisting Ushers		H – Carol Hexum Charles Rogers A – Jim Wells Diana Wells	Noon: H – John Lesser Kiane Lesser 7PM: H – Jim Peterson Bill Frame	
Sound System Operators		Tammy Carswell	Chuck Richardson	

Easter Sunday	6:00 AM	8:00 AM	9:30 AM	11:00 AM
Pianist/Organist	Maria Frame	Maria Frame	Maria Frame	Maria Frame
Lectors	Jeff Dagle	Norm Gillette	Kristen Imhoff	Len Ross
Communion Assistants		Clarine Watkins Norm Gillette Sara Gillette	Kathy Killand Charles Davis Elaine Davis	Pam Hedges Jon Page Jenny Page
Communion Cleanup/Setup	Setup 8:00 am Carl and Judy Schroeder	Joanne Woehle Carol Schmid	Nancy Ballard Jean Loss	Carl and Judy Schroder
Acolytes		C – Ryan Warren A – Adam Pilger A – Morgan Oberlander T- Alexis Riensche T- Aaron Cole	C – John Lesser A – Anna Lesser A – Rhett Levin T – Coley Levin T- Carlyle Keyes	C – Jack Page A – Woody Page A – Zeke Ernst T – Jennifer Williams T – Kira Westlund
Head Ushers and Assisting Ushers	H - Mike Schwartz Karen Schwartz	H – Dave Larkin Bill Frame A – Chuck McCargar Sue McCargar	H – Carol Hexum Carleen Lust A – Gary Weible Eunice Weible	H – Rick Budzeck Janet Budzeck A – Carol Hexum Mike Stankovich
Church Friends		Mille & Ray Nierman	Sara & Norm Gillette	Marilyn Mitchell Karen Clark
Video System at 9:30 Service		Console: Camera #1: #2:	Mike Schwartz Fred Kremmer Bill Frame	
Sound System Operators	Jeff Dagle	Tammy Carswell	Chuck Richardson	Jeff Dagle
Recycling				Tom Frislie

Please look over this list carefully. If you are unable to serve as scheduled, please find a replacement and notify the church office of the change by calling 943-3164. Thank you

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Women's Ministry Mad Hatters Tea

The Women's Ministry Team invites you to come and help prepare for our quirky "Mad Hatter Tea Party." We'll be having a decorating and favor-making party on Tuesday, April 17, from 3:30 to 5:30 p.m. at the church. Jan Wisness is in charge of decorations and would love the help. Shirley Fast would appreciate a few extra hands in the kitchen. And if you can help with ticket sales, let Kay Aase know. Or sign up on the yellow worship slip.



The Women's Ministry
Team is thrilled to
announce that
Aileen Coleman,

co founder of the Annoor Sanitorium in Mafraq, Jordan will be our speaker at the Mad Hatters Tea on Saturday, May 12.

Since coming to Jordan as a young Australian missionary nurse in 1956, Aileen Coleman has worked tirelessly to bring healing and the love of Christ to the people. The nomadic Bedouin tribes affectionately call her "A'Raiisa," meaning leader, or "The Angel of the Desert," though she calls herself the desert rat! Many RLC women have read The Desert Rat, a book describing this remarkable woman and her ministry in the Middle East. The Baby Home where Mike and Julie Penley just concluded a 13 month mission is also one of Aileen's visions.

We hope every RLC woman will be able to attend this once-in-alifetime event! And don't forget to wear your most interesting hats, beanies, berets, cloches – you name it, someone will wear one!

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Anniversaries & Birthdays

ANNIVERSARIES

BIRTHDAYS

April 4

Elaine & Charles Davis

April 6

Janet & Rick Budzeck Vivian & Loren Stangeland

April 8

Debbie & Mike Stankovich

April 12

Dorothy & Victor Trujillo

April 13

Dawn & Donald Salyer

April 15

Kari & Ryan Ciolli

April 16

Carole & Richard Siefken

April 17

Kathy & Rick Snyder

April 21

Amanda & Tracy Kissire Sue & Chuck Long

April 22

Nina & Steven Tilton

April 24

Kristin & Christopher VanSant

April 25

Elizabeth & Eric Page

April 26

Dianna & James Carroll

April 28

Sheila & Roy Hibbard

April 30

Danielle & Mike Kinmark April 12

April 1

Bob Kolowith Nathan Salver Bill Wedberg Jeanice Wise

April 2

Paul Armatis Irene Barnes

April 4

Nancy Ballard Daniel Pardini Kyle Peterson Hudson Welch

April 5

Sabrina Monroe Sue Peterson Sissel Selvig Casev Vernon

April 6

Justin Crisp Scott Hardman Kav Mesford Audrey Pardini

April 7

David Nauts

April 8

Julie Bishop Abbie Duchscherer Khloe Markham

April 9

Erma Griffin

April 10

Margie Kickert Trina Miles Liz Rodriguez

April 11

Scot Armatis Kari Ciolli

Hermine Fordham

April 13

Jason Gardner Joshua Gardner **Greg Keves**

April 14

Gavla Davis Kiane Lesser Luke Thompson

April 15

Gwen Dodge Neal Goplen **Butch Machinal** Steve Ray Joanne Woehle

April 16

Piper Mercer Dahlila Morinville

April 17

Brad Coffman

April 19

Jacob Giller

April 20

Charles Davis Caroline Olsen

April 21

Glenn Edgemon Anna Lesser Jim Peterson

April 22

Nita Todd

April 23

Lanae Hexum-Kion Tom Miller

April 24

Paul Hedges **Emil Leitz** Theo Nauts

April 25

Gary Culbert Christopher Hogan Jennifer Makenas

April 26

John Drewrey Rick Epperson Helen Robinson Karen Schwartz Josephine Whitney

April 27

Warner Blyckert Sheila Hibbard Josh Johnson Ron Kickert Martha Nelson Lally Stivers

April 28

Margaret Dagle Jessica Thompson Donna Williams

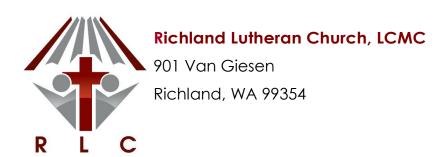
April 29

Gretchen Fleming Robin Schienbein

April 30

Taylor Carroll Allison Hedges Lawrence Marie Riensche Carol Ross

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MONTHLY PUBLICATION

RETURN SERVICE REQUESTED

Mailing Label

Worship Schedule

See front page for Holy Week Schedule

Traditional Worship with Holy Communion Sundays at 8:30 AM

> Worship with Holy Communion Sundays at 11:00 AM

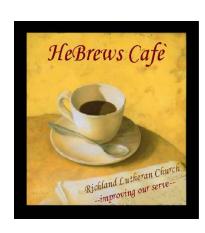
Worship with Holy Communion Saturdays at 5:00 PM

And when circumstances beyond your control prevent you from coming to church . . .

Good News Today

Aired Sunday mornings on KVEW 42 and KAPP 35 at 9:00 AM

Printed copies and audio files of sermons are available on the website: www.richland-lutheran.org



Come to HeBrews Café Sunday mornings, between 9:45 AM and 10:45 AM

It's where Richland Lutheran Church members are refreshed, rejuvenated, and renewed for work in the Kingdom!

There are still some Sundays available for serving. Sign up on the bulletin board in the narthex.

Equipping. Empowering. Encouraging.

We are a congregation of Christ followers who are making Jesus Christ known to all people and advancing His Kingdom.

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