



You're Invited

Because the Richland Lutheran Church staff wants you to know how much we enjoy your partnership in ministry, we have planned a special occasion celebrating leadership at RLC. The Leadership Appreciation event will be held on **Tuesday, May 15, from 5:30 - 7:30 PM.**

You may be wondering who “qualifies” as a leader and can attend this event. Well, we think that leadership has little to do with position, and everything to do with action. Some of the most effective leaders do not have titles, but they have tremendous impact. In other words, if you are one of God’s servants at RLC, you are a leader!

Please join us at this special activity where we will equip, and empower and encourage one another to advance God’s kingdom!

Celebrating Our Partnership in Ministry **Tuesday, May 15, 2012**

5:30 PM—Appetizers
6:00 PM — Dinner
6:30 PM — Program
7:00 PM — Prayer & Praise

RSVP by May 10

www.richlandlutheran.org
office@richlandlutheran.org
Yellow worship slip
509-943-3164



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 Education

Education 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

Conley, Richard
remove per request

Emmons, Chris
transferred to Lord
of Life

Fleener, Diane
392-2111

Gillette, Norm
(no land line)
378-5898

Gillette, Sara
(no land line)
378-5879

Pastoral Acts

Baptisms

Weddings

April 21 Heather Bradley & Derek Friedel

Memorial/Funeral

April 26 Martha Nelson

The Preview

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From Pastor Steve



RLC in Mission for Christ

I remember when our Administrator, Debbie Stankovich, was preparing to visit the Penleys in Jordan last fall. She was shopping for and buying appropriate clothing, keeping in mind the place she was going and the expectations of the residents -- especially for women. While Western attire would be accepted in some parts of Jordan, it would not have been at all proper in Mafraq. It was important for Debbie to spend the time, effort, and resources to contextualize her attire to fit the culture to which she went to visit and minister.

As missionaries in our own culture, we must do the same. Mission work across the street is just as significant as the mission work across the Atlantic. RLC has been pondering what it means to be “in mission for Christ.” We want to create a setting in which people who are new to the church world will not be uncomfortable with church-specific practices that not-yet-believers find confusing. A worship service led by pastors who are dressed more like the people in the community is a small, but significant way to help people relate in a church setting.

The service at 11:00 AM on Sunday mornings is more contemporary in nature, and thereby more likely to appeal to people just becoming acquainted with church. Beginning Memorial Day weekend, our pastors will be wearing clerical shirts and collars, but no robes at that service. There will be no changes at 5:00 PM on Saturday or 8:30 AM on Sunday. This intentional change is designed to help us make the name of Jesus known and advance God’s Kingdom right here in our own backyard. I fully realize and appreciate this change may be difficult for some of you. This may be the only way you know “church” to be. But I also know you well enough to know you will gladly sacrifice your experience, wants, desires, and expectations for the sake of those who do not yet know Jesus. And for that I am grateful and appreciative.

Equip • Empower • Encourage

Summer Worship at RLC

Though it’s only April hints of summer abound. Today I’ve opened the storm windows, prepped the swamp cooler, and soaked the lawns readying for a forecasted 90+ degree day. Preparations at RLC are also being made as the long, warm summer days approach. In the last several years this meant going to one service in the summer and blending worship styles. This year we’re going to try something new. We will worship at 8:30 AM (Traditional) and 10:15 AM (Contemporary), starting Memorial Day weekend Sunday May 26, with a deliberate time of fellowship between.

There are several reasons for this change. First, last fall we made some significant changes to our 11:00 service to make it more contemporary - meaning the differences between our two services are significant. To try and blend the two now would be difficult so the services will remain the same. Second, during the summer we don’t offer Sunday school so the extra hour and a half between services isn’t necessary. By offering our second service at 10:15 folks will get out earlier to enjoy the summer days. Lastly, by offering the services essentially back to back our hope is that we run into one-another as we come and go. The staff is working on putting together a deliberate fellowship time between the services so we might get to know one-another better. Of course our Saturday night service at 5:00 pm will continue as it usually does offering yet another option for those with plans on Sunday. We’re pleased and proud to offer you great weekend worship at RLC as we continue to make the name of Jesus known and advance God’s Kingdom.

Treasurer's Report

As reflected in the financial summary below, the financial results have been consistently strong in the first quarter of 2012. Our offerings are up \$25,304, or 14.6% higher than the same time last year. Our expenses are down (\$12,749), or 6.8% less than the same time last year. Year-to-date, our offerings exceed expenses by \$23,513 compared to (\$14,540) in 2011. These results are reflected in the columns titled "Prior Year Comparison."

	March-12			Year to Date			Prior Year Comparison		
	Actuals	Budget	Variance	Actuals	Budget	Variance	YTD '12	YTD '11	Variance
Offering / Income	\$ 61,478	\$ 61,620	\$ (142)	\$199,095	\$177,840	\$ 21,255	\$ 199,095	\$ 173,791	\$ 25,304
Expense	\$(64,288)	\$(61,533)	\$(2,755)	\$(175,582)	\$(184,599)	\$ 9,017	\$(175,582)	\$(188,331)	\$ 12,749
Profit / (Loss)	\$ (2,810)	\$ 87	\$(2,897)	\$ 23,513	\$ (6,759)	\$ 30,272	\$ 23,513	\$ (14,540)	\$ 38,053

For the current month (March), actual offerings are below the budget by (\$142) and actual expenses exceed budget by \$2,755. Year-to-Date actuals for offerings exceed budget by \$21,255 and actual expenses are under budget by (\$9,017). For the current month, actual offerings were below expenses by (\$2,810) and (\$2,897) compared to the budget. Year-to-Date actual offerings exceed expenses by \$23,513 and \$30,272 compared to the Year to Date budget.

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

In his Service,

Rich Olsen

Women's Ministry



You're invited to a

Mad Hatter

Tea Party

Don't be late for a very fun date....
Women's Ministry is "Mad About God"

Guest Speaker is Aileen Coleman, Co-founder
Annour Sanitorium and Baby Home in Mafraq, Jordan

Saturday, May 12, 2012
2:00 PM

Prince of Peace Grand Ballroom

Everyone Can Do Something

I began attending Richland Lutheran Church over 34 years ago. I made this church my church. I've tried to support its mission and ministry by helping out whenever I felt there was a need. One person, or a small group of people, cannot do everything. If they try, they become burned out and even bitter. Therefore, as Disciples of Christ, I invite everyone to contribute a little of their time to doing something for God's church and the mission we have as Christians. If everyone contributed a little of their time to do something, then no one would become burdened and burned out. Think of how good you would feel to have contributed toward a good thing.

So, what can you do? There are lots of things! You could donate your time once a year championing an event or being on a small committee for an activity. You could make a dish for the monthly luncheon at the Luther Senior Center, make a soup for a soup supper, join in making quilts for the needy in third world countries, set up chairs and tables for an event, pull weeds in the church flower beds, be on the prayer chain, send a card to a fellow member, visit someone homebound, visit the sick or hospitalized. If you are a carpenter, electrician or plumber, you could donate your time to work on a church property or for Habitat for Humanity. Or you could do something more scheduled like being a greeter, lector, usher, communion assistant, offering assistant; cleaning up after communion, counting offering, recording attendance, printing weekly bulletins, teaching Sunday School, babysitting in the nursery, participating in the monthly church service at the mission, singing in the choir, playing the hand bells or an instrument, running the sound system, operating the TV console or TV camera. Everyone can do something.

How do you choose? God has given us many talents and blessings that we can be thankful for. Think of which talent or blessing you'd like to share. What are you good at? What could you do? How much time out of your busy day could you donate for a good cause? Do you have more time in the winter than the summer months? Donate your time and talents according to when it would best fit your schedule. Pray about what you could do to further share the good news.

Some people may think because they donate financially to the church that is enough. Yes, the church does need your money to pay the bills, to support functions, and to help others, but it also needs your time and your talent. Won't you consider helping in some way...even if it is just once a year?

Together in Christ,
Kathy Killand



Sewing Bee

The RLC Sewing Bee is thankful for the donation of **\$400** from **Thrivent Financial for Lutherans** to cover our expenses this year when making quilts and lap robes for those in need.

Our group took part in Sharefest which culminated in our donating the following items to the listed agencies: **Large Quilts:** American Red Cross (10); World Relief (16); Veterans (10). **Baby Quilts:** American Red Cross (3); Safe Harbor Crisis Nursery (11). **Lab Robes:** Cancer Center (8). It is a joy for us to be active in God's work and to receive monetary help from Thrivent to help us achieve our goals. We welcome any one who would like to join us on Wednesdays from 9 to noon in the Prince of Peace fellowship area.

Visitation Team Meeting Scheduled

True: The headline is NOT a “grabber.” I toyed with the idea of making it: UNCLE DAVE WANTS YOU! - like the Uncle Sam posters. Perhaps that would have captured your interest more. However, I didn’t want to go through learning all the technological gyrations to insert a picture of myself with my index finger pointed toward you, the reader.

The headline IS perhaps curious to you; because you may be thinking to yourself, “I didn’t even know we *had* a visitation team!” If that is your thinking, then I’ve maybe already lost you: because you figure this column doesn’t pertain to you.

Well, think again! First of all, we *do* have a visitation *team*. Richland Lutheran has a fine group of couples and individuals - perhaps under-appreciated - making monthly Eucharistic visits to a number of our congregants in need of receiving a visit and the administration of Holy Communion. There’s no way one person can keep up with all the visitation needs of a congregation our size. Nor, should we want that to be the case. The fact we have persons involved in Eucharistic visits is a part of the philosophy of ministry to *Equip* people for the work of the ministry.

Also, the whole arena of visitation is considerably larger than bringing communion to the infirm or shut-ins. At present, we’re not purposefully following up on visitors to the church or newcomers to the area. Certainly, we have the Person of the Savior to bring, by involving ourselves in the lives of those within our reach. This could include: phone calls, cards, home visits, delivery of “welcome” items such as baked goods, etc. Meanwhile, there are other persons in need of visitation as well. There is *equipping* available for those who perhaps might like to involve themselves with more specialized types of visitation and building relationships, such as: prisoners, dementia/Alzheimer’s patients, etc. This expands our vision of visitation into “the least of these” to whom Christ directs our attention.

For these reasons - and more - we’re scheduling a *brief* meeting on **Thursday, May 10, at 7:00 PM in the Prince of Peace fellowship area** at Richland Lutheran, for: those *already* performing Eucharistic visits...AND those who’ve already been trained for such visits but are presently *not being utilized*...AND those who’ve *expressed interest* serving in that capacity. Furthermore, those interested in making - or learning about making - phone calls, writing cards/letters, preparing, and/or delivering baked goods and “welcome” packets etc., are encouraged to attend. Desserts will be provided for the session; and an exciting, equipping opportunity will be provided. *Brainstorming is welcome*. Please submit your intent to attend this brief informational meeting on a yellow worship slip, or by calling me at 946-9004, so that Elaine can plan the appropriate amount of desserts. Attendance does not obligate you to commit to participating, but to help us gauge interest and disseminate helpful information.

Pastor Dave

Visitation Team Meeting
Thursday, May 10
7:00 PM
Prince of Peace Fellowship Area

Sharefest 2012 Recap

Participating this year in ShareFest was such a great gift! As many know, we were involved in several projects this year. The knitting ladies knit booties, the sewing ladies made quilts, and many of us worked at Claybell Park on the workday itself. A huge thank-you goes to all those who participated! With our combined efforts at RLC the final numbers are impressive. There were 107 pairs of baby booties knitted and donated. There were 36 quilts, 11 baby quilts, and 8 lap robes made and donated. There were 22 people involved in the knitting and sewing, and 79 people who helped at Claybell Park allowing us to complete our three projects there. Christ's name was made known and God's Kingdom advanced as we became the hands and feet of Jesus to our needy community. Well done good and faithful servants!

Below is a letter RLC received after our participation in Sharefest last month:

Dear Pastor Ernst:

On behalf of the residents and staff of the City of Richland, we wish to express our sincere appreciation for your participation in Sharefest 2012.

We wish to extend our appreciation to your congregation for their service at Claybell Park which included trail building, placing bark on trails, sod work, and spreading sand and gravel in the inclusive playground. These efforts have aided in the completion of our first inclusive playground and providing a trail system through the different ecological environments which Claybell Park has to offer.

We appreciate the efforts of our local churches in improving the quality of life in our communities and for the community service which you provide.

Sincerely,
John Fox, Mayor

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 Maria Frame, Minister of Worship Arts.

Maria has been at RLC for five years as Minister of Worship Arts. Music is Maria's passion and she uses her gifts here to bless us. Maria has a BA in Music from Queens University in Charlotte, NC and a MA in Religion from Southern in Columbia, SC.

Maria has been married to husband Bill for 38 years. She met Bill in the Navy, which she joined at the ripe age of 18, where she translated Morse code. Maria has two grown kids and two grand-kids. She has been to 48 of our glorious 50 states and has lived in three foreign countries.

Maria enjoys reading whether it be her favorite Bible verse, Psalm 139, history, or mystery. Her favorite place to read is on the beach. When not working or reading Maria enjoys puzzles and playing Words with Friends on her iPhone.

If you have a chance this month, take some time to get to know Maria, introduce yourself, say hi, write her a note of thanks, or give a word of encouragement and appreciation, and meet the staff.



May 2012

Sun	Mon	Tue
<p>Mark your Calendar!</p> <p>Kick-Off your Summer In the SON!</p> <p>Sunday, June 10, 2012 - 11:30 AM</p>		<p>1</p> <p>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 6:30 PM New Members Team Meeting 6:45 PM Bell Choir 7:00 PM RLC Foundation Meeting 7:00 PM Boy Scout Troop 248 7:00 PM Outreach Team Meeting</p>
<p>6</p> <p>Confirmation Retreat 8:30 AM Worship 9:00 AM Good News Today 9:45 AM Education Hour/HeBrews Cafe 11:00 AM Worship 12:30 PM Congregational Meeting 2:00 PM Basic Belief Seminar 5:30 PM High School Leadership Team 6:30 PM Coffeehouse 7:00 PM Haler/Worgull Growth Group</p>	<p>7</p> <p>12:00 PM Mary Martha Growth Group 4:30 PM Girl Scouts 7:00 PM Women's Bible Study</p>	<p>8</p> <p>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</p>
<p>13</p> <p>8:30 AM Worship 9:00 AM Good News Today 9:45 AM Education Hour/HeBrews Cafe 11:00 AM Worship 5:30 PM High School Leadership Team 6:30 PM Coffeehouse 7:00 PM Haler/Worgull Growth Group</p>	<p>14</p> <p>12:00 PM Mary Martha Growth Group 4:30 PM Girl Scouts 7:00 PM Women's Bible Study</p>	<p>15</p> <p>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 4:00 PM Preview Deadline 5:30 PM Recorder Consort 5:30 PM Ministry Leadership Appreciation 6:45 PM Bell Choir 7:00 PM Boy Scout Troop 248</p>
<p>20</p> <p>8:30 AM Worship 9:00 AM Good News Today 9:45 AM Education Hour/HeBrews Cafe 11:00 AM Confirmation 11:00 AM Worship 5:30 PM High School Leadership Team 6:30 PM Coffeehouse 7:00 PM Haler/Worgull Growth Group</p>	<p>21</p> <p>12:00 PM Mary Martha Growth Group 4:30 PM Girl Scouts 7:00 PM Women's Bible Study</p>	<p>22</p> <p>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</p>
<p>27</p> <p>8:30 AM Worship 9:00 AM Good News Today 9:45 AM Education Hour/HeBrews Cafe 10:15 AM Worship 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</p>	<p>28</p> <p>Memorial Day - Office Closed 1:30 PM Dorcas Circle 4:30 PM Girl Scouts 7:00 PM Women's Bible Study</p>	<p>29</p> <p>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</p>

May 2012

Wed	Thu	Fri	Sat
<p>2</p> <p>9:00 AM GNMM Yard Sale Set Up 1:00 PM Read thru the Bible 3:30 PM Knitting Group 5:15 PM Praise Choir 6:30 PM SuperKids 6:30 PM Trinity Living 6:30 PM WILD 6:45 PM Chancel Choir 8:10 PM Instrumental Musicians Rehearsal</p>	<p>3</p> <p>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 9:00 AM GNMM Yard Sale Set Up 10:15 AM Introduction to Christian Yoga 6:00 PM Steele Growth Group</p>	<p>4</p> <p>8:00 AM Bulletin Assembly 8:00 AM GNMM Yard Sale 5:00 PM Confirmation Retreat 7:00 PM AI-Anon</p>	<p>5</p> <p>12:00 AM Confirmation Retreat 8:00 AM Organ Rehearsal 8:00 AM GNMM Yard Sale 5:00 PM Worship</p>
<p>9</p> <p>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 7:00 PM AA Meeting 8:10 PM Instrumental Musicians Rehearsal</p>	<p>10</p> <p>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</p>	<p>11</p> <p>8:00 AM Bulletin Assembly 10:00 AM Women's Ministry Tea Set-up 7:00 PM AI-Anon 7:00 PM Ultreya</p>	<p>12</p> <p>8:00 AM Organ Rehearsal 10:00 AM Women's Brunch/Tea 5:00 PM Worship</p>
<p>16</p> <p>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</p>	<p>17</p> <p>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</p>	<p>18</p> <p>8:00 AM Bulletin Assembly 6:00 PM Confirmation Banquet 7:00 PM AI-Anon</p>	<p>19</p> <p>6:30 AM Men's Breakfast 8:00 AM Organ Rehearsal 4:00 PM Installation Service 5:00 PM Worship</p>
<p>23</p> <p>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</p>	<p>24</p> <p>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 VBS Crew Leader Meeting</p>	<p>25</p> <p>8:00 AM Bulletin Assembly 9:00 AM Preview Assembly 6:15 PM Girl Scouts 7:00 PM AI-Anon</p>	<p>26</p> <p>8:00 AM Organ Rehearsal 5:00 PM Worship</p>
<p>30</p> <p>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</p>	<p>31</p> <p>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</p>	<p>The Richland Lutheran Church calendar changes daily!</p> <p>Please call the church office, 943-3164, or check the website, www.richlandlutheran.org, for the most current information. Please note that not all activities, especially Growth Group meetings and Circles, are actually held at the church.</p>	

Maintaining Your Optimal Health

One Step at a Time

Staying healthy certainly isn't easy. We need to maintain good health through exercise, eating right, getting sleep and maintaining healthy bones. Another factor we need to balance in life that each one of us experiences is *STRESS*.

Even in Biblical times stress was evident. The disciples were so busy they didn't have time to eat. ***Then, because so many people were coming and going they did not have a chance to eat, he said to them, "Come with me by yourselves to a quiet place to get some rest." Mark 6:31-33.***

As we all know, stress is a fact of life. Stress can be positive and a motivating factor. One example of this may be my timeline in writing this column. RLC has a timeline for submission to the monthly Preview, and each month around the 5th something inside of me tells me I need to start writing. If I don't do it, by the 10th my stress increases, and my positive stress turns negative. Negative stress affects our non-essential body functions, including our immune and digestive system. Some things you may notice are a decrease in sleep, increase in blood pressure, rapid breathing, increase in pulse, and tenseness in muscles. Our ability to become ill is greater and digestive problems may develop.

Each person interprets situations differently and what is stressful to one person may not be to another. While I am not one who likes public speaking and I find it stressful, to many others it is not stressful. However, a number of life events are known to cause negative stress on almost every individual. These are: deaths, moving, getting married, having children, change of jobs or unemployment; in addition to financial and relationship issues. Your environment also affects your stress, including noise, deadline work, over crowdedness and pollution. Body symptoms indicating that your stress is high may include back pain, headache, sweateness, chest pain, anxiousness, and feelings of anger, fatigue, forgetfulness, and burnout.

What then can we do to reduce our negative stress? Literature tells us that although we cannot eliminate stress, we can minimize our negative stress. Leaving enough time to complete tasks, knowing your limit and saying no when necessary, preparing for changes when we can, seeking help in completing tasks, exercise, massage, yoga, avoiding alcohol, drugs and caffeine, use of relaxation and breathing techniques, talking with friends or a professional, and eating right all help.

In addition, as Christians, we can meditate on scripture, observe daily devotions, pray and ask others to pray for us, talk with other Christians, in addition to attending and being involved in church/community activities. The Bible directs us to seek God's help with negative stress, as seen in the following passages:

But seek first his kingdom and righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6:33-34

Do not worry about anything, but in prayer and supplication with thanksgiving let your requests be known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6

The LORD is my strength and my defense; he has become my salvation. Psalm 118:14

If stress becomes overwhelming please contact a professional as medication is sometimes needed for depression, anxiousness, or physical symptoms.

Please visit a number of internet websites discussing this issue for more information. Sites such as [MNT Medical NewsToday](#) or [christian business crossroads](#), are two good references I used for much of the information in this article.

Men's Retreat Challenge

by Norm Gillette

Could our Easter celebration of Christ's resurrection be more glorious? Can there be any doubt Christ's victory over death and the sin of the world on the Cross secured God's promise of eternal life for all those who believe in His Son? John 3:16. Well, friends, what are we going to do with the knowledge of this gift Jesus presented to us by his body and blood?

Our vision at RLC is a congregation of Christ followers who are making Jesus Christ known and advancing His kingdom. And we do that by "entering and engaging the world." That means Outreach and Being Disciples.

One week after the "Hosannas and Alleluias" of Easter were still audible and ringing in our church, the Men's Ministry Spring Retreat provided a challenge to the men of our congregation and to our church just as Jesus did in Matthew 9:37 "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field." The retreat theme was "The Measure of a Man" based on the spiritual qualities the apostle Paul recommended to Timothy and Titus for "men of God" who would be called upon to "make Jesus Christ known and advance His kingdom."

Todd Kleppin of Ignite Mentoring in Richland described the need for adult mentors to come alongside young students who frequently miss out on Christian values and support in our turbulent and troubled times. Corey Smith detailed how a Christian father's teaching and love makes a difference in the home and Debbie Stankovich, with a woman's perspective, outlined the sensitive and heartfelt qualities of a successful and supportive Christian husband. If we are to "make Jesus Christ known and advance His kingdom" we are called to answer Jesus' Great Commission "to go and make disciples, baptize them and teach them to obey everything he has commanded." Pastor Dave Hogan outlined the parameters of discipleship in his talk "Behaving Like a Mentsh."

Mentsh is a Yiddish term from the Jewish Bible meaning "a real human being" or "men of God." Maybe the only "real human being", at least the sinless man of God, was Christ but Pastor Dave quotes 1 Cor. 16:13 KJV "Watch ye, stand fast in the faith, quit you like men, be strong. The Jewish version is, "Stay alert, stand firm in the faith, behave like a mentsh, grow strong. Discipleship requires becoming a real human being and faith mature men.

To be the man and disciple Jesus wants us to be we must aspire to know Him and to become like Him. Phil 3:10-16. After baptism, God is not done with us. Our spiritual maturing does not cease until death while we aspire to discipleship. Pastor Dave reminds us how Joseph, the righteous carpenter, taught Jesus the Scriptures and mentored his stepson in the faith as a youth.

What steps will we take to behave like a Mentsh?

To whom will we become spiritual fathers in making disciples?

To whom will we become spiritual fathers in making disciples?

To whom will we be a "soul friend" sharing the good news until Christ is formed in us?

Pastor Steve and all the retreat speakers shared poignant personal testimonies of how mentoring and discipleship had impacted or is impacting their lives by making them "men of God" as measured by the apostle Paul. That's when and where "Behaving Like a Mentsh" really pays dividends. And isn't that how we advance the kingdom by giving of ourselves as real fathers, real husbands, authentic mentors and soul friends to unbelievers and believers alike?

Pastor Steve, obviously moved by the retreat's spiritual message, challenged all men of RLC to commit to discipleship and mentoring by Measuring Up to the Men we need to be. Upholding apostle Paul's standards of a faithful and Godly man outlined in the book "The Measure of a Man" by Gene Getz we can make a difference at home, in church and in our community. Why not decide you will be a mentor to a friend, a neighbor, a fellow church member or some young needy person in our community and reap the blessings of discipleship.

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!

MAY 2 - The Rich Farmer! (*No family dinner this night!*)

MAY 9 - The Sower!

MAY 16 - The Good Samaritan!

MAY 23 - Parable Review!

MAY 30 - Nothing But Fun!

A Year-End Wrap-Up Extravaganza!



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!

Station Leader Meeting - May 22, 7:00 PM

Crew Leader Meeting - June 12, 7:00 PM

VBS 2012
Every evening
June 25-29



Activities for Youth in May

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!

- 2: Pre-Retreat
- 9: Retreat Follow-up
- 16: What do you believe?
- 23: Game night w/Steve
- 30: Don't waste your summer

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

High School!

Grades 9-12

Sunday 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!

- 6: Special Night for the Confirmands!
- 13: Tea and Croquet with Mom
- 20: What do you remember, or what have you forgotten?
- 27: Movie Night!

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!

Thank you from Emmaus

A letter from the Executive Director at Emmaus:

Dear Fellow Servants:

Thank you for your generous gift of \$1,500.00 for support of the ministry of The Emmaus Center. The Emmaus Center is a 501(c)3 non-profit organization, authorized to receive charitable contributions per the federal tax code.

I am deeply touched by this very tangible demonstration of confidence in our mission. Such generous support will make a real difference in many lives over the months and years to come!

Again, thank you for your generosity and may God richly bless you.

Sincerely,
Michael L. Patterson
Executive Director

Worship Assistants

May 2012	Time	<i>Sunday May 6 8:30, 11:00 AM</i>	<i>Sunday May 13 8:30, 11:00 AM</i>	<i>Sunday May 20 8:30, 11:00 AM</i>	<i>Sunday May 27 8:30, 10:15AM</i>
<i>Pianist (Saturday)</i>	5:00 PM	Maria Frame	Maria Frame	Maria Frame	Maria Frame
<i>Organists</i>	8:30 AM	Maria Frame	Maria Frame	Maria Frame	Maria Frame
	11:00 AM	Maria Frame	Maria Frame	Maria Frame	Maria Fram
<i>Lectors</i>	8:30 AM	Kathy Killand	Jim Peterson	Peggy Pilger	Dolores Jaech
	11:00 AM	Karen Clark	Susan Schmieman	****	Len Ross
<i>Communion Assistants</i>	8:30 AM	Sue Meek Ken Meek Emil Leitz Charles Davis	Clarine Watkins Erlan Leitz Jan Leitz	Jami Prigge Jason Prigge Pam Hedges	Clarine Watkins Larry Haler Jenifer Haler
	11:00 AM	Karen Clark Betty Quinn Susan Schmieman ****	Jon Page Jenny Page Kelly Westlund	Susan Schmieman Kelly Westlund Cheryl Nixon-Erickson	Betty Quinn Jenny Page Jon Page
<i>Setup/Cleanup Communion (Saturday) Sunday 8:30 setup</i>	5:00 AM	Dave and Ann Brandes	Nancy Ballard	Gwen Dodge	Joanne Woehle
<i>Cleanup 8:30, Set up 11:00 Sunday</i>	After 8:30 AM	Kay Aase Pamela Warren	Carol Schmid	Donna Richardson	Carl and Judy Schroeder
<i>Clean up Communion</i>	After 11:00 AM	Carl and Judy Schroeder	Kelly Westlund	Doloros Erickson	Carl and Judy Schroeder
<i>Acolytes</i>	8:30 AM	Kaylyn Lesser Anna Lipton	David Juergens Kate Juergens	Anna Lesser Alexis Riensche	Ryan Warren Aaron Cole
	11:00 AM	Tyler Williams Jack Page	Coley Levin Rhett Levin	Isabel Bartholomew Nathan Salyer	Zeke Ernst Woody Page
<i>Head Ushers & Assisting Ushers</i>	8:30 AM	H – Mike Schwartz Karen Schwartz A – Don Schmid Melissa Schmid	H – Chuck McCargar Sue McCargar A – Jim Moran Traci Moran	H – Dave Wunschel Fred Kremmer A – Carleen Lust Jim Peterson	H – Bill Frame Larry Corning A – Laura Stevens Jon Erlandson
	11:00 AM	H – Carol Hexum Alan Hagensen A – Jim Loss Jean Loss	H – Jim Wells Diana Wells A – Rick Budzeck Janet Budzeck	H – Rick Budzeck Janet Budzeck A – Mike Bettinson Valerie Bettinson	H – Jim Loss Jean Loss A – Rick Snyder Kathy Snyder
<i>Church Friends</i>	8:30 AM	Lois Harrold	Sara and Norm Gillette	Harold Hogue	Margie Kickert
	11:00 AM	Karen Clark	Kathy and Rick Snyder	Marilyn Mitchell	Debbie Honeyman
<i>Children's Church</i>	8:30 AM	Melissa Schmid Katie Schmid	Lauri Whitney Karen Juergens	John Huebner ****	Michelle Clary Andy Clary
	11:00 AM	Pam Hedges Jan Wisness	Julie Bishop ****	Trina Miles Daniel Miles	Ellie Page Jack Page
<i>Video System at 8:30 am service</i>	Console Camera 1 2	Mike Stankovich Fred Kremmer Jon Erlandson	Mike Schwartz Andrew Meek Bill Frame	Jim Moran Traci Moran Paul Hedges	Brian Killand Don Schmid Luke Thompson
<i>Sound System Operators</i>	8:30 AM	Larry Corning	Karen Schwartz	Chuck Richardson	Larry Corning
	11:00 AM	Paul Hedges	Tammy Carswell	Jeff Dagle	Jeff Dagle
<i>Cashiers</i>		Nancy Ballard Marge Hogue	Kay Aase Tom Frislie	Kathy Snyder Dick Arnst	Nancy Ballard Tom Frislie
<i>Flowers</i>		Mavis & Norm Lippert	Men's Ministry	Myrtle Nesbitt Dick & Jane Stephens	Lori Hogan
<i>Recycle</i>		Mike & Clare Hoffner	Joan Perham	Valerie Bettinson	Jeff & Heidi Dagle

Anniversaries & Birthdays

ANNIVERSARIES

May 9
Terri & Dean Oberlander

May 12
Mavis & Norm Lippert

May 15
Marilyn & Loris Schmidt

May 20
Jacque & Roy Van
Wormer

May 21
Connie & John Johnson

May 22
Susan & Roy Gunter
Lori and Jim Lachut

May 24
Deborah & David Romine

May 26
Debra & Gus Myers

May 27
Jane & Don Aunspaugh
Ila & Tom Pitkin
Carol & Wally Romsos
Angela & Blake Scherer
Tobi & Carl Schroeder

May 28
Kristen & Carl Imhoff
Linda & Michael
Showalter

BIRTHDAYS

May 1
Jann Leitz
Ken Meek
Ella Sperline

May 2
Teri Einan
Rachel Richardson
Meganne Weissenfels
Verna Wischart

May 3
Dave Johnson
Kaitlyn Prigge
Matthew Rutt
Nancy Shade

May 4
Brandon Carro
Lisa Nicley
Rada Petric
Joe Soldat
Susan Worgull

May 5
Tim Bonin
Benjamin Dahlman
Brooke Johnson
Dennis Mahlum
Josh Mars
Ari Mensinger
Nathan Westlund

May 6
Margaret Coffman
Adam Donahue
Joy Rosscup
Rebecca Weber

May 7
Madeline Haynie
Dick Stephens
McKenzie Willy

May 8
Connor Budzeck
Andrea Slonecker
Trygve Tilton

May 9
Brianna Blakely
Tim Bush
Chris Smith
Ryan Warren

May 10
Kristen Bennett
Peggy Ledford
Hans Toffer

May 11
John Johnson
Carol Larkin
Gretta Merwin
Melissa Perdue
Steven Phillips
Connor Rosscup
Karla Shelton

May 12
Niisa Dunlap
Steve Wisness

May 13
Karin Cagle
Charlene Kangas
Don Welch

May 14
Mikayla Sievers

May 15
Jim Gearheard
Joan Mattich
Stephen Rosscup
Jane Stephens
Collin Wick

May 16
Sean Krekel

May 17
Jackson Bishop
J.D. Lesser

May 18
Caitlin Bishop
Rick Riensche
Melissa Rosscup

May 19
Bert Andor
Megan Deen
Chuck Richardson
Robbie Richardson
Bob Schumacher
Alyce Thompson

May 20
Matt Hardman
Mot Hedges
Cory Oberlander

May 21
Kay Aase
Blake Goplen
B.J. Schroder
Dylan Wright-Mockler

May 22
Mike Bevelacqua
Ryan Scully

May 23
Brittany Crisp
Kelly Edwards
Steven Tilton

May 24
Cody Conrad
Jason Corning
Jason Drewrey

May 25
Carrie Chaney
Alyson Sundal

May 26
Cecilia McCartney
Katrine Smith

May 27
Lauren Bevelacqua
Jene O'Dell

May 28
Carissa Pitkin Jones

May 29
Max Bartholomew
Lindsey Challender
Rich Olsen
Tabitha Zehner

May 30
Kyle Prigge

May 31
Matthew Giller
Sarah Schmid



Richland Lutheran Church, LCMC

901 Van Giesen

Richland, WA 99354

MONTHLY PUBLICATION

RETURN SERVICE REQUESTED

Mailing Label

Worship 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

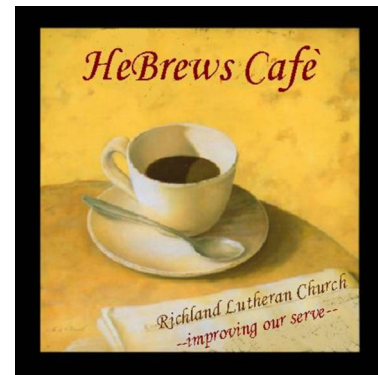
Beginning May 27, Sunday Worship services will be at 8:30 AM and 10:15 AM for the summer.

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

9:45 AM to 10:15 AM starting May 27

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.

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